

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - December 2024

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

Training Timetable - January 2025

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