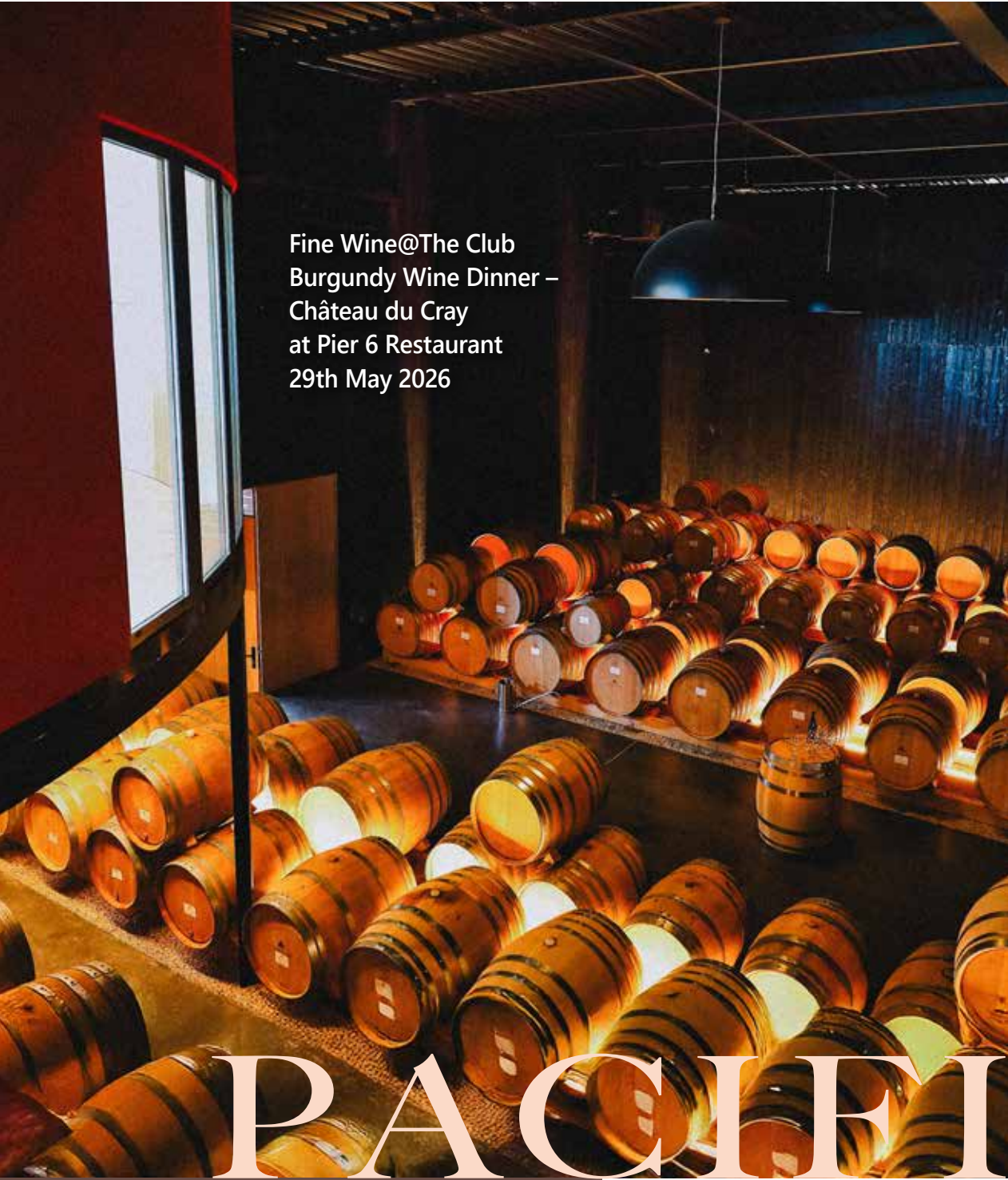


五月號

薈 絮

Fine Wine@The Club
Burgundy Wine Dinner –
Château du Cray
at Pier 6 Restaurant
29th May 2026



PACIFIC

M A Y 2 0 2 6

VIEWS

CELEBRATE THE MOMENT YOUR BIRTHDAY, OUR TREAT!

慶祝你的大日子 享受你的生日優惠！



Make your birthday truly unforgettable at The Island View, Pier 6, Capricci or Bauhinia. Share a special meal with friends or family and, with a minimum spend of \$2,000, enjoy a complimentary bottle of Prosecco and a beautifully presented one-pound birthday cake.

Hosting a larger celebration? For birthday banquets of 30 guests or more, enjoy a special rate of \$150 per person for our \$200 beverage package, which includes three hours of free-flow wines, beer, juices and soft drinks. When this package is purchased, each guest will receive an additional welcome glass of Prosecco, and a 1.5-pound birthday cake will be provided for every 10 guests.

Choose from a delicious selection of cakes including Vanilla or Mango Napoléon, Opéra, Matcha, Chocolate Mousse, Fresh Fruit Cream and more.

Available throughout your birthday calendar month, until 30th June 2026. Terms & Conditions and Blackout Dates apply.

