

Pacific Club Annual
Junior Swimming Gala
27th August 2023

八月號

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絮

PACIFIC VIEWS

August 2023



Harbour Room Refurbishment Completed

In June, the Club completed the renovation project of the Harbour Room on the first floor. The extensive renovation work involved the removal of the kitchen and the tall bench near the entrance. Additionally, we have refreshed the wallpaper and revamped the flooring to maximize the available space within the venue.

The newly renovated Harbour Room now offers a versatile event space that can accommodate a wide range of occasions. Whether you are planning a private lunch or dinner, a conference or lecture, or even a children's party or buffet, our Harbour Room is the ideal setting. With a capacity ranging from 10 to 60 people, we are able to cater to your specific event requirements.

The Harbour Room is available for booking throughout the week, from Monday to Sunday.

To learn more about availability and explore our tailor-made packages, get in touch with our dedicated Banqueting and Events Department on 2118 2851 or 2118 2295.

Harbour Room 完成翻新工程

於6月份，本會已為一樓的 Harbour Room 完成了翻新工程。這工程包括了拆除廚房和近門口的高身長枱，也重新鋪上牆紙和地板，加大了此場地的容納空間。

新裝修的 Harbour Room 現在提供了一個多功能活動空間，適用於舉行各類型活動。無論你是計劃私人午餐或晚餐、會議或講座，甚至是兒童聚會或自助餐，Harbour Room 都是理想的場地選擇。我們可容納10至60人，能夠滿足你的特定活動要求。

Harbour Room 於星期一至日均可供會員預訂舉行私人宴會。

查詢有關詳情，請致電2118 2851 / 2118 2295與本會宴會部聯絡。



Board of Governors

Henry Tang 唐英年
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Bookings 預約及查詢電話

Gym	健身室	2118 1863
Membership	會籍部	2118 1802
2/F Reception	二樓接待處	2118 1890
G/F Reception	地下接待處	2118 1828
Tennis	網球部	2118 1707
The Island View	西餐廳	2118 1846
Pier 6 Restaurant	扒房	2118 1878
Bauhinia Restaurant	紫荊閣	2118 1892
Bowling Alley & Bar	保齡球館及酒吧	2118 1845
Capricci	意大利餐廳	2118 1803
Banqueting	宴會部	2118 1824
Hair Salon	髮廊	2118 1893
The Spa	美容部	2118 1890

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Dear Members

As we continue to bask in the summer heat here in Hong Kong, the Pacific Club provides a cool oasis and an array of exclusive activities and promotions that will ensure an unforgettable summer experience.

With the school holidays now in full swing, our Junior Summer Programme has become very popular. Please refer to the centre pages for a comprehensive list of classes available throughout the month of August.

Our gastronomic journey around France continues in August with a series of enticing promotions at our restaurants. Join us at The Island View on Friday and Saturday nights for our Tour de France Buffets, featuring a different regional French theme each week. Detailed information can be found on pages 6-7. At Pier 6, indulge in a menu of timeless French classics, and don't miss

the Flavours of France menu, served at The Island View, Oyster Bar, and Club Bar throughout the month of August. Additionally, if you haven't yet done so, do experience the decadent Tarte Tatin, exclusively available at the Oyster Bar.

Our French culinary theme continues in true style on 18th and 19th August with a visit from Two Michelin Star Guest Chef Jean-Rémi Caillon, from Courchevel. Be sure to book a table to savour his incredible menu celebrating the authentic flavours of the French Alps. See page 17 for all the information.

For wine enthusiasts, we have several very interesting wine events happening at the Club. Turn to page 15 for details about the extraordinary Domaine Pierre Sperry Wine Dinner taking place on 25th August at Pier 6, featuring this award-winning Alsace winery. And for something a little different, don't miss the Chateau Musar Wine Lunch on 10th September - a lunchtime celebration of this impressive Lebanese winery in the heart of the Bekaa Valley.

Finally, on the previous page, we share information about our recent renovation of the Club's Harbour Room. Our refurbishments have been completed and the Harbour Room now stands as one of our finest function spaces, available for a whole host of events. If you are planning a function, please do get in touch with our dedicated banqueting team who will be happy to take care of every detail.

I look forward to seeing you around the clubhouse this month.

尊敬的會員，

正當香港在炎炎夏日之下，太平洋會為會員提供了一片清涼舒適的休憩之地，以及一連串專享的康體活動及餐飲推廣，定能為大家帶來難忘的夏日體驗。

隨著學校假期已全面展開，本會的兒童暑期活動也得到會員的踴躍參與，請參閱本刊的中間內頁，以了解整個 8 月份課程的詳細資料。

於 8 月份，本會多間餐廳將繼續舉行法國美食之旅，送上一連串極為吸引的餐飲活動。於星期五及六晚上，大家可以到 The Island View 享用每個星期以不同法國地區美食為主題的環法美食自助晚餐，詳情請參閱第 6-7 頁。若大家前往 Pier 6 餐廳，則可以盡情享用法國經典菜式；還有不要錯過在 The Island View、Oyster Bar 及 Club Bar 於整個 8 月份供應的法國風味菜式。此外，如果你還未嚐過在 Oyster Bar 獨家供應的法式反烤蘋果塔，便一定要前來試試。

於 8 月 18 日至 19 日，我們將繼續帶領大家享用正宗法國美食。屆時，來自法國 Courchevel 的米芝蓮二星客席名廚 Jean-Rémi Caillon 將會為大家準備多道令人讚嘆的阿爾卑斯山風味菜式，詳情請參閱第 17 頁。

而對於葡萄酒愛好者，本會亦將會舉辦多項非常吸引的葡萄酒活動。首先，大家可以參閱第 15 頁，了解將於 8 月 25 日在 Pier 6 餐廳舉行的 Domaine Pierre Sperry 美酒晚餐的詳情，當晚我們會介紹這間屢獲殊榮的阿爾薩斯酒莊的特色葡萄酒。如果想要來點不一樣的體驗，請不要錯過將於 9 月 10 日舉行的一場午餐慶祝活動——Chateau Musar 美酒午餐，品嚐位於黎巴嫩貝卡谷地中心位置的 Chateau Musar 酒莊所出品的優質佳釀。

最後，在前一頁中，我們分享了有關本會 Harbour Room 最近新裝修的消息。這項翻新工程已經完成，Harbour Room 現已成為本會提供最佳的多功能宴會設施之一，適合舉辦各類型活動。如果你正在計劃舉辦活動，請與本會宴會部聯絡，他們很樂意滿足你的特定要求。

我熱切期待與大家在太平洋會見面。

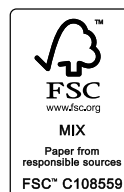
Yours sincerely,
 Ronald Loges
 General Manager
 羅納德 陸格 — 總經理



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Chateau Musar

Chateau Musar Wine Lunch

at Pier 6

In September, we are hosting a very special Wine Lunch at Pier 6, celebrating the incredible wines of Chateau Musar, nestled in the heart of Lebanon's Bekaa Valley. Chateau Musar boasts a winemaking legacy that spans over eight decades and is a testament to the dedication and passion of the Hochar family, who have crafted wines with uncompromising quality since 1930.

Pier 6餐廳 Chateau Musar美酒午餐

於9月10日星期日中午，Pier 6 餐廳將舉辦一場非常特別的葡萄酒午餐盛會，為大家帶來難得的機會，品嚐位於黎巴嫩貝卡谷地（Bekaa Valley）中心位置的Chateau Musar 酒莊所出品的優質葡萄酒。Chateau Musar 酒莊擁有超過80年的釀酒傳統，他們自1930年以來一直釀造出帶有堅定嚴格品質的葡萄酒，見證了Hochar家族對葡萄酒的奉獻精神和熱情。

午餐連葡萄酒收費：每位\$1,288。

訂座請致電2118 1878。

Date : Sunday, 10th September

Time : 12:00 noon Reception
12:30pm Lunch

Venue: Pier 6 Restaurant

Price: \$1,288 per person (Menu and Wines)

Reservations : 2118 1878



Welcome Drink

Chateau Musar Jeune Rosé 2020

Menu

Homemade Bread and French Butter

Amuse-bouche

Fillet of Atlantic Turbot

Sauce Mousseline | Bell Pepper Preparations

Chateau Musar Blanc 2013

Josper Oven Roasted Quail

Button Mushrooms | Beetroot

Chateau Musar Jeune Rouge 2020

Sorbet

Braised Oxtail Raviolo | Charred Sweetcorn

Chateau Musar 2009

Lamb Loin en Croûte

Lamb Jus with Young Ginger | Heirloom Carrots

Chateau Musar 2000

Chateau Musar 1998

Dark Chocolate Marquise

Mandarin Sorbet | Sesame Tuile

Chateau Musar Arack

Petits Fours

(Wines will be served in limited quantities)

*Described menu is subject to change without prior notice

以上菜單如有更改，恕不另行通知



By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko

In this month's issue, I wish to bring your attention to issues regarding Car Parking and Safety at the Club.

Members are no doubt aware that parking spaces are extremely limited at the Club. We therefore ask that you please park your vehicles correctly within the designed spaces and do not obstruct the free passage or parking of other vehicles in the Car Park. When moving your vehicle, or opening doors, please be very careful not to cause damage to other parked vehicles.

Additionally, in the interest of safety, please drive extremely slowly and cautiously on the Club premises. The Clubhouse Driveway is also a pedestrian entrance, thus, observe the speed limit and be aware of other vehicles and people on foot at all times.

Thank you for your attention.

在今期薈絮中，我想大家關注一些安全駕車及泊車事宜。

相信各會員瞭解到本會提供之泊車位相當有限，因此請各位將車輛正確地停泊在指定車位內，切勿阻塞通道及妨礙其他車輛停泊。當行車及開車門時務必小心，以免損毀其他車輛。

最後基於安全理由，會員在會所範圍內駕車時，請保持慢駛。由於會所的行車路亦同時是行人出入通道，因此請會員必須注意車速，並隨時留意其他車輛及行人之安全。

敬希垂注

Closure of Reciprocal Club

Please note that the following Reciprocal Club has ceased operations with immediate effect:

Beijing American Club – Beijing, China

Should you have any recommendations for potential alternatives to replace the above club, please feel free to contact Membership Office.

海外聯繫會所關閉消息

請各會員注意，位於中國北京的Beijing American Club現已結束營業。

如會員想向本會推薦其他位於當地的海外會所，歡迎致電聯絡會籍部。

Telephone Recording & Surveillance Cameras

For security reasons, please note that most of the public/common areas of the Club are covered by surveillance cameras with a recording function. These areas include the Car Park, Driveway, Lobbies, Corridors, Receptions, Lifts, Bowling Alley, Children's Playroom, Gymnasium and Swimming Pool. In addition, a telephone recording system is in operation at the 2/F & 4/F Reception Desks for the purpose of staff training and service quality control.

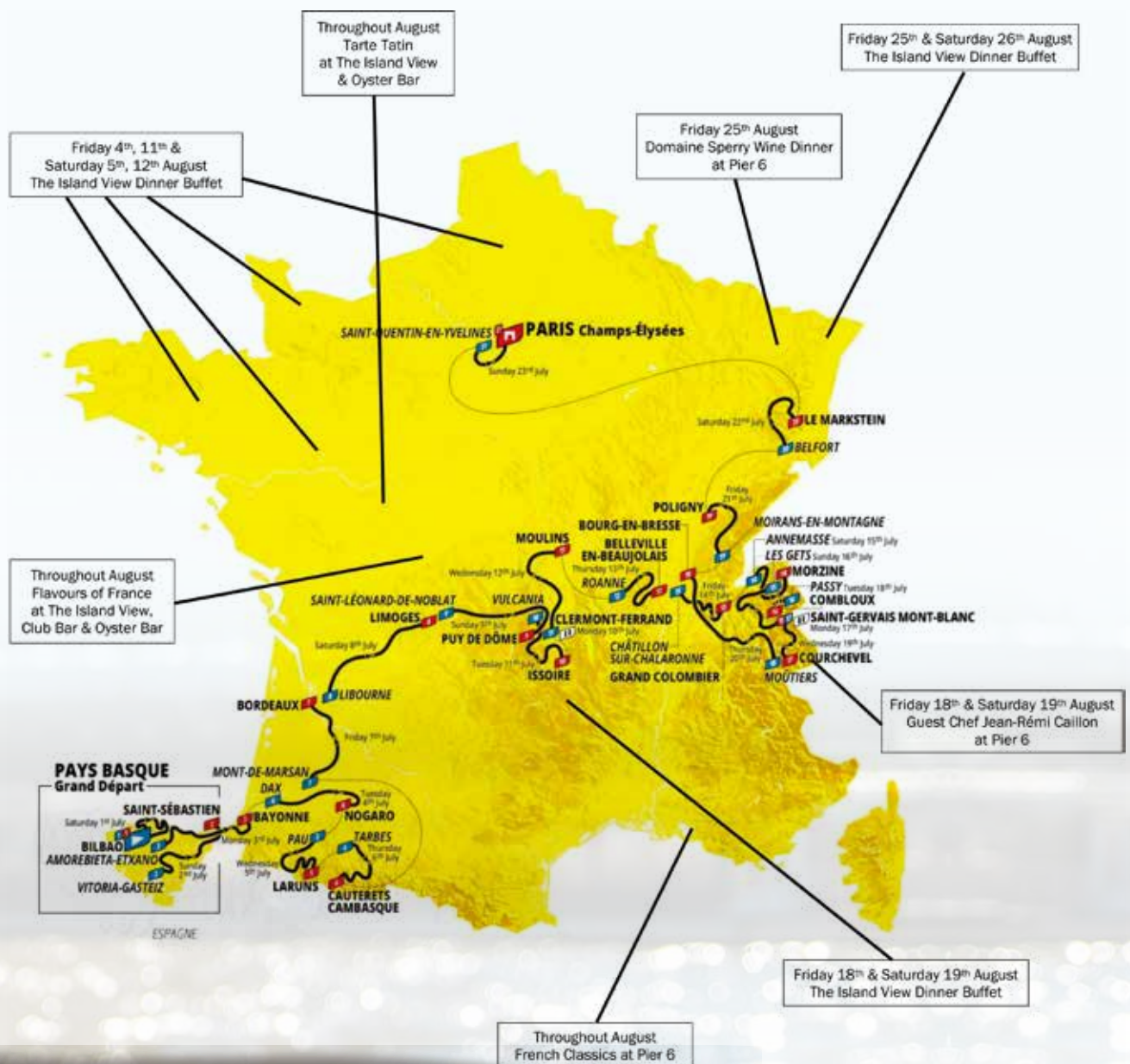
電話錄音和監控攝錄系統

請各會員注意，基於保安理由，本會在會所公眾範圍內已設置監控攝錄機及有關錄影系統。這些範圍包括停車場、車路、大堂、走廊、接待處、電梯、保齡球場、兒童遊樂室、健身室及游泳池。此外，我們已將所有致電二樓及四樓接待處的電話內容錄音，作為日後員工培訓及服務質素監察用途。



Culinary Tour de France

Throughout August



Tour de France Dinner Buffet at The Island View Restaurant

Culinary highlights from France's best regions...

Indulge your senses in a gastronomic adventure as we celebrate the spirit of the iconic Tour de France with our exclusive Dinner Buffet on Fridays and Saturdays at The Island View.

Get ready to embark on a culinary journey that will take you through the picturesque landscapes and vibrancy of France throughout the month of August.

Our talented team of chefs have prepared a delicious buffet spread, inspired by the flavours and specialties of each highlighted region... each week will transport you to a different culinary paradise.

The Island View餐廳 週五及週六自助晚餐

「環法美食之旅」匯聚法國最著名地區的美食...

