####  8 September 2022

# RECREATION & SPORTS

# PRACTICE & TRAINING TIMETABLE

For those who are interested in joining activities organised by the Recreation and Sports Committee (“RSC”), **you are required to register with relevant teams and interest groups of the RSC before attending the activities.** For details and enquiries, please contact us on RnS@hklawsoc.org.hk.

Please note that each of the venues below may have a different capacity limit. The practice/training schedules below are subject to changes, and the RSC teams/groups reserve the right to alter any arrangements, or otherwise cancel any practice/training sessions without prior notice.

Participants may also be required to bring their own equipment e.g. rackets, to the practice/training sessions, and are advised to check with relevant teams and interest groups on arrangements/requirements.

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| Badminton practice | Tue 27 Sep 22 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building)14/F, 112 Kennedy Road, Wan Chai, Hong Kong |
|  | Fri 30 Sep 22 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building) |
|  | Wed 12 Oct 22 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building) |
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| Basketball practice | Wed 14 Sep 22 | 10 pm – 11:30 pm | Arena, Southorn Stadium111 Johnston Road, Wan Chai, Hong Kong |
|  | Wed 28 Sep 22 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building) 14/F, 112 Kennedy Road, Wan Chai, Hong Kong |
|  | Wed 5 Oct 22 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building) |
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| Dragon Boat Practice | Sat 17 Sep 22 | 2 pm – 4 pm | Stanley Main BeachStanley Beach Road, Stanley, Hong Kong |
|  | Sat 24 Sep 22 | 2 pm – 4 pm | Stanley Main Beach |
|  | Sat 1 Oct 22 | 2 pm – 4 pm | Stanley Main Beach |
|  | Sat 15 Oct 22 | 2 pm – 4 pm | Stanley Main Beach |
|  | Sat 22 Oct 22 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training CentreTiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong |
|  | Sat 29 Oct 22 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
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| Football practice | Tue 13 Sep 22 | 7:45 pm – 9 pm | Football Pitch, King George V School 2 Tin Kwong Road, Homantin, Kowloon, Hong Kong |
|  | Tue 20 Sep 22 | 7:45 pm – 9 pm | Football Pitch, King George V School  |
|  | Tue 27 Sep 22 | 7:45 pm – 9 pm | Football Pitch, King George V School  |
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| Golf practice | Thu 15 Sep 22 | 8 pm – 10 pm | South China Athletic Association88 Caroline Hill Road, Causeway Bay, Hong Kong |
|  | Thu 6 Oct 22 | 8 pm – 10 pm | South China Athletic Association |
|  | Thu 20 Oct 22 | 8 pm – 10 pm | South China Athletic Association |
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| Swimming practice | Sat 10 Sep 22 | 8 am – 9:30 am | Repulse Bay BeachBeach Road, Repulse Bay, Hong Kong |
|  | Sat 17 Sep 22 | 8 am – 9:30 am | Repulse Bay Beach |
|  | Sat 24 Sep 22 | 8 am – 9:30 am | Repulse Bay Beach |
|  | Sat 1 Oct 22 | 8 am – 9:30 am | Repulse Bay Beach |
|  | Sat 8 Oct 22 | 8 am – 9:30 am | Repulse Bay Beach |
|  | Sat 15 Oct 22 | 8 am – 9:30 am | Repulse Bay Beach |
|  | Sat 22 Oct 22 | 8 am – 9:30 am | Repulse Bay Beach |
|  | Sat 29 Oct 22 | 8 am – 9:30 am | Repulse Bay Beach |
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| Table Tennis practice | Wed 14 Sep 22 | 7 pm – 8:30 pm | Arena, Southorn Stadium111 Johnston Road, Wan Chai, Hong Kong |
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| Tennis practice | Wed 14 Sep 22 | 9 pm – 11 pm | Hong Kong Tennis Centre133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong |
|  | Wed 28 Sep 22 | 9 pm – 11 pm | Hong Kong Tennis Centre |
|  | Wed 19 Oct 22 | 9 pm – 11 pm | Hong Kong Tennis Centre |
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| Tenpin Bowling practice | Wed 14 Sep 22 | 8 pm – 10 pm | South China Athletic Association88 Caroline Hill Road, Causeway Bay, Hong Kong |
|  | Wed 21 Sep 22 | 8 pm – 10 pm | South China Athletic Association |
|  | Wed 28 Sep 22 | 8 pm – 10 pm | South China Athletic Association |
|  | Wed 5 Oct 22 | 8 pm – 10 pm | South China Athletic Association |
|  | Wed 12 Oct 22 | 8 pm – 10 pm | South China Athletic Association |
|  | Wed 19 Oct 22 | 8 pm – 10 pm | South China Athletic Association |
|  | Wed 26 Oct 22 | 8 pm – 10 pm | South China Athletic Association |
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| Volleyball practice | Tue 13 Sep 22 | 9 pm – 11 pm | Arena, West Island School9/F, 250 Victoria Road, Pok Fu Lam, Hong Kong |
|  | Wed 14 Sep 22 | 8:30 pm – 10 pm | Arena, Southorn Stadium111 Johnston Road, Wan Chai, Hong Kong |
|  | Tue 27 Sep 22 | 9 pm – 11 pm | Arena, West Island School |
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