



9 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](mailto: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<br>14/F, 112 Kennedy Road, Wan Chai, Hong Kong                                    |
| Wed 12 Jun 24                                                                           | 9 pm – 11 pm | Quarry Bay Sports Centre<br>Quarry Bay Municipal Services Building, 38 Quarry Bay Street,<br>Hong Kong |
| Wed 19 Jun 24                                                                           | 9 pm – 11 pm | Quarry Bay Sports Centre                                                                               |

| Basketball                                                                              |              |                                                                     |
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| 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 |
| Tue 18 Jun 24                                                                           | 8 pm – 10 pm | St James’ Settlement                                                |

| Dragon Boat                                                                                  |             |            |
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| Land training (Please register with the team/group before attending the practice session(s)) |             |            |
| Thu 9 May 24                                                                                 | 7 pm – 9 pm | Tamar Park |
| Thu 16 May 24                                                                                | 7 pm – 9 pm | Tamar Park |

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| 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 11 May 24                                                                                 | 2 pm – 4 pm   | Stanley Dragon Boat Training Centre<br>1 Stanley Link Road, Stanley                             |
| Sat 18 May 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 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                                                       |

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| <b>Football</b>                                                                         |                |                                                                                        |
| Practice (Please register with the team/group before attending the practice session(s)) |                |                                                                                        |
| Tue 14 May 24                                                                           | 7:30 pm – 9 pm | Football Pitch, King George V School<br>2 Tin Kwong Road, Homantin, Kowloon, Hong Kong |
| 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                                                   |

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| <b>Golf</b>                                                                             |              |                                                                                 |
| Practice (Please register with the team/group before attending the practice session(s)) |              |                                                                                 |
| Thu 16 May 24                                                                           | 8 pm – 10 pm | Hi Tee Golf<br>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                                                                     |

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| <b>Martial Arts</b>                                                                     |              |              |
| Practice (Please register with the team/group before attending the practice session(s)) |              |              |
| 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 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 22 May 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 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))

|                                                                   |              |                                                                                                                         |
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| Thu 9 May 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 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 9 May 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 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                                                                                  |              |                                                                             |
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| Practice (Please register with the team/group before attending the practice session(s)) |              |                                                                             |
| Thu 9 May 24                                                                            | 9 pm – 11 pm | Hong Kong Tennis Centre<br>133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong |
| 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                                                                          |              |                                                                                    |
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| Practice (Please register with the team/group before attending the practice session(s)) |              |                                                                                    |
| Wed 22 May 24                                                                           | 8 pm – 10 pm | South China Athletic Association<br>88 Caroline Hill Road, Causeway Bay, Hong Kong |
| 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                                                                              |              |                                                                |
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| Practice (Please register with the team/group before attending the practice session(s)) |              |                                                                |
| Tue 14 May 24                                                                           | 9 pm – 11 pm | West Island School<br>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                                             |