#### 7 September 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/group before attending the practice session(s)) | | |
| Mon 18 Sep 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 |
| Fri 13 Oct 23 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building) |
| Tue 24 Oct 23 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building) |
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| **Basketball** | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Tue 26 Sep 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 |
| Tue 31 Oct 23 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building) |

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| **Cycling** | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Sun 10 Sep 23 | 8:30 am – 12 nn | Sunny Bay Station Exit A |
| Sun 17 Sep 23 | 8:30 am – 12 nn | Sunny Bay Station Exit A |
| Sun 24 Sep 23 | 8:30 am – 12 nn | Sunny Bay Station Exit A |
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| **Dragon Boat** | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Sat 9 Sep 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre  Tiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong |
| Sat 16 Sep 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
| Sat 23 Sep 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
| Sat 30 Sep 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
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| **Golf** | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Thu 7 Sep 23 | 8 pm – 10 pm | Hi Tee Golf  14/F, Cambridge House, Taikoo Place, 979 King’s Road, Quarry Bay |
| Thu 21 Sep 23 | 8 pm – 10 pm | Hi Tee Golf |
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| **Live Band** | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Fri 8 Sep 23 | 9 pm – 11:30 pm | Wave Music Studio  Unit F&G, Basement, Phase 2, Kwun Tong Industrial Center, 470 Kwun Tong Road, Kwun Tong, Hong Kong |
| Fri 15 Sep 23 | 9 pm – 11:30 pm | Wave Music Studio |
| Fri 22 Sep 23 | 9 pm – 11:30 pm | Wave Music Studio |
| Fri 6 Oct 23 | 9 pm – 11:30 pm | Wave Music Studio |
| Fri 13 Oct 23 | 9 pm – 11:30 pm | Wave Music Studio |
| Fri 20 Oct 23 | 9 pm – 11:30 pm | Wave Music Studio |
| Fri 27 Oct 23 | 9 pm – 11:30 pm | Wave Music Studio |

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| **Martial Arts** | | | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | | | |
| Wed 13 Sep 23 | 8 pm – 10 pm | Taikoo Shing | | |
| Wed 20 Sep 23 | 8 pm – 10 pm | Taikoo Shing | | |
| Wed 27 Sep 23 | 8 pm – 10 pm | Taikoo Shing | | |
| Wed 4 Oct 23 | 8 pm – 10 pm | Taikoo Shing | | |
| Wed 11 Oct 23 | 8 pm – 10 pm | Taikoo Shing | | |
| Wed 18 Oct 23 | 8 pm – 10 pm | Taikoo Shing | | |
| Wed 25 Oct 23 | 8 pm – 10 pm | Taikoo Shing | | |
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| **Photography** | | | | |
| Class (Please refer to the relevant circular for registration and payment details for the following class session(s)) | | | | |
| Thu 21 Sep 23 | 7:30 pm – 9:30 pm | Function Room, The Law Society of Hong Kong  3/F, Wing On House, 71 Des Voeux Road Central, Hong Kong | | |
| Thu 28 Sep 23 | 7:30 pm – 9:30 pm | Function Room, The Law Society of Hong Kong | | |
| Thu 5 Oct 23 | 7:30 pm – 9:30 pm | Function Room, The Law Society of Hong Kong | | |
| Thu 12 Oct 23 | 7:30 pm – 9:30 pm | Function Room, The Law Society of Hong Kong | | |
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| **Running** | | | | |
| Class (Registration is closed for the following class session(s)) | | | | |
| Mon 11 Sep 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade | | |
| Mon 18 Sep 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade | | |
| Mon 25 Sep 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 9 Oct 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade | | |
| Mon 16 Oct 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade | | |
| Mon 30 Oct 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade | | |
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| **Snooker** | | | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | | | |
| Wed 13 Sep 23 | 7:30 pm – 10:30 pm | World Snooker 147  1st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong | | |
| Wed 20 Sep 23 | 7:30 pm – 10:30 pm | World Snooker 147 | | |
| Wed 27 Sep 23 | 7:30 pm – 10:30 pm | World Snooker 147 | | |
| Wed 4 Oct 23 | 7:30 pm – 10:30 pm | World Snooker 147 | | |
| Wed 11 Oct 23 | 7:30 pm – 10:30 pm | World Snooker 147 | | |
| Wed 18 Oct 23 | 7:30 pm – 10:30 pm | World Snooker 147 | | |
| Wed 25 Oct 23 | 7:30 pm – 10:30 pm | World Snooker 147 | | |
| **Tennis** | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Fri 29 Sep 23 | 9 pm – 11 pm | Hong Kong Tennis Centre  133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong |
| Wed 4 Oct 23 | 9 pm – 11 pm | Hong Kong Tennis Centre |
| Wed 11 Oct 23 | 9 pm – 11 pm | Hong Kong Tennis Centre |
| Wed 18 Oct 23 | 9 pm – 11 pm | Hong Kong Tennis Centre |
| Wed 25 Oct 23 | 9 pm – 11 pm | Hong Kong Tennis Centre |
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| **Tenpin Bowling** | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Wed 13 Sep 23 | 8 pm – 10 pm | South China Athletic Association  88 Caroline Hill Road, Causeway Bay, Hong Kong |
| Wed 20 Sep 23 | 8 pm – 10 pm | South China Athletic Association |
| Wed 27 Sep 23 | 8 pm – 10 pm | South China Athletic Association |
| Wed 11 Oct 23 | 8 pm – 10 pm | South China Athletic Association |
| Wed 18 Oct 23 | 8 pm – 10 pm | South China Athletic Association |
| Wed 25 Oct 23 | 8 pm – 10 pm | South China Athletic Association |
| Class (Please refer to the relevant circular for registration and payment details for the following class session(s)) | | |
| Wed 20 Sep 23 | 9:30 pm – 10:30 pm | South China Athletic Association |
| Wed 27 Sep 23 | 9:30 pm – 10:30 pm | South China Athletic Association |
| Wed 4 Oct 23 | 9:30 pm – 10:30 pm | South China Athletic Association |
| Wed 11 Oct 23 | 9:30 pm – 10:30 pm | South China Athletic Association |
| Wed 18 Oct 23 | 9:30 pm – 10:30 pm | South China Athletic Association |
| Wed 25 Oct 23 | 9:30 pm – 10:30 pm | South China Athletic Association |
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| **Volleyball** | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Tue 12 Sep 23 | 9 pm – 11 pm | West Island School  250 Victoria Rd, Pok Fu Lam, Hong Kong |
| Tue 19 Sep 23 | 9 pm – 11 pm | West Island School |
| Tue 26 Sep 23 | 9 pm – 11 pm | West Island School |