



1 Aug 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 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))		
Mon 30 Sep 24	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building 14/F, 112 Kennedy Road, Wan Chai, Hong Kong

Dancing		
Class (Registration is open for the following class session(s))		
Wed 14 Aug 24	8 pm – 9:30 pm	T & J Pianoforte Studio 3/F, 244 Tung Choi Street, Mong Kok, Hong Kong
Wed 21 Aug 24	8 pm – 9:30 pm	T & J Pianoforte Studio
Wed 28 Aug 24	8 pm – 9:30 pm	T & J Pianoforte Studio
Wed 4 Sep 24	8 pm – 9:30 pm	T & J Pianoforte Studio
Wed 11 Sep 24	8 pm – 9:30 pm	T & J Pianoforte Studio
Wed 25 Sep 24	8 pm – 9:30 pm	T & J Pianoforte Studio
Wed 2 Oct 24	8 pm – 9:30 pm	T & J Pianoforte Studio
Wed 9 Oct 24	8 pm – 9:30 pm	T & J Pianoforte Studio

Dragon Boat		
Land training (Please register with the team/group before attending the practice session(s))		
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
Thu 5 Sep 24	7 pm – 9 pm	Tamar Park
Thu 12 Sep 24	7 pm – 9 pm	Tamar Park
Thu 19 Sep 24	7 pm – 9 pm	Tamar Park
Thu 26 Sep 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
Sat 7 Sep 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 14 Sep 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 21 Sep 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 1 Aug 24	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
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 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
Wed 4 Sep 24	8 pm – 10 pm	Taikoo Shing
Wed 11 Sep 24	8 pm – 10 pm	Taikoo Shing
Wed 18 Sep 24	8 pm – 10 pm	Taikoo Shing
Wed 25 Sep 24	8 pm – 10 pm	Taikoo Shing

Running		
Class (Registration is closed for the following class session(s))		
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
Mon 2 Sep 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 9 Sep 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 16 Sep 24	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 21 Sep 24	7 am – 10 am	Happy Valley Sportsground
Mon 23 Sep 24	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 30 Sep 24	7:30 pm – 9 pm	Central Waterfront Promenade

Table Tennis		
Class (Registration is closed for the following class session(s))		
Thu 1 Aug 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 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 1 Aug 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 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 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 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Tue 10 Sep 2024	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 17 Sep 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 7 Aug 24	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
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
Wed 4 Sep 24	8 pm – 10 pm	South China Athletic Association
Wed 11 Sep 24	8 pm – 10 pm	South China Athletic Association
Wed 25 Sep 24	8 pm – 10 pm	South China Athletic Association

Volleyball		
Practice (Please register with the team/group before attending the practice session(s))		
Tue 6 Aug 24	9 pm – 11 pm	West Island School 250 Victoria Road, Pok Fu Lam, Hong Kong
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
Tue 3 Sep 24	9 pm – 11 pm	West Island School
Tue 10 Sep 24	9 pm – 11 pm	West Island School
Tue 17 Sep 24	9 pm – 11 pm	Hong Kong Park Sports Centre 29 Cotton Tree Drive, Central, Hong Kong
Tue 24 Sep 24	9 pm – 11 pm	West Island School