歡迎會員與親朋好友前來 Island View、Pier 6、Capricci 或紫荊閣餐廳舉行一個難忘的生日聚餐！凡聚餐消費滿 \$2,000 或以上，即可免費獲贈由本會送出的 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。

想安排更大型的慶祝活動？凡舉辦 30 位或以上賓客的生日聚餐，可以以每位 \$150 優惠價享用原價 \$200 的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。而選購此飲品套餐後，每位賓客更可額外免費享用 Prosecco 氣酒一杯，以及每 10 位賓客可獲贈一個 1.5 磅重的蛋糕。

我們亦為你準備了多款美味的蛋糕選擇，包括香草或芒果拿破崙蛋糕、歌劇院蛋糕、抹茶蛋糕、朱古力慕斯蛋糕、新鮮水果奶油蛋糕等。

歡迎於你的生日月份內使用此優惠，有效期至 2026 年 6 月 30 日止。優惠受條款及細則約束，並且不適用於部分日期。

TO BOOK YOUR CELEBRATION 預約你的生日聚餐

Dining Reservation

於餐廳享用午餐或晚餐

The Island View 2118 1846 | Pier 6 2118 1878
Capricci 2118 1803 | Bauhinia (紫荊閣) 2118 1892

Banqueting Enquiries

私人聚餐

2118 2851 or 2118 2295

Terms and Conditions for Restaurants 於餐廳用餐 — 條款及細則

1 To qualify for the complimentary one bottle of Prosecco and one-pound birthday cake, a minimum food and beverage spend of \$2,000 is required at The Island View, Pier 6, Capricci or Bauhinia restaurants. In Island View, Pier 6, Capricci or 紫荊閣餐廳用膳消費滿 \$2,000，可獲贈 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。**2** This promotion is valid during the Member's birthday calendar month, until 30th June 2026. 此推廣活動的有效日期至 2026 年 6 月 30 日期間的會員生日月份內。**3** There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。**4** Blackout dates – 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 及 21/6. 優惠不適用日期：2026 年：1/1、14/2、16–19/2、3–7/4、1/5、10/5、25/5、19/6 及 21/6。**5** A table reservation is required at the selected restaurant. All cakes must be pre-ordered at least 48 hours in advance. 必要在指定的餐廳預訂餐桌，所有蛋糕必須最少提前 48 小時預訂。**6** Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、祿酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。**7** The offer is not applicable to banqueting events. 此優惠不適用於私人聚餐活動。**8** This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。**9** The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。

Terms and Conditions for Banqueting Events 私人聚餐生日優惠 — 條款及細則

1 This offer is only applicable to bookings of 30 persons or more made through the Banqueting Office. Minimum spending applies. For enquiries, please contact the Banqueting and Events Department on 2118 2851 / 2118 2295. 此優惠僅適用於透過本會宴會部預訂 30 人或以上的聚餐。設有最低消費要求。如有任何查詢，請致電 2118 2851 / 2118 2295 與宴會部聯絡。**2** Special rate of \$150 per person for the \$200 beverage package, which includes 3 hours of unlimited soft drinks, orange juice, apple juice, selected beer and house wines. 以 \$150 優惠價享用原價 \$200 的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。**3** One complimentary welcome glass of Prosecco per person based on the confirmed number of guests. 根據確認賓客人數，每位可獲贈 Prosecco 氣酒一杯。**4** One complimentary 1.5-pound birthday cake for every 10 guests. Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 每 10 位賓客可獲贈 1.5 磅重的蛋糕一個。可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、祿酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。**5** There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但每次聚餐僅可兌換此優惠一次，且僅適用於單一帳單。**6** Blackout dates – 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 及 21/6. 優惠不適用日期：2026 年：1/1、14/2、16–19/2、3–7/4、1/5、10/5、25/5、19/6 及 21/6。**7** This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。**8** The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。**9** The Pacific Club's Banqueting and Events Terms and Conditions also apply. 太平洋會宴會活動的條款及細則亦同時適用於此優惠。



Ronald Loges
General Manager
總經理 — 羅納德 陸格

Dear Members,

A new month brings a fresh line up of experiences across the Club, with plenty to enjoy in the weeks ahead across our restaurants and recreation facilities.

On Friday, 15th, Pier 6 presents the Moët and Chandon Champagne Dinner, where Chef Daniel's five course menu is paired with a refined selection of cuvées from this renowned Champagne House. Details can be found on page 9. A little later in the month, the Burgundy Wine Dinner on Friday, 29th focuses on the exceptional wines of Maison du Cray and Château du Cray, offering Members the opportunity to explore the distinctive qualities of these Burgundy wines. See page 15 for more. For those looking for something more intimate, Chef Daniel's one evening only Chef's Table on Thursday, 28th presents a closely guided dining experience with a specially composed menu. Turn to page 16 for booking information.

