

## THE RECREATION AND SPORTS PROGRAMME 2026

RSC TEAMS & GROUPS



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 2026 Programme is HK\$100, and is waived for student members.

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

**Enquiries:** [RnS@hklawsoc.org.hk](mailto:RnS@hklawsoc.org.hk)