於8月份每個星期五及六在 The Island View 餐廳舉行的特色自助晚餐中，我們將帶著與著名「環法單車賽」的同樣精神，讓大家盡情品嚐法國各個地區的美食。

請作好準備踏上美食之旅，領略法國如畫般的美景和活力。

本會出色的廚師團隊將以法國每個著名地區的風味和特色作為靈感，準備豐富美味的自助晚餐菜式...每個週末都會帶領大家前往不同的美食天堂。

晚餐收費：成人 — \$498

小童 — 6-12歲：\$328；3-5歲：\$128

訂座請致電2118 1846。

Date : Every Friday & Saturday in August

Time : Dinner

Venue : The Island View Restaurant

Price : \$498 Adults, \$328 Children 6 - 12 years,
\$128 Children 3 - 5 years

Reservations: To book your table,
please call The Island View on 2118 1846

August

• Friday 4th and Saturday 5th August

Seafood and other highlights from the Brittany and Loire regions

• Friday 11th and Saturday 12th August

Seafood and other highlights from the Normandy and Picardy regions

• Friday 18th and Saturday 19th August

Highlights from the Auvergne and Savoie regions

• Friday 25th and Saturday 26th August

Highlights of the Lorraine and Alsace regions

8月份

8月4日星期五及5日星期六
來自布列塔尼和盧瓦爾河地區的海鮮及其他特色菜餚

8月11日星期五及12日星期六
來自諾曼第和皮卡第地區的海鮮及其他菜餚

8月18日星期五及19日星期六
奧弗涅及薩瓦地區菜餚

8月25日星期五及26日星期六
洛林及阿爾薩斯地區菜餚



Core Fit

Our afternoon group classes prioritize strengthening your abs and lower back muscles. These dynamic sessions aim to enhance the stability and flexibility of your waist and core, effectively reducing the likelihood of injury.

核心肌群訓練

課程針對腰背和腹部進行核心肌群力量訓練，從而增加腰腹部肌肉穩定性及活動度，減低受傷機會。課程於星期一舉行，適合16歲及以上的會員參加，8月份4堂收費：會員\$720，非會員\$1,200。

Date : Monday 7th, 14th, 21st & 28th August
Time : 3:00pm – 3:50pm (50 mins)
Venue : Aerobics Room
Price : Member \$720, Guest \$1,200 (for 4 lessons)
Age : 16 years and above

Funky Dance

Funky dance is a simple and easy aerobic dance exercise. It constantly consumes calories inside the body with different music and dancing steps. You are able to complete 7,000 dancing steps within a one hour lesson.

Funky跳舞班

Funky dance 是一種簡單又容易的有氧跳舞運動，以不同的音樂和舞步形式來消耗體內的卡路里，在一小時的課堂內便可完成多達7,000個舞步。課程適合16歲及以上的會員參加，8月份4堂收費：會員\$720，非會員\$1,200；5堂收費：會員\$900，非會員\$1,500。

Date : (A) Wednesday 2nd, 9th, 16th, 23rd & 30th August
(B) Friday 4th, 11th, 18th & 25th August
Time : (A) 12:30pm – 1:30pm
(B) 12:00noon – 1:00pm
Venue : Aerobics Room
Price : (A) Member \$900, Guest \$1,500 (for 5 lesson)
(B) Member \$720, Guest \$1,200 (for 4 lesson)
Age : 16 years and above

Zumba Fitness

The Club offers exciting Zumba classes every Sunday. These high-energy dance fitness classes are perfect for those looking to have fun while getting a great workout. Our classes feature a mix of Latin and international music and dance styles, and are suitable for all fitness levels. Come join the fun and get your heart rate up!

尊巴健體舞班

尊巴健身舞班配合音樂和舞蹈編排，帶動團體健身氣氛，充份展現拉丁風格的帶氧舞蹈鍛鍊，同時亦包含其他類型的音樂和舞蹈，讓學員在享受動感舞蹈的同時，亦可從跳躍舞步中燃燒身體脂肪，達至修身的效果。課程於星期日舉行，適合16歲及以上的會員參加，8月份4堂收費：會員\$720，非會員\$1,200。

Date : Sunday 6th, 13th, 20th & 27th August
Time : 10:00am – 10:45am (45 minutes)
Venue : Aerobics Room
Price : Member \$720, Guest \$1,200 (for 4 lessons)
Age : 16 years and above



Jazz Dance

Come and learn a variety of unique step-by-step Jazz Dance routines and get a total body workout at the same time. Jazz Dance is great way to stay in shape and de-stress! Join us at the Club to experience the harmonious blend of fitness, creativity, and sheer joy that Jazz Dance brings.

爵士舞班

參加本會的爵士舞班可循序漸進地學習爵士舞基本動作，配以音樂跳出各種舞步。爵士舞是保持身材和減壓的好方法！齊來體驗爵士舞帶來的健身、創造力和純粹的快樂。課程於星期四舉行，適合16歲及以上的會員參加，8月份5堂收費：會員\$900，非會員\$1,500。

Date : Thursday 3rd, 10th, 17th, 24th & 31st August
Time : 3:00pm – 4:00pm
Venue : Aerobics Room
Price : Member \$900, Guest \$1,500 (for 5 lessons)
Age : 16 years and above



Fascia Exercise Training

Discover the transformative power of fascia, a connective tissue that envelops and sustains muscles, bones, and organs within the body. Our exclusive classes centre around the art of stretching and manipulating fascia to unlock flexibility, mobility, and overall physical well-being.

筋膜運動訓練

探索改善筋膜組織後的力量。筋膜是一種包裹和維持體內肌肉、骨骼和器官的結締組織，本會的筋膜訓練課程以拉伸和提升筋膜活動能力為中心，以釋放其靈活性、活動性和改善整體身體健康。課程於星期一舉行，適合16歲及以上的會員參加，8月份4堂收費 — 會員\$720，非會員\$1,200。

註：課程以廣東話授課

Date : Monday 7th, 14th, 21st & 28th August
Time : 1:30pm – 2:30pm
Venue : Aerobics Room
Price : Member \$720, Guest \$1,200 (for 4 lessons)
Age : 16 years and above
Instruction: Please note, these classes are taught in Cantonese only

Schedule in August 八月份課程

Monday

Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate/ Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training	1:30pm – 2:30pm
Core Fit	3:00pm – 3:50pm
Men's Double Training	7:00pm – 9:00pm Men's (B)

Tuesday

Morning Water Aerobics	10:00am – 11:00am (A)
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Evening Water Aerobics	7:00pm – 8:00pm

Wednesday

Tennis Team Training	10:00am – 12:00noon Ladies
Funky Dance	12:30pm – 1:30pm (A)

Thursday

Yoga	10:30am – 11:30am (C)
Jazz Dance	3:00pm – 4:00pm
Tennis Team Training	7:00pm – 9:00pm Men's (A)

Friday

Yoga	10:30am – 11:30am (D)
Morning Water Aerobics	11:00am – 12:00noon (B)
Funky Dance	12:00noon – 1:00pm (B)
Stretching Exercise	3:00pm – 4:00pm (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Taekwondo	4:30pm – 5:30pm (A)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (B)

Saturday

Junior Swimming School *	10:00am – 11:00am Elementary (A: 36 – 47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½ – 6 years) 11:00am – 1:00pm (B: 6 – 16 years)
Junior Taekwondo	3:30pm – 4:30pm (C) 4:30pm – 5:30pm (B)

Sunday

Zumba Fitness	10:00am – 10:45am
Yoga	11:00am – 12:00noon (E)
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Sunday Social Tennis	5:00pm – 7:00pm

*Members can sign up various group classes at 2/F Sports Desk on or after the 25th of each month for the next month's classes.

康體部於每個月25日開始接受下個月份各類團體課程的報名。

* Guests will be put on waiting list, as Members will have first priority for enrolment.

會員擁有優先參加資格，而非會員的參加者則需要排在輪候名單中。

To enroll in these classes, please contact the 2/F Reception on 2118 1890. 報名參加以上課程，請致電2118 1890。

Summer Holiday Personal Training Package for Students

Introducing our exciting Summer Holiday Personal Training Package for Students! Make the most of your summer break with our exclusive one-on-one training sessions.

During the month of August, we are delighted to offer a limited-time promotion on our 5-lesson Personal Training Package, specially designed for students aged 12 years and above.

For the incredible price of just \$2,900 (original price \$3,250), access expert guidance and support to achieve your summer fitness goals. Whether you're looking to enhance your athletic performance, improve your overall fitness, or simply stay active during the summer, our experienced trainers will provide tailored sessions to meet your individual needs. Packages are valid for two months.

Book your Personal Training appointment with our Personal Trainers now by calling 2118 1863.

私人健身課程 — 學生暑期優惠

今年暑假，本會為學生會員送上一對一私人健身課程優惠，充分利用假期好好鍛煉強壯體魄。

於8月份，凡12歲及以上的會員均可以優惠價\$2,900購買5堂私人健身課程（原價\$3,250），是項優惠課程有效日期為兩個月。

無論你是為了提高運動成績、改善整體健康狀況，還是只想在夏天繼續活動身體，我們的專業導師都會提供度身訂造的課程，以滿足你的個人需要。

請即致電2118 1863與各私人教練預約課程。

Summer Cold Appetisers at Bauhinia 1st - 31st August

Start your meal in style with Chef Keung's special Cold Appetisers this month at Bauhinia.

- Cold Sliced Abalone with Jelly Fish
- Marinated Black Fungus with Vinegar and Lemon Sauce
- Cold Bean Curd with Dried Minced

To make your reservation, please call Bauhinia on 2118 1892

紫荊閣 夏日涼菜推介

8月1日至31日

於8月份，紫荊閣總廚強師傅將特別為大家送上消暑開胃的夏日涼菜，包括：

- 海蜇凍鮑魚片
- 鮮檸陳醋雲耳
- 皮蛋肉鬆凍豆腐

訂座請致電2118 1892。





Crème Brûlée

This month, in line with our French promotion here at the Club, please find the recipe for a crowd-favourite; Crème Brûlée. Who doesn't like a good Crème Brûlée? This recipe is very simple to prepare at home, all that's needed is a little patience!

In case you can't wait, just come down to the Club and enjoy one instead. We are serving them throughout the month of August at The Island View, Oyster Bar and Club Bar.

焦糖燉蛋

本月份，為了配合本會舉行的法國菜式推介，我在此為大家介紹一款深受大眾喜愛的法國甜品食譜——焦糖燉蛋。誰不喜歡美味的焦糖燉蛋？準備工作非常簡單，所需要的只是一點耐心！

如果你急不及待想儘早品嚐，歡迎前來本會享用！我們將於整個8月份在The Island View、Oyster Bar和Club Bar供應這款甜品。

Recipe for 4 portions:

- 500g Full Fat Cream
- 3 Egg Yolks
- 110g Sugar
- 1 Vanilla Pod, scraped out
- Pinch of Salt

材料 (4人份量)：

- 500克全脂忌廉
- 3隻雞蛋黃
- 110克糖
- 一條雲呢拿，刮籽備用
- 一撮鹽



By Executive Chef,
Daniel Birkner

Preparation:

1. Combine all the ingredients in a bowl and mix well together until the sugar has dissolved.
2. Cover it and let it rest 12 hours in the fridge for the flavours to fully develop.
3. The next day, give it a good stir, then pour into heat resistant ramequins. Be sure to tap the ramequins to remove any bubbles from the top.
4. Set the ramequins into a water bath, cover with cling film and bake at 110 degrees Celsius for about 35–40 minutes, or till the custard has set to a jiggly consistency.
5. Once done, remove from the water bath and refrigerate for at least 6 hours.
6. For the final step just before serving, remove from the fridge, drizzle fine brown sugar over the entire surface and then simply use a blowtorch to caramelize the sugar on top. A very hot grill in your oven could replace the blowtorch. Stay close and pay attention, as the crème needs to be moved around gently to caramelize evenly.
7. Enjoy as is, or with marinated summer berries or any other fresh fruit as desired.

準備：

1. 將所有材料放入碗中，攪拌均勻直至糖溶解。
2. 蓋上蓋子，放入冰箱冷藏12小時，讓味道充分發揮。
3. 第二天，將材料完全拌勻，倒入耐熱器皿中，一定要輕敲器皿，以去除頂部的氣泡。
4. 將器皿放入注水的盆中，蓋上保鮮膜，以攝氏110度烘烤約35-40分鐘，或直至蛋奶凍凝固並達到一定的稠度。
5. 完成後，從水中取出器皿並冷藏至少6小時。
6. 在食用前的最後一個步驟，將燉蛋從雪櫃中取出，在整個表面上灑上紅糖，然後只需使用火槍將表面的糖焦糖化即可。放入高溫烤箱中也可以代替火槍，但必須要留心，必須輕輕移動燉蛋才能均勻焦糖化。
7. 可以單獨享用燉蛋，或配以醃製過的夏日莓果或你喜歡的任何新鮮水果享用。

*Photograph is for reference only 食物相片只供參考

Vive La France

at the Club in August

8月份 太平洋會 法國美食月

French Classics at Pier 6

Throughout the month of August, experience the timeless elegance of French cuisine at Pier 6. Immerse yourself in the unparalleled delights of our French Classics Menu, where each dish is meticulously crafted using the finest ingredients and time-honoured culinary techniques.

Pier 6 餐廳 法國經典菜式

於整個 8 月期間，歡迎大家前來 Pier 6 餐廳享用優雅精緻的法國美食。讓自己沉醉於本會無與倫比的法國經典菜式中，每道菜都是使用最優質的食材及傳統烹飪技術精心製作。

Buttered Burgundy Snails

Fleur de Lys | Fine Herbs

Terrine of Pressed Duck Foie Gras

Apricot Chutney | Brioche

Sautéed Frog Legs

Soubise | Garlic and Parsley Cream

Braised Milk-fed Baby Lamb Shoulder from Pauillac

Lamb Jus | Ratatouille | Pommes Boulangère

(Serves 1-2)

Bouillabaisse Marseillaise

Langoustines | Scallops | Prawns | Lobster | Mussels | Red Mullet | Sea Bass | Squid

Sauce Rouille | Crostini Fennel and Vegetable Parisienne

Date : 1st- 31st August

Venue : Pier 6



Buttered Burgundy Snails



Bouillabaisse Marseillaise

Flavours of France at The Island View Restaurant, Club Bar & Oyster Bar

Get ready to indulge in the timeless flavours of French Classics at The Island View Restaurant, Club Bar and the Oyster Bar, transporting you to the heart of culinary excellence. Our exquisite menu, available throughout August, pays homage to the rich heritage of French cuisine, featuring a selection of iconic dishes that will delight your senses.

The Island View 餐廳、會所酒吧及 Oyster Bar 法國風味菜式

請大家作好準備，前來 The Island View 餐廳、會所酒吧及 Oyster Bar，盡情品嚐法式經典菜式的永恆風味，進入卓越美食的世界！我們精心設計的菜單將於整個 8 月期間供應，向聞名以久的法國美食傳統致敬，當中包括具標誌性的精選菜餚，保證讓你回味無窮。

Croque Madame

Sourdough Toast | Noixfine Ham | Gruyère Cheese | Béchamel Sauce | Fried Egg

Tartiflette

Potato, Bacon and Onion Gratin | Reblochon Cheese

Soupe à l'Oignon

Gratinated French Onion Soup

Salade Niçoise

Lettuce | Seasonal Vegetables | Egg | Olives

Confit de Canard

Confit Duck Leg | Saladaises Potatoes | Lettuce in Vinaigrette

Steak Frites

250g Black Angus Sirloin | French Fries | Sauce Café de Paris

Crème Brûlée

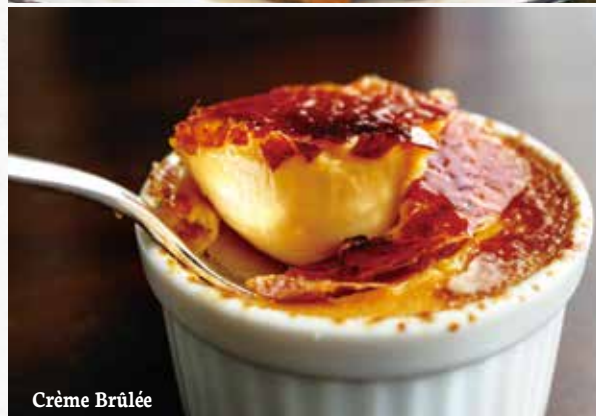
Caramelised Vanilla Flan

Date : 1st - 31st August

Venue : The Island View Restaurant, Club Bar & Oyster Bar



Confit de Canard



Crème Brûlée

Tarte Tatin

During the month of August, be sure to stop by The Island View Restaurant & Oyster Bar for a delicious sweet treat. Our talented pastry chefs have created the perfect Tarte Tatin - a classic French dessert that combines caramelized apples and buttery pastry, served with the creamiest vanilla seed ice cream and crème Chantilly. Don't miss the irresistible charm of this timeless French dessert.