Seasonal ingredients are highlighted at the Pacific Club this month. German White Asparagus returns for its short but highly anticipated season, featured both on a dedicated A La Carte menu at Pier 6 and within the Dinner Buffets at The Island View. See page 11. These buffets continue throughout May with a changing selection of themes, from the refined traditions of French GourMay to the open fire grilling of the Gaucho Churrasco evenings, offering something to suit every preference. Turn to page 4 to learn more.

At Bauhinia, Chef Keung presents The Chuan Chinese Whisky Pairing throughout the month, where a selection of dishes has been prepared to complement the smooth and layered character of this distinctive whisky. More information can be seen on page 13. Meanwhile, at Pier 6, the Perrier-Jouët Caviar Experience on Saturday, 9th, detailed on page 16, offers a refined tasting of Champagne and caviar, a pairing that continues to be one of the most celebrated in the world.

With Mother's Day on Sunday, 10th, the Club offers a wonderful opportunity to mark the occasion. Across our restaurants, special menus and buffets have been prepared, along with unique touches including handcrafted treats for all mothers. If you haven't yet booked, take a look at pages 6 to 7. The Mother's Day weekend also includes a Mixed Doubles Tennis Tournament on Saturday, 9th for an enjoyable afternoon of matchplay, while a Sunset Outdoor Mat Pilates session offers mothers and children the chance to spend time together on the Sun Deck.

Looking ahead, Father's Day on Sunday, 21st June will bring its own celebrations, with generous buffets, family friendly dining options and a selection of special offerings across our restaurants. Details can be seen on pages 18 to 19.

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

尊貴的會員，

新一個月份到來之際，本會各處都將推出一系列全新體驗，在接下來的幾個星期裡，大家都可以在我們的餐廳及康體設施裡盡情享受各種美食及推廣活動。

於5月15日（星期五），Pier 6餐廳將舉辦Moët and Chandon香檳晚宴，屆時Chef Daniel將精心安排共有5道菜式的晚餐，來配搭這間著名香檳酒莊的精選佳釀，詳情請參閱第9頁。隨後到本月29日（星期五）晚上將帶來勃艮第葡萄酒晚宴，聚焦介紹Maison du Cray及Château du Cray兩個品牌的優質葡萄酒，為會員提供品嚐勃艮第佳釀獨特品質的機會，更多資訊請參閱第15頁。如果大家想體驗人數更少、更幽靜的用餐體驗，那麼由Chef Daniel於28日（星期四）晚上主理、僅此一晚的「主廚餐桌」晚餐就是最佳之選；屆時，大家將可享受由專人介紹的用餐體驗，及品嚐特別設計的菜單，訂座詳情請參閱第16頁。

此外於本月份，太平洋會亦將會以時令食材為餐飲主題。備受期待的德國白蘆筍再次回歸，雖然供應期短暫，但此美食絕不容錯過；大家可以在Pier 6餐廳推出的特別自選菜單上找到蘆筍菜式，也可以在Island View餐廳的自助晚餐中享用，詳情請參閱第11頁。至於在5月份舉行的自助晚餐中，我們將繼續推出不同主題的美食，從精緻的法式盛宴到香味四溢的烤肉之夜，總有一款合你的口味，欲知更多資訊，請參閱第4頁。

在紫荊閣，總廚強師傅將為本月推出的疊川中國純麥威士忌推廣，特別設計了精選中式菜餚，務求與這款獨特威士忌醇厚豐富的口感相得益彰，詳情請參閱第13頁。同時，在Pier 6餐廳亦將於9日（星期六）舉行Perrier-Jouët香檳與魚子醬品嚐活動，詳情請參閱第16頁，屆時大家可以細意品嚐這堪稱為世界頂級美食配搭之一的香檳及魚子醬。

5月10日（星期日）是一年一度的母親節，本會所有餐廳都已為大家精心準備了精彩的慶祝活動，包括特別自選菜單及自助餐，並為所有母親送上手工甜點作為貼心的小驚喜。如果大家尚未預訂餐桌，請即參閱第6-7頁的詳情。除了美食外，我們還將於母親節週末裡舉辦多項活動，包括於9日（星期六）舉行的混合雙打網球比賽，讓大家在輕鬆愉快的下午享受比賽的樂趣；此外，日落戶外墊上普拉提活動也為母親及孩子們提供在日光浴平台上共度美好時光的機會。

展望下個月份，6月21日（星期日）就是父親節，屆時我們將舉辦一連串慶祝活動，包括豐盛的自助餐、適合一家大小的餐飲選擇，以及各餐廳的特色美食，詳情請參閱第18-19頁。

我期待於本月份在會所與大家相見。

Board of Governors

Henry Tang	唐英年
Vincent Fang	方剛
William Fung	馮國倫
Kathryn Louey	雷羅慧洪
W. Gage McAfee	
David K.P. Li	李國寶
Stephen Tai	戴德豐
K.C. Chan	陳家強
Oscar Chow	周維正
Toshiaki Yamamoto	山本利章

