



15 February 2024

## 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](#) to view the full calendar for all RSC activities. Members are also welcome to subscribe to the calendar by completing this [online form](#). For enquiries, please contact [RnS@hklawsoc.org.hk](mailto:RnS@hklawsoc.org.hk).

| Basketball                                                                              |              |                                                                                                                                   |
|-----------------------------------------------------------------------------------------|--------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Practice (Please register with the team/group before attending the practice session(s)) |              |                                                                                                                                   |
| Wed 28 Feb 24                                                                           | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building)<br>14/F, 112 Kennedy Road, Wan Chai, Hong Kong |

| Dragon Boat                                                                                  |             |            |
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| Land training (Please register with the team/group before attending the practice session(s)) |             |            |
| Thu 15 Feb 24                                                                                | 7 pm – 9 pm | Tamar Park |
| Thu 22 Feb 24                                                                                | 7 pm – 9 pm | Tamar Park |
| Thu 29 Feb 24                                                                                | 7 pm – 9 pm | Tamar Park |
| Thu 7 Mar 24                                                                                 | 7 pm – 9 pm | Tamar Park |
| Thu 14 Mar 24                                                                                | 7 pm – 9 pm | Tamar Park |
| Thu 21 Mar 24                                                                                | 7 pm – 9 pm | Tamar Park |
| Thu 28 Mar 24                                                                                | 7 pm – 9 pm | Tamar Park |

| Water training (Please register with the team/group before attending the practice session(s)) |               |                                                                                                 |
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| Sat 24 Feb 24                                                                                 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre<br>Tiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong |
| Sat 2 Mar 24                                                                                  | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre                                                       |
| Sat 9 Mar 24                                                                                  | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre                                                       |
| Sat 16 Mar 24                                                                                 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre                                                       |
| Sat 23 Mar 24                                                                                 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre                                                       |
| Sat 30 Mar 24                                                                                 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre                                                       |

| Football                                                                                |                |                                                                                        |
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| Practice (Please register with the team/group before attending the practice session(s)) |                |                                                                                        |
| Tue 20 Feb 24                                                                           | 7:45 pm – 9 pm | Football Pitch, King George V School<br>2 Tin Kwong Road, Homantin, Kowloon, Hong Kong |
| Tue 27 Feb 24                                                                           | 7:45 pm – 9 pm | Football Pitch, King George V School                                                   |

| Golf                                                                                    |              |                                                                                 |
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| Practice (Please register with the team/group before attending the practice session(s)) |              |                                                                                 |
| Thu 15 Feb 24                                                                           | 8 pm – 10 pm | Hi Tee Golf<br>14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay |
| Thu 7 Mar 24                                                                            | 8 pm – 10 pm | Hi Tee Golf                                                                     |
| Thu 21 Mar 24                                                                           | 8 pm – 10 pm | Hi Tee Golf                                                                     |

| Martial Arts                                                                            |              |              |
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| Practice (Please register with the team/group before attending the practice session(s)) |              |              |
| Wed 21 Feb 24                                                                           | 8 pm – 10 pm | Taikoo Shing |
| Wed 28 Feb 24                                                                           | 8 pm – 10 pm | Taikoo Shing |
| Wed 6 Mar 24                                                                            | 8 pm – 10 pm | Taikoo Shing |
| Wed 13 Mar 24                                                                           | 8 pm – 10 pm | Taikoo Shing |
| Wed 20 Mar 24                                                                           | 8 pm – 10 pm | Taikoo Shing |
| Wed 27 Mar 24                                                                           | 8 pm – 10 pm | Taikoo Shing |

| Running                                                           |                |                              |
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| Class (Registration is closed for the following class session(s)) |                |                              |
| Mon 19 Feb 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 26 Feb 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 4 Mar 24                                                      | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 11 Mar 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 18 Mar 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 25 Mar 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |

| Snooker                                                                                 |                    |                                                                                    |
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| Practice (Please register with the team/group before attending the practice session(s)) |                    |                                                                                    |
| Wed 21 Feb 24                                                                           | 7:30 pm – 10:30 pm | World Snooker 147<br>1st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong |
| Wed 28 Feb 24                                                                           | 7:30 pm – 10:30 pm | World Snooker 147                                                                  |
| Wed 6 Mar 24                                                                            | 7:30 pm – 10:30 pm | World Snooker 147                                                                  |
| Wed 13 Mar 24                                                                           | 7:30 pm – 10:30 pm | World Snooker 147                                                                  |
| Wed 20 Mar 24                                                                           | 7:30 pm – 10:30 pm | World Snooker 147                                                                  |
| Wed 27 Mar 24                                                                           | 7:30 pm – 10:30 pm | World Snooker 147                                                                  |

| Table Tennis                                                                            |              |                                                                    |
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| Practice (Please register with the team/group before attending the practice session(s)) |              |                                                                    |
| Thu 7 Mar 24                                                                            | 8 pm – 10 pm | Harbour Road Sports Centre<br>27 Harbour Road, Wan Chai, Hong Kong |
| Thu 14 Mar 24                                                                           | 8 pm – 10 pm | Harbour Road Sports Centre                                         |
| Thu 21 Mar 24                                                                           | 8 pm – 10 pm | Harbour Road Sports Centre                                         |
| Thu 28 Mar 24                                                                           | 8 pm – 10 pm | Harbour Road Sports Centre                                         |
| Class (Registration is closed for the following class session(s))                       |              |                                                                    |
| Thu 15 Feb 24                                                                           | 8 pm – 10 pm | Hong Kong Park Sports Centre<br>29 Cotton Tree Drive, Central      |
| Thu 22 Feb 24                                                                           | 8 pm – 10 pm | Hong Kong Park Sports Centre                                       |
| Thu 29 Feb 24                                                                           | 8 pm – 10 pm | Hong Kong Park Sports Centre                                       |
| Thu 7 Mar 24                                                                            | 8 pm – 10 pm | Hong Kong Park Sports Centre                                       |
| Thu 14 Mar 24                                                                           | 8 pm – 10 pm | Hong Kong Park Sports Centre                                       |
| Thu 21 Mar 24                                                                           | 8 pm – 10 pm | Hong Kong Park Sports Centre                                       |
| Thu 28 Mar 24                                                                           | 8 pm – 10 pm | Hong Kong Park Sports Centre                                       |

| <b>Tenpin Bowling</b>                                                                   |              |                                                                                    |
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| Practice (Please register with the team/group before attending the practice session(s)) |              |                                                                                    |
| Wed 21 Feb 24                                                                           | 8 pm – 10 pm | South China Athletic Association<br>88 Caroline Hill Road, Causeway Bay, Hong Kong |
| Wed 28 Feb 24                                                                           | 8 pm – 10 pm | South China Athletic Association                                                   |
| Wed 6 Mar 24                                                                            | 8 pm – 10 pm | South China Athletic Association                                                   |
| Wed 13 Mar 24                                                                           | 8 pm – 10 pm | South China Athletic Association                                                   |
| Wed 20 Mar 24                                                                           | 8 pm – 10 pm | South China Athletic Association                                                   |
| Wed 27 Mar 24                                                                           | 8 pm – 10 pm | South China Athletic Association                                                   |

| <b>Volleyball</b>                                                                       |              |                                                                |
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| Practice (Please register with the team/group before attending the practice session(s)) |              |                                                                |
| Tue 20 Feb 24                                                                           | 9 pm – 11 pm | West Island School<br>250 Victoria Road, Pok Fu Lam, Hong Kong |
| Tue 5 Mar 24                                                                            | 9 pm – 11 pm | West Island School                                             |
| Tue 19 Mar 24                                                                           | 9 pm – 11 pm | West Island School                                             |