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18 April 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).

### Badminton

Practice (Please register with the team/group before attending the practice session(s))

|               |              |   |
|---------------|--------------|---|
| Thu 18 Apr 24 | 9 pm – 11 pm | Quarry Bay Sports Centre<br>Quarry Bay Municipal Services Building, 38 Quarry Bay Street, Hong Kong |
| Thu 25 Apr 24 | 9 pm – 11 pm | Quarry Bay Sports Centre  |
| Mon 27 May 24 | 8 pm – 10 pm | St James' Settlement<br>14/F, 112 Kennedy Road, Wan Chai, Hong Kong                                 |

### Basketball

Practice (Please register with the team/group before attending the practice session(s))

|               |              |   |
|---------------|--------------|---|
| Mon 20 May 24 | 8 pm – 10 pm | St James' Settlement<br>14/F, 112 Kennedy Road, Wan Chai, Hong Kong |
|---------------|--------------|---|

### Cycling

Practice (Please register with the team/group before attending the practice session(s))

|               |                 |                             |
|---------------|-----------------|-----------------------------|
| 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) |

| <b>Dragon Boat</b>  |               |   |
|---|---------------|---|
| Land training (Please register with the team/group before attending the practice session(s))  |               |   |
| Thu 18 Apr 24   | 7 pm – 9 pm   | Tamar Park  |
| Thu 25 Apr 24   | 7 pm – 9 pm   | Tamar Park  |
| Thu 2 May 24  | 7 pm – 9 pm   | Tamar Park  |
| Thu 9 May 24  | 7 pm – 9 pm   | Tamar Park  |
| Thu 16 May 24   | 7 pm – 9 pm   | Tamar Park  |
| Thu 23 May 24   | 7 pm – 9 pm   | Tamar Park  |
| Thu 30 May 24   | 7 pm – 9 pm   | Tamar Park  |
| Water training (Please register with the team/group before attending the practice session(s)) |               |   |
| Sat 20 Apr 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 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<br>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   |

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

| <b>Golf</b>   |              |   |
|---|--------------|---|
| Practice (Please register with the team/group before attending the practice session(s)) |              |   |
| Thu 18 Apr 24   | 8 pm – 10 pm | Hi Tee Golf<br>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   |

| <b>Martial Arts</b>   |              |              |
|---|--------------|--------------|
| Practice (Please register with the team/group before attending the practice session(s)) |              |              |
| 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 |

| <b>Running</b>  |                |  |
|---|----------------|--|
| Class (Registration is closed for the following class session(s)) |                |  |
| Sat 20 Apr 24   | 7 am – 10 am   | Happy Valley Sportsground<br>2 Sports Road, Happy Valley |
| 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                             |
| Sat 18 May 24   | 7 am – 10 am   | Happy Valley Sportsground                                |
| Mon 20 May 24   | 7:30 pm – 9 pm | Central Waterfront Promenade                             |
| Mon 27 May 24   | 7:30 pm – 9 pm | Central Waterfront Promenade                             |

| <b>Snooker</b>  |                    |  |
|---|--------------------|--|
| Practice (Please register with the team/group before attending the practice session(s)) |                    |  |
| Wed 24 Apr 24   | 7:30 pm – 10:30 pm | World Snooker 147<br>1 <sup>st</sup> Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong |
| 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  |

| <b>Table Tennis</b>   |              |   |
|---|--------------|---|
| Practice (Please register with the team/group before attending the practice session(s)) |              |   |
| Thu 18 Apr 24   | 8 pm – 10 pm | Shek Tong Tsui Sports Centre<br>5/F – 6/F, Shek Tong Tsui Municipal Services Building, 470 Queen's Road West, Hong Kong |
| Thu 25 Apr 24   | 8 pm – 10 pm | Shek Tong Tsui Sports Centre  |
| Thu 2 May 24  | 8 pm – 10 pm | Shek Tong Tsui Sports Centre  |
| Thu 9 May 24  | 8 pm – 10 pm | Shek Tong Tsui Sports Centre  |
| Thu 16 May 24   | 8 pm – 10 pm | Shek Tong Tsui Sports Centre  |
| Thu 23 May 24   | 8 pm – 10 pm | Shek Tong Tsui Sports Centre  |
| Thu 30 May 24   | 8 pm – 10 pm | Shek Tong Tsui Sports Centre  |
| Class (Registration is closed for the following class session(s))                       |              |   |

|               |              |   |
|---------------|--------------|---|
| Thu 18 Apr 24 | 8 pm – 10 pm | Shek Tong Tsui Sports Centre<br>5/F – 6/F, Shek Tong Tsui Municipal Services Building, 470 Queen's Road West, Hong Kong |
| Thu 25 Apr 24 | 8 pm – 10 pm | Shek Tong Tsui Sports Centre  |
| Thu 2 May 24  | 8 pm – 10 pm | Shek Tong Tsui Sports Centre  |
| Thu 9 May 24  | 8 pm – 10 pm | Shek Tong Tsui Sports Centre  |
| Thu 16 May 24 | 8 pm – 10 pm | Shek Tong Tsui Sports Centre  |
| Thu 23 May 24 | 8 pm – 10 pm | Shek Tong Tsui Sports Centre  |
| Thu 30 May 24 | 8 pm – 10 pm | Shek Tong Tsui Sports Centre  |

| <b>Tennis</b>   |              |   |
|---|--------------|---|
| Practice (Please register with the team/group before attending the practice session(s)) |              |   |
| Fri 19 Apr 24   | 9 pm – 11 pm | Hong Kong Tennis Centre<br>133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong |
| Fri 26 Apr 24   | 9 pm – 11 pm | Hong Kong Tennis Centre   |
| Thu 2 May 24  | 9 pm – 11 pm | Hong Kong Tennis Centre   |
| Thu 9 May 24  | 9 pm – 11 pm | Hong Kong Tennis Centre   |
| Thu 16 May 24   | 9 pm – 11 pm | Hong Kong Tennis Centre   |

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

| <b>Volleyball</b>   |              |  |
|---|--------------|--|
| Practice (Please register with the team/group before attending the practice session(s)) |              |  |
| Tue 30 Apr 24   | 9 pm – 11 pm | West Island School<br>250 Victoria Road, Pok Fu Lam, Hong Kong |
| Tue 14 May 24   | 9 pm – 11 pm | West Island School   |
| Tue 28 May 24   | 9 pm – 11 pm | West Island School   |