Management 管理階層

Ronald Loges	羅納德 陸格	Tel : 2118 1888
General Manager	總經理	Fax: 2118 0204
	E-mail: ronaldloges@pacificclub.com.hk	
Flora Lam	林淑娟	Tel : 2118 1830
Chief Accountant	總會計師	Fax: 2118 0208
	E-mail: flora-lam@pacificclub.com.hk	
Tommy Ko	高文偉	Tel : 2118 1808
Membership Manager	會籍部經理	Fax: 2118 0209
	E-mail: tommy-ko@pacificclub.com.hk	
Anson Ho	何嘉熹	Tel : 2118 5286
Sports & Leisure Manager	體育及康樂經理	Fax: 2118 0206
	E-mail: anson-ho@pacificclub.com.hk	
Daniel Birkner		Tel : 2118 1825
Head of Culinary & Restaurant Operations	廚藝及餐飲營運總監	Fax: 2118 0207
	E-mail: daniel-birkner@pacificclub.com.hk	
Grace Ng	吳嘉華	Tel : 2118 1824
Banqueting & Events Manager	宴會及活動統籌經理	Fax: 2118 0207
	Email: grace-ng@pacificclub.com.hk	
Irene Chan	陳亮而	Tel : 2118 1806
Human Resources Manager	人力資源部經理	Fax: 2118 1832
	E-mail: irene-chan@pacificclub.com.hk	

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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32	Pickleball	匹克球資訊
34	Bookworm	開卷有益
35	Hair	髮式時尚
36	Fitness	健康情報
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39	Golf News	高球資訊
40	Kids' Corner	兒童天地
42	Sudoku	數獨
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WEEKLY DINNER BUFFETS

AT THE ISLAND VIEW

ISLAND VIEW 餐廳每週精選主題自助晚餐

The Island View continues its popular midweek Dinner Buffets this May, offering Members and guests a series of distinctive culinary themes that bring variety and flavour to the table. Each week presents a different focus, allowing our Chefs to explore well loved cuisines through generous buffet selections and thoughtfully prepared dishes.

於5月份，Island View 餐廳將繼續舉行每週精選主題自助晚餐，為會員及賓客帶來一系列各具特色的美食主題，呈現豐富多樣的美味佳餚。每週的主題都各不相同，我們的廚師團隊將透過豐盛的自助餐選擇及精心烹製的菜餚，探索備受大家喜愛的美食。

FRENCH GOURMAY DINNER BUFFET 「法國5月美食」自助晚餐

In celebration of French GourMay, this buffet presents a refined journey through the traditions of French cuisine. From the seafood rich coastlines of Brittany to the rustic dishes of the countryside and the sunlit flavours of the south, the menu brings together a selection of well loved classics and regional specialities.

Expect a range of dishes that showcase the depth and elegance of French cooking, from starters to richer, main course favourites, followed by a selection of desserts that highlight the finesse of French pâtisserie.

為慶祝「法國五月美食」，這自助餐將為大家送上一場精緻的法式美食之旅。從布列塔尼盛產海鮮的海岸線，到鄉村質樸的佳餚，再到陽光燦爛的法國南部風味，菜單匯集了許多廣受歡迎的經典菜餚及當地特色美食。

大家將可以品嚐到一系列精心烹製的佳餚，從開胃菜到濃郁醇厚的主菜，無不展現法式烹飪的精髓與優雅。餐後甜點則充分展現法式甜點的精湛技巧。



3rd to 7th and 11th to 14th May
5月3日至7日、11日至14日

Venue : The Island View Restaurant
地點 : Island View 餐廳

Adults 成人 Children 小童

\$288 \$168

Reservations 訂座 : 2118 1846



GAUCHO CHURRASCO DINNER BUFFET

Argentinian Beef Flavoured by
Prairie and Pampa

巴西高卓烤肉自助晚餐
融合南美及北美大草原風味的阿根廷牛肉

Drawing on the traditions of the Argentinian pampas, this Gaucho Churrasco Dinner Buffet centres on premium meats prepared over open fire. A selection of expertly grilled cuts is presented and carved tableside, served alongside a range of accompaniments.

The buffet also features a generous spread of starters, hot dishes and sides to complement the Churrasco selection, followed by a selection of desserts to complete the evening.

這次巴西高卓烤肉自助晚餐的靈感取自阿根廷大草原的傳統精髓，以明火烤製的優質肉類為核心。不同種類的烤肉將由技藝精湛的廚師現場切分，並配搭各式配菜奉上。

自助餐還提供豐富的開胃菜、熱菜及配菜選擇，配搭烤肉更添美味，最後以各式甜點完美結束這美食之夜。

18th to 21st May
5月18日至21日

Venue : The Island View Restaurant
地點 : Island View 餐廳

Adults 成人 Children 小童

\$288 \$168

Reservations 訂座 : 2118 1846



By Tommy Ko
Membership Manager
撰文：會籍部經理

This month, we would like to remind Members of the appropriate attire required at the Sports and Recreation outlets of the Pacific Club.

These guidelines apply to both adults and children. Members are also responsible for ensuring that their children and guests comply with the stated requirements. Club Management reserves the right to determine suitable attire for all areas within the Sports and Recreation outlets.

When using the sports facilities, the following attire is required:

For Tennis, men are to wear tennis shorts and a short sleeved T shirt, along with tennis shoes with non marking soles. Women are to wear a polo shirt or tank top with a skirt, dress or tennis shorts, together with tennis shoes with non marking soles.

