

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - August 2026

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

Training Timetable - September 2026

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