#### 23 June 2023

# RECREATION & SPORTS

# PRACTICE & CLASS TIMETABLE

The timetable below provides the practice and class schedules of the sports teams and recreational interest groups of the Recreation and Sports Committee (“RSC”) in the coming few weeks. The schedules are subject to changes, and the venues may have capacity limits. The teams/groups reserve the right to alter any arrangements, or otherwise cancel any sessions without prior notice when circumstances dictate.

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

Apart from the following practice sessions and classes, 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). For enquiries, please contact [RnS@hklawsoc.org.hk](mailto:RnS@hklawsoc.org.hk).

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| **Badminton** | | |
| Practice (Please register with the team before attending the practice session(s)) | | |
| Fri 7 Jul 23 | 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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| **Basketball** | | |
| Practice (Please register with the team before attending the practice session(s)) | | |
| Mon 31 Jul 23 | 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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| **Bridge** | | |
| Practice (Please register with the team before attending the practice session(s)) | | |
| Wed 19 Jul 23 | 7:30 pm – 9:30 pm | Hong Kong Contract Bridge Association Clubhouse  20/F, Kelly Commercial Centre, 570-572 Nathan Road, Yau Ma Tei |
| Wed 26 Jul 23 | 7:30 pm – 9:30 pm | Hong Kong Contract Bridge Association Clubhouse |
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| **Dragon Boat** | | |
| Practice (Please register with the team before attending the practice session(s)) | | |
| Sat 24 Jun 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre  Tiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong |
| Sat 8 Jul 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
| Sat 15 Jul 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
| Sat 22 Jul 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
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| **Football** | | |
| Practice (Please register with the team before attending the practice session(s)) | | |
| Tue 27 Jun 23 | 7:45 pm – 9 pm | Football Pitch, King George V School  2 Tin Kwong Road, Homantin, Kowloon, Hong Kong |
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| **Golf** | | |
| Practice (Please register with the team before attending the practice session(s)) | | |
| Thu 6 Jul 23 | 8 pm – 10 pm | Hi Tee Golf  14/F, Cambridge House, Taikoo Place, 979 King’s Road, Quarry Bay |
| Thu 20 Jul 23 | 8 pm – 10 pm | Hi Tee Golf |
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| **Running** | | |
| Class (Registration is closed for the following class session(s)) | | |
| Mon 26 Jun 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade |
| Class (Please refer to the relevant circular for registration and payment details for the following class session(s)) | | |
| Mon 3 Jul 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade |
| Mon 10 Jul 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade |
| Mon 17 Jul 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade |
| Mon 24 Jul 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade |
| Mon 31 Jul 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade |
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| **Snooker** | | |
| Practice (Please register with the team before attending the practice session(s)) | | |
| Wed 28 Jun 23 | 7:30 pm – 10:30 pm | World Snooker 147  1st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong |
| Wed 5 Jul 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
| Wed 12 Jul 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
| Wed 19 Jul 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
| Wed 26 Jul 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
