

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - December 2025

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dec		1 KSPSP Pool: 1700-1800	2	3 KSPSP Pool: 1600-1800	4	5 KSPSP Pool: 1600-1800	6
	7	8 KSPSP Pool: 1600-1800	9	10 KSPSP Pool: 1600-1800	11	12	13
	14	15 KSPSP Pool: 1600-1800	16	17 KSPSP Pool: 1600-1800	18	19	20
	21	22 KSPSP Pool: 1600-1800	23	24 KSPSP Pool: 1600-1800	25	26	27
	28	29 KSPSP Pool: 1600-1800	30	31 KSPSP Pool: 1600-1800			

Training Timetable - January 2026

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan					1	2 KSPSP Pool: 1600-1800	3
	4	5 KSPSP Pool: 1600-1800	6	7 KSPSP Pool: 1600-1800	8	9 KSPSP Pool: 1600-1800	10
	11	12 KSPSP Pool: 1600-1800	13	14 KSPSP Pool: 1700-1800	15	16 KSPSP Pool: 1600-1800	17
	18	19 KSPSP Pool: 1700-1800	20	21 KSPSP Pool: 1600-1800	22	23	24
	25	26 KSPSP Pool: 1700-1800	27	28 KSPSP Pool: 1600-1800	29	30 KSPSP Pool: 1600-1800	31