



28 March 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.

Badminton		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 11 Apr 24	9 pm – 11 pm	Quarry Bay Sports Centre Quarry Bay Municipal Services Building, 38 Quarry Bay Street, Hong Kong
Thu 18 Apr 24	9 pm – 11 pm	Quarry Bay Sports Centre
Thu 25 Apr 24	9 pm – 11 pm	Quarry Bay Sports Centre
Mon 27 May 24	8 pm – 10 pm	St James’ Settlement

Cycling		
Practice (Please register with the team/group before attending the practice session(s))		
Sun 7 Apr 24	8:30 am – 11 am	Castle Peak Road (Ting Kau)
Sun 14 Apr 24	8:30 am – 11 am	Castle Peak Road (Ting Kau)
Sun 21 Apr 24	8:30 am – 11 am	Castle Peak Road (Ting Kau)
Sun 28 Apr 24	8:30 am – 11 am	Castle Peak Road (Ting Kau)

Dragon Boat		
Land training (Please register with the team/group before attending the practice session(s))		
Thu 28 Mar 24	7 pm – 9 pm	Tamar Park
Thu 11 Apr 24	7 pm – 9 pm	Tamar Park
Thu 18 Apr 24	7 pm – 9 pm	Tamar Park
Thu 25 Apr 24	7 pm – 9 pm	Tamar Park
Water training (Please register with the team/group before attending the practice session(s))		
Sat 30 Mar 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre Tiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong
Sat 6 Apr 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 13 Apr 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 20 Apr 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 27 Apr 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 4 May 24	2 pm – 4 pm	Stanley Dragon Boat Training Centre 1 Stanley Link Road, Stanley
Sat 11 May 24	2 pm – 4 pm	Stanley Dragon Boat Training Centre
Sat 25 May 24	2 pm – 4 pm	Stanley Dragon Boat Training Centre

Football		
Practice (Please register with the team/group before attending the practice session(s))		
Tue 2 Apr 24	7:30 pm – 9 pm	Football Pitch, King George V School 2 Tin Kwong Road, Homantin, Kowloon, Hong Kong
Tue 9 Apr 24	7:30 pm – 9 pm	Football Pitch, King George V School
Tue 16 Apr 24	7:30 pm – 9 pm	Football Pitch, King George V School
Tue 23 Apr 24	7:30 pm – 9 pm	Football Pitch, King George V School
Tue 30 Apr 24	7:30 pm – 9 pm	Football Pitch, King George V School

Golf		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 18 Apr 24	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 2 May 24	8 pm – 10 pm	Hi Tee Golf
Thu 16 May 24	8 pm – 10 pm	Hi Tee Golf

Martial Arts		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 3 Apr 24	8 pm – 10 pm	Taikoo Shing
Wed 10 Apr 24	8 pm – 10 pm	Taikoo Shing
Wed 17 Apr 24	8 pm – 10 pm	Taikoo Shing
Wed 24 Apr 24	8 pm – 10 pm	Taikoo Shing
Wed 8 May 24	8 pm – 10 pm	Taikoo Shing
Wed 22 May 24	8 pm – 10 pm	Taikoo Shing
Wed 29 May 24	8 pm – 10 pm	Taikoo Shing

Running		
Class (Please refer to the relevant circular for registration and payment details for the following class session(s))		
Mon 8 Apr 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 15 Apr 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 22 Apr 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 29 Apr 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 6 May 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 13 May 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 20 May 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 27 May 24	7:30 pm – 9 pm	Central Waterfront Promenade
Class (Please refer to the relevant circular for registration and payment details for the following class session(s))		
Sat 20 Apr 24	7 am – 10 am	Happy Valley Sportsground 2 Sports Road, Happy Valley
Sat 18 May 24	7 am – 10 am	Happy Valley Sportsground

Snooker		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 3 Apr 24	7:30 pm – 10:30 pm	World Snooker 147 1 st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong
Wed 10 Apr 24	7:30 pm – 10:30 pm	World Snooker 147
Wed 17 Apr 24	7:30 pm – 10:30 pm	World Snooker 147
Wed 24 Apr 24	7:30 pm – 10:30 pm	World Snooker 147
Wed 8 May 24	7:30 pm – 10:30 pm	World Snooker 147
Wed 22 May 24	7:30 pm – 10:30 pm	World Snooker 147

Wed 29 May 24	7:30 pm – 10:30 pm	World Snooker 147
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Table Tennis		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 28 Mar 24	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Thu 11 Apr 24	8 pm – 10 pm	To be confirmed
Thu 18 Apr 24	8 pm – 10 pm	To be confirmed
Thu 25 Apr 24	8 pm – 10 pm	To be confirmed
Thu 2 May 24	8 pm – 10 pm	To be confirmed
Thu 9 May 24	8 pm – 10 pm	To be confirmed
Thu 16 May 24	8 pm – 10 pm	To be confirmed
Thu 23 May 24	8 pm – 10 pm	To be confirmed
Thu 30 May 24	8 pm – 10 pm	To be confirmed
Class (Registration is closed for the following class session(s))		
Thu 28 Mar 24	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Class (Please refer to the relevant circular for registration and payment details for the following class session(s))		
Thu 11 Apr 24	8 pm – 10 pm	To be confirmed
Thu 18 Apr 24	8 pm – 10 pm	To be confirmed
Thu 25 Apr 24	8 pm – 10 pm	To be confirmed
Thu 2 May 24	8 pm – 10 pm	To be confirmed
Thu 9 May 24	8 pm – 10 pm	To be confirmed
Thu 16 May 24	8 pm – 10 pm	To be confirmed
Thu 23 May 24	8 pm – 10 pm	To be confirmed
Thu 30 May 24	8 pm – 10 pm	To be confirmed

Tennis		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 28 Mar 24	9 pm – 11 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Fri 5 Apr 24	9 pm – 11 pm	Hong Kong Tennis Centre
Fri 12 Apr 24	9 pm – 11 pm	Hong Kong Tennis Centre
Fri 19 Apr 24	9 pm – 11 pm	Hong Kong Tennis Centre
Fri 26 Apr 24	9 pm – 11 pm	Hong Kong Tennis Centre

Fri 2 May 24	9 pm – 11 pm	Hong Kong Tennis Centre
Fri 9 May 24	9 pm – 11 pm	Hong Kong Tennis Centre
Fri 16 May 24	9 pm – 11 pm	Hong Kong Tennis Centre

Tenpin Bowling		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 3 Apr 24	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Wed 10 Apr 24	8 pm – 10 pm	South China Athletic Association
Wed 17 Apr 24	8 pm – 10 pm	South China Athletic Association
Wed 24 Apr 24	8 pm – 10 pm	South China Athletic Association
Wed 8 May 24	8 pm – 10 pm	South China Athletic Association
Wed 22 May 24	8 pm – 10 pm	South China Athletic Association
Wed 29 May 24	8 pm – 10 pm	South China Athletic Association

Volleyball		
Practice (Please register with the team/group before attending the practice session(s))		
Tue 2 Apr 24	9 pm – 11 pm	West Island School 250 Victoria Road, Pok Fu Lam, Hong Kong
Tue 16 Apr 24	9 pm – 11 pm	West Island School
Tue 30 Apr 24	9 pm – 11 pm	West Island School