For the Swimming Pool, all users must wear appropriate swimming suits or trunks. Infants and toddlers are required to wear a swim diaper. Underwear or undergarments worn beneath swimsuits are not permitted.

For the Gym, users are expected to wear standard workout attire, paired with non marking, rubber soled athletic shoes. Jeans, street clothes, sandals, casual shoes, open toed shoes and boots are not permitted.

Please note that these attire requirements will be strictly enforced by Club staff. Members and guests who do not observe these standards may be refused entry or asked to leave the sports facilities.

Thank you for your attention.

在今期薈絮中，本會想提醒所有會員在使用各項運動康樂設施時的合適衣著。

這些規定適用於所有成人及兒童，會員亦有責任確保其同行的兒童及賓客遵守既定要求。本會管理層保留對各項運動及康樂設施內的衣著要求作最終決定權。

於本會所使用運動及康樂設施的合適衣著如下：

網球：男士需要穿著網球短褲及短袖的 T 恤，不脫色的膠底網球鞋。女士需要穿著 Polo 網球衫或背心，搭配裙子或網球短褲，不脫色的膠底網球鞋。

游泳池：使用人士必須穿著泳衣或泳褲，嬰兒及幼兒必須穿著游泳尿片。泳衣或泳褲內不允許穿著內衣或內褲。

健身室：使用人士必須穿著標準的健身運動服及不脫色的膠底運動鞋。不允許穿著牛仔褲、便服、涼鞋、休閒鞋、露趾鞋或靴子。

請注意，本會員工將嚴格執行以上的運動衣著要求，如有任何會員及賓客未能遵守有關的衣著準則，可能會被拒絕進入或被要求離開本會運動設施。

多謝各位合作。

Termination of Reciprocal Club Agreement

Members are advised that Raffles Town Club, Singapore will cease operations with effect from October 2026. The Club will continue to welcome Pacific Club Members, including those using its hotel facilities, until 31st August 2026. From this date onwards, the Club will no longer be able to accommodate reciprocal club bookings or visits.

Members visiting Singapore may wish to consider alternative reciprocal clubs, including Hollandse Club, Singapore Recreation Club, The American Club Singapore and The British Club.

Should you have any questions, please feel free to contact the Membership Office on 2118 1802.

終止海外聯繫會所協議

請注意，新加坡 Raffles Town Club 將於 2026 年 10 月起停止營運。該會所將繼續接待太平洋會會員，包括使用酒店設施及會所，直至 2026 年 8 月 31 日止。該日之後，會所將不再接受海外聯繫會所會員的預訂或到訪。

計劃前往新加坡的會員可考慮到訪其他海外聯繫會所，包括 Hollandse Club、Singapore Recreation Club、The American Club Singapore 及 The British Club。

如有任何查詢，歡迎致電 2118 1802 與會籍部聯繫。



Tel : 2118 1828
Fax : 2118 0208
Address : Harbour City, Kowloon, Hong Kong

E-mail : info@pacificclub.com.hk
Website: www.pacificclub.com.hk



MOTHER'S DAY AT THE CLUB

太平洋會－母親節午餐及晚餐

Sunday
10th May
5月10日
(星期日)

A day devoted to appreciation, Mother's Day is the perfect reason to gather the family around the table. Throughout the Club, our restaurants will present special menus, impressive buffets and sweet treats created to make your celebration feel memorable.

母親節是表達感恩之情的日子，也是一家團聚、共享美食的絕佳機會。當日，本會各餐廳將推出特別套餐、豐盛的自助餐及精緻甜點，為大家打造難忘的節日體驗。

MOTHER'S DAY LUNCH AND DINNER BUFFET

母親節自助午餐及晚餐

Celebrate Mother's Day with a buffet overlooking the harbour at The Island View and Pier 6. Both restaurants will present a generous spread of international dishes, creating a relaxed and festive setting for families to gather and celebrate.

在 Island View 及 Pier 6 餐廳的美麗海景陪伴下享用自助餐美食，慶祝母親節。屆時，兩間餐廳都會提供豐盛的國際美食，營造輕鬆喜慶的氛圍，讓家人歡聚一堂，共慶佳節。



Lunch from 12.00noon
午餐由中午12時開始

Adults 成人 Children 小童
\$488 \$288

Dinner from 6.00pm
晚餐由傍晚6時開始

Adults 成人 Children 小童
\$548 \$348

Venue :
地點 : The Island View and Pier 6

Reservations 訂座 : 2118 1846

All Mothers will receive a gift of complimentary Homemade Red Velvet Truffles.

所有母親將可免費獲贈由本會自製的紅絲絨松露朱古力一份。

Specially prepared in-house by our Pastry Team, these treats begin with a soft red velvet and Mascarpone truffle centre. Each one is carefully shaped before being dipped individually in tempered white chocolate and finished with colourful sprinkles and decorative chocolate. The result is a bite sized indulgence created especially for Mother's Day.

