

THE LAW SOCIETY OF HONG KONG

THE RECREATION AND SPORTS PROGRAMME 2025

RSC TEAMS & GROUPS



BADMINTON



BASKETBALL



FOOTBALL



GOLF



SNOOKER



SWIMMING



TENPIN BOWLING



VOLLEYBALL



COOKERY, FOOD & WINE APPRECIATION



DANCING



PHOTOGRAPHY

The R&S Programme is an annual programme under the Recreation and Sports Committee ("RSC"). It aims at encouraging members to lead a balanced life within demanding work routines and to network with their fellow members and other professional bodies by taking part in various recreational and sporting activities.

Currently, the RSC has 14 sports teams and 9 recreational groups which provide year-round training sessions, classes and activities. There are also mega annual events such as the Recreation and Sports Night, Members and Family Fun Day and Swimming Gala that are all dynamic and fun-filled. RSC will also send member representatives to take part in various joint professional competitions and invitational events held in other jurisdictions.

MEMBERS AND FAMILY FUN DAY



RECREATION AND SPORTS NIGHT



SWIMMING GALA



MEGA ANNUAL EVENTS

Registration:

The annual fee for joining the 2025 Programme is HK\$100, and is waived for student members.

Click [here](#) to sign up now!

Enquiries: RnS@hklawsoc.org.hk



CYCLING



DRAGON BOAT



HIKING



RUNNING



TABLE TENNIS



TENNIS



BRIDGE



CHINESE CALLIGRAPHY



LIVE BAND



MARTIAL ARTS



SINGING



YOGA