法式反烤蘋果塔

大家一定不能錯過於 8 月期間，在 The Island View 餐廳及 Oyster Bar 推出的美味甜點——法式反烤蘋果塔（Tarte Tatin）。本會出色的糕點師傅將為大家製作完美的法式反烤蘋果塔——一款經典的法式甜點，結合了焦糖蘋果及牛油酥餅，配搭細滑香濃的香草籽雪糕和香緹奶油。千萬不要錯過這款令人難以抗拒、歷久不衰的法式經典甜點。



Tarte Tatin

Date : 1st - 31st August

Venue : The Island View Restaurant & Oyster Bar

August 2023

Wine Home Delivery Service

8月份餐酒送貨服務

Order Form 餐酒訂購表格

A special selection of Domaine Pierre Sperry wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$1,500 and above, excluding Outlying Islands.
Alternatively, pick-up the wines at the Club Bar.

本月為會員介紹多款Domaine Pierre Sperry葡萄酒，凡購滿\$1,500及以上可獲免費送貨服務，離島除外。
或者可於會所酒吧領取葡萄酒。

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
Familler Hauller - Sperry Pinot Blanc "Grain de Sable" 2021	750ml	118		
Familler Hauller - Sperry Gewurztraminer "Nuance de Gres" 2021	750ml	148		
Familler Hauller - Sperry Pinot Noir "Vieille Vignes" 2021	750ml	168		
Familler Hauller - Sperry Riesling Grand Cru Winzenberg 2018	750ml	168		
Familler Hauller - Sperry Pinot Gris Grand Cru Winzenberg 2019	750ml	190		
Familler Hauller - Sperry Gewurztraminer Grand Cru Winzenberg 2017	750ml	198		

Please allow 5-7 working days lead time for delivery 訂購以上美酒需時 5-7 個工作天。

Please charge the total amount of HK\$ _____ to my Pacific Club Member's account.

For ordering, please present this form to the Club Bar, or fax to 2118 0207 or email to: joey-ho@pacificclub.com.hk

For further information, please call the Club Bar at 2118 1845.

Name: (please print) _____ Membership No.: _____

Contact Telephone No.: (Home) _____ (Office) _____

Delivery Address: _____

Signature: _____ Date: _____

* The personal data collected in this order form will be used for order confirmation and delivery arrangement only.
本表格內所收集的個人資料只用作確認訂購及安排送貨之用途



Domaine Pierre Sperry Wine Dinner

Immerse yourself in the enchanting heart of France's Alsace region and join us for an unforgettable Wine Dinner with Domaine Pierre Sperry.

Nestled halfway between the picturesque towns of Strasbourg and Colmar, this exquisite wine estate is located in Blienschwiller, a charming village at the foot of the renowned Winzenberg Grand Cru. Discover the remarkable wines crafted at Pierre Sperry, where the geological uniqueness of Winzenberg imparts a distinctive crystalline purity to every bottle.

Jean-Pierre and Yvette Sperry dedicated their lives to perfecting elegant and delicate wines, and in 2014, they passed the torch to the esteemed Hauller Family. Today, Ludovic and Guillaume Hauller, descendants of eight generations of winemakers, carry on the legacy and share their unwavering passion for the illustrious Alsace wines produced at Pierre Sperry.

Don't miss this exclusive opportunity to be part of the Pierre Sperry Wine Dinner, a celebration of tradition, terroir, and the pursuit of perfection in every glass.

Date : Friday, 25th August

Time : 6:30pm Welcome Drink

7:15pm Dinner

Venue : Pier 6

Price : \$988 per person (Food and Wines)

Reservations: 2118 1878

Domaine Pierre Sperry 美酒晚餐

歡迎參加本會將於8月25日星期五在Pier 6舉行的 Domaine Pierre Sperry 美酒晚餐，沉醉在法國阿爾薩斯地區迷人的葡萄釀酒聖地。

這座精緻的葡萄酒莊園坐落在風景如畫的斯特拉斯堡和科爾馬之間，位於著名的 Winzenberg 葡萄園山腳下的迷人村莊 Blienschwiller。由於 Winzenberg 的獨特地質賦予每一瓶佳釀如水晶般清澈透明的純度，因此 Pierre Sperry 所釀造的全是非一般的葡萄酒。

Jean-Pierre 和 Yvette Sperry 畢生致力於釀造優雅細緻的葡萄酒，直至2014年備受尊敬的 Hauller 家族接手了他們的心血。時至今日，第八代釀酒師 Ludovic 和 Guillaume Hauller 繼承了這一遺產，並繼續發揚他們對 Pierre Sperry 釀造傑出阿爾薩斯葡萄酒的堅定熱情。

千萬不要錯過這次品嚐 Pierre Sperry 葡萄酒的難得機會，一同向傳統、風土和對每一杯佳釀的完美追求致敬。

晚餐連葡萄酒收費：每位\$988。

訂座請致電2118 1878。

Welcome Drink

Familler Hauller - Sperry Pinot Blanc "Grain de Sable" 2021

Menu

Jardin d'Été

Langoustines | Smoked Perch Roe | Fine Herbs

Familler Hauller - Sperry Riesling Grand Cru Winzenberg 2018

Mosaïque Suprême

Duck Foie Gras and Black Truffles | Port Wine | Brioche

Familler Hauller - Sperry Gewurztraminer Grand Cru Winzenberg 2017

Choucroute Revisitée

Pike Perch | Sauerkraut | Lardons | Mousseline

Familler Hauller - Sperry Gewurztraminer "Nuance de Gres" 2021

Le Trou Alsacien

Pigeonneau d'Alsace

Pigeon and its own Jus | Parsley | Artichokes and Celeriac

Familler Hauller - Sperry Pinot Noir "Vieille Vignes" 2021

Kougelhupf au Fromage Blanc et Marc d'Alsace

Caramelised Chestnuts | Butter Ice Cream | Raisin Custard

Familler Hauller - Sperry Pinot Gris Grand Cru Winzenberg 2019

Petits Fours

(Wines will be served in limited quantities)

*Described menu is subject to change without prior notice

以上菜單如有更改，恕不另行通知



Signature Summer Drinks

at Club Bar and Oyster Bar

Stay cool this summer with our range of refreshing seasonal drinks, available at the Club Bar and Oyster Bar throughout the month of August.

Cocktails: \$78 per glass (每杯)

Golden Coast

A tropical delight with a touch of elegance featuring Vodka, Mango Purée, Lychee Liqueur, Cranberry Juice and Lime Cordial.

以伏特加、芒果醬、荔枝利口酒、蔓越莓汁、青檸糖漿調配而成的熱帶風味雞尾酒。

Pacific Sunset

A vibrant sunset in a glass with a blend of Southern Comfort, Cointreau, Strawberry Mix, Lime Cordial and Orange Juice.

一杯呈現鮮豔日落色彩的雞尾酒，混合了Southern Comfort甜酒、Cointreau橙酒、草莓果泥、青檸糖漿和橙汁。

Ginger O'jito

A tantalizing mix of House Rum, infused with the essence of Mint Leaves, Sugar Syrup, Lime Juice and Ginger Juice, blended with Orange Juice and Soda Water.

以蘭姆酒、新鮮薄荷葉、青檸汁和薑汁，並與橙汁和蘇打水混合調配而成。

Rock 'n' Roll

A smooth blend of Bourbon Whiskey, Cointreau, Lemon Juice, Martini Rosso and a dash of Sugar Syrup for a rock 'n' roll moment!

混合波本威士忌、Cointreau橙酒、檸檬汁、馬天尼紅香艾酒，為大家帶來興奮時刻！

Club Bar 及 Oyster Bar 推介 夏日特色雞尾酒

於8月份，大家可以在Club Bar及Oyster Bar享用多款清新冰涼的雞尾酒及無酒精調飲。

Mocktails: \$58 per glass (每杯)

Cool Mint

Bursting with freshness, this drink combines fresh Lychee and Mint leaves, sweetened with Syrup and a splash of tangy Lime Juice, topped with a refreshing blend of Ginger Beer and Ginger Ale.

一杯充滿清新氣息的調飲，混合了荔枝和新鮮的薄荷葉，並加入濃郁的青檸汁，再以清爽的薑汁啤酒和薑汁汽水作結尾。

Holiday Punch

Celebrate the season of vacations with this fruity punch featuring a splash of Syrup, Blue Curacao, Apple Juice, Pineapple Juice, Lime Juice and Soda Water.

用這款充滿果味的調飲來慶祝夏季的到來，其中加入了藍柑橘酒、蘋果汁、菠蘿汁、青檸汁和蘇打水。

Relax

The definitive tropical combination of Pineapple and fresh Lime Juice, Elderflower Syrup and Mint Leaves, topped up with Ginger Beer.

菠蘿和新鮮青檸汁、接骨木花糖漿和薄荷葉的完美熱帶組合，最後再加上薑汁啤酒作調味。

Yuzu Drop

Enjoy this tangy mixture of Yuzu, Lime Juice, Sugar Syrup and Iced Tea, finished with a splash of Soda Water.

一款柚子味道濃郁的調飲，以柚子、青檸汁和冰茶混合而成，最後加入少許蘇打水作平衡。





Two Michelin Star Guest Chef Jean-Rémi Caillon Returns to the Club...

We are thrilled to announce the return of renowned Guest Chef Jean-Rémi Caillon, recipient of Two Michelin Stars, to Pier 6 Restaurant. Many Members may recall his previous visits to the Club in 2017 and 2019.

Chef Caillon's culinary signature lies in creating harmonious flavour marriages, centered around specific themes. Each meticulously crafted dish reveals a captivating story and presents unexpected combinations of ingredients.

The Chef will prepare his incredible Degustation Menu at Pier 6 on two days only. Be sure to make your reservation early!

Date : 18th & 19th August

Venue: Pier 6 Restaurant

Price : \$1,288 per person

Enjoy additional Wine Pairing (5 glasses) for
\$688 per person

Reservations: 2118 1878



米芝蓮二星名廚 Jean-Rémi Caillon 於8月18日及19日 親臨Pier 6餐廳掌廚

我們非常高興向大家宣布，米芝蓮二星名廚Jean-Rémi Caillon即將重臨本會Pier 6餐廳擔任客席主廚。相信許多會員可能還記得他曾於2017年及2019年到訪本會。

Chef Caillon的烹飪特色在於圍繞特定的主題，用意想不到的食材組合將不同的味道和諧地結合起來，每道精心製作的菜餚都揭示出一個迷人的故事。

今次Chef Caillon到Pier 6餐廳掌廚，將為會員帶來美味且具啟發性的菜式，只此兩天，欲免向隅，請儘快致電2118 1878訂座。

晚餐收費：每位\$1,288。

另配搭5杯葡萄酒：每位加\$688

MENU

Welcome Drink

Perrier-Jouët Grand Brut Champagne N.V.

Les Champignons

Glace yaourt et chartreuse, pimprenelle et Caviar

Mushrooms with yogurt and chartreuse ice cream, burnet and caviar

Domaine Lebrun, Pouilly Fume, Loire, France 2021

Le Saumon de Fontaine

Coulis d'oseille, gnocchi de pomme de terre

Brook salmon fish, sorrel coulis, potato gnocchi

Chateau Galoupet, Provence, France 2021

Le Veau

À la cannelle, olive cacao, orange et noisette

Veal with cinnamon, cocoa-olive, orange and hazelnut

Domaine de Pegau Chateauneuf-de-Pape Cuvée Reserve, France 2018

Le Serac

Crème vanille et noix, raisin confit au miel et genièvre

Serac cheese with vanilla and walnut cream,

candied grapes with honey and juniper

Madiniere Cote-Rotie Les Terre Sombres, France 2019

L'abricot

Pochée au sirop de caramel safrané, sorbet clémentine,

condiment ananas-passion, Lait de coco et pain toasté

Apricot poached in caramel, clementine sorbet,

pineapple-passion fruit condiment, coconut milk and toast bread

Prince de Saint-Aubin, Sauternes, France 2019

La Meringue

Crème fraîche, gentiane et myrtille

Meringue, fresh cream, gentian and blueberry



(Wines will be served in limited quantities)

Described menu is subject to change without prior notice

以上菜單如有更改，恕不另行通知

Junior Summer Programme

Children's Development 兒童智能啟發

Story Drawing Course (3 – 6 years)

This course combines art and story-telling skills. Through different, interesting story themes, the instructor will inspire children's interest in drawing.

幼兒聽故事學畫畫 (3 – 6歲)

本課程以說故事的形式啟發兒童的思考，課程透過不同主題，以故事形式讓孩子更容易接受及投入角色，引起聯想啟發兒童對繪畫的興趣。

Date : Wednesday 2nd & 9th August
Time : 10:00am – 10:55am
Venue: Playroom Library, 1/F
Price : Member \$550,
Guest \$650



Play Groups 趣味學習

English Drama Academy (3 – 12 years)

Led by our skilled instructor, this captivating program combines the art of storytelling, role play, script writing, dance, speech, prose, and narration. Our classes are meticulously crafted to foster creativity, improve language and communication skills, enhance problem-solving abilities, and nurture self-confidence. Join us as we embark on a remarkable journey of imagination and self-expression, where children can explore their talents, connect with others, and flourish in the world of drama.



英語話劇訓練班 (3 – 12歲)

本會經驗豐富的導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，來激發孩子們對學習英語的興趣。加入我們，踏上一段非凡的想像力和自我表達之旅，他們可以在這裡發掘自己的才能，與他人交流，並在戲劇世界中茁壯成長。

Date : Wednesday
(B1) (B2) 2nd, 9th, 16th & 23rd August
Time : (B1) 5:30pm – 6:30pm
(B2) 4:30pm – 5:30pm
Venue: Gym Activities Room, 1/F
Price : Member \$800, Guest \$1,000
Age : (B1) 3 – 5 years
(B2) 6 – 12 years

Mirror Go Summer Competition (6 – 12 years)

Join the Mirror Go summer fun at the Pacific Club! Participants will complete Mirror's different missions in order to enhance their intelligence and learning motivation.

Mirror Go Summer遊大決戰 (6 – 12歲)

今個暑假，我們把Mirror的電視節目遊戲帶到課室，讓孩子們分成小組通過各種刺激和主題學習遊戲，放鬆心情大玩特玩，更可以增強他們的智能和學習動機！

Date : Wednesday 16th & 23rd August
Time : 10:00am – 11:25am
Venue: Gym Activity Room, 1/F
Price : Member \$600, Guest \$700

Running Man Competition (6 – 12 years)

Running Man is a South Korean variety show. Participants in this exciting summer course will complete different missions in order to win the various Running Man challenges.

Running Man玩轉世界 (6 – 12歲)

《Running Man》是韓國非常受歡迎的電視節目，當中成員分組進行競賽遊戲，大考智力及體力。本課程將讓孩子們體驗這些競賽，以才能、勇氣和發揮運動神經展開對決。

內容包括：以畫傳畫、猜謎、接龍、畫圖類、計時、腦筋急轉彎、抽鬼牌、硬幣比賽、急口令等遊戲。

Date : Wednesday 16th & 23rd August
Time : 11:30am – 12:55pm
Venue: Gym Activity Room, 1/F
Price : Member \$600, Guest \$700

Chess Academy (5 years and above)

Unlock your child's strategic genius at our Children's Chess Academy! Our fun and engaging classes combine the timeless game of chess with interactive lessons designed to develop critical thinking, problem-solving, and concentration skills. Join us and watch your child's confidence soar as they become a master of the chessboard.

國際象棋課程 (5歲及以上)

參加國際象棋課程，釋放孩子們的戰略天賦！我們這有趣且引人入勝的課程會將歷史悠久的國際象棋遊戲介紹給孩子們，從而培養他們的策略性思維，提升解難和專注能力，並藉著成為國際象棋大師的過程中增加自信心。

Date : Tuesday – Thursday
(B) 1st, 2nd & 3rd August
Time : 2:30pm – 4:30pm
Venue: Gym Activities Room, 1/F
Price : Member \$2,400,
Guest \$2,550



2023 兒童暑期活動

Harry Potter Mysterious Magic School (6 – 12 years)

Our Harry Potter Magic School, for 6 to 12-year-olds, teaches a variety of exciting magic skills in a relaxed and fun learning environment.

