



10 October 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).

Badminton		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 20 Nov 2024	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))		
Wed 30 Oct 2024	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 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 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

<b>Golf</b>		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 17 Oct 24	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 7 Nov 24	8 pm – 10 pm	Hi Tee Golf
Thu 21 Nov 24	8 pm – 10 pm	Hi Tee Golf

<b>Martial Arts</b>		
Practice (Please register with the team/group before attending the practice session(s))		
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

<b>Running</b>		
Class (Registration is closed for the following class session(s))		
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

<b>Snooker</b>		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 16 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 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

<b>Table Tennis</b>		
Class (Please register with the team/group before attending the following class session(s))		
Thu 10 Oct 24	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
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 10 Oct 24	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
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

<b>Tennis</b>		
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
Fri 1 Nov 2024	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 5 Nov 2024	9 pm – 11 pm	Hong Kong Tennis Centre
Fri 22 Nov 2024	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 26 Nov 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 16 Oct 24	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
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