#### 6 October 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](mailto: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 | Wed 12 Oct 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 |
|  | Thu 3 Nov 22 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building) |
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| Basketball practice | Tue 18 Oct 22 | 9 pm – 11 pm | Hong Kong Park Sports Centre  29 Cotton Tree Drive, Central, Hong Kong |
|  | Mon 21 Nov 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 |
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| Dragon Boat practice | Sat 15 Oct 22 | 2 pm – 4 pm | Stanley Main Beach  Stanley Beach Road, Stanley, Hong Kong |
|  | Sat 22 Oct 22 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre  Tiu 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 |
|  | Sat 5 Nov 22 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
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| Football practice | Tue 11 Oct 22 | 7:45 pm – 9 pm | Football Pitch, King George V School  2 Tin Kwong Road, Homantin, Kowloon, Hong Kong |
|  | Tue 18 Oct 22 | 7:45 pm – 9 pm | Football Pitch, King George V School |
|  | Tue 25 Oct 22 | 7:45 pm – 9 pm | Football Pitch, King George V School |
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| Golf practice | Thu 27 Oct 22 | 8 pm – 10 pm | Hi Tee Golf  14/F, Cambridge House, Taikoo Place, 979 King’s Road, Quarry Bay |
|  | Thu 3 Nov 22 | 8 pm – 10 pm | Hi Tee Golf |
|  | Thu 17 Nov 22 | 8 pm – 10 pm | Hi Tee Golf |
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| Swimming practice | Sat 8 Oct 22 | 8 am – 9:30 am | Repulse Bay Beach  Beach Road, Repulse Bay, Hong Kong |
|  | 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 |
|  | Sat 5 Nov 22 | 8 am – 9:30 am | Repulse Bay Beach |
|  | Sat 12 Nov 22 | 8 am – 9:30 am | Repulse Bay Beach |
|  | Sat 19 Nov 22 | 8 am – 9:30 am | Repulse Bay Beach |
|  | Sat 26 Nov 22 | 8 am – 9:30 am | Repulse Bay Beach |
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| Tennis practice | Wed 19 Oct 22 | 9 pm – 11 pm | Hong Kong Tennis Centre  133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong |
|  | Wed 2 Nov 22 | 9 pm – 11 pm | Hong Kong Tennis Centre |
|  | Wed 23 Nov 22 | 9 pm – 11 pm | Hong Kong Tennis Centre |
|  | Wed 30 Nov 22 | 9 pm – 11 pm | Hong Kong Tennis Centre |
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| Tenpin Bowling practice | Wed 12 Oct 22 | 8 pm – 10 pm | South China Athletic Association  88 Caroline Hill Road, Causeway Bay, Hong Kong |
|  | 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 | Mon 10 Oct 22 | 9 pm – 11 pm | Arena, West Island School  9/F, 250 Victoria Road, Pok Fu Lam, Hong Kong |
|  | Mon 17 Oct 22 | 9 pm – 11 pm | Arena, West Island School |
|  | Mon 24 Oct 22 | 9 pm – 11 pm | Arena, West Island School |
|  | Mon 31 Oct 22 | 9 pm – 11 pm | Arena, West Island School |
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