



19 September 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).

| 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<br>14/F, 112 Kennedy Road, Wan Chai, Hong Kong |

| Dancing                                                           |                |                                                                           |
|-------------------------------------------------------------------|----------------|---------------------------------------------------------------------------|
| Class (Registration is closed for the following class session(s)) |                |                                                                           |
| Wed 25 Sep 24                                                     | 8 pm – 9:30 pm | T & J Pianoforte Studio<br>3/F, 244 Tung Choi Street, Mong Kok, Hong Kong |
| 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 19 Sep 24                                                                                | 7 pm – 9 pm | Tamar Park |
| Thu 26 Sep 24                                                                                | 7 pm – 9 pm | Tamar Park |
| Thu 3 Oct 24                                                                                 | 7 pm – 9 pm | Tamar Park |
| Thu 10 Oct 24                                                                                | 7 pm – 9 pm | Tamar Park |
| Thu 17 Oct 24                                                                                | 7 pm – 9 pm | Tamar Park |
| Thu 24 Oct 24                                                                                | 7 pm – 9 pm | Tamar Park |
| Thu 31 Oct 24                                                                                | 7 pm – 9 pm | Tamar Park |

| Water training (Please register with the team/group before attending the practice session(s)) |               |                                                                                                 |
|-----------------------------------------------------------------------------------------------|---------------|-------------------------------------------------------------------------------------------------|
| Sat 21 Sep 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 5 Oct 24                                                                                  | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre                                                       |
| Sat 12 Oct 24                                                                                 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre                                                       |
| Sat 19 Oct 24                                                                                 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre                                                       |
| Sat 26 Oct 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 19 Sep 24                                                                           | 8 pm – 10 pm | Hi Tee Golf<br>14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay |
| Thu 3 Oct 24                                                                            | 8 pm – 10 pm | Hi Tee Golf                                                                     |
| Thu 17 Oct 24                                                                           | 8 pm – 10 pm | Hi Tee Golf                                                                     |

| Martial Arts                                                                            |              |                                                                                          |
|-----------------------------------------------------------------------------------------|--------------|------------------------------------------------------------------------------------------|
| Practice (Please register with the team/group before attending the practice session(s)) |              |                                                                                          |
| Wed 25 Sep 24                                                                           | 8 pm – 10 pm | Taikoo Shing                                                                             |
| Wed 2 Oct 24                                                                            | 8 pm – 10 pm | Taikoo Shing                                                                             |
| Wed 9 Oct 24                                                                            | 8 pm – 10 pm | Taikoo Shing                                                                             |
| Wed 16 Oct 24                                                                           | 8 pm – 10 pm | Taikoo Shing                                                                             |
| Wed 23 Oct 24                                                                           | 8 pm – 10 pm | Taikoo Shing                                                                             |
| Wed 30 Oct 24                                                                           | 8 pm – 10 pm | Taikoo Shing                                                                             |
| Class (Registration is open for the following class session(s))                         |              |                                                                                          |
| Tue 22 Oct 24                                                                           | 7 pm – 8 pm  | Law Society Function Room<br>3/F, Wing On House,<br>71 Des Voeux Road Central, Hong Kong |
| Tue 29 Oct 24                                                                           | 7 pm – 8 pm  | Law Society Function Room                                                                |
| Tue 5 Nov 24                                                                            | 7 pm – 8 pm  | Law Society Function Room                                                                |
| Tue 12 Nov 24                                                                           | 7 pm – 8 pm  | Law Society Function Room                                                                |
| Tue 19 Nov 24                                                                           | 7 pm – 8 pm  | Law Society Function Room                                                                |

| Running                                                           |                |                              |
|-------------------------------------------------------------------|----------------|------------------------------|
| Class (Registration is closed for the following class session(s)) |                |                              |
| 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 |
| Class (Registration is open for the following class session(s))   |                |                              |
| Mon 7 Oct 24                                                      | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Sat 12 Oct 24                                                     | 7 am – 10 am   | Happy Valley Sportsground    |
| Mon 14 Oct 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 21 Oct 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 28 Oct 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 4 Nov 24                                                      | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Sat 9 Nov 24                                                      | 7 am – 10 am   | Happy Valley Sportsground    |
| Mon 11 Nov 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 18 Nov 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 25 Nov 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 2 Dec 24                                                      | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Sat 7 Dec 24                                                      | 7 am – 10 am   | Happy Valley Sportsground    |
| Mon 9 Dec 24                                                      | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 16 Dec 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 23 Dec 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 30 Dec 24                                                     | 7:30 pm – 9 pm | Central Waterfront Promenade |