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| **Swimming** | | |
| Practice (Please register with the team before attending the practice session(s)) | | |
| Thu 29 Jun 23 | 9 pm – 10 pm | Victoria Park Swimming Pool, 50 metre main pool  Victoria Park, 1 Hing Fat Street, Causeway Bay, Hong Kong |
| Thu 6 Jul 23 | 9 pm – 10 pm | Victoria Park Swimming Pool, 50 metre main pool |
| Thu 13 Jul 23 | 9 pm – 10 pm | Victoria Park Swimming Pool, 50 metre main pool |
| Thu 20 Jul 23 | 9 pm – 10 pm | Victoria Park Swimming Pool, 50 metre main pool |
| Thu 27 Jul 23 | 9 pm – 10 pm | Victoria Park Swimming Pool, 50 metre main pool |
| Class (Registration is closed for the following class session(s)) | | |
| Thu 29 Jun 23 | 9 pm – 10 pm | Victoria Park Swimming Pool, 25 metre main pool  Victoria Park, 1 Hing Fat Street, Causeway Bay, Hong Kong |
| Thu 6 Jul 23 | 9 pm – 10 pm | Victoria Park Swimming Pool, 25 metre main pool |
| Thu 13 Jul 23 | 9 pm – 10 pm | Victoria Park Swimming Pool, 25 metre main pool |
| Class (Please refer to the relevant circular for registration and payment details for the following class session(s)) | | |
| Thu 20 Jul 23 | 9 pm – 10 pm | Victoria Park Swimming Pool, 25 metre main pool  Victoria Park, 1 Hing Fat Street, Causeway Bay, Hong Kong |
| Thu 27 Jul 23 | 9 pm – 10 pm | Victoria Park Swimming Pool, 25 metre main pool |
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| **Table Tennis** | | |
| Practice (Please register with the team before attending the practice session(s)) | | |
| Thu 20 Jul 23 | 8 pm – 10 pm | Harbour Road Sports Centre  27 Harbour Road, Wan Chai, Hong Kong |
| Thu 27 Jul 23 | 8 pm – 10 pm | Harbour Road Sports Centre |
| Class (Registration is closed for the following class session(s)) | | |
| Thu 29 Jun 23 | 8 pm – 10 pm | Hong Kong Park Sports Centre  29 Cotton Tree Drive, Central |
| Class (Please refer to the relevant circular for registration and payment details for the following class session(s)) | | |
| Thu 6 Jul 23 | 8 pm – 10 pm | Hong Kong Park Sports Centre |
| Thu 13 Jul 23 | 8 pm – 10 pm | Hong Kong Park Sports Centre |
| Thu 20 Jul 23 | 8 pm – 10 pm | Harbour Road Sports Centre |
| Thu 27 Jul 23 | 8 pm – 10 pm | Harbour Road Sports Centre |
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| **Tennis** | | |
| Practice (Please register with the team before attending the practice session(s)) | | |
| Wed 28 Jun 23 | 9 pm – 11 pm | Hong Kong Tennis Centre  133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong |
| Wed 5 Jul 23 | 9 pm – 11 pm | Hong Kong Tennis Centre |
| Wed 12 Jul 23 | 9 pm – 11 pm | Hong Kong Tennis Centre |
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| **Tenpin Bowling** | | |
| Practice (Please register with the team before attending the practice session(s)) | | |
| Wed 28 Jun 23 | 8 pm – 10 pm | South China Athletic Association  88 Caroline Hill Road, Causeway Bay, Hong Kong |
| Wed 12 Jul 23 | 8 pm – 10 pm | South China Athletic Association |
| Wed 19 Jul 23 | 8 pm – 10 pm | South China Athletic Association |
| Wed 26 Jul 23 | 8 pm – 10 pm | South China Athletic Association |
| Class (Registration is closed for the following class session(s)) | | |
| Wed 28 Jun 23 | 9:30 pm – 10:30 pm | South China Athletic Association |
| Wed 12 Jul 23 | 9:30 pm – 10:30 pm | South China Athletic Association |
| Wed 19 Jul 23 | 9:30 pm – 10:30 pm | South China Athletic Association |
| Wed 26 Jul 23 | 9:30 pm – 10:30 pm | South China Athletic Association |
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| **Volleyball** | | |
| Practice (Please register with the team before attending the practice session(s)) | | |
| Tue 27 Jun 23 | 9 pm – 11 pm | West Island School  250 Victoria Rd, Pok Fu Lam, Hong Kong |
| Tue 4 Jul 23 | 9 pm – 11 pm | West Island School |
| Tue 11 Jul 23 | 9 pm – 11 pm | West Island School |
| Tue 18 Jul 23 | 9 pm – 11 pm | West Island School |
| Tue 25 Jul 23 | 9 pm – 11 pm | West Island School |