神秘魔法師學徒 (6 – 12歲)

哈利波特魔法世界學院為6-12歲的孩子們提供一個輕鬆、愉快的環境學習魔術，從而培養對魔術的興趣，透過反覆的練習，增強自信心，創造出屬於自己的魔法舞台。

課程內容：移位魔術；控物力魔術；各款撲克牌魔術。

Date : (A) Monday 7th & 14th August
(B) Thursday 17th & 24th August

Time : 5:00pm – 5:55pm

Venue: (A) Room ONE, 1/F
(B) Room TWO, 1/F

Price : Member \$650, Guest \$750

STEM National Geographic (6 – 12 years)

Through high-level thinking interaction, students are taught about geography and can explore the development of the Earth. Through volcanic models and archaeological excavation processes, students can learn about the Earth's crust and the development of the Jurassic period, and ultimately human civilization.

STEM國家地理頻道知識 (6 – 12歲)

課程讓學員以活動教學的方式學習地理學、探索地球的發展歷史，如透過火山模型或考古挖掘的過程去了解地球的地殼，以至侏羅紀的發展和最終到達人類文明。在人類文明的背後，大自然的發展令人感到好奇和未知，讓我們從火山爆發開始走進地球的最底層。

Date : Monday 7th & 14th August

Time : 4:00pm – 4:55pm

Venue: Room ONE, 1/F

Price : Member \$680, Guest \$780

Arts & Crafts 美術及手工藝

Art Crafters (4 – 7 years)

This three-lesson class will help to unlock your child's creativity with multi-sensory activities and experimentation. Technique, craft and design are integral parts of the program, with other disciplines such as some Maths and Science also incorporated into the lessons.

Our mission is to: - Get students truly excited about Arts & Crafts
- Encourage Exploration and Experimentation
- Inspire Creativity and Fun Learning

工藝美術師 (4 – 7歲)

課程能讓小朋友透過多感官活動和實驗來釋放創造力，以促進長期成長。技術、工藝和設計是課程的組成部分，其他學科，如一些數學和科學也可以納入課程，從而提升學員對藝術和手工藝的興趣，鼓勵他們進行探索和實驗，激發創造力和有趣學習。

Date : Tuesday – Thursday 8th, 9th & 10th August

Time : 2:30pm – 4:30pm

Venue: Gym Activities Room, 1/F

Price : Member \$2,400, Guest \$2,550

Little Magic King (6 – 12 years)

Little Magic King teaches children the basic skills and concepts of magic and how to use ordinary objects around us as tools to perform tricks.

近距離魔術表現訓練課程 (6 – 12歲)

課程教導魔術的基本手法及概念，以及如何就地取材，利用身邊的物件變出各種魔術。

課程內容：奇妙骰子魔術；硬幣和繩子魔術；各款撲克牌魔術。

Date : Thursday 17th & 24th August

Time : 2:00pm – 2:55pm

Venue: Room TWO, 1/F

Price : Member \$650, Guest \$750



Glowing Flower Crystal Ball Lamp Workshop (5 years and above)

Create a beautiful Crystal Ball Flower Lamp at this Sunday afternoon class. This lamp is perfect for decorating your study, bedroom, or desktop. It's also a wonderful gift for family and friends!

夏日花花水晶球工作坊 (5歲及以上)

在這個工作坊中，導師將會教授學員製作一個發光的花花水晶球，它非常適合放在家中作擺設，或者作為禮物送給家人和朋友。

Date : Sunday 6th August

Time : (A) 2:00pm – 3:00pm

(B) 3:15pm – 4:15pm

Venue: Children's Playroom Library, 1/F

Price : Member \$180, Guest \$230



Arts & Crafts 美術及手工藝

3D Pen Creation World (6 – 12 years)

This course will teach students how to use 3D Pens to draw and create objects such as a butterfly and aeroplane. Students can learn 3D painting skills, geometric cognition, directionality and logical thinking.

3D立體筆創作世界 (6 – 12歲)

你有沒有想過可以畫出立體的畫作？本課程將教授學員如何使用3D立體繪圖筆製作出簡單物件（如蝴蝶、小飛機），從學習過程中，讓學員能夠提升立體繪畫技巧、幾何認知、方向性及邏輯性思維。

課程內容：趣怪卡通製作、可愛昆蟲製作、交通工具製作

課程提供：3D立體筆及所有課堂所需要的物料

Date : Friday 11th & 18th August

Time : 12:00noon – 12:55pm

Venue: Gym Activity Room, 1/F

Price : Member \$700, Guest \$800

Sumikko Gurashi Clay Studio (3 - 6 years)

This course teaches children how to make little Sumikko Gurashi with clay. Participants will learn clay toning and colour mixing and matching techniques.

幼兒角落小夥伴黏土繽紛樂 (3 – 6歲)

課程教授孩子們用黏土製作可愛的角落小夥伴，既可以體驗手作的樂趣又可以學習黏土調色和色彩混色配搭，提升對藝術美感的認知，同時訓練他們的大小肌肉運用。大家齊來一起動動手指，啟發無限創意！

課堂內容參考：《角落小夥伴》北極熊/企鵝製作、《角落小夥伴》貓咪/藍色蜥蜴製作

Date : Wednesday 2nd & 9th August

Time : 11:00am – 11:55am

Venue: Playroom Library, 1/F

Price : Member \$600,
Guest \$700



Creative Duffy Clay Music Box (6 – 12 years)

This course aims to cultivate children's artistic skills and unleash their creativity by teaching them the art of crafting a unique Duffy music box using clay. Through this hands-on experience, children will learn to master color awareness, enhance their control over shapes, and ultimately develop their own personal style in art.

閃亮Duffy黏土旋轉音樂盒 (6 – 12歲)

課程教授孩子們利用黏土裝飾親自設計一個Duffy音樂盒，透過觸摸、抓、握、推、拍、捏、壓等動作，刺激腦力控制與肌肉的發展，學習如何運用色彩搭配、比例配置及形狀的控制能力，進而發展個人風格及創作力。

Date : Wednesday 2nd & 9th August

Time : 3:30pm – 4:55pm

Venue: Room TWO, 1/F (2nd Aug)
Playroom Library, 1/F (9th Aug)

Price : Member \$700, Guest \$ 800

Duffy and Disney Summer Art Party (3 – 6 years)

This course offers instruction in drawing and utilizing clay to craft vibrant Duffy and Disney characters, enabling students to bring these creations home and enjoy them to the fullest.

Duffy與Disney好友夏日美術派對 (3 – 6歲)

Duffy與Disney人物造型得意可愛，深受大眾喜愛。此課程會教授學員繪畫和以黏土製作Duffy及Disney的人物，並帶回家中玩樂！

Date : (B) Friday 11th & 18th August

Time : (B) 2:00pm – 3:25pm

Venue: Playroom Library, 1/F

Price : Member \$800, Guest \$900

Age : (B) 3 – 6 years

Pokémon Clay Making Class (6 - 12 years)

This fun, afternoon class, held over two sessions, allows participants to make Pokémon characters from clay, including a background scene for display.

Pokemon黏土神探Pikachu (6 – 12歲)

今個暑假我們就利用黏土將寵物小精靈變成實體，並製作出一個競技場場景，讓每位黏土精靈訓練員帶著自己的寵物小精靈進行一場真實競技吧！

Date : Wednesday 2nd & 9th August

Time : 12:00noon – 12:55pm

Venue: Playroom Library, 1/F

Price : Member \$600, Guest \$700



Disney Princess Drawing Studio (4 - 7 years)

This course teaches students to draw the popular characters from "Frozen", as well as many of the Disney princesses. Children are able to experience the fun of painting, learn the use of lines and basic drawing skills in order to cultivate a keen interest in drawing and creativity!

幼兒迪士尼公主畫室 (4 – 7歲)

這課程將教授魔雪奇緣及其他公主人物的繪畫技巧，讓兒童在趣味中學習繪畫，培養濃厚的繪畫興趣及創作力！

課程內容：公主Elsa－繪畫入門技巧，線條的運用；《小美人魚》貝兒－色彩配搭技巧

Date : (B) Friday 11th & 18th August

Time : (B) 11:00am – 11:55am

Venue: Playroom Library, 1/F

Price : Member \$550, Guest \$650



junior summer programme

兒童暑期活動

Demon Slayer & Marvel Drawing Workshop (6 – 12 years)

The popular cartoon "Demon Slayer" is a story about Tanjirou starting his journey of ghost hunting. The Avengers in "Marvel" are also the brave heroes who save the world. Students can learn the skills of drawing these characters in this workshop.

鬼滅之刃與Marvel超級英雄 — 繪畫班 (6 – 12歲)

著名動畫「鬼滅之刃」的故事描述主角炭治郎的斬鬼之旅；而《復仇者聯盟Marvel》的各位主角都是拯救地球的勇敢英雄。

課程內容：炭治郎 — 繪畫入門技巧，線條運用、鐵甲奇俠Iron Man — 繪畫練習，構圖技巧

Date : Wednesday 2nd & 9th August

Time : 5:00pm – 5:55pm

Venue: Room TWO, 1/F (2nd Aug)
Playroom Library, 1/F (9th Aug)

Price : Member \$550, Guest \$650



Pokémon & Baby Shark Clay Studio (3 - 6 years)

This course teaches children how to make Pokémon and Baby Shark characters with clay, learning about shape, color and more.

幼兒寵物小精靈x Baby Shark黏土圖鑑 (3 – 6歲)

課程以寵物小精靈《Pokemon GO》和Baby Shark為主題，教授孩子們學習製作黏土的要訣，既可以體驗手作的樂趣又可以學習黏土調色和色彩混色配搭，提升對藝術美感的認知，同時訓練他們的大小肌肉運用。

課堂內容參考：精靈球/小火龍製作、Baby Shark製作

Date : Friday 11th & 18th August

Time : 10:00am – 10:55am

Venue: Playroom Library, 1/F

Price : Member \$600, Guest \$700



Disney Princess Clay Lantern Workshop (6 – 12 years)

This course teaches participants to create 3D flowers and plants made of clay to build a beautiful forest scene. The finished scene will be equipped with lighting for children to take home and display as a lantern.

迪士尼公主 — 黏土花燈製作班 (6 – 12歲)

本課程將教授孩子們運用黏土製作出一系列的立體花和植物，拼砌出恬靜舒適的森林，讓公主穿梭其中。完成品內會配置燈飾，讓小朋友帶回家中擺放。

課程內容：Elsa公主黏土花燈盅製作、黏土立體花藝創作技巧

Date : Wednesday 2nd & 9th August

Time : 2:00pm – 3:25pm

Venue: Room TWO, 1/F (2nd Aug)
Playroom Library, 1/F (9th Aug)

Price : Member \$800, Guest \$900

Creative Sumikko Gurashi Clay Capsule Toy (3 – 12 years)

Join us and discover the art of molding clay to bring various Sumikko characters to life for your very own toy capsule vending machine. This course aims to cultivate children's color awareness, refine their control over shapes, and ultimately foster their unique style and creative expression.

《角落小夥伴》奇趣黏土扭蛋機 (3 – 12歲)

課程可讓孩子們學習製作屬於自己的扭蛋機，除了了解扭蛋機的科學原理外，還可以運用黏土製作不同的角落小夥伴，學習黏土的揉、捏、搓、壓等各種技巧，並將它們放在扭蛋中。完成課程後，便可以在家中隨時隨地扭出自己喜愛的扭蛋！

Date : (A) (B) Thursday 3rd & 10th August

(C) Friday 11th & 18th August

Time : (A) 2:00pm – 3:25pm (B) (C) 3:30pm – 4:55pm

Venue: (A) (B) Room TWO, 1/F (C) Playroom Library, 1/F

Price : Member \$800, Guest \$900

Age : (A) (C) 3 – 6 years, (B) 6 – 12 years



STEAM Archaeology Dinosaur Clay Adventurer (6 – 12 years)

Dig dinosaur fossils, regenerate dinosaur bones and assemble them together, and then use clay to recreate the original appearance of dinosaurs. This course not only allows students to understand the progress of dinosaur history, but also integrates STEAM into teaching, so that children can learn more comprehensively.

STEAM考古恐龍黏土冒險家 (6 – 12歲)

課程讓學員成為小小考古學家，透過親身挖掘恐龍化石、重新組裝恐龍骨及運用黏土重塑恐龍的原貌，以了解有關恐龍歷史的進展，同時更將STEAM融入教學當中，讓小朋友得到更全面的學習。

課程提供：一盒侏羅紀考古模型、輕黏土、泥批

Date : Friday 11th & 18th August

Time : 5:00pm – 5:55pm




Venue: Gym Activity Room, 1/F

Price : Member \$700, Guest \$800



August 2023

EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Pacific Club Annual Junior Swimming Gala 2023 27th</p>		Summer Drinks at Club Bar and Oyster Bar 1st - 31st French Classics Menus at The Island View, Pier 6, Club Bar and Oyster Bar 1st - 31st French Classics "Tarte Tatin" at The Island View & Oyster Bar 1st - 31st Summer Cold Appetisers at Bauhinia 1st - 31st Water Aerobics	Tennis Team Training Funky Dance	Yoga Jazz Dance Tennis Team Training	"Tour de France" Dinner Buffet at The Island View Water Aerobics Junior Taekwondo Stretching Exercise Junior Swimming School Funky Dance / Yoga	"Tour de France" Dinner Buffet at The Island View Junior Swimming School Junior Taekwondo Junior Tennis Academy
Sunday Lunch Buffet at The Island View Sunday Roast Bingo Dinner Buffet at The Island View Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis	Ladies' Monday Tennis Yoga / Core Fit Men's Double Training Fascia Exercise Training	1	2	3	4	5
6	7	8	9	10	11	12
Sunday Lunch Buffet at The Island View Sunday Roast Bingo Dinner Buffet at The Island View Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis	Ladies' Monday Tennis Yoga / Core Fit Men's Double Training Fascia Exercise Training	Water Aerobics	Tennis Team Training Funky Dance	Yoga Jazz Dance Tennis Team Training	"Tour de France" Dinner Buffet at The Island View Water Aerobics Junior Taekwondo Stretching Exercise Junior Swimming School Funky Dance / Yoga	"Tour de France" Dinner Buffet at The Island View Junior Swimming School Junior Taekwondo Junior Tennis Academy
13	14	15	16	17	18	19
Sunday Lunch Buffet at The Island View Sunday Roast Bingo Dinner Buffet at The Island View Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis	Ladies' Monday Tennis Yoga / Core Fit Men's Double Training Fascia Exercise Training	Water Aerobics	Tennis Team Training Funky Dance	Yoga Jazz Dance Tennis Team Training	"Tour de France" Dinner Buffet at The Island View Domaine Sperry Wine Dinner at Pier 6 Water Aerobics / Funky Dance Junior Taekwondo Junior Swimming School Stretching Exercise / Yoga	"Tour de France" Dinner Buffet at The Island View Junior Swimming School Junior Taekwondo Junior Tennis Academy
20	21	22	23	24	25	26
Sunday Lunch Buffet at The Island View Sunday Roast Bingo Dinner Buffet at The Island View Pacific Club Annual Junior Swimming Gala 2023 Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis	Ladies' Monday Tennis Yoga / Core Fit Men's Double Training Fascia Exercise Training	Water Aerobics	Tennis Team Training Funky Dance	Yoga Jazz Dance Tennis Team Training	"Tour de France" Dinner Buffet at The Island View Domaine Sperry Wine Dinner at Pier 6 Water Aerobics / Funky Dance Junior Taekwondo Junior Swimming School Stretching Exercise / Yoga	"Tour de France" Dinner Buffet at The Island View Junior Swimming School Junior Taekwondo Junior Tennis Academy
27	28	29	30	31	 Two Michelin Starred Guest Chef Jean-Remi Caillon at Pier 6 18th & 19th  Domaine Sperry Wine Dinner at Pier 6 25th	

September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 		 	  	     	   
Zumba Fitness Yoga/ Rope Skipping Sunday Junior Tennis Sunday Social Tennis Sunday Lunch Buffet at The Island View Sunday Roast Bingo Dinner Buffet at The Island View	Ladies' Monday Tennis Yoga Men's Double Training Core Fit Fascia Exercise Training	Water Aerobics	Tennis Team Training Funky Dance	Yoga Jazz Dance Tennis Team Training	Water Aerobics / Yoga Stretching Exercise / Funky Dance Junior Taekwondo Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View
3	4	5	6	7	8	9
Zumba Fitness Yoga/ Rope Skipping Sunday Junior Tennis Sunday Social Tennis Sunday Lunch Buffet at The Island View Chateau Musar Wine Lunch at Pier 6	Ladies' Monday Tennis Yoga Men's Double Training Core Fit Fascia Exercise Training	Water Aerobics	Tennis Team Training Funky Dance	Yoga Jazz Dance Tennis Team Training	Water Aerobics / Yoga Stretching Exercise / Funky Dance Junior Taekwondo Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View
10	11	12	13	14	15	16
Zumba Fitness Yoga/ Rope Skipping Sunday Junior Tennis Sunday Social Tennis Sunday Lunch Buffet at The Island View Sunday Roast Bingo Dinner Buffet at The Island View	Ladies' Monday Tennis Yoga Men's Double Training Core Fit Fascia Exercise Training	Water Aerobics	Tennis Team Training Funky Dance	Yoga Jazz Dance Tennis Team Training	Water Aerobics / Yoga Stretching Exercise / Funky Dance Junior Taekwondo Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View
17	18	19	20	21	22	23
Zumba Fitness Yoga/ Rope Skipping Sunday Junior Tennis Sunday Social Tennis Sunday Lunch Buffet at The Island View Sunday Roast Bingo Dinner Buffet at The Island View	Ladies' Monday Tennis Yoga Men's Double Training Core Fit Fascia Exercise Training	Water Aerobics	Tennis Team Training Funky Dance	Yoga Jazz Dance Tennis Team Training	Water Aerobics / Yoga Stretching Exercise / Funky Dance Junior Taekwondo Junior Swimming School Sordo (Barolo) Wine Dinner at Pier 6 Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View
24	25	26	27	28	29	30

*All classes and events in the calendar may be subject to change without notice. 月曆中的所有課程及活動可能會被更改，恕不另行通知。

Recreation	Club Bar Live TV	What's Happening in Hong kong	Food & Beverage

Half-Day Camps 半天工作坊

Gundam & STEM Robots Fighting War (8 – 12 years)

This course will teach children to combine the sophisticated components of Gundam & STEM Robots, learning about processes and principles.

