



THE

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OF HONG KONG

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30 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))		
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
Tue 9 Jul 24	9 pm – 11 pm	Hong Kong Park Sports Centre 29 Cotton Tree Drive, Central, Hong Kong

Basketball		
Practice (Please register with the team/group before attending the practice session(s))		
Tue 18 Jun 24	8 pm – 10 pm	St James' Settlement 14/F, 112 Kennedy Road, Wan Chai, Hong Kong
Tue 2 Jul 24	8 pm – 10 pm	St James' Settlement
Tue 30 Jul 24	8 pm – 10 pm	St James' Settlement

Dragon Boat		
Land training (Please register with the team/group before attending the practice session(s))		
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
Thu 4 Jul 24	7 pm – 9 pm	Tamar Park
Thu 11 Jul 24	7 pm – 9 pm	Tamar Park
Thu 18 Jul 24	7 pm – 9 pm	Tamar Park
Thu 25 Jul 24	7 pm – 9 pm	Tamar Park
Water training (Please register with the team/group before attending the practice session(s))		
Sat 1 Jun 24	2 pm – 4 pm	Stanley Dragon Boat Training Centre 1 Stanley Link Road, Stanley
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 Tiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong
Sat 22 Jun 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 26 Jul 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre

Golf

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

Thu 6 Jun 24	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 20 Jun 24	8 pm – 10 pm	Hi Tee Golf
Thu 4 Jul 24	8 pm – 10 pm	Hi Tee Golf
Thu 18 Jul 24	8 pm – 10 pm	Hi Tee Golf

Martial Arts

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

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
Wed 3 Jul 24	8 pm – 10 pm	Taikoo Shing
Wed 10 Jul 24	8 pm – 10 pm	Taikoo Shing
Wed 17 Jul 24	8 pm – 10 pm	Taikoo Shing
Wed 24 Jul 24	8 pm – 10 pm	Taikoo Shing
Wed 31 Jul 24	8 pm – 10 pm	Taikoo Shing

Running

Class (Registration is closed for the following class session(s))

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

Table Tennis

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

Thu 30 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 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 30 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 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 13 Jun 2024	9 pm – 11 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Thu 20 Jun 2024	9 pm – 11 pm	Hong Kong Tennis Centre
Thu 27 Jun 2024	9 pm – 11 pm	Hong Kong Tennis Centre
Fri 5 Jul 2024	8 pm – 10 pm	Hong Kong Tennis Centre
Fri 19 Jul 2024	8 pm – 10 pm	Hong Kong Tennis Centre

Tenpin Bowling

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

Wed 5 Jun 24	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
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 4 Jun 24	9 pm – 11 pm	West Island School 250 Victoria Road, Pok Fu Lam, Hong Kong
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