



27 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.

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.

Apart from the practices and trainings listed below, the RSC also offers a wide range of activities, including friendly matches, external competitions, leisure activities, and many more. Please click [here](#) to view the full calendar for all RSC activities. Members are also welcome to subscribe to the calendar by completing this [online form](#).

Badminton practice	Thu 3 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
	Fri 16 Dec 22	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building)
Basketball practice	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
	Fri 23 Dec 22	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building)
Dragon Boat practice	Sat 29 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 5 Nov 22	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Football practice	Tue 1 Nov 22	7:45 pm – 9 pm	Football Pitch, King George V School 2 Tin Kwong Road, Homantin, Kowloon, Hong Kong
	Tue 8 Nov 22	7:45 pm – 9 pm	Football Pitch, King George V School
	Tue 15 Nov 22	7:45 pm – 9 pm	Football Pitch, King George V School
	Tue 22 Nov 22	7:45 pm – 9 pm	Football Pitch, King George V School

	Tue 29 Nov 22	7:45 pm – 9 pm	Football Pitch, King George V School
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
	Thu 1 Dec 22	8 pm – 10 pm	Hi Tee Golf
	Thu 15 Dec 22	8 pm – 10 pm	Hi Tee Golf
Swimming practice	Sat 29 Oct 22	8 am – 9:30 am	Repulse Bay Beach Beach Road, Repulse Bay, Hong Kong
	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
	Sat 3 Dec 22	8 am – 9:30 am	Repulse Bay Beach
	Sat 10 Dec 22	8 am – 9:30 am	Repulse Bay Beach
	Sat 17 Dec 22	8 am – 9:30 am	Repulse Bay Beach
	Sat 24 Dec 22	8 am – 9:30 am	Repulse Bay Beach
	Sat 31 Dec 22	8 am – 9:30 am	Repulse Bay Beach
Tennis practice	Wed 2 Nov 22	9 pm – 11 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
	Wed 23 Nov 22	9 pm – 11 pm	Hong Kong Tennis Centre
	Wed 30 Nov 22	9 pm – 11 pm	Hong Kong Tennis Centre
	Wed 21 Dec 22	9 pm – 11 pm	Hong Kong Tennis Centre
	Wed 28 Dec 22	9 pm – 11 pm	Hong Kong Tennis Centre
Tenpin Bowling practice	Wed 7 Dec 22	8pm – 10pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Volleyball practice	Mon 31 Oct 22	9 pm – 11 pm	Arena, West Island School 9/F, 250 Victoria Road, Pok Fu Lam, Hong Kong
	Mon 7 Nov 22	9 pm – 11 pm	Arena, West Island School
	Mon 14 Nov 22	9 pm – 11 pm	Arena, West Island School
	Mon 21 Nov 22	9 pm – 11 pm	Arena, West Island School
	Mon 28 Nov 22	9 pm – 11 pm	Arena, West Island School