HG高達x STEM電動機器人大作戰 (8 – 12歲)

課程利用高達模型和STEM電動機器人讓學員學習模型製作技巧外，更可接觸機械改裝基本原理，啟發多方向思維。

課程提供：一盒HG高達模型及一盒電動機器人

Date : Thursday 17th & 24th August

Time : 3:00pm – 4:55pm

Venue: Room TWO, 1/F

Price : Member \$900, Guest \$1,000 (including one box of HG Gundam model and one box of robot)

STEM Robots Day Camp (8 – 12 years)

This class gives your child the opportunity to build and create something from scratch with hands-on learning in this introduction to robotics. During the afternoon workshop, children will learn to combine the sophisticated components of a robot, developing right brain thinking between object relations, order processing and space dimensions.

STEM科學電動機器人 (8 – 12歲)

在此機器人技術簡介課堂中，孩子們將利用組合複雜的機器人組件，並配合STEM教學，幫助提高學習動機，加深對學習內容的理解，強化學習效能。

課程提供：3盒電動機器人

Date : Tuesday 15th & 22nd August

Time : 4:00pm – 5:55pm

Venue: Gym Activity Room, 1/F

Price : Member \$850,
Guest \$950 (including
3 boxes of robot models)



HG Gundam War (8 – 12 years)

This course allows participants to learn to combine the sophisticated components of a Gundam model.

HG高達世界大戰 (8 – 12歲)

課程將會利用機動戰士高達模型，讓學員學習處理組合精巧組件，訓練眼手協調、建立解難能力、掌握空間立體感。

課程提供：一盒HG 1/144高達

Date : Tuesday 15th & 22nd August

Time : 2:00pm – 3:55pm

Venue: Gym Activity Room, 1/F

Price : Member \$850, Guest \$950
(including one box of HG 1/144 Gundam model)

Formula One Science Remote Control Car (8 – 12 years)

This fun course will teach the processes and principles of remote control cars. Participants can master numerous aspects of remote control cars, including model making and understanding the technology they use.

一級方程式遙控跑車 (8 – 12歲)

本課程通過教授遙控車的組合過程及原理，讓學員掌握遙控車模型製作及技術，從中增加對科學的興趣，並在遊戲中加入相關的知識，教授不同的科學原理。

課室提供：一部遙控車及其他相關材料

Date : (B) Wednesday 2nd August

(C) Monday 7th & 14th August

Time : (B) 2:00pm – 5:55pm

(C) 2:00pm – 3:55pm

Venue: Room ONE, 1/F

Price : (B) Member \$800, Guest \$850

(C) Member \$800, Guest \$900

(including one remote control car
and materials)

Other Sports 其他運動

Mirror Dance (5 – 9 years)

This is a rich and dynamic rhythm-based class featuring dance steps combined with unique personal style. Mirror is a popular singing group in Hong Kong, and this class will teach children how to replicate their dance techniques on stage.

Mirror HK-Pop舞蹈 (5 – 9歲)

Mirror是近年的香港人氣組合，本課程將以他們的舞曲為藍本，讓學員學習不同元素的舞蹈技巧，透過觀察和模仿偶像在舞臺上的舞姿和神態，讓他們增強自信心、訓練身體協調能力，更容易掌握舞蹈和鞏固基本功。

Date : (C) Tuesday 1st, 8th & 15th August

Time : (C) 3:00pm – 3:55pm

Venue: Aerobics Room, 1/F

Price : Member \$850, Guest \$1,000

Age : (C) 5 – 9 years

Young Free-style Dance Class (3 - 6 years)

These classes focus on guiding children's self-exploration in dance, whilst inspiring an interest in music. The classes improve children's coordination and flexibility.

幼兒旋轉排排舞 (3 – 6 歲)

本課程透過音樂節奏及舞步，以生動活潑的形式引發幼兒的自我探索及對音樂的興趣，並同時提升他們的手腳協調和靈活性、感官及社交發展，以及對音樂節奏的反應。

Date : Wednesday 9th, 16th & 23rd August

Time : 5:00pm – 5:55pm

Venue: Aerobics Room, 1/F

Price : Member \$850, Guest \$1,000



junior summer programme

兒童暑期活動



Junior Kendo Workshop (6 years and above)

Our Summer Kendo Workshop teaches the fun and competitiveness of this sport, combined with the discipline of martial arts. Students will learn about the rei (politeness) of Kendo and respect to their classmates and instructor, as well as skills in balance, endurance, saburi and Kendo footwork.

- Learn about rei (politeness) of kendo
- Respect classmates and instructor
- Enhance concentration
- Reinforce body balance and endurance
- Suburi (individual cutting practice)
- Kendo basics and footwork
- Practice between students

兒童劍道班 (6 歲及以上)

劍道不僅具備「運動」性質，競賽性和趣味性，亦保留原有的「武術」性質，是自古流傳下來的一項磨練身心、形成人格的訓練技術。(學員可獲借竹劍一把)

課程內容及目標：學習劍道的禮義、同學及導師間的尊重、訓練集中力、加強身體的協調性及耐力、素振（揮動刀）練習、劍道基本及步法、學員互動練習

註：學員請於報名時提供身高資料，並需穿著舒適的運動服及運動鞋上課

Date : (C) Tuesday 1st, 8th, 15th & 22nd August
(D) Thursday 3rd, 10th, 17th & 24th August

Time : 1:00pm – 2:00pm

Venue : Aerobics Room, 1/F

Price : Member \$1,340, Guest \$1,540

Remarks : - Please provide child's height when enrolling in the class
- Please wear sports clothes and shoes to the class



Wall Climbing (6 – 10 years)

Reach for the sky at our fun Wall Climbing Workshop. Climbing improves physique and flexibility, as well as strengthening body alignment and encouraging agility. In addition, your child will learn about facing and overcoming challenges.

攀石班(6 – 10歲)

攀石是一項刺激而富挑戰性的體育活動，有助提升個人運動質素，其中包括強化體質，增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。

Date : Wednesday

(B) 9th & 16th August

Time : 2:00pm – 3:30pm

Venue : Children's Playroom
(Climbing Wall), 1/F

Price : Member \$485, Guest \$585



Pop Jazz Dance (5 – 12 years)

Experience the exhilarating world of Pop Jazz, an engaging and energetic rhythm-centered class that seamlessly blends dance steps with your distinctive personal flair. Join us this summer to learn the art of dancing to your favourite pop tunes like never before!

Pop Jazz流行爵士舞 (5 – 12歲)

Pop Jazz是一種富動感的節奏型舞蹈，舞步揉合剛與柔的特性，注重動作的美感，個人色彩和獨特風格。這課程會教授Pop Jazz舞蹈的技巧及特別需要注意的動作。

Date : Wednesday 9th, 16th & 23rd August

Time : (A) 3:00pm – 3:55pm

(B) 4:00pm – 4:55pm

Venue : Aerobics Room, 1/F

Price : Member \$850, Guest \$1,000

Age : (A) 6 – 12 years, (B) 5 – 9 years

Junior Taekwondo (4 years and above)

Our Summer Taekwondo Classes teach children beginner and intermediate techniques. Sessions help to improve children's flexibility, reinforces their physical coordination, and develops their social skills and emotional maturity.

少年跆拳道 (4 歲及以上)

透過基本跆拳道訓練，例如套拳、對策、搏擊及體能訓練等，加強孩子們的身體協調性及鍛鍊其體魄，令他們明白服從紀律及健康體魄的重要性。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Saturday

(B) 5th, 12th, 19th & 26th August

Time : 10:00am – 11:00am

Venue : Aerobics Room, 1/F

Price : Member \$720, Guest \$920

Remark : Please wear sports clothes and shoes to the class

Summer Swimming School 暑期游泳班

Badminton Summer Clinic (6 – 16 years)

Our Badminton summer clinic is held for junior players from 6 to 16 years old. Come and join us for expert badminton instruction.

暑期羽毛球班 (6 – 16 歲)

暑假羽毛球班於星期三、四及五舉行，歡迎6-16歲的會員參加。我們的專業教練會因應學員的不同年齡及程度，作出適量的調配，務求令每位學員都可以快樂地參與羽毛球訓練。

註：學員需穿著舒適的運動服及運動鞋上課



Hip Hop Dancing Class (3 – 12 years)

Immerse yourself in the world of Hip Hop with our dynamic and exhilarating classes, where personal style takes center stage and rhythm reigns supreme. Designed specifically for children, these classes are not only incredibly fun but also packed with high energy that will leave them captivated and inspired.

嘻哈街頭舞 (3 – 12歲)

通過我們充滿活力和令人興奮的嘻哈舞課程，讓孩子們沉浸在嘻哈世界的節奏中，以個人風格佔據中心舞台。這課程專為年幼孩子而設計，不僅非常有趣，而且充滿活力，讓他們著迷並啟發潛能。

Date : Tuesday 1st, 8th & 15th August

Time : (A) 2:00pm – 2:55pm

(B) 4:00pm – 4:55pm

Venue: Aerobics Room, 1/F

Price : Member \$850, Guest \$1,000

Age : (A) 3 – 6 years,

(B) 6 – 12 years



Clinic	Age	Day	Date	Time
E	6 – 10 years	Wed	2nd, 9th, 16th & 23rd August	10:30am – 11:30am
F	11 – 16 years	Wed	2nd, 9th, 16th & 23rd August	11:30am – 12:30am
G	6 – 10 years	Thu	3rd, 10th, 17th & 24th August	8:30am – 9:30am
H	11 – 16 years	Thu	3rd, 10th, 17th & 24th August	9:30am – 10:30am
I	6 – 10 years	Fri	4th, 11th, 18th & 25th August	6:30pm – 7:30pm
J	11 – 16 years	Fri	4th, 11th, 18th & 25th August	7:30pm – 8:30pm

Date : Wednesday, Thursday and Friday

Venue : Aerobics Room

Price : Member \$1,040, Guest \$1,240

Remarks: Please wear sports clothes and shoes to the class

Rope Skipping Class (7 – 12 years)

Skiping is a fun aerobic activity! Children are coached in individual rope skipping skills, as well as partner skipping. The classes emphasize fitness, self-esteem, leadership, personal accomplishment and teamwork.

花式跳繩班 (7 – 12 歲)

跳繩是一項手、足、腦並用的運動，透過花式跳繩練習，可加強學員身體四肢的運動量及靈敏度，有效訓練個人反應，手腳協調，增強肌耐力和心肺功能，加速新陳代謝。

註：學員需穿著舒適的運動服及運動鞋上課

Date : (B) Sunday 6th, 13th, 20th & 27th August

Time : 4:30pm – 5:20pm

Venue: Aerobics Room, 1/F

Price : Member \$720, Guest \$920

Remarks: Please wear sports clothes and shoes to the class





junior summer programme

兒童暑期活動

Golf 高爾夫球班

Junior Golf Clinic (3 – 17 years)

Introduce your child to the world of golfing with our exciting Junior Golf Clinic, suitable for ages 3 to 17 years. In this engaging and intensive program, your child will have the opportunity to learn the fundamental skills of golf in a fun-filled environment. It's never too early to start cultivating their passion for the sport. Join us as we guide them through the basics and set them on the path to becoming skilled young golfers.

兒童高爾夫球 (3 – 17歲)

透過這兒童高爾夫課程，專業教練將以系統性的訓練，讓3-7歲的幼兒在充滿樂趣的環境中學習掌握正確的高爾夫球基本技術。開始培養他們對這項運動的熱情永遠不會太早，我們將引導他們打好基礎，讓他們走上成為出色的年輕高爾夫球手之路。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Monday and Thursday, Tuesday and Friday

Venue : Golf Driving Range, 4/F

Price : Member \$1,680, Guest \$1,880 (For 4 lessons)

Remarks: Please wear sports clothes and shoes to the class

Clinic	Age	Day	Date	Time
K	3 – 7 years	Tue & Fri	1st, 4th, 8th & 11th August	2:00pm – 3:00pm
L	8 – 17 years	Tue & Fri	1st, 4th, 8th & 11th August	3:00pm – 4:00pm
M	3 – 7 years	Mon & Thu	14th, 17th, 21st & 24th August	2:00pm – 3:00pm
N	8 – 17 years	Mon & Thu	14th, 17th, 21st & 24th August	3:00pm – 4:00pm
O	3 – 7 years	Tue & Fri	15th, 18th, 22nd & 25th August	2:00pm – 3:00pm
P	8 – 17 years	Tue & Fri	15th, 18th, 22nd & 25th August	3:00pm – 4:00pm

Parent-Child Golf Course

(4 years and over with parent)

This course is especially designed for a parent and child to learn golf skills together.

高爾夫球親子班 (4 歲及以上小童，聯同一位家長)

此課程以親子形式進行，家長與小孩可一同享受學習高爾夫球的樂趣，從而增進彼此感情及球技。

註：學員需穿著舒適的運動服及運動鞋上課

Date : (B) Saturday, 5th, 12th, 19th & 26th August

Time : 4:00pm – 5:00pm

Venue : Golf Driving Range, 4/F

Price : Member \$3,080, Guest \$3,560 per pair

Remarks : Please wear sports clothes and shoes to the class



Tennis 網球班

Tennis Summer Clinic (7 – 14 years)

Elevate your child's tennis game by enrolling them in our exclusive Tennis Summer Clinic. Designed for tennis enthusiasts, this special summer program offers a comprehensive training experience to refine their skills, engage in exhilarating matches, and unlock their full potential on the court.

網球班 (7 – 14歲)

讓孩子們參加本會暑期網球班，提升他們的網球水平。這個特別的暑期活動專為愛好網球的年少會員而設，提供全面的訓練體驗，以提高他們的技能，參加令人興奮的比賽，並在球場上釋放潛能。

註：學員需穿著舒適的運動服及運動鞋上課

Clinic	Level	Date	Time
E	Intermediate	2nd, 3rd & 4th August	2:00pm – 4:00pm
F	Intermediate	9th, 10th & 11th August	2:00pm – 4:00pm
G	Intermediate	16th, 17th & 18th August	2:00pm – 4:00pm
H	Intermediate	23rd, 24th & 25th August	2:00pm – 4:00pm

Date : Wednesday – Friday

Venue : Indoor Tennis Court, 4/F

Price : Member \$1,260,
Guest \$1,410
(For 3 lessons)

Remarks: Please wear sports clothes and shoes to the class



Mini Tennis Clinic (3½ – 6 years)

This Mini Summer Tennis Clinic is especially designed for little ones aged 3½ to 6 years. Participants will learn all the basics through fun games and drills under the guidance of our professional coaches.

