

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - October 2026

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

Training Timetable - November 2026

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