



4 July 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))		
Tue 9 Jul 24	9 pm – 11 pm	Hong Kong Park Sports Centre 29 Cotton Tree Drive, Central, Hong Kong
Tue 27 Aug 24	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building 14/F, 112 Kennedy Road, Wan Chai, Hong Kong

Basketball		
Practice (Please register with the team/group before attending the practice session(s))		
Tue 30 Jul 24	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building 14/F, 112 Kennedy Road, Wan Chai, Hong Kong

Dragon Boat		
Land training (Please register with the team/group before attending the practice session(s))		
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
Thu 1 Aug 24	7 pm – 9 pm	Tamar Park
Thu 8 Aug 24	7 pm – 9 pm	Tamar Park
Thu 15 Aug 24	7 pm – 9 pm	Tamar Park

Thu 22 Aug 24	7 pm – 9 pm	Tamar Park
Thu 29 Aug 24	7 pm – 9 pm	Tamar Park
Water training (Please register with the team/group before attending the practice session(s))		
Sat 3 Aug 24	10 am – 12 nn	Sai Kung
Sat 10 Aug 24	10 am – 12 nn	Sai Kung
Sat 17 Aug 24	10 am – 12 nn	Sai Kung
Sat 31 Aug 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre Tiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong

Golf		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 4 Jul 24	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 18 Jul 24	8 pm – 10 pm	Hi Tee Golf
Thu 1 Aug 24	8 pm – 10 pm	Hi Tee Golf
Thu 15 Aug 24	8 pm – 10 pm	Hi Tee Golf

Martial Arts		
Practice (Please register with the team/group before attending the practice session(s))		
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
Wed 7 Aug 24	8 pm – 10 pm	Taikoo Shing
Wed 14 Aug 24	8 pm – 10 pm	Taikoo Shing
Wed 21 Aug 24	8 pm – 10 pm	Taikoo Shing
Wed 28 Aug 24	8 pm – 10 pm	Taikoo Shing

Running		
Class (Registration is closed for the following class session(s))		
Mon 8 Jul 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 15 Jul 24	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 20 Jul 24	7 am – 10 am	Happy Valley Sportsground
Mon 22 Jul 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 29 Jul 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 5 Aug 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 12 Aug 24	7:30 pm – 9 pm	Central Waterfront Promenade

Sat 17 Aug 24	7 am – 10 am	Happy Valley Sportsground
Mon 19 Aug 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 26 Aug 24	7:30 pm – 9 pm	Central Waterfront Promenade

Snooker		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 10 Jul 24	7:30 pm – 10:30 pm	World Snooker Club 147 1 st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong
Wed 17 Jul 24	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 24 Jul 24	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 31 Jul 24	7:30 pm – 10:30 pm	World Snooker Club 147

Table Tennis		
Class (Registration is closed for the following class session(s))		
Thu 4 Jul 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 11 Jul 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 18 Jul 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 25 Jul 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 1 Aug 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 8 Aug 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 15 Aug 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 22 Aug 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 29 Aug 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Practice (Please register with the team/group before attending the practice session(s))		
Thu 4 Jul 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 11 Jul 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 18 Jul 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 25 Jul 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 1 Aug 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 8 Aug 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 15 Aug 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 22 Aug 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 29 Aug 24	8 pm – 10 pm	Shek Tong Tsui Sports Centre

Tennis		
Practice (Please register with the team/group before attending the practice session(s))		
Fri 5 Jul 2024	8 pm – 10 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Fri 19 Jul 2024	8 pm – 10 pm	Hong Kong Tennis Centre
Fri 16 Aug 2024	8 pm – 10 pm	Victoria Park 1 Hing Fat Street, Causeway Bay, Hong Kong
Fri 30 Aug 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 10 Jul 24	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Wed 17 Jul 24	8 pm – 10 pm	South China Athletic Association
Wed 24 Jul 24	8 pm – 10 pm	South China Athletic Association
Wed 31 Jul 24	8 pm – 10 pm	South China Athletic Association
Wed 7 Aug 24	8 pm – 10 pm	South China Athletic Association
Wed 14 Aug 24	8 pm – 10 pm	South China Athletic Association
Wed 21 Aug 24	8 pm – 10 pm	South China Athletic Association
Wed 28 Aug 24	8 pm – 10 pm	South China Athletic Association

Volleyball		
Practice (Please register with the team/group before attending the practice session(s))		
Tue 9 Jul 24	9 pm – 11 pm	West Island School 250 Victoria Road, Pok Fu Lam, Hong Kong
Tue 16 Jul 24	9 pm – 11 pm	West Island School
Tue 23 Jul 24	9 pm – 11 pm	West Island School
Tue 30 Jul 24	9 pm – 11 pm	West Island School
Tue 6 Aug 24	9 pm – 11 pm	West Island School
Tue 13 Aug 24	9 pm – 11 pm	West Island School
Tue 20 Aug 24	9 pm – 11 pm	West Island School
Tue 27 Aug 24	9 pm – 11 pm	West Island School