迷你網球班 (3½ – 6 歲)

在這專為3½ - 6歲幼兒而設的課程中，教練將透過遊戲方式教授網球基本技術，加強他們身體協調性及鍛鍊其體魄。

註：學員需穿著舒適的運動服及運動鞋上課

Clinic	Date	Time
E1	2nd, 3rd & 4th August	10:00am – 11:00am
E2	2nd, 3rd & 4th August	11:00am – 12:00noon
F1	9th, 10th & 11th August	10:00am – 11:00am
F2	9th, 10th & 11th August	11:00am – 12:00noon
G1	16th, 17th & 18th August	10:00am – 11:00am
G2	16th, 17th & 18th August	11:00am – 12:00noon
H1	23rd, 24th & 25th August	10:00am – 11:00am
H2	23rd, 24th & 25th August	11:00am – 12:00noon

Date : Wednesday – Friday

Venue : Indoor Tennis Court, 4/F

Price : Member \$630, Guest \$780 (for 3 lessons)

Remarks: Please wear sports clothes and shoes to the class

Summer Swimming School 暑期游泳班

Class	Date	Day	Time	Coach	Fees \$	
					Member	Guest
Pre-school Swimming (3 - 4 years)						
I3	4th, 7th, 11th & 14th August	Mon & Fri	12:00noon - 1:00pm	ILK	700	900
P3	1st, 7th, 8th & 14th August	Mon & Tue	2:00pm - 3:00pm	PHL	700	900
Elementary (4 - 14 years)						
I2	1st, 8th, 15th & 22nd August	Tue	11:00am - 12:00noon	ILK	740	940
I5	2nd, 7th, 9th & 14th August	Mon & Wed	10:00am - 11:00am	ILK	740	940
I6	16th, 21st, 23rd & 28th August	Mon & Wed	10:00am - 11:00am	ILK	740	940
P4	1st, 8th, 15th & 22nd August	Tue	1:00pm - 2:00pm	PHL	740	940
P5	2nd, 9th, 16th & 23rd August	Wed	4:00pm - 5:00pm	PHL	740	940
Intermediate (4 - 14 years)						
I3	2nd, 7th, 9th & 14th August	Mon & Wed	11:00am - 12:00noon	ILK	740	940
I4	16th, 21st, 23rd & 28th August	Mon & Wed	11:00am - 12:00noon	ILK	740	940
P4	1st, 8th, 15th & 22nd August	Tue	12:00noon - 1:00pm	PHL	740	940
P5	3rd, 10th, 17th & 24th August	Thu	2:00pm - 3:00pm	PHL	740	940
Advanced (4 - 14 years)						
I2	4th, 11th, 18th & 25th August	Fri	9:30am - 11:00am	ILK	1,110	1,310
I4	2nd, 9th, 16th & 23rd August	Wed	1:00pm - 2:30pm	ILK	1,110	1,310
P4	2nd, 5th, 9th & 12th August	Wed & Sat	2:30pm - 4:00pm	PHL	1,110	1,310
P5	3rd, 10th, 17th & 24th August	Thu	11:30am - 1:00pm	PHL	1,110	1,310
P6	5th, 12th 19th & 26th August	Sat	1:00pm - 2:30pm	PHL	1,110	1,310
Intensive (8 years or above)						
I2	4th, 11th, 18th & 25th August	Fri	1:00pm - 3:00pm	ILK	1,480	1,680
P4	1st, 4th, 8th & 11th August	Tue & Fri	4:00pm - 6:00pm	PHL	1,480	1,680
P5	3rd, 10th, 17th & 24th August	Thu	3:00pm - 5:00pm	PHL	1,480	1,680
Competition (8 years or above)						
I1	15th, 18th, 22nd & 25th August	Tue & Fri	4:00pm - 6:00pm	ILK	1,480	1,680
P1	14th, 19th, 21st & 26th August	Mon & Sat	3:00pm - 5:00pm	PHL	1,480	1,680
P2	14th, 16th, 21st & 23rd August	Mon & Wed	5:00pm - 7:00pm	PHL	1,480	1,680

ENROLLMENT

- 5% discount for joining 3 or more classes (this special price discount offer is not applicable to Golf, Tennis & Swimming Classes).
- Tuition fee will be debited through the Member's account.
- All enrollments will be confirmed 7 (Seven) days before the 1st lesson commences.
- No cancellation is allowed once the enrollment is confirmed.
- Guest prices are including the entry fee of Children's Playroom, but excluding other sports facilities.
- All participants are required to abide by the rules and regulations of the Club.
- Pacific Club and its coaches/instructors will not be responsible for any liability whatsoever arising out of any accident, injury or personal loss to the participants or to any other person.
- For enrollment or further enquiries, please contact our staff at the 2/F Reception or call 2118 1890.

報名

- 學員參加3項課程或以上，課程費用可獲95折優惠。此優惠不適用於高爾夫球、網球及游泳課程。
- 課程費用將記入會員之月結賬戶內。
- 本會將於課程開始前7天與報名學員確認課程。
- 課程經確認後將不能取消。
- 非會員之課程費用，已包括使用兒童遊樂室，但不包括使用其他運動設施。
- 所有課程學員必須遵守本會之條款及規則。
- 太平洋會及課程教練均不負責學員之一切意外、受傷及個人或他人財物損失。
- 課程報名，可親臨二樓接待處或致電2118 1890。

For enrollment or enquiries, please contact our staff at the 2/F. Reception on 2118 1890.

課程報名，可親臨二樓接待處或致電2118 1890。

Spa Promotions in August



Guinot Hydra Peeling Skin Renewal Treatment (1hr 25mins)

~~\$1,480~~ \$1,184

Come and experience this fantastic treatment from Guinot at The Spa. Hydra Peeling offers visible removal of age-related signs and recovery of skin luminosity. Much more comfortable than medical peeling, but with exceptional results, this progressive treatment is recommended in an intensive three-application cure (once-a-week).

Guinot水潤新生療程 (1小時25分鐘)

療程能有效軟化細胞間的連結，刺激及更新細胞，為細胞提供活膚營養，提升皮膚的天然保護功能，延緩衰老痕跡，減少皺紋、色斑及黑色素形成，改善暗啞膚色。為達到最佳效果，建議連續進行3次療程，每星期一次。



Sothys Detox Energie Intensive Treatment (1hr 25mins)

~~\$1,480~~ \$1,184

Experience the revitalizing power of the Sothys Detox Energie Intensive Treatment. This luxurious treatment will rejuvenate your skin and shield it from the damaging effects of environmental stress and pollution. Discover a groundbreaking skincare approach that focuses on depolluting, detoxifying, energizing, and rebalancing the microbiome, resulting in a healthier, brighter complexion.

Sothys五加蔘能量光感療程 (1小時25分鐘)

前來體驗 Sothys 五加蔘能量光感療程的力量。療程配合 Sothys 的「能量定點按摩」，有效激活肌底細胞能量，為肌膚充電儲能，同時有效阻截環境侵害，調節肌膚「微生態」及抗污染，提升肌膚自我抗禦能力，有助於在不同環境壓力下對抗令肌膚加速老化的傷害，綻放健康光芒。

To make your appointment with one of our expert Spa Therapists, please call the Spa Reception on 2118 1890. 預約療程請致電2118 1890。



Ma On Shan's Hidden Reservoir

It's always amazing how closely the urban and natural worlds coexist in Hong Kong. Just ten minutes' walk from a high-rise housing estate, you can find yourself beside rushing waterfalls in a lush forest!

*This is an easy walk that should be suitable for most levels of fitness.
Walking time: 2 hours.*

Take the Tuen Ma line to Ma On Shan station and leave by Exit B. The starting point for the hike is Kam Ying Court, but finding your way there through the maze of the new town is the tricky part. Bear left to exit the mall and find the underpass beneath Ma On Shan Road, pass the health centre and then turn right to climb Kam Ying Road. The trail starts just opposite Block 8 of Saddle Ridge Garden, a short distance before Kam Ying Court. (To avoid walking this often confusing section, you can also reach this point by buses including the 86K from Sha Tin station or the 85M from Wong Tai Sin; get off at the terminus and walk back downhill past the other bus stops to find the trail entrance).

The trail is a narrow cement path with no signage. It leads straight into the greenery and quickly passes below a raised highway to meet a wider footpath lined by trees. Look to your right, where you can see a large concrete structure – maybe an old water tank – hidden in the foliage. This is the start of the forest trail, and it's marked by two red Chinese characters saying "Up the mountain".

Follow the trail uphill through the woods. It forks and diverges quite a bit, but it's easy to pick the main trail at each fork. You should find yourself bearing mainly left. Soon you arrive at the dam of the small Ngau Wu Reservoir.

Standing on the dam wall, you have a lovely view of its reflective waters, backed by the green foothills of Ma On Shan country park's tall peaks. Water flows across a pebbly beach into the reservoir from a steep waterfall on the far side. Someone has hung a climbing rope from a bough that hangs over the pool's waters.

Unlike most reservoirs in Hong Kong, this was not built for farm irrigation or to supply water to the city. Instead it was built, probably in the 1960s, to supply water to an isolated children's home that was built on the shoreline below. At that time, there were only villages in the area and no roads linking them to Sha Tin. The children's home is still there, though now surrounded by high-rise towers, and is now run as the Wu Kai Sha Youth Village.



Trails lead up past the waterfall higher into the hills but for the purposes of this hike, and because it's August, we will retrace our steps back down through the forest. When you reach the tree-lined paved footpath again, turn right and follow it all the way to its end. It's a pleasant stroll with benches along the way. Ignore the turnings to the left. Eventually the path reaches a subway beside Cheung Muk Tau village with an old KCR sign pointing into it. Turn left at the subway's other end and walk along to Double Cove, where you can find a footbridge into Wu Kai Sha MTR station.

馬鞍山中的隱秘水塘

香港的市區與自然世界如此緊密地共存，總是令人驚嘆。距離高層住宅區僅十分鐘步行路程，你就會發現自己已經置身於茂密樹林中的湍急瀑布旁。

這是一條輕鬆的步行路線，適合大多數體能水平的人士前往。步行時間：2小時。

乘搭屯馬線至馬鞍山站，由B出口離開。今次徒步旅行的起點是錦英苑，但如何穿過如迷宮般的新屋苑，然後找到到達那裡的路線是棘手的部分。離開商場左轉，找到馬鞍山路下方的地下通道，經過健康中心，然後右轉上斜路到錦英路。步道的起點就在富寶花園第8座對面，距離錦英苑不遠。（如想避免經過這個令人困惑的路段，你也可以乘坐巴士到達這裡，包括從沙田站出發的86K或從黃大仙出發的85M；在總站下車，然後沿斜路往回走，經過其他巴士站即可找到步道入口）。

步道是一條狹窄的水泥路，沒有任何指示牌。它直接通向草叢，並很快穿過一條高架高速公路的下方，與一條綠樹成蔭的寬闊人行道相遇。向右看，你可以看到一個巨大的混凝土結構——可能是一個舊水箱——隱藏在樹葉中。這是林間步道的起點，上面有“上山”兩個紅色大字。

沿著小路上山，穿過樹林。途中有很多分叉路，但很容易在每個分叉處選擇主要路線。你應該會發現自己一直靠左側走。很快你就會到達細小的牛鳥水塘的大壩。

站在大壩牆上，你可以欣賞到水面上的美麗景色倒映，背靠馬鞍山郊野公園高聳山峰的綠色山麓。水流從遠處陡峭的瀑布穿過卵石灘，流入水塘。有人在水池上方的樹枝上掛了一根攀爬繩。

與香港大多數的水塘不同，這座水塘的建造目的不是為了農業灌溉或向市區供水，相反，它可能建於1960年代，目的是為了向興建在下面海岸線上的一間偏僻兒童之家供水。當時，該地區只有村莊，沒有道路連接沙田。兒童之家仍在原處，但現



在已被高樓包圍，並改名為烏溪沙青年新村。

小徑經過瀑布一直延伸到山上，但為了這次徒步旅行的目的，而且因為現在是炎熱的8月，於是我們穿過樹林原路返回。當你再次到達綠樹成蔭的鋪砌步道時，右轉並沿路一直走到盡頭。沿途有長椅，很適合散步。沿途不要向左轉。最後，這條路會到達樟木頭村旁邊的一條行人隧道，那裡有一個舊的九廣鐵路標誌。在行人隧道的另一端左轉，步行至私人屋苑“迎海”，在那裡你可以找到通往烏溪沙港鐵站的行人天橋。

Water Aerobics

Join our Water Aerobics classes to build cardiovascular fitness and strength whilst being low-impact on your joints. We offer various classes throughout the week.

水中健康舞班

前來參加本會的水中健康舞班，可加強心血管健康及力量，同時減少關節問題。上課時間如下：

Morning Water Aerobics

Date : (A) Tuesday 1st, 8th, 15th, 22nd & 29th August
(B) Friday 4th, 11th, 18th & 25th August
Time : (A) 10:00am – 11:00am
(B) 11:00am – 12:00noon
Venue : Swimming Pool
Price : (A) Member - \$875, Guest - \$1,475 (for 5 lessons)
(B) Member - \$700, Guest - \$1,180 (for 4 lessons)
Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 1st, 8th, 15th, 22nd & 29th August
(B) Friday 4th, 11th, 18th & 25th August
Time : 3:00pm – 4:00pm
Venue : Swimming Pool
Price : Member – \$175 daily / \$1,650 per 10 classes
Guest – \$295 daily
Age : 14 years and above

Evening Water Aerobics

Date : Tuesday 1st, 8th, 15th, 22nd & 29th August
Time : 7:00pm – 8:00pm
Venue : Swimming Pool
Price : Member - \$875, Guest - \$1,475 (for 5 lessons)
Age : 14 years and above



Proprioceptive Neuromuscular Facilitation Stretching

Proprioceptive Neuromuscular Facilitation Stretching (PNF stretching) is an advanced stretching technique that optimizes nerve and muscle control by engaging in controlled contractions and relaxations of the muscles being stretched. This method effectively enhances flexibility and range of motion. PNF stretching is widely utilized by athletes and physical therapists to not only elevate performance, but also to mitigate the risk of injuries.

To conduct PNF stretching, various fitness tools can be used, such as resistance bands, walls, or even a fitness partner. These aids facilitate the stretching process, ensuring optimal outcomes. During PNF stretching, the stretch is held for a few seconds, followed by muscle contractions and subsequent relaxation. This sequence is repeated multiple times, progressively intensifying the stretch with each repetition.

Benefits of PNF Stretching:

Improved Flexibility

PNF stretching surpasses traditional static stretching by engaging muscle contractions and relaxations. This active involvement enables muscle fibers to elongate further, thereby enhancing flexibility. Increased flexibility not only enhances athletic performance but also reduces the likelihood of sustaining injuries during physical activities.

Enhanced Muscle Strength

By contracting the muscles during the stretch, PNF stretching activates a greater number of muscle fibers, leading to amplified strength and power. This benefit is particularly advantageous for athletes requiring explosive movements, such as sprinters and jumpers.

Posture Improvement and Pain Reduction

Apart from flexibility and strength gains, PNF stretching contributes to improved posture and pain reduction. By simultaneously stretching and strengthening the muscles, PNF stretching facilitates proper alignment of the body and minimizes strain on the joints. Consequently, pain and discomfort, particularly in the neck, shoulders, and back, are alleviated.

PNF stretching is an incredibly effective technique for augmenting flexibility, strength, posture, and alleviating pain. Whether you are an athlete seeking to optimize performance, or an individual aiming to alleviate discomfort, integrating PNF stretching into your routine will enable you to achieve your goals effectively.

