



14 November 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))		
Wed 20 Nov 24	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building 14/F, 112 Kennedy Road, Wan Chai, Hong Kong

Dragon Boat		
Land training (Please register with the team/group before attending the practice session(s))		
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
Thu 5 Dec 24	7 pm – 9 pm	Tamar Park
Thu 12 Dec 24	7 pm – 9 pm	Tamar Park
Thu 19 Dec 24	7 pm – 9 pm	Tamar Park
Water training (Please register with the team/group before attending the practice session(s))		
Sat 16 Nov 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre Tiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong
Sat 23 Nov 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 30 Nov 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 7 Dec 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 14 Dec 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 21 Dec 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 21 Nov 24	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 5 Dec 24	8 pm – 10 pm	Hi Tee Golf
Thu 19 Dec 24	8 pm – 10 pm	Hi Tee Golf

Martial Arts		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 20 Nov 24	8 pm – 10 pm	Taikoo Shing
Wed 27 Nov 24	8 pm – 10 pm	Taikoo Shing
Wed 4 Dec 24	8 pm – 10 pm	Taikoo Shing
Wed 11 Dec 24	8 pm – 10 pm	Taikoo Shing
Wed 18 Dec 24	8 pm – 10 pm	Taikoo Shing
Class (Registration is closed for the following class session(s))		
Tue 19 Nov 24	7 pm – 8 pm	Law Society Function Room 3/F, Wing On House, 71 Des Voeux Road Central, Hong Kong

Running		
Class (Registration is closed for the following class session(s))		
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 20 Nov 24	7:30 pm – 10:30 pm	World Snooker Club 147 1 st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong
Wed 27 Nov 24	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 4 Dec 24	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 11 Dec 24	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 18 Dec 24	7:30 pm – 10:30 pm	World Snooker Club 147

Table Tennis		
Practice (Please register with the team/group before attending the practice session(s))		
Mon 18 Nov 24	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Mon 2 Dec 24	8 pm – 10 pm	Harbour Road Sports Centre
Mon 9 Dec 24	8 pm – 10 pm	Harbour Road Sports Centre
Mon 23 Dec 24	8 pm – 10 pm	Harbour Road Sports Centre
Mon 30 Dec 24	8 pm – 10 pm	Harbour Road Sports Centre

Tennis		
Practice (Please register with the team/group before attending the practice session(s))		
Fri 22 Nov 24	9 pm – 11 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Tue 26 Nov 24	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 3 Dec 24	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 17 Dec 24	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 24 Dec 24	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 31 Dec 24	9 pm – 11 pm	Hong Kong Tennis Centre

Tenpin Bowling		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 20 Nov 24	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Wed 27 Nov 24	8 pm – 10 pm	South China Athletic Association
Wed 4 Dec 24	8 pm – 10 pm	South China Athletic Association

Volleyball		
Practice (Please register with the team/group before attending the practice session(s))		
Tue 19 Nov 24	9 pm – 11 pm	West Island School 250 Victoria Road, Pok Fu Lam, Hong Kong
Tue 26 Nov 24	9 pm – 11 pm	West Island School
Tue 17 Dec 24	9 pm – 11 pm	West Island School