



5 December 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.

Basketball		
Practice (Please register with the team/group before attending the practice session(s))		
Fri 17 Jan 25	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 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 7 Dec 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre Tiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong
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 5 Dec 24	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King’s Road, Quarry Bay
Thu 19 Dec 24	8 pm – 10 pm	Hi Tee Golf
Thu 2 Jan 25	8 pm – 10 pm	Hi Tee Golf
Thu 16 Jan 25	8 pm – 10 pm	Hi Tee Golf

Martial Arts		
Class (Registration is open for the following class session(s))		
Mon 6 Jan 25	7 pm – 8 pm	Law Society Function Room 3/F, Wing On House, 71 Des Voeux Road Central, Hong Kong
Mon 13 Jan 25	7 pm – 8 pm	Law Society Function Room
Mon 20 Jan 25	7 pm – 8 pm	Law Society Function Room
Mon 27 Jan 25	7 pm – 8 pm	Law Society Function Room
Mon 3 Feb 25	7 pm – 8 pm	Law Society Function Room
Practice (Please register with the team/group before attending the practice session(s))		
Wed 18 Dec 24	8 pm – 10 pm	Taikoo Shing
Wed 8 Jan 25	8 pm – 10 pm	Taikoo Shing
Wed 15 Jan 25	8 pm – 10 pm	Taikoo Shing
Wed 22 Jan 25	8 pm – 10 pm	Taikoo Shing

Running		
Class (Registration is closed for the following class session(s))		
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
Class (Registration is open for the following class session(s))		
Sat 4 Jan 25	7 am – 10 am	Happy Valley Sportsground
Mon 6 Jan 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 13 Jan 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 18 Jan 25	7 am – 10 am	Happy Valley Sportsground
Mon 20 Jan 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 27 Jan 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 1 Feb 25	7 am – 10 am	Happy Valley Sportsground
Mon 3 Feb 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 8 Feb 25	7 am – 10 am	Happy Valley Sportsground
Mon 10 Feb 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 15 Feb 25	7 am – 10 am	(To be confirmed)
Mon 17 Feb 25	7:30 pm – 9 pm	Central Waterfront Promenade

Mon 24 Feb 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 1 Mar 25	7 am – 10 am	Happy Valley Sportsground
Mon 3 Mar 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 8 Mar 25	7 am – 10 am	Happy Valley Sportsground
Mon 10 Mar 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 15 Mar 25	7 am – 10 am	Happy Valley Sportsground
Mon 17 Mar 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 22 Mar 25	7 am – 10 am	Happy Valley Sportsground
Mon 24 Mar 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 29 Mar 25	7 am – 10 am	Happy Valley Sportsground
Mon 31 Mar 25	7:30 pm – 9 pm	Central Waterfront Promenade

Snooker		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 11 Dec 24	7:30 pm – 10:30 pm	World Snooker Club 147 1 st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong
Wed 18 Dec 24	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 8 Jan 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 15 Jan 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 22 Jan 25	7:30 pm – 10:30 pm	World Snooker Club 147

Table Tennis		
Class (Please register with the team/group before attending the practice session(s))		
Thu 9 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Thu 16 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 23 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre
Practice (Please register with the team/group before attending the practice session(s))		
Mon 9 Dec 24	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Mon 23 Dec 24	8 pm – 10 pm	Harbour Road Sports Centre
Mon 30 Dec 24	8 pm – 10 pm	Harbour Road Sports Centre
Thu 2 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 9 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 16 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 23 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre

Tennis		
Practice (Please register with the team/group before attending the practice session(s))		
Tue 24 Dec 24	9 pm – 11 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Tue 31 Dec 24	9 pm – 11 pm	Hong Kong Tennis Centre
Fri 3 Jan 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 7 Jan 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 14 Jan 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 28 Jan 25	9 pm – 11 pm	Hong Kong Tennis Centre

Tenpin Bowling		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 8 Jan 25	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Wed 15 Jan 25	8 pm – 10 pm	South China Athletic Association
Wed 22 Jan 25	8 pm – 10 pm	South China Athletic Association

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