####  3 November 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](https://calendar.google.com/calendar/embed?src=77df30098796c1d3deb2e638de918dfa08ae03397812dc45edccbafb85174fd7%40group.calendar.google.com&ctz=Asia%2FHong_Kong) to view the full calendar for all RSC activities. Members are also welcome to subscribe to the calendar by completing this [online form](https://forms.gle/tweecpjVUWJe4MZJA).

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| 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) |
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| 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) |
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| Dragon Boat practice | Sat 5 Nov 22 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training CentreTiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong |
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| Football practice | Tue 8 Nov 22 | 7:45 pm – 9 pm | Football Pitch, King George V School2 Tin Kwong Road, Homantin, Kowloon, Hong Kong |
|  | 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 |
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| Golf practice | Thu 3 Nov 22 | 8 pm – 10 pm | Hi Tee Golf14/F, Cambridge House, Taikoo Place, 979 King’s Road, Quarry Bay |
|  | 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 |
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| Swimming practice | Sat 5 Nov 22 | 8 am – 9:30 am | Repulse Bay BeachBeach Road, Repulse Bay, Hong Kong |
|  | 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 |
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| Tennis practice | Wed 23 Nov 22 | 9 pm – 11 pm | Hong Kong Tennis Centre133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong |
|  | 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 |
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| Tenpin Bowling practice | Wed 7 Dec 22 | 8pm – 10pm | South China Athletic Association88 Caroline Hill Road, Causeway Bay, Hong Kong |
|  | Wed 21 Dec 22 | 8pm – 10pm | South China Athletic Association |
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| Volleyball practice | Mon 7 Nov 22 | 9 pm – 11 pm | Arena, West Island School9/F, 250 Victoria Road, Pok Fu Lam, Hong Kong |
|  | 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 |
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