

# Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

## Training Timetable - June 2026

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Jun</b>		1	2	3	4	5	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 KSPSP Pool: 1600-1800	27
	28	29 KSPSP Pool: 1700-1800	30				

## Training Timetable - July 2026

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