這款朱古力由我們的糕點團隊精心製作，以馬斯卡邦芝士及松露製成紅絲絨內餡，每一顆都經過精心塑形，然後蘸上經過仔細調溫的白朱古力，最後撒上彩色糖粒及裝飾朱古力。這道專為母親節打造的精緻甜點絕對令人回味無窮。

MOTHER'S DAY ITALIAN SEMI BUFFET

母親節意式半自助午餐及晚餐

Capricci offers a relaxed Italian style celebration with a special Mother's Day Semi Buffet available for both Lunch and Dinner. Families can enjoy a selection of Italian favourites from the kitchen.

Capricci 餐廳將帶來氣氛輕鬆的意式母親節慶祝活動，於午餐及晚餐時段準備特別的半自助餐美食，讓大家可以一家人團聚共享餐廳精心烹調的各款意大利經典菜餚。

All Mothers will receive a gift of complimentary Homemade Red Velvet Truffles.

所有母親將可免費獲贈由本會自製的紅絲絨松露朱古力一份。

Lunch from 12.00noon
午餐由中午12時開始

Adults 成人 Children 小童
\$388 \$258

Dinner from 6.00pm
晚餐由傍晚6時開始

Adults 成人 Children 小童
\$488 \$328

Venue :
地點 : Capricci

Reservations 訂座 : 2118 1803

MOTHER'S DAY SPECIAL SET MENU AND SPECIAL A LA CARTE DISHES

母親節套餐及特別自選菜式

At Bauhinia, we invite Members to celebrate with an elegant Mother's Day Set Menu and special A La Carte dishes, available for both Lunch and Dinner.

在紫荊閣，我們誠摯邀請會員前來享用精緻的母親節套餐及特別自選菜式，於午餐及晚餐時段供應。

母親節套餐

MOTHER'S DAY SET MENU AT BAUHINIA

濃邊蜜糖叉燒沙律
Honey Barbecued Pork Salad

魚籽醬荔枝炸釀帶子、辣椒糕炒花蛤
Deep-fried Scallops stuffed with Taro and Caviar
accompanied by Stir-fried Clams in Chilli Paste

瑞士汁燒童子鴿
Roasted Pigeon with Swiss-style Sauce

XO醬露筍炒蝦球螺片
Sautéed Prawns and Conch
with Asparagus in XO Sauce

紅燒花膠八頭鮑魚伴蘭遠
Braised Fish Maw with Whole Abalone and Kale

砂窩鮑汁鱈魚雞粒飯
Fried Rice Casserole
with Octopus and Chicken Cubes in Abalone Sauce

海帶綠豆沙、楊枝甘露凍糕
Seaweed Green Bean Sweet Soup
accompanied by Mango-Pomelo-Coconut Jelly Cake

\$668 | per person (Minimum two persons)
每位 (兩位起)

母親節特別自選菜式 SPECIAL A LA CARTE DISHES

- 燕窩荔枝炸釀帶子
Deep-Fried Scallops Stuffed with Taro
Paste and Bird's Nest
- 花膠北菇蹄筋煲
Fish Maw Casserole with Black
Mushrooms and Pork Tendon

For reservations, please call Bauhinia on 2118 1892.
訂座請致電紫荊閣：2118 1892。



MOTHER'S DAY CAKE MOTHER'S DELIGHT PEACHY VANILLA ENTREMET

母親節蛋糕訂購 蜜桃雲呢拿慕斯夾心蛋糕

For those wishing to celebrate at home or continue the occasion with something sweet, our Pastry Team presents a special Mother's Day Cake, available for both in-house celebrations and takeaway throughout May.

Mother's Delight is a Peachy Vanilla Entremet featuring peach compote and panna cotta enclosed within a light Madagascan vanilla mousse and finished with a striking multi coloured mirror glaze.

如果你想要在家中慶祝母親節，或想用甜點延續這份喜悅，我們的糕點團隊將特別推出一款母親節蛋糕，大家可於5月份在餐廳慶祝時享用，亦設外賣自取服務。

這款蜜桃雲呢拿慕斯夾心蛋糕，以輕盈的馬達加斯加雲呢拿慕斯包裹著蜜桃果醬及意式奶凍，並採用了令人讚嘆的多彩鏡面裝飾製成。



\$440 | 2 lb
每個兩磅

Available throughout May with 48 hours' advance order.
於整個5月份可供訂購，需最少提前48小時預訂。

To order, please contact The Island View Restaurant on 2118 1846.
訂購請致電 Island View 餐廳：2118 1846。



MAY 2026
WINE HOME DELIVERY SERVICE
5 月份餐酒送貨服務



Moët & Chandon Brut Imperial

Tangy green apple and citrus fruit intensity with nuances of minerals and white flowers. Fine bubbles with notes of brioche, cereals and gooseberries make it a perfect pairing for both fish and meat dishes.

75 cl	\$365/bottle	Qty:	Total Amount:
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Moët & Chandon Grand Vintage 2016

Fleeting aromas of toasted bread, grains and hazelnut offering a fruity and floral bouquet with hints of plum, Mirabelle, quince and aniseed, culminating in a finish reminiscent of the sweet, tangy freshness of clementine and pomelo.

