



2 May 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))		
Mon 27 May 24	8 pm – 10 pm	St James’ Settlement 14/F, 112 Kennedy Road, Wan Chai, Hong Kong
Wed 12 Jun 24	9 pm – 11 pm	Quarry Bay Sports Centre Quarry Bay Municipal Services Building, 38 Quarry Bay Street, Hong Kong
Wed 19 Jun 24	9 pm – 11 pm	Quarry Bay Sports Centre

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 14/F, 112 Kennedy Road, Wan Chai, Hong Kong
Tue 18 Jun 24	8 pm – 10 pm	St James’ Settlement

Cycling		
Practice (Please register with the team/group before attending the practice session(s))		
Sun 5 May 24	8:30 am – 11 am	Nam Cheong Station

Dragon Boat		
Land training (Please register with the team/group before attending the practice session(s))		
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
Thu 6 Jun 24	7 pm – 9 pm	Tamar Park
Thu 13 Jun 24	7 pm – 9 pm	Tamar Park
Thu 20 Jun 24	7 pm – 9 pm	Tamar Park
Thu 27 Jun 24	7 pm – 9 pm	Tamar Park
Water training (Please register with the team/group before attending the practice session(s))		
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 18 May 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre Tiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong
Sat 25 May 24	2 pm – 4 pm	Stanley Dragon Boat Training Centre
Sat 1 Jun 24	2 pm – 4 pm	Stanley Dragon Boat Training Centre
Sat 8 Jun 24	2 pm – 4 pm	Stanley Dragon Boat Training Centre
Sat 15 Jun 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 22 Jun 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre

Football		
Practice (Please register with the team/group before attending the practice session(s))		
Tue 7 May 24	7:30 pm – 9 pm	Football Pitch, King George V School 2 Tin Kwong Road, Homantin, Kowloon, Hong Kong
Tue 14 May 24	7:30 pm – 9 pm	Football Pitch, King George V School
Tue 21 May 24	7:30 pm – 9 pm	Football Pitch, King George V School
Tue 28 May 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 16 May 24	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 6 Jun 24	8 pm – 10 pm	Hi Tee Golf
Thu 20 Jun 24	8 pm – 10 pm	Hi Tee Golf

Martial Arts		
Practice (Please register with the team/group before attending the practice session(s))		
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
Wed 5 Jun 24	8 pm – 10 pm	Taikoo Shing
Wed 12 Jun 24	8 pm – 10 pm	Taikoo Shing
Wed 19 Jun 24	8 pm – 10 pm	Taikoo Shing
Wed 26 Jun 24	8 pm – 10 pm	Taikoo Shing

Running		
Class (Registration is closed for the following class session(s))		
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
Mon 3 Jun 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 17 Jun 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 24 Jun 24	7:30 pm – 9 pm	Central Waterfront Promenade

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

Table Tennis		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 2 May 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre 5/F – 6/F, Shek Tong Tsui Municipal Services Building, 470 Queen's Road West, Hong Kong
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
Thu 6 Jun 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 13 Jun 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 20 Jun 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 27 Jun 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Class (Registration is closed for the following class session(s))		
Thu 2 May 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre 5/F – 6/F, Shek Tong Tsui Municipal Services Building, 470 Queen's Road West, Hong Kong
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
Thu 6 Jun 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 13 Jun 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 20 Jun 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 27 Jun 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre

Tennis		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 2 May 24	9 pm – 11 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Thu 9 May 24	9 pm – 11 pm	Hong Kong Tennis Centre
Thu 16 May 24	9 pm – 11 pm	Hong Kong Tennis Centre
Thu 13 Jun 2024	9 pm – 11 pm	Hong Kong Tennis Centre
Thu 20 Jun 2024	9 pm – 11 pm	Hong Kong Tennis Centre
Thu 27 Jun 2024	9 pm – 11 pm	Hong Kong Tennis Centre

Tenpin Bowling		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 8 May 24	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Wed 22 May 24	8 pm – 10 pm	South China Athletic Association
Wed 29 May 24	8 pm – 10 pm	South China Athletic Association
Wed 5 Jun 24	8 pm – 10 pm	South China Athletic Association
Wed 12 Jun 24	8 pm – 10 pm	South China Athletic Association
Wed 19 Jun 24	8 pm – 10 pm	South China Athletic Association
Wed 26 Jun 24	8 pm – 10 pm	South China Athletic Association

Volleyball		
Practice (Please register with the team/group before attending the practice session(s))		
Tue 14 May 24	9 pm – 11 pm	West Island School 250 Victoria Road, Pok Fu Lam, Hong Kong
Tue 28 May 24	9 pm – 11 pm	West Island School
Tue 4 Jun 24	9 pm – 11 pm	West Island School
Tue 11 Jun 24	9 pm – 11 pm	West Island School
Tue 18 Jun 24	9 pm – 11 pm	West Island School
Tue 25 Jun 24	9 pm – 11 pm	West Island School