本體感覺神經肌肉促進拉伸

本體感覺神經肌肉促進拉伸（PNF拉伸）是一種進階伸展技術，透過刺激本體感覺的方式和收縮放鬆被拉伸的肌肉來增進神經與肌肉的控制，促使肌肉獲得更進一步的伸展和拉長，以增加靈活性和運動範圍。這種技術經常被運動員和物理治療師使用來提高表現，而且還可以防止受傷的機會。

進行PNF拉伸時可以利用一些健身設備作輔助，例如阻力帶或牆壁，甚至可以找尋一名運動夥伴協助，以促進拉伸的幅度，達到最佳效果。

進行拉伸時，動作需要保持幾秒鐘，然後讓肌肉收縮幾秒鐘，再次放鬆和拉伸。這個過程重複幾次，每次逐漸增加拉伸的強度



1. Chest Stretching 胸部拉筋



2. Lower Back Stretching 下背拉筋



3. Hamstring Stretching 後腿拉筋



By Personal Trainer, Daniel Wong
撰文：私人健身教練 – Daniel Wong



4. Neck Stretching 頸部拉筋

PNF拉伸的好處：

提高靈活性

PNF 拉伸通過促進肌肉收縮和放鬆，功效可以超越傳統的靜態拉伸。這種主動參與使肌肉纖維進一步伸長，從而增強靈活性，這不僅可以提高運動表現，還可以降低受傷的風險。

增加肌肉的強度

在拉伸過程中，透過肌肉收縮可以使身體能夠激活更多的肌肉纖維，從而增加力量和爆發力。這對於進行具爆發力運動的運動員尤其有益，例如短跑和跳高運動員。

改善姿勢和減輕疼痛

除了提高柔韌性和力量外，PNF 拉伸還有助於改善姿勢和減輕疼痛。透過同時拉伸和增強肌肉，身體能夠保持適當的姿勢並減少關節的壓力，便可以減少疼痛和不適，尤其是在頸部、肩部和背部。

總括來說，PNF 拉伸是一種提高柔韌性、力量、姿勢和減輕疼痛的高效技術。無論你是希望提高運動成績，還是減輕疼痛和不適，將 PNF 拉伸納入你的日常鍛鍊便可以幫助你有效地實現目標。

Yoga at the Club

Our Group Yoga Classes, held on four days throughout the week (except Public Holidays), are a great way to exercise the body and mind.

瑜珈班

本會瑜珈團體課程由專業教練教授，逢星期一、四、五及日舉行（公眾假期除外）。

收費：會員每堂\$180，10堂套票\$1,620
非會員每堂\$300

另設有私人課堂，每位收費每小時\$680，
套票必須於4個月內完成。
報名請致電2118 1890。

A	Monday	10:30am – 11:30am
B	Thursday	10:30am - 11:30am
C	Friday	10:30am – 11:30am
D	Sunday	11:00am – 12:00noon

Venue : Aerobics Room
Fee : Members - \$180/class, \$1,620/10 classes
Guests - \$300/class
Remark : Packages must be completed within 4 months

For more information and enrollment, please contact the 2/F Reception on 2118 1890.



Hair Product Sale in August 8月份頭髮產品優惠



Deuxer Soft Wax 2

~~\$250~~ \$225

Deuxer Soft Wax 2 allows you to create a natural, soft look. This product is suitable for medium to long hair and curly hair. All DEUXER styling products contain either Macadamia Nut Oil or Macadamia Nut Butter. Use this fantastic product to create various hair styles without weighing down the hair, adding a moisture-rich feel..

Deuxer 2 號軟髮蠟

Deuxer 2號軟髮蠟能夠締造自然及柔軟的造型效果，適中至長髮及曲髮人士使用，賦予頭髮順滑、光澤及水潤感覺。各款Deuxer產品均含有澳洲堅果油，為髮根至髮尾作出修護及保濕，打造出無重、自然順滑、柔軟整潔的髮型。



Proaction for C. Shampoo, 170ml

~~\$130~~ \$115

A daily care shampoo for colour-treated hair. This shampoo can extend colour luminosity and restore moisture balance. Seal-in vibrant colour by gently adjusting your hair's pH balance.

Proaction C. 鎖色洗髮水，170毫升

此產品適合為漂染頭髮進行日常護理，可延長頭髮顏色的持久度及光澤度，恢復水份平衡、適當調節頭髮的酸鹼平衡值。



Proaction for C. Treatment, 150g

~~\$150~~ \$135

This product can protect against hair damage on colour-treated hair, preventing discolouration and controlling the pH balance. It leaves hair incredibly smooth and shiny.

Proaction C. 鎖色護理，150克

此產品能有效防止染色為頭髮帶來的傷害、防止退色以延長染髮後的色澤、適當調節頭髮的酸鹼平衡值，使頭髮柔軟，髮色持久亮麗。

This Month's Promotion

10% Discount on Intensive Hair Care Treatments

Throughout the month of August, enjoy 10% discount on Intensive Hair Care Treatments (including Curepod and Trisys Triphilia treatments). These treatments can help to repair and improve damaged hair caused by swimming pool chlorine, strong sunlight, dryness, colouring, perming, and/or straightening

To make your appointment, please call the Hair Salon on 2118 1893.

深層頭髮護理9折優惠

會員於8月份到會所髮廊惠顧深層頭髮護理，可獲享9折優惠（包括Curepod及Trisys Triphilia護理）。專業頭髮護理能有效地修復因過度漂染、電燙、乾旱、負離子、泳池氯氣及陽光曝曬所引致的嚴重受損髮質。

查詢及預約服務，請致電2118 1893。



From Vlogs to Portraits: Unveiling My Top Camera for Vlogging and Still Images



Fujifilm X-S20



Fujifilm X-S20 top view



Fujifilm X-S20 mode dial

Following on from last month's article about "video creators" on the Internet, I'd like to clarify something about the four cameras that I included in the supporting photos. While those four cameras are all known to be widely used as vlogging cameras, only one of them, the Canon GX7, is also a very good camera for shooting still images.

The Sony ZV-1 Mark II, which I previously mentioned as my preferred choice for vlogging, falls into the "point and shoot" category when it comes to still photography. Although it produces impressive image quality, it lacks operational efficiency when attempting to manually control the camera's still image settings. For optimal results, it is advisable to utilize its fully automatic mode for still images.

Recently, I came across a new camera that not only functions exceptionally well as a still image camera for photography enthusiasts, but also incorporates all the essential features required for successful vlogging content production. This camera is the Fujifilm X-S20.

The X-S20 boasts an impressive array of features for shooting videos, capturing still images, and facilitating vlogging, all at a remarkable price point. Although it may be more expensive than the Sony ZV-1, it offers superior value for money as it effectively serves as two cameras in one. It represents the pinnacle of what many refer to as a "hybrid camera," seamlessly blending the functionality of a traditional still image camera with the modern and advanced capabilities necessary for video creation.

從視頻博客到肖像：揭示我用於視頻博客和靜態影像的相機首選

繼上個月刊出關於互聯網上“視頻創作者”的文章之後，今期我想闡明一些有關我所介紹的4張相機照片的資料。雖然這四款相機都被廣泛用作視頻博客相機，但只有 Canon GX7 是一款同時非常適合拍攝靜態影像的相機。

當中曾提及的 Sony ZV-1Mark II 相機是我進行 Vlog 的首選，但實際上在拍攝靜態影像時它只屬於“傻瓜相機”類別。雖然它可以拍攝出高質量的影像，但缺點是當你嘗試手動控制相機的靜態影像設置時會缺乏操作效率。想拍攝出最佳的靜態影像，建議還是將其保留為全自動模式。

最近，我留意到一款新相機其不僅可以作為攝影愛好者的靜態影像相機，而且還具有成功製作視頻博客內容所需的所有重要功能。此相機就是 Fujifilm X-S20。

以 X-S20 的價格來說，其視頻拍攝、靜態影像捕捉和視頻博客功能算是相當出色。雖然它比 Sony ZV-1 貴，但性價比要高得多，因為它可以被視為將兩部相機合二為一。它成為了許多人所說的“混合相機”的代表作，將傳統靜態影像相機的功能與視頻創作所需的現代先進功能無縫地融合在一起。



Fujifilm X-S20 rear view



Junior Tennis Academy

Calling all aspiring young tennis players! The Pacific Club's Junior Tennis Academy is a weekly program designed exclusively for kids aged 3½ to 16. If your child has a passion for tennis, our Academy is the ultimate destination for expert instruction and a whole lot of fun! Join us as we nurture their talent, develop their skills, and ignite their love for the game.

青少年網球訓練

召集所有擁有抱負的年輕網球運動員！本會於星期六舉行的青少年網球訓練班專為3½-16歲、熱愛網球運動的會員而設，在經驗豐富的教練帶領下，為學員提供一個可以發展網球技能並釋放全部潛力的環境，從掌握基礎知識到高級技術上，教練都會致力幫助他們成長和超越自己。8月份4堂收費 — A班（3½—6歲）：會員\$840，非會員\$1,320；B班（6—16）：會員\$1,120，非會員\$1,600。

Date : Saturday 5th, 12th, 19th & 26th August

Time : (A) 10:00am – 11:00am
(B) 11:00am – 1:00pm

Venue : Indoor Tennis Courts

Price : (A) Member \$840, Guest \$1,320 (for 4 lessons)
(B) Member \$1,120, Guest \$1,600 (for 4 lessons)

Age : (A) 3½ – 6 years
(B) 6 – 16 years

Sunday Social Tennis

Join us every Sunday here at the Club for Sunday Social Tennis, a weekly event designed to bring together tennis enthusiasts for a friendly two-hour session on the courts. Our sessions are perfect for improving skills, making new connections, and relishing the camaraderie of our vibrant Pacific Club tennis community.

週日網球聯誼聚會

歡迎前來參加於星期日傍晚舉行的兩小時「週日網球聯誼聚會」，與其他會員及教練切磋球技，一同享受打球聯誼的樂趣。收費每位\$170（設茶點招待）。查詢及報名，請致電2118 1707。此聚會只供成年會員參加。

此聚會只供成年會員參加。

Date : Sunday 6th, 13th, 20th & 27th August

Time : 5:00pm – 7:00pm

Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)

Age : Adults Only

Venue: Outdoor Tennis Courts

Call the Tennis Reception on 2118 1707 for further information



Ladies' Morning Tennis

Elevate your tennis technique and refine your match strategies by joining our exclusive Ladies' Morning Tennis sessions, led by our team of expert coaches. Engage in two hours of focused training to enhance your game on the court.

Please be aware that each clinic is limited to a maximum of 10 players, ensuring personalized attention and an optimal learning environment. To secure your spot, we highly recommend enrolling as early as possible to avoid disappointment.

女子早上網球練習

參加由我們的專業教練團隊帶領的女子早上練習班，進行兩個小時的集中訓練，以提高妳的網球技術並學習完善的比賽策略，在球場上作出更佳表現。

請注意，每班人數只限10名，以確保每位學員都能得到專注和最佳的學習環境。中/高班逢星期一舉行，兩小時課堂收費：每位\$310（包括場租，並設茶點招待）。欲免向隅，請儘早致電2118 1707報名。

Date : Monday 7th, 14th, 21st & 28th August

Time : 10:00am – 12:00noon (Intermediate / Advanced Level)

Venue: Indoor Tennis Courts

Price : \$310 (for 2 hours, including court charges and selected refreshments at the Tennis Lounge)

For more information, please contact the Tennis Reception on 2118 1707



By the Club's Golf Professional,
Lau Yat Hung, Alain

The Importance of Physical Fitness for Golfers

When it comes to achieving exceptional results in golf, it is undeniable that technique, excellent clubs and cutting-edge technology play a significant role. However, good physical fitness is also a significant factor.

Professional golfers consistently deliver long and explosive shots, while maintaining the stamina to complete an 18-hole course without exhaustion. By prioritizing physical fitness, golfers gain enhanced power and coordination in their swings, leading to greater accuracy and increased driving distance. Individuals with higher fitness levels can recover swiftly, enabling them to effortlessly play multiple rounds.

Improving physical fitness requires a well-rounded approach, as different types of training target specific aspects of fitness, including muscle strength, endurance, flexibility, and cardiovascular health. While running enhances cardiorespiratory function, it may not effectively develop arm muscles. Weightlifting, on the other hand, strengthens muscles, providing greater hitting power and the ability to drive the ball further. Incorporating stretching exercises into the routine improves overall body flexibility, benefiting the swing, and allowing golfers to achieve maximum range of motion. Additionally, focusing on balance and coordination empowers players to maintain control, resulting in more stable shots.

While amateur golfers need not train with the same intensity as professional athletes, establishing regular exercise and fitness habits is highly advantageous. By maintaining good physical fitness, golfers can enjoy the game more easily and play with heightened energy levels.

體能對高爾夫球手的重要性

每當談及要在高爾夫運動中取得卓越成績時，不可否認的是，技術、優質的球桿和尖端技術發揮著重要的作用；不過，良好的體能也是重要的因素。

職業高爾夫球手需要穩定地擊出遠而具有爆發性的球，並且有足夠的耐力走完18洞球場而不覺得疲累。此外，若能夠將身體健康放在首位，可以令高爾夫球手增強揮桿的力量和協調性，從而提高準確性並增加開球距離。擁有較高體能水平的球手可以迅速恢復體力，令他們能夠輕鬆地進行多輪比賽。

提高體能需要採取全面的方法，因為不同類型的訓練都有其特定的目標，包括肌肉力量、肌耐力、靈活性和心血管健康。例如跑步雖然可以增強心肺功能，卻無法有效地鍛鍊手臂肌肉；另一方面，舉重就可以增強肌肉，提供更大的擊球力量 and 將球擊得更遠的能力。將伸展運動納入日常訓練中可以提高身體整體的靈活性，有利於揮桿，並讓高爾夫球手發揮最大的活動範圍。此外，注重平衡和協調可以讓球員保持控制力，從而打出更穩定的擊球。

雖然業餘高爾夫球手不須如職業運動員一般進行密集的強度訓練，但養成定期鍛鍊和健身的習慣是非常有利的。通過保持良好的體能，高爾夫球手可以更輕鬆地享受比賽並以更高的能量水平打球。

Golf Private Lessons

With the Club's Golf Professional Lau Yat Hung, Alain

Our experienced Golf Pro offers private lessons to really improve your game. Whether you are a beginner or a low handicapper, these lessons can make a huge difference to your technique.

高爾夫球私人課堂

不論你是初學者還是高手，想進一步改善及提升高爾夫球技術的話，歡迎前來參加由本會專業私人教練劉日洪（Alain）教授的私人高爾夫球課堂。預約及查詢，請致電2118 1707。

Private Lessons (1 pax)

1-hour	\$760 per person
Package of 4, 1-hour lessons	\$2,900 per person

Semi-Private Lessons (2 pax)

1-hour	\$430 per person
Package of 4, 1-hour lessons	\$1,600 per person

Contact the 4/F Tennis Reception on 2118 1707 for Golf Lesson booking details. 查詢及報名，請致電2118 1707。



The Boys from Biloxi

by John Grisham

John Grisham returns to Mississippi with the riveting story of two sons of immigrant families who grow up as friends, but ultimately find themselves on opposite sides of the law. Grisham's trademark twists and turns will keep you tearing through the pages until the stunning conclusion.

For most of the last hundred years, Biloxi was known for its beaches, resorts, and seafood industry. But it had a darker side. It was also notorious for corruption and vice, everything from gambling, prostitution, bootleg liquor,

and drugs to contract killings. The vice was controlled by small cabal of mobsters, many of them rumored to be members of the Dixie Mafia.

Keith Rudy and Hugh Malco grew up in Biloxi in the sixties and were childhood friends, as well as Little League all-stars. But as teenagers, their lives took them in different directions. Keith's father became a legendary prosecutor, determined to "clean up the coast." Hugh's father became the "Boss" of Biloxi's criminal underground. Keith went to law school and followed in his father's footsteps. Hugh preferred the nightlife and worked in his father's clubs. The two families were headed for a showdown, one that would happen in a courtroom.

Life itself hangs in the balance in *The Boys from Biloxi*, a sweeping saga rich with history and with a large cast of unforgettable characters..

John Grisham 回到密西西比州，講述了一個引人入勝的故事——兩個移民家庭中的兒子一同長大成為好友，但最後發現大家要站在法律的對立面。Grisham 以一貫充滿波折的故事讓你欲罷不能，不斷翻閱書頁，直至得到令人震驚的結果。

在過去一百年的大部分時間裡，比洛克西都是以海灘、度假村和海鮮業而聞名，但它也有陰暗的一面，因為腐敗和罪惡而臭名昭著，從賭博、賣淫、私酒、毒品到僱傭殺人，無所不有。這些罪行由一小群黑幫控制，據傳其中許多人是迪克西黑手黨的成員。

Keith Rudy 和 Hugh Malco 於60年代在比洛克西長大，是兒時好友，也是少年棒球聯盟的全明星球員。但在青少年時期，生活將他們帶向了不同的方向。Keith 的父親成為一位傳奇檢察官，決心“清理海岸”，而Hugh的父親成為比洛克西地下犯罪組織的“老大”。Keith 跟隨父親的腳步進入了法學院，Hugh 更喜歡夜生活，並在他父親的俱樂部工作。兩個家庭即將面對的是在法庭上一決勝負。

在《The Boys from Biloxi》這故事中，生活本身就懸而未決，這是一部歷史悠久、人物眾多的長篇小說。

Tomorrow, and Tomorrow, and Tomorrow

by Gabrielle Zevin

On a bitter-cold day, in the December of his junior year at Harvard, Sam Masur exits a subway car and sees, amid the hordes of people waiting on the platform, Sadie Green. He calls her name. For a moment, she pretends she hasn't heard him, but then, she turns, and a game begins: a legendary collaboration that will launch them to stardom.