75 cl	\$600/bottle	Qty:	Total Amount:
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Moët & Chandon Grand Vintage 2016 Rosé

Immediate evident fruitiness of syrupy red fruits, crushed strawberries and late=summer blueberries at the forefront. Complemented by floral aromas of rose, hibiscus and violet offering a pleasurable sensation with supple and harmonious profile.

75 cl	\$720/bottle	Qty:	Total Amount:
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Moët & Chandon Collection Impériale Création No. 1

A bouquet of gradually unfurling notes of licorice, mocha and madeleines with a hint of vanilla accompanied by hints of dried figs and Mirabelle plum with an aromatic sweetness interplay of freshness and bitters.

75 cl	\$1,680 /bottle	Qty:	Total Amount:
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Order Form 餐酒訂購表格

A special selection of Moët & Chandon Champagne for Members' enjoyment.

Free delivery will be provided for purchase of HK\$2,000 and above (Hong Kong, Kowloon and N.T. areas only). Alternatively, pick-up the champagne at the Club Bar.

本月為會員介紹多款 Moët & Chandon 香檳，凡購滿 HK\$2,000 及以上可獲免費送貨服務（只限香港島、九龍及新界地區）；或者可於會所酒吧領取香檳。

A total amount of HK\$_____ will be debited directly to your Pacific Club Member's monthly account.

總額 HK\$_____ 將直接於閣下之太平洋會員結賬戶內扣除。

Member's Name (會員姓名): _____

Membership Number (會員編號): _____

Contact Telephone No. (聯絡電話): _____

Delivery Address (送貨地址): _____

Signature (會員簽名): _____

- For ordering, please present this form to the Club Bar, or fax to 2118 0207 or email to: paul-siu@pacificclub.com.hk
 訂購方法：請填妥此表格，並交回會所酒吧；或傳真至 2118 0207；或電郵至 paul-siu@pacificclub.com.hk。
- Please allow 5-7 working days lead time for champagne collection at the Club Bar or free delivery service (Hong Kong, Kowloon and N.T. areas only)
 於會所酒吧領取訂購之香檳，或安排免費送貨服務（只限香港島、九龍及新界地區），需時5-7個工作天。
- For further information, please call the Club Bar at 2118 1845.
 如有查詢，請致電會所酒吧：2118 1845。
- 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。



MOËT & CHANDON CHAMPAGNE DINNER

Hosted by Emilie Steckenborn, Fine Wine Development Manager APAC & China at Moët Hennessy.

MOËT & CHANDON 香檳晚宴 由 MOËT HENNESSY 亞太及中國區精品 葡萄酒發展經理 EMILIE STECKENBORN 主持

Champagne always sets the tone for a memorable evening, and Pier 6 gives Members the opportunity to enjoy a very special Moët & Chandon Champagne Dinner on Friday, 15th May. This will be presented by Emilie Steckenborn, Fine Wine Manager at Moët Hennessy.

Chef Daniel has designed a five course menu to complement the wonderful selection of Moët & Chandon Champagnes. Each pairing has been carefully considered to bring out the best in every glass.

追求難忘的夜晚又怎能缺少香檳·Pier 6 餐廳將於 5 月 15 日 (星期五) 為會員安排一場特別的 Moët & Chandon 香檳晚宴·屆時 Moët Hennessy 的精品葡萄酒經理 Emilie Steckenborn 將親臨主持。

本會行政總廚 Daniel 已精心設計了一份包括 5 道菜式的菜單·與多款精選 Moët & Chandon 香檳完美配搭。每一道菜式與香檳的配搭都是經過深思熟慮·力求將每杯香檳的醇香都展現得淋漓盡致。



Friday, 15th May
5月15日 (星期五)

Time : 6:30pm Reception, 7:00pm Dinner
時間 : 晚上6時30分入座·晚上7時晚宴開始
Venue : Pier 6 Restaurant
地點 : Pier 6 餐廳

\$1,088 Per person
每位

Reservations 訂座 : 2118 1878

Limited seats
available
座位有限



RECEPTION

Moët & Chandon Brut Impérial

MENU

Moët & Chandon Brut Impérial

Marinated Hokkaido Scallops with Pink Grapefruit,
Tarragon and Espelette Pepper

Moët & Chandon Grand Vintage 2016

Yellow Chicken Suprême with Morel Sauce
and Kohlrabi

Moët & Chandon Grand Vintage 2016 Rosé

Medallion of Monk Fish with Pink Peppercorn
Sauce and Vegetable Parisienne

*Moët & Chandon Collection Impériale
Création No. 1*

Atlantic Turbot and Toasted Hazelnuts,
Confit Lemon and Brown Butter Sauce

Rhubarb and Strawberry Eton Mess
with Champagne Sorbet

The Grand Finale

BAKED ALASKA

餐後甜點
火焰雪山



Our Pastry Team has created the perfect single serving of Baked Alaska, offering every reason to indulge. Classic Italian Meringue is flambéed until lightly blistered and delicately cracked, revealing rich Madagascar Vanilla Seed and Pistachio Ice Cream with a Chocolate and Caramel centre that spills out once the shell is broken.

