



15 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](mailto: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<br>14/F, 112 Kennedy Road, Wan Chai, Hong Kong |
|---------------|--------------|---|

### Basketball

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

|               |              |   |
|---------------|--------------|---|
| Tue 27 Aug 24 | 6 pm – 8 pm  | St. James' Settlement Jockey Club Social Services Building<br>14/F, 112 Kennedy Road, Wan Chai, Hong Kong |
| Mon 30 Sep 24 | 8 pm – 10 pm | St. James' Settlement Jockey Club Social Services Building  |

### Dancing

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

|               |                |   |
|---------------|----------------|---|
| Wed 21 Aug 24 | 8 pm – 9:30 pm | T & J Pianoforte Studio<br>3/F, 244 Tung Choi Street, Mong Kok, Hong Kong |
| 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   |

| Dragon Boat   |               |   |
|---|---------------|---|
| Land training (Please register with the team/group before attending the practice session(s))  |               |   |
| 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 17 Aug 24   | 10 am – 12 nn | Sai Kung  |
| Sat 31 Aug 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 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 15 Aug 24   | 8 pm – 10 pm | Hi Tee Golf<br>14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay |
| Thu 3 Sep 24  | 8 pm – 10 pm | Hi Tee Golf   |
| Thu 17 Sep 24   | 8 pm – 10 pm | Hi Tee Golf   |

| Martial Arts  |              |              |
|---|--------------|--------------|
| Practice (Please register with the team/group before attending the practice session(s)) |              |              |
| 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)) |                |                              |
| 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 15 Aug 24   | 8 pm – 10 pm | Shek Tong Tsui Sports Centre<br>5/F – 6/F, Shek Tong Tsui Municipal Services Building, 470<br>Queen's Road West, Hong Kong |
| 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   |
| Thu 5 Sep 24  | 8 pm – 10 pm | Shek Tong Tsui Sports Centre   |
| Thu 12 Sep 24   | 8 pm – 10 pm | Shek Tong Tsui Sports Centre   |
| Thu 19 Sep 24   | 8 pm – 10 pm | Shek Tong Tsui Sports Centre   |
| Thu 26 Sep 24   | 8 pm – 10 pm | Shek Tong Tsui Sports Centre   |
| Practice (Please register with the team/group before attending the practice session(s)) |              |  |
| Thu 15 Aug 24   | 8 pm – 10 pm | Shek Tong Tsui Sports Centre<br>5/F – 6/F, Shek Tong Tsui Municipal Services Building, 470<br>Queen's Road West, Hong Kong |
| 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   |
| Thu 5 Sep 24  | 8 pm – 10 pm | Shek Tong Tsui Sports Centre   |
| Thu 12 Sep 24   | 8 pm – 10 pm | Shek Tong Tsui Sports Centre   |
| Thu 19 Sep 24   | 8 pm – 10 pm | Shek Tong Tsui Sports Centre   |
| Thu 26 Sep 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<br>1 Hing Fat Street, Causeway Bay, Hong Kong                 |
| Fri 30 Aug 2024   | 8 pm – 10 pm | Hong Kong Tennis Centre<br>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 21 Aug 24   | 8 pm – 10 pm | South China Athletic Association<br>88 Caroline Hill Road, Causeway Bay, Hong Kong |
| 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 20 Aug 24   | 9 pm – 11 pm | West Island School<br>250 Victoria Road, Pok Fu Lam, Hong Kong           |
| 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<br>29 Cotton Tree Drive, Central, Hong Kong |
| Tue 24 Sep 24   | 9 pm – 11 pm | West Island School   |