

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - February 2026

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Feb	1	2 KPS Pool: 1700-1800	3	4 KPS Pool: 1700-1800	5	6 KPS Pool: 1600-1800	7
	8	9 KPS Pool: 1600-1800	10	11 KPS Pool: 1600-1800	12	13 KPS Pool: 1600-1800	14
	15	16 KPS Pool: 1600-1800	17	18	19	20 KPS Pool: 1600-1800	21
	22	23 KPS Pool: 1700-1800	24	25 KPS Pool: 1700-1800	26	27 KPS Pool: 1600-1800	28

Training Timetable - March 2026

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mar	1	2 KPS Pool: 1600-1800	3	4 KPS Pool: 1600-1800	5	6 KPS Pool: 1600-1800	7
	8	9 KPS Pool: 1600-1800	10	11 KPS Pool: 1600-1800	12	13 KPS Pool: 1600-1800	14
	15	16 KPS Pool: 1600-1800	17	18 KPS Pool: 1600-1800	19	20 KPS Pool: 1600-1800	21
	22	23 KPS Pool: 1600-1800	24	25 KPS Pool: 1600-1800	26	27 KPS Pool: 1600-1800	28
	29	30 KPS Pool: 1600-1800	31				