



3 April 2025

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))		
Fri 11 Apr 25	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building 14/F, 112 Kennedy Road, Wan Chai, Hong Kong
Thu 8 May 25	9 pm – 11 pm	Quarry Bay Sports Centre 7/F, Quarry Bay Municipal Services Building, 38 Quarry Bay Street
Thu 15 May 25	9 pm – 11 pm	Quarry Bay Sports Centre
Thu 22 May 25	9 pm – 11 pm	Quarry Bay Sports Centre
Thu 29 May 25	9 pm – 11 pm	Quarry Bay Sports Centre

Basketball		
Practice (Please register with the team/group before attending the practice session(s))		
Fri 25 Apr 25	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building 14/F, 112 Kennedy Road, Wan Chai, Hong Kong

Dancing		
Line Dance Class (Registration is closed for the following class session(s))		
Wed 9 Apr 25	8 pm – 9:30 pm	Dance Star Academy 6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong
Wed 16 Apr 25	8 pm – 9:30 pm	Dance Star Academy
Wed 23 Apr 25	8 pm – 9:30 pm	Dance Star Academy

Ballroom Dance Class (Registration is closed for the following class session(s))		
Fri 11 Apr 25	8:30 pm – 9:30 pm	22nd Dance Floor Education 22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong
Fri 25 Apr 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 2 May 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 9 May 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 16 May 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 23 May 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 30 May 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 6 Jun 25	8:30 pm – 9:30 pm	22nd Dance Floor Education

Dragon Boat		
Land training (Please register with the team/group before attending the practice session(s))		
Thu 3 Apr 25	7 pm – 9 pm	Tamar Park
Thu 10 Apr 25	7 pm – 9 pm	Tamar Park
Thu 17 Apr 25	7 pm – 9 pm	Tamar Park
Thu 24 Apr 25	7 pm – 9 pm	Tamar Park
Thu 8 May 25	7 pm – 9 pm	Tamar Park
Thu 15 May 25	7 pm – 9 pm	Tamar Park
Thu 22 May 25	7 pm – 9 pm	Tamar Park
Thu 29 May 25	7 pm – 9 pm	Tamar Park
Water training (Please register with the team/group before attending the practice session(s))		
Sat 5 Apr 24	10 am – 12 nn	Stanley Dragon Boat Training Centre 1 Stanley Link Road, Stanley
Sat 12 Apr 24	2 pm – 4 pm	Stanley Dragon Boat Training Centre
Sat 3 May 24	2 pm – 4 pm	Stanley Dragon Boat Training Centre
Sat 10 May 24	2 pm – 4 pm	Stanley Dragon Boat Training Centre
Sat 24 May 24	2 pm – 4 pm	Stanley Dragon Boat Training Centre

Golf		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 3 Apr 25	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 17 Apr 25	8 pm – 10 pm	Hi Tee Golf
Thu 15 May 25	8 pm – 10 pm	Hi Tee Golf

Martial Arts		
Class (Registration is open for the following class session(s))		
Thu 8 May 25	7 pm – 8 pm	Law Society Function Room 3/F, Wing On House, 71 Des Voeux Road Central, Hong Kong
Thu 15 May 25	7 pm – 8 pm	Law Society Function Room
Thu 22 May 25	7 pm – 8 pm	Law Society Function Room
Thu 29 May 25	7 pm – 8 pm	Law Society Function Room
Thu 5 Jun 25	7 pm – 8 pm	Law Society Function Room
Practice (Please register with the team/group before attending the practice session(s))		
Wed 9 Apr 25	8 pm – 10 pm	Taikoo Shing
Wed 16 Apr 25	8 pm – 10 pm	Taikoo Shing
Wed 23 Apr 25	8 pm – 10 pm	Taikoo Shing
Wed 30 Apr 25	8 pm – 10 pm	Taikoo Shing
Wed 7 May 25	8 pm – 10 pm	Taikoo Shing
Wed 14 May 25	8 pm – 10 pm	Taikoo Shing
Wed 21 May 25	8 pm – 10 pm	Taikoo Shing
Wed 28 May 25	8 pm – 10 pm	Taikoo Shing