| Snooker                                                                                 |                    |                                                                                                     |
|-----------------------------------------------------------------------------------------|--------------------|-----------------------------------------------------------------------------------------------------|
| Practice (Please register with the team/group before attending the practice session(s)) |                    |                                                                                                     |
| Wed 25 Sep 24                                                                           | 7:30 pm – 10:30 pm | World Snooker Club 147<br>1 <sup>st</sup> Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong |
| Wed 2 Oct 24                                                                            | 7:30 pm – 10:30 pm | World Snooker Club 147                                                                              |
| Wed 9 Oct 24                                                                            | 7:30 pm – 10:30 pm | World Snooker Club 147                                                                              |
| Wed 16 Oct 24                                                                           | 7:30 pm – 10:30 pm | World Snooker Club 147                                                                              |
| Wed 23 Oct 24                                                                           | 7:30 pm – 10:30 pm | World Snooker Club 147                                                                              |
| Wed 30 Oct 24                                                                           | 7:30 pm – 10:30 pm | World Snooker Club 147                                                                              |

| Table Tennis                                                                                |              |                                                                                                                            |
|---------------------------------------------------------------------------------------------|--------------|----------------------------------------------------------------------------------------------------------------------------|
| Class (Please register with the team/group before attending the following class session(s)) |              |                                                                                                                            |
| Thu 19 Sep 24                                                                               | 8 pm – 10 pm | Shek Tong Tsui Sports Centre<br>5/F – 6/F, Shek Tong Tsui Municipal Services Building,<br>470 Queen's Road West, Hong Kong |
| Thu 26 Sep 24                                                                               | 8 pm – 10 pm | Shek Tong Tsui Sports Centre                                                                                               |
| Thu 3 Oct 24                                                                                | 8 pm – 10 pm | Harbour Road Sports Centre<br>27 Harbour Road, Wan Chai, Hong Kong                                                         |
| Thu 10 Oct 24                                                                               | 8 pm – 10 pm | Harbour Road Sports Centre                                                                                                 |
| Thu 17 Oct 24                                                                               | 8 pm – 10 pm | Harbour Road Sports Centre                                                                                                 |
| Thu 24 Oct 24                                                                               | 8 pm – 10 pm | Harbour Road Sports Centre                                                                                                 |
| Thu 31 Oct 24                                                                               | 8 pm – 10 pm | Harbour Road Sports Centre                                                                                                 |
| Practice (Please register with the team/group before attending the practice session(s))     |              |                                                                                                                            |
| Thu 19 Sep 24                                                                               | 8 pm – 10 pm | Shek Tong Tsui Sports Centre<br>5/F – 6/F, Shek Tong Tsui Municipal Services Building,<br>470 Queen's Road West, Hong Kong |
| Thu 26 Sep 24                                                                               | 8 pm – 10 pm | Shek Tong Tsui Sports Centre                                                                                               |
| Thu 3 Oct 24                                                                                | 8 pm – 10 pm | Harbour Road Sports Centre<br>27 Harbour Road, Wan Chai, Hong Kong                                                         |
| Thu 10 Oct 24                                                                               | 8 pm – 10 pm | Harbour Road Sports Centre                                                                                                 |
| Thu 17 Oct 24                                                                               | 8 pm – 10 pm | Harbour Road Sports Centre                                                                                                 |
| Thu 24 Oct 24                                                                               | 8 pm – 10 pm | Harbour Road Sports Centre                                                                                                 |
| Thu 31 Oct 24                                                                               | 8 pm – 10 pm | Harbour Road Sports Centre                                                                                                 |

| Tennis                                                                                  |              |                                                                             |
|-----------------------------------------------------------------------------------------|--------------|-----------------------------------------------------------------------------|
| Practice (Please register with the team/group before attending the practice session(s)) |              |                                                                             |
| Thu 10 Oct 2024                                                                         | 9 pm – 11 pm | Hong Kong Tennis Centre<br>133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong |
| Tue 15 Oct 2024                                                                         | 9 pm – 11 pm | Hong Kong Tennis Centre                                                     |
| Tue 22 Oct 2024                                                                         | 9 pm – 11 pm | Hong Kong Tennis Centre                                                     |
| Tue 29 Oct 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 25 Sep 24                                                                           | 8 pm – 10 pm | South China Athletic Association<br>88 Caroline Hill Road, Causeway Bay, Hong Kong |
| Wed 2 Oct 24                                                                            | 8 pm – 10 pm | South China Athletic Association                                                   |
| Wed 9 Oct 24                                                                            | 8 pm – 10 pm | South China Athletic Association                                                   |
| Wed 16 Oct 24                                                                           | 8 pm – 10 pm | South China Athletic Association                                                   |
| Wed 23 Oct 24                                                                           | 8 pm – 10 pm | South China Athletic Association                                                   |
| Wed 30 Oct 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 24 Sep 24                                                                           | 9 pm – 11 pm | West Island School<br>250 Victoria Road, Pok Fu Lam, Hong Kong |
| Tue 8 Oct 24                                                                            | 9 pm – 11 pm | West Island School                                             |
| Tue 15 Oct 24                                                                           | 9 pm – 11 pm | West Island School                                             |
| Tue 22 Oct 24                                                                           | 9 pm – 11 pm | West Island School                                             |
| Tue 29 Oct 24                                                                           | 9 pm – 11 pm | West Island School                                             |