



22 August 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 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 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 28 Aug 24	8 pm – 9:30 pm	T & J Pianoforte Studio 3/F, 244 Tung Choi Street, Mong Kok, Hong Kong
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 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 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 5 Sep 24	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 19 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 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
Class (Registration is open for the following class session(s))		
Mon 16 Sep 24	6 pm – 7 pm	Law Society Function Room 3/F, Wing On House, 71 Des Voeux Road Central, Hong Kong
Mon 23 Sep 24	6 pm – 7 pm	Law Society Function Room
Mon 30 Sep 24	6 pm – 7 pm	Law Society Function Room
Wed 7 Oct 24	6 pm – 7 pm	Law Society Function Room
Wed 14 Oct 24	6 pm – 7 pm	Law Society Function Room

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

Snooker		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 28 Aug 24	7:30 pm – 10:30 pm	World Snooker Club 147 1 <sup>st</sup> Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong
Wed 4 Sep 24	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 11 Sep 24	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 25 Sep 24	7:30 pm – 10:30 pm	World Snooker Club 147

Table Tennis		
Class (Registration is closed for the following class session(s))		
Thu 22 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 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 22 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 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

<b>Tennis</b>		
Practice (Please register with the team/group before attending the practice session(s))		
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

<b>Tenpin Bowling</b>		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 28 Aug 24	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
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

<b>Volleyball</b>		
Practice (Please register with the team/group before attending the practice session(s))		
Tue 27 Aug 24	9 pm – 11 pm	West Island School 250 Victoria Road, Pok Fu Lam, Hong Kong
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