These friends, intimates since childhood, borrow money, beg favours, and, before even graduating college, they have created their first blockbuster, *Ichigo*. Overnight, the world is theirs. Not even twenty-five years old, Sam and Sadie are brilliant, successful, and rich, but these qualities won't protect them from their own creative ambitions or the betrayals of their hearts.

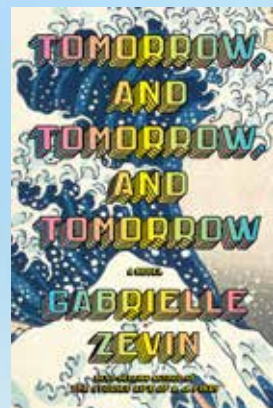
Spanning thirty years, from Cambridge, Massachusetts, to Venice Beach, California, and lands in between and far beyond, Gabrielle Zevin's *Tomorrow, and Tomorrow, and Tomorrow* examines the multifarious nature of identity, disability, failure, the redemptive possibilities in play, and above all, our need to connect: to be loved and to love.

如果你能打開思維接受新想法，你就可以做任何事！

12月的一個寒冷日子，在哈佛讀大三的Sam Masur走出地鐵車廂，在月台上等待的人群中看到了Sadie Green。他喊了她的名字。起初，她假裝沒有聽見，但隨後轉過身來，一場遊戲開始了：一場傳奇般的合作，將他們推向巔峰。

童年曾是密友的兩個人，開始向人借錢，求人協助，然後在大學畢業之前，他們創作了第一套巨作《一五》。一夜之間，世界是他們的。儘管還不到25歲，Sam 和Sadie已盡顯才華、成功且富有，但這些東西並不能保護他們免受野心或背叛帶來的傷害。

橫跨30年，從麻省劍橋到加州的威尼斯海灘，及在這之間和更遙遠的地方，Gabrielle Zevin的新作《Tomorrow, and Tomorrow, and Tomorrow》探討了身份、殘疾、失敗，以及遊戲中救贖的可能性，最重要的是，我們需要建立的關係：被愛和愛。



From now until 31st August, 2023, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount. 由現在至8月31日止，太平洋會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
204 Pacific Place, Admiralty

Hong Kong Book Centre Ltd.
25 Des Voeux Road, Central

Kelly & Walsh Ltd
金鐘太古廣場204號舖

香港圖書文具有限公司
中環德輔道中25號



A Summer Arrangement

1. Begin by cutting a piece of tree bark and wrap it around the circumference of the glass vase's bottom half.
2. Tie a ribbon in a bow around the tree bark.
3. Fold the remaining tree bark and place it inside the glass vase.
4. Next, carefully remove the plants from their pots, taking care not to damage their roots.
5. Between the tree bark, fill the interior of the glass vase with soil, creating a suitable planting medium.
6. Begin the planting process by carefully placing the Adenium Obesum into the soil.
7. Next, plant the Dischidia Chinensis 'Variegata,' allowing the two plants to complement each other.
8. Finally, plant the Kalanchoe around the Adenium Obesum.

夏日花卉擺設

1. 首先，剪下一部分樹皮，包裹著玻璃花瓶下半部分的瓶身。
2. 用絲帶在樹皮上打一個蝴蝶結。
3. 將剩下的樹皮折疊起來，放入玻璃花瓶口內。
4. 然後，將所有植物從花盆中取出，小心勿弄傷植物的根部。
5. 將泥土填滿玻璃花瓶及樹皮內的空間，製造出一個適合的種植環境。
6. 先小心地將沙漠玫瑰種植到泥土中。
7. 然後將金邊翡翠吊蘭種植在沙漠玫瑰旁，讓兩者互相襯托。
8. 最後，將家樂花種植在沙漠玫瑰的周圍。

What You'll Need:

- Various Plants: here we used Adenium Obesum, Kalanchoe (different colours), Dischidia Chinensis 'Variegata'
- A Large Piece of Tree Bark
- A Tall, Slim Glass Vase with a Wide Mouth
- Ribbon

材料：

- 花卉植物：文中選用沙漠玫瑰、家樂花（多種顏色）、金邊翡翠吊蘭
- 一塊大樹皮
- 一個有大瓶口的高、窄玻璃花瓶
- 一條絲帶



請注意，比賽當日游泳池將於下午1時至6時暫停開放。

請注意：於8月份暑假期間，本會游泳池之清潔時間將暫時由星期一至星期四下午2時至4時，更改至星期一至星期四晚上9時30分至10時30分。屆時游泳池將於晚上9時30分關閉。

Membership No.:



Junior Taekwondo

Taekwondo is not just a martial art, it's a pathway to confidence, discipline, and self-defense skills! Join us at the Aerobics Room for our weekly Taekwondo classes, with participants taking various examinations in order to progress through the belt rankings. New children are always welcome!

少年跆拳道

跆拳道不只是一種武術運動，還可以訓練自信、紀律及自我防衛技巧。參加本會跆拳道班，學員更可經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期五及六舉行，適合4歲及以上的會員參加。8月份4堂收費 — 會員\$720，非會員\$760。歡迎新學員參加！

Date : (A) Friday 4th, 11th, 18th & 25th August
(B) Saturday 5th, 12th, 19th & 26th August
(C) Saturday 5th, 12th, 19th & 26th August
(Advanced Level)

Time : (A) (B) 4:30pm – 5:30pm
(C) 3:30pm – 4:30pm

Venue: Aerobics Room

Price : Member \$720, Guest \$760 (for 4 lessons)

Age : 4 years and above

Junior Badminton Lessons (Private)

Unlock your child's full potential in badminton with our Junior Badminton Private Lessons. Our highly skilled Coach will provide personalized training sessions that cater to individual needs and goals. Whether your child is a beginner looking to develop a passion for the sport, or a competitive player aiming to enhance their skills, our private lessons offer the perfect platform for improvement.

Private Lessons

1pax : \$700/hour (including court hire)

2pax : \$900/hour (including court hire)



少年羽毛球 — 私人課程

通過參加本會的少年羽毛球私人課程，釋放孩子在羽毛球方面的全部潛力。本會技術精湛的教練將提供滿足個人需求和目標的培訓課程，無論是為了培養興趣的初學者，還是旨在提高技術的運動員，我們的私人課程都提供了完美的學習平台。

私人課程收費（包括場租）—

一人：\$700/每堂一小時

二人：\$900/每堂一小時

To enroll in any Junior Classes, please contact the 2/F Reception on 2118 1890. 課程報名，請致電2118 1890二樓接待處。

Success at the 2023 World Online Pattern Championship

In April this year, our Junior Taekwondo Team took part in the 2023 World Online Pattern Championship, organized by the World ITF Taekwon-Do Council. We are pleased to report our students performed incredibly well. Zachary Ho won his event, while Cesar Owen Chan and Javen Chung achieved first runners-up in their events. Special mention also goes to Cedrina Lock, Jeremy Yau and Edward Ho who achieved third-runners-up in their events. Congratulations to all our talented students and we look forward to continued success in the future.

跆拳道世界視像公開賽成績優異

於今年四月，本會的跆拳道學員參加了由World ITF Taekwon-Do Council舉辦兩年一度的跆拳道世界視像公開賽。比賽中，本會的跆拳道學員Zachary Ho表現最為出眾，在其參賽的項目中奪得冠軍；而其他學員亦有出色的表現，Cesar Owen Chan及Javen Chung奪得亞軍，而Cedrina Lock、Jeremy Yau及Edward Ho則奪得季軍。在此恭喜所有得獎的學員，並希望他們能夠繼續承傳跆拳道精神，取得更多佳績。



SUDOKU 數獨

Sudoku® Puzzles by Pappocom

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

玩法：在圖上的每一直行、每一橫列、每個獨立九宮格內填上數字1至9，每行、列及九宮格內數字不可重複出現。

Tips and computer program at 遊戲貼士及下載可瀏覽網頁：www.sudoku.com

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Sunday, 20th August. Alternatively, you may pass your entry to the 2/F Reception Desk. All correct entries will be placed into a draw. The winner will receive a Set Dinner/Buffer for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in September. Good Luck!

請於8月20日(星期日)前將答案傳真至2118 0206、電郵至vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於9月份(星期一至四，特別節日活動除外)到The Island View餐廳享用二人晚市套餐或自助晚餐。祝各位好運！

Name 會員姓名：_____

Membership No. 會員編號：_____

Contact Tel. No 聯絡電話：_____

*Please note only one entry will be accepted per Membership 每個會籍只限參加一次

						5		
			9	4		3	8	
			6	8			1	7
8						1		
	9	7		6		4	5	
		3						6
1	2			9	3			
	5	8		2	6			
		9						

July
Solution
七月份
遊戲答案

6	8	4	2	9	3	5	7	1
3	7	1	4	5	6	8	9	2
2	5	9	8	1	7	6	3	4
1	9	7	6	3	4	2	8	5
4	2	3	5	8	1	9	6	7
5	6	8	7	2	9	4	1	3
7	1	5	9	4	8	3	2	6
8	4	6	3	7	2	1	5	9
9	3	2	1	6	5	7	4	8

Congratulations to the winner
of last month's puzzle

恭喜上期得獎者

Ms Cisy Cheng

Afternoon Tea at the Oyster Bar



Treat yourself to a selection of homemade sweet and savoury delicacies, with a spotlight on our freshly-baked Scones with Jam and Cream. The Pacific Club Afternoon Tea is a wonderful way to spend an afternoon with friends and family!

Afternoon Tea is served daily, from 2:00pm to 5:30pm

\$298 for 2 persons, including Coffee or Tea

\$378 for 2 persons, including two glasses of Prosecco

Oyster Bar下午茶美食

Oyster Bar下午茶美食，包括各式精緻可口的鹹味點心、甜味餅及自製果醬奶油烤餅等。

下午茶美食供應時間：每日下午2時至5時30分

收費：\$298供兩人用，包括紅茶或咖啡

\$378供兩人用，包括兩杯Prosecco

Live Sports at the Club Bar

With multiple screens and a great atmosphere, the Club Bar is the perfect place to watch the many live sporting events that are happening this month from around the world. Whether you're a passionate golf fan, a die-hard cricket aficionado, or a devoted tennis follower, our state-of-the-art screens guarantee optimal viewing angles, allowing you to enjoy every hole, wicket, and ace!

Club Bar Opening Hours:

Daily, from 11:00am - 11:00pm

Call the Club Bar on 2118 1845 for more details.

精彩體育賽事 酒吧現場直播

歡迎前來本會酒吧在熱鬧的氣氛下觀看世界各地的精彩體育賽事，無論你是狂熱的高爾夫球迷、板球還是網球的忠實愛好者，我們的最新型電視屏幕都能提供最佳視角，讓你清楚地欣賞每一個球洞、三柱門及Ace球。

酒吧營業時間：

星期一至日：上午11時至晚上11時

查詢詳情請致電2118 1845。



The American Club Taipei

Since 1968, the American Club Taipei has provided a warm welcome and a home away from home for people from around the world who have been brought together in Taipei's international community. The enduring traditions of service, excellent facilities, and a reputation as being the place to gather with friends, associates and family in Taipei, have contributed to its position as one of Taiwan's premier clubs.

The American Club Taipei is truly an oasis, where you can escape the stress and hassles of city life. Located less than half an hour from the city centre, the Club is overlooked by the magnificent and imposing Grand Hotel. Once inside the Club, you will find friendship, a warm welcome, and facilities and services second to none in Taipei.

The Club's 25-metre swimming pool is heated in the winter months making the pool area a fun place to relax all year round. Swimming and aqua-aerobics classes are available. Children under 5 years of age are able to enjoy the wading pool while nearby, the adjacent jacuzzi, dry and steam saunas provide added relaxation benefits for adults.

If racquet sports are your specialty, then you will enjoy the Club's tennis, racquetball and squash facilities. The Fitness Center boasts some of the most advanced equipment available. Within the Center is an area for free weights, a 16-station Cybex exercise area and an extensive range of state-of-the-art cardio equipment. There is also a floating hardwood floor for group fitness classes and a second fitness room for stretching, yoga and Pilates. Personal training, private sessions, osteopathy and massage services are available by appointment.

The American Club Taipei also features a variety of top quality restaurants for your dining pleasure. Sigi's is an al fresco style restaurant where you will find an array of delicious Mediterranean dishes and other western cuisine. Indulge in large, crispy homemade pizzas, fresh homemade pasta cooked to order, salads, tapas, bruschetta, antipasto platters, grilled meat, fish and seafood platters, and more. For casual, family dining, head to The Terrace, featuring a menu of all your international favourites, from the finest burger in the city to noodles and even a special kid's menu. In addition, the Rendezvous Bar is a great place to unwind with a drink. Besides a variety of draft beers, wines, cocktails and coffees, the bar offers a broad range of culinary offerings.



At Gyoson, enjoy the best Japanese cuisine from fresh sashimi, hand-rolled sushi and crisp tempura to a savoury assortment of yakitori to give you an authentic taste of Japan!

So, if you are visiting Taipei in the near future, be sure to obtain a Letter of Introduction for the wonderful American Club, where Pacific Club Members are made to feel very welcome.



台北美僑協會

自 1968 年成立以來，台北美僑協會一直為匯聚於台北市這個國際大都會之中的各地人士，提供殷勤的服務、高級先進的設施，及適合款待親朋好友及公司客戶的理想場所，這令台北美僑協會成為台灣的尊貴會所。

會所距離市中心約半小時路程，座落於華麗壯觀的圓山大飯店的下方。會所提供的多元化優質設施及細心周到的服務，可說是全台灣首屈一指，讓會員可暫時遠離煩囂，舒緩身心壓力。

全長 25 米的泳池全年開放，並於冬季月份設置恆溫控制，此外亦設有各項游泳及水中健康舞班供會員參加，而 5 歲以下的小童則可到嬉水池玩樂一番。在泳池旁更設有按摩浴池、桑拿浴室及蒸氣浴室供成年人士享用。



對於熱衷球拍類運動的會員，一定會喜歡會所的網球、美式壁球及壁球場設施。健身中心

內附設了各種先進器材，中心特別劃分了重量運動區，並設置了 16 部最新型號的健身訓練器材及大量帶氧運動器材。此外，還有兩間多用途房間用作進行伸展運動、瑜伽、Pilates 及其他健身課程。會員亦可預約私人健身課程、整骨療法及按摩等服務。

會所亦設有多間餐廳為會員供應不同種類的美食。設於戶外的 Sigi's 餐廳供應別具特色的地中海及西式美食，如巨型自製薄餅、新鮮意大利粉、沙律、西班牙前菜、意式小食、各式前菜、烤肉、海鮮等，包羅萬有。而一般的家庭聚餐則可選擇到 The Terrace 餐廳享用各國美食，由當地著名的漢堡、粉麵，到特別為兒童而設的各款美食，一應俱全。若想與三五知己輕鬆地把酒言歡，Rendezvous 酒吧絕對是理想之選，除了各款生啤酒、葡萄酒、雞尾酒及咖啡外，酒吧還供應各式各樣佐酒小食。在日本餐廳 Gyoson，可以品嚐最好的日本料理，從新鮮的魚生片、手捲壽司、酥脆的天婦羅到美味的烤肉串，皆讓你體驗到正宗的日本味道！

若你將計劃到台北一遊，請緊記攜帶會所介紹信，親身體驗這個令太平洋會會員感到賓至如歸的地方。

For further information on reciprocal clubs, please contact the Membership Office on 2118 1802.

如欲查詢有關海外聯繫會所的資料，請致電 2118 1802 聯絡會籍部。

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