



26 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 14/F, 112 Kennedy Road, Wan Chai, Hong Kong

Dancing		
Class (Registration is closed for the following class session(s))		
Wed 2 Oct 24	8 pm – 9:30 pm	T & J Pianoforte Studio 3/F, 244 Tung Choi Street, Mong Kok, Hong Kong
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 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
Thu 7 Nov 24	7 pm – 9 pm	Tamar Park
Thu 14 Nov 24	7 pm – 9 pm	Tamar Park

Thu 21 Nov 24	7 pm – 9 pm	Tamar Park
Thu 28 Nov 24	7 pm – 9 pm	Tamar Park
Water training (Please register with the team/group before attending the practice session(s))		
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 3 Oct 24	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 17 Oct 24	8 pm – 10 pm	Hi Tee Golf
Thu 7 Nov 24	8 pm – 10 pm	Hi Tee Golf
Thu 21 Nov 24	8 pm – 10 pm	Hi Tee Golf

### Martial Arts

Practice (Please register with the team/group before attending the practice session(s))		
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
Wed 6 Nov 24	8 pm – 10 pm	Taikoo Shing
Wed 13 Nov 24	8 pm – 10 pm	Taikoo Shing
Wed 20 Nov 24	8 pm – 10 pm	Taikoo Shing
Wed 27 Nov 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 3/F, Wing On House, 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))		
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 2 Oct 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 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
Wed 6 Nov 24	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 13 Nov 24	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 20 Nov 24	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 27 Nov 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 26 Sep 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 3 Oct 24	8 pm – 10 pm	Harbour Road Sports Centre 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 26 Sep 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 3 Oct 24	8 pm – 10 pm	Harbour Road Sports Centre 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
Mon 4 Nov 2024	8 pm – 10 pm	Harbour Road Sports Centre
Mon 11 Nov 2024	8 pm – 10 pm	Harbour Road Sports Centre
Mon 18 Nov 2024	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 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 2 Oct 24	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
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
Wed 6 Nov 24	8 pm – 10 pm	South China Athletic Association
Wed 13 Nov 24	8 pm – 10 pm	South China Athletic Association
Wed 20 Nov 24	8 pm – 10 pm	South China Athletic Association
Wed 27 Nov 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 15 Oct 24	9 pm – 11 pm	West Island School 250 Victoria Road, Pok Fu Lam, Hong Kong
Tue 22 Oct 24	9 pm – 11 pm	West Island School
Tue 29 Oct 24	9 pm – 11 pm	West Island School
Tue 5 Nov 24	9 pm – 11 pm	West Island School
Tue 12 Nov 24	9 pm – 11 pm	West Island School
Tue 19 Nov 24	9 pm – 11 pm	West Island School
Tue 26 Nov 24	9 pm – 11 pm	West Island School