Running		
Class (Registration is closed for the following class session(s))		
Mon 31 Mar 25	7:30 pm – 9 pm	Central Waterfront Promenade
Class (Registration is closed for the following class session(s))		
Sat 5 Apr 25	7 am – 10 am	Happy Valley Sportsground
Mon 7 Apr 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 14 Apr 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 28 Apr 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 3 May 25	7 am – 10 am	Happy Valley Sportsground
Mon 12 May 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 19 May 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 26 May 25	7:30 pm – 9 pm	Central Waterfront Promenade

Snooker		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 9 Apr 25	7:30 pm – 10:30 pm	World Snooker Club 147 1 st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong
Wed 16 Apr 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 23 Apr 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 30 Apr 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 7 May 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 14 May 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 21 May 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 28 May 25	7:30 pm – 10:30 pm	World Snooker Club 147

Swimming		
Class (Please register with the team/group before attending the class session(s))		
Wed 9 Apr 25	9 pm – 10 pm	Wan Chai Swimming Pool 27 Harbour Road, Wan Chai, Hong Kong
Wed 16 Apr 25	9 pm – 10 pm	Wan Chai Swimming Pool
Wed 23 Apr 25	9 pm – 10 pm	Wan Chai Swimming Pool
Wed 30 Apr 25	9 pm – 10 pm	Wan Chai Swimming Pool

Table Tennis		
Class (Please register with the team/group before attending the practice session(s))		
Thu 3 Apr 25	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Thu 10 Apr 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 17 Apr 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 24 Apr 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 8 May 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 15 May 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 22 May 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 29 May 25	8 pm – 10 pm	Harbour Road Sports Centre
Practice (Please register with the team/group before attending the practice session(s))		
Thu 3 Apr 25	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Thu 10 Apr 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 17 Apr 25	8 pm – 10 pm	Harbour Road Sports Centre

Thu 24 Apr 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 8 May 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 15 May 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 22 May 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 29 May 25	8 pm – 10 pm	Harbour Road Sports Centre

Tennis

Practice (Please register with the team/group before attending the practice session(s))

Tue 22 Apr 25	8 pm – 10 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Tue 29 Apr 25	8 pm – 10 pm	Hong Kong Tennis Centre
Fri 2 May 25	8 pm – 10 pm	Hong Kong Tennis Centre
Fri 16 May 25	8 pm – 10 pm	Hong Kong Tennis Centre
Fri 23 May 25	8 pm – 10 pm	Hong Kong Tennis Centre
Fri 30 May 25	8 pm – 10 pm	Hong Kong Tennis Centre

Tenpin Bowling

Practice (Please register with the team/group before attending the practice session(s))

Wed 9 Apr 25	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Wed 16 Apr 25	8 pm – 10 pm	South China Athletic Association
Wed 23 Apr 25	8 pm – 10 pm	South China Athletic Association
Wed 30 Apr 25	8 pm – 10 pm	South China Athletic Association
Wed 7 May 25	8 pm – 10 pm	South China Athletic Association
Wed 14 May 25	8 pm – 10 pm	South China Athletic Association
Wed 21 May 25	8 pm – 10 pm	South China Athletic Association
Wed 28 May 25	8 pm – 10 pm	South China Athletic Association

Volleyball

Practice (Please register with the team/group before attending the practice session(s))

Tue 8 Apr 25	9 pm – 11 pm	West Island School 250 Victoria Road, Pok Fu Lam, Hong Kong
Wed 16 Apr 25	9 pm – 11 pm	Hong Kong Park Sports Centre 29 Cotton Tree Drive, Central, Hong Kong
Tue 29 Apr 25	9 pm – 11 pm	West Island School