

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - June 2026

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

Training Timetable - July 2026

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jul				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 KPS Pool: 1600-1800	30	31	