



2 May 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))		
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
Fri 13 Jun 25	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building 14/F, 112 Kennedy Road, Wan Chai, Hong Kong

Basketball		
Practice (Please register with the team/group before attending the practice session(s))		
Fri 20 Jun 25	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building 14/F, 112 Kennedy Road, Wan Chai, Hong Kong

Dancing		
Ballroom Dance Class (Registration is closed for the following class session(s))		
Fri 2 May 25	8:30 pm – 9:30 pm	22nd Dance Floor Education 22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong
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 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
Thu 5 Jun 25	7 pm – 9 pm	Tamar Park
Thu 12 Jun 25	7 pm – 9 pm	Tamar Park
Thu 19 Jun 25	7 pm – 9 pm	Tamar Park
Thu 26 Jun 25	7 pm – 9 pm	Tamar Park
Water training (Please register with the team/group before attending the practice session(s))		
Sat 3 May 24	2 pm – 4 pm	Stanley Dragon Boat Training Centre 1 Stanley Link Road, Stanley
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 15 May 25	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 15 Jun 25	8 pm – 10 pm	Hi Tee Golf
Thu 19 Jun 25	8 pm – 10 pm	Hi Tee Golf

Martial Arts		
Class (Registration is closed 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 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
Wed 4 Jun 25	8 pm – 10 pm	Taikoo Shing
Wed 11 Jun 25	8 pm – 10 pm	Taikoo Shing
Wed 18 Jun 25	8 pm – 10 pm	Taikoo Shing

Running

Class (Registration is closed for the following class session(s))

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
Mon 2 Jun 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 7 Jun 25	7 am – 10 am	Happy Valley Sportsground
Mon 9 Jun 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 16 Jun 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 23 Jun 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 30 Jun 25	7:30 pm – 9 pm	Central Waterfront Promenade

Snooker

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

Wed 7 May 25	7:30 pm – 10:30 pm	World Snooker Club 147 1 st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong
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
Wed 4 Jun 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 11 Jun 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 18 Jun 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 25 Jun 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 8 May 25	8 pm – 10 pm	Harbour Road Sports Centre
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		27 Harbour Road, Wan Chai, Hong Kong
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
Thu 5 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 12 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 19 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 26 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Practice (Please register with the team/group before attending the practice session(s))		
Thu 8 May 25	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
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
Thu 5 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 12 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 19 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 26 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre

Tennis		
Practice (Please register with the team/group before attending the practice session(s))		
Fri 2 May 25	8 pm – 10 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Fri 23 May 25	8 pm – 10 pm	Hong Kong Tennis Centre
Fri 30 May 25	8 pm – 10 pm	Hong Kong Tennis Centre
Tue 3 Jun 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 10 Jun 25	8 pm – 10 pm	Hong Kong Tennis Centre
Tue 17 Jun 25	8 pm – 10 pm	Hong Kong Tennis Centre
Tue 24 Jun 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 7 May 25	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
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
Wed 4 Jun 25	8 pm – 10 pm	South China Athletic Association
Wed 11 Jun 25	8 pm – 10 pm	South China Athletic Association
Wed 18 Jun 25	8 pm – 10 pm	South China Athletic Association
Wed 25 Jun 25	8 pm – 10 pm	South China Athletic Association
Class (Registration is open for the following class session(s))		
Wed 18 Jun 25	8 pm – 9 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Wed 2 Jul 25	8 pm – 9 pm	South China Athletic Association
Wed 9 Jul 25	8 pm – 9 pm	South China Athletic Association
Wed 16 Jul 25	8 pm – 9 pm	South China Athletic Association
Wed 23 Jul 25	8 pm – 9 pm	South China Athletic Association
Wed 6 Aug 25	8 pm – 9 pm	South China Athletic Association
Wed 13 Aug 25	8 pm – 9 pm	South China Athletic Association
Wed 20 Aug 25	8 pm – 9 pm	South China Athletic Association