



13 February 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))		
Wed 19 Mar 25	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building 14/F, 112 Kennedy Road, Wan Chai, Hong Kong
Fri 28 Mar 25	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building

Basketball		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 26 Mar 25	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building

Dancing		
Ballroom Dance Class (Registration is closed for the following class session(s))		
Fri 14 Feb 25	8:30 pm – 9:30 pm	22nd Dance Floor Education 22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong
Fri 28 Feb 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 7 Mar 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Line Dance Class (Registration is open for the following class session(s))		
Wed 5 Mar 25	8:00 pm – 9:30 pm	Dance Star Academy 6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong
Wed 12 Mar 25	8:00 pm – 9:30 pm	Dance Star Academy
Wed 29 Mar 25	8:00 pm – 9:30 pm	Dance Star Academy
Wed 26 Mar 25	8:00 pm – 9:30 pm	Dance Star Academy
Wed 2 Apr 25	8:00 pm – 9:30 pm	Dance Star Academy

Wed 9 Apr 25	8:00 pm – 9:30 pm	Dance Star Academy
Wed 16 Apr 25	8:00 pm – 9:30 pm	Dance Star Academy
Wed 23 Apr 25	8:00 pm – 9:30 pm	Dance Star Academy
Ballroom Dance Class (Registration is open 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 13 Feb 25	7 pm – 9 pm	Tamar Park
Thu 20 Feb 25	7 pm – 9 pm	Tamar Park
Thu 27 Feb 25	7 pm – 9 pm	Tamar Park
Thu 6 Mar 25	7 pm – 9 pm	Tamar Park
Thu 13 Mar 25	7 pm – 9 pm	Tamar Park
Thu 20 Mar 25	7 pm – 9 pm	Tamar Park
Thu 27 Mar 25	7 pm – 9 pm	Tamar Park
Water training (Please register with the team/group before attending the practice session(s))		
Sat 15 Feb 25	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre Tiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong
Sat 1 Mar 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 8 Mar 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 15 Mar 24	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 22 Mar 24	10 am – 12 nn	Stanley Dragon Boat Training Centre 1 Stanley Link Road, Stanley
Sat 29 Mar 24	10 am – 12 nn	Stanley Dragon Boat Training Centre

Golf		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 20 Feb 25	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 6 Mar 25	8 pm – 10 pm	Hi Tee Golf
Thu 20 Mar 25	8 pm – 10 pm	Hi Tee Golf

Martial Arts		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 19 Feb 25	8 pm – 10 pm	Taikoo Shing
Wed 26 Feb 25	8 pm – 10 pm	Taikoo Shing
Wed 5 Mar 25	8 pm – 10 pm	Taikoo Shing
Wed 12 Mar 25	8 pm – 10 pm	Taikoo Shing
Wed 19 Mar 25	8 pm – 10 pm	Taikoo Shing
Wed 26 Mar 25	8 pm – 10 pm	Taikoo Shing

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

Swimming

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

Thu 13 Feb 25	8 pm – 9 pm	Sun Yat Sen Memorial Park Swimming Pool 16 Eastern Street North, Sai Ying Pun, Hong Kong
Tue 18 Feb 25	8 pm – 9 pm	Sun Yat Sen Memorial Park Swimming Pool
Thu 20 Feb 25	8 pm – 9 pm	Sun Yat Sen Memorial Park Swimming Pool
Tue 25 Feb 25	8 pm – 9 pm	Sun Yat Sen Memorial Park Swimming Pool

Snooker

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

Wed 19 Feb 25	7:30 pm – 10:30 pm	World Snooker Club 147 1 st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong
Wed 26 Feb 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 5 Mar 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 12 Mar 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 19 Mar 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 26 Mar 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 13 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Thu 20 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 27 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 6 Mar 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 13 Mar 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 20 Mar 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 27 Mar 25	8 pm – 10 pm	Harbour Road Sports Centre

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

Thu 13 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Thu 20 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 27 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 6 Mar 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 13 Mar 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 20 Mar 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 27 Mar 25	8 pm – 10 pm	Harbour Road Sports Centre

Tennis

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

Tue 18 Feb 25	9 pm – 11 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Tue 25 Feb 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 4 Mar 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 11 Mar 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 18 Mar 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 25 Mar 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 19 Feb 25	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Wed 26 Feb 25	8 pm – 10 pm	South China Athletic Association
Wed 5 Mar 25	8 pm – 10 pm	South China Athletic Association
Wed 12 Mar 25	8 pm – 10 pm	South China Athletic Association
Wed 19 Mar 25	8 pm – 10 pm	South China Athletic Association
Wed 26 Mar 25	8 pm – 10 pm	South China Athletic Association

Volleyball

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

Tue 18 Feb 25	9 pm – 11 pm	West Island School 250 Victoria Road, Pok Fu Lam, Hong Kong
Tue 4 Mar 25	9 pm – 11 pm	West Island School
Tue 11 Mar 25	9 pm – 11 pm	West Island School
Tue 18 Mar 25	9 pm – 11 pm	West Island School
Tue 25 Mar 25	9 pm – 11 pm	West Island School