Available for lunch and dinner at Pier 6.

本會糕點團隊為會員精心打造了這款完美的單人份量甜品 — 火焰雪山，絕對值得你細細品味。

經典的意式蛋白霜經過火焰炙烤，表面微微起泡並發出輕微的劈啪聲，顯露出濃郁的馬達加斯加香草籽開心果雪糕，以及朱古力焦糖夾心，輕輕敲開蛋白霜，濃郁的朱古力焦糖便會緩緩流出。

午餐及晚餐時段在 Pier 6 餐廳供應。

\$98 | per serving
每份



STACKED SENSATION

Your New Favourite Sandwich

你全新的摯愛三文治
層層疊的美味

May Feature: Maine-Style Boston Lobster Roll

Our much loved Maine-Style Boston Lobster Roll returns, bringing together succulent Boston Lobster and a luscious Lemon-Tarragon Sauce in one irresistible sandwich.

Served with French Fries, it is a classic that always satisfies.

5 月份精選 — 緬因風味波士頓龍蝦包

本會備受會員喜愛的緬因風味波士頓龍蝦包回歸啦！鮮嫩多汁的波士頓龍蝦肉搭配濃郁的檸檬香草醬，成就了這款令人無法抗拒的美味三文治。

這款令人心滿意足的美食將搭配炸薯條一同送上。

Available throughout May at the Club Bar, Oyster Bar, The Island View and for takeaway.

整個 5 月份在會所酒吧、Oyster Bar 及 Island View 餐廳供應，同時亦歡迎使用外賣自取服務。

\$198 | per serving
每份

SPARGEL SEASON AT THE CLUB

A Celebration of German White Asparagus

太平洋會白蘆筍季節 - 德國白蘆筍盛宴

Each spring, for a few short weeks, German White Asparagus, or Spargel as it is affectionately known, makes its highly anticipated appearance. Revered for its tender texture and delicate, nutty flavour, this prized ingredient is widely regarded as one of the great culinary highlights of spring.

At the Club, this exceptional ingredient is celebrated across two distinct dining experiences, each offering its own way to enjoy this seasonal delicacy.

每年春天，德國白蘆筍的時令季節都只有短短幾星期，因此備受期待。這種珍貴的食材以其鮮嫩的口感和細緻的堅果香氣而聞名，被公認為春季美食的一大亮點。

在本會，我們將透過兩種截然不同的用餐體驗來為大家介紹這珍貴食材，以獨特的方式來呈現這款時令佳餚。

GERMAN WHITE ASPARAGUS MENU AT PIER 6 FROM 1ST MAY UNTIL THE SEASON ENDS

德國白蘆筍自選菜式 - 由 5 月 1 日開始供應至季節期結束

At Pier 6, the focus is on a dedicated German White Asparagus A La Carte Menu that showcases this prized ingredient at its finest. Our chefs present an exclusive selection of dishes designed to highlight its natural elegance, allowing its subtle character and refined flavour to shine.

在 Pier 6 餐廳，我們將推出一份以德國白蘆筍為主題的自選菜單，以展現這種珍貴食材的極緻美味。我們的廚師團隊將精心烹調多款菜式，旨在凸顯白蘆筍的天然優雅，使其清淡的口感和精緻的風味得以充分展現。

Venue :
地點 : Pier 6

Reservations 訂座 : 2118 1878



1st & 2nd, 8th & 9th, 15th & 16th, 22nd - 31st
1日、2日、8日、9日、15日、16日及22日至31日

Venue :
地點 : The Island View Restaurant

Adults 成人 Children 小童
\$398 \$258

For an additional \$178, our Beverage Package includes Wines, Sake, Beers, Soft Drinks and Orange/Apple Juice.
每位另加\$178可任飲葡萄酒、清酒、啤酒、汽水及橙汁/蘋果汁。

Reservations 訂座 : 2118 1846

GERMAN WHITE ASPARAGUS BUFFET AT THE ISLAND VIEW RESTAURANT 德國白蘆筍美食自助晚餐

It is White Asparagus season, and the Dinner Buffet at The Island View celebrates this remarkable ingredient in generous style. Across the buffet, you will find a wide variety of dishes, including Cream of White Asparagus Soup, Marinated Asparagus Salad, Asparagus Ham Rolls and Oven Baked Glazed White Asparagus, alongside traditionally Poached Spears served with Hollandaise Sauce, Buttered New Potatoes, Pork Schnitzel, Grilled Salmon and German Ham and more...

On Saturday evenings, the experience is elevated with the Asparagus Peeling Challenge. Put your skills to the test against Executive Chef Daniel Birkner, whose German heritage and deep appreciation for White Asparagus bring an added sense of authenticity to the occasion. For an extra touch of theatre, he may even take on the challenge blindfolded.

又到了白蘆筍的時令季節，Island View 餐廳將於1日、2日、8日、9日、15日、16日及22日至31日舉行的自助晚餐中，以這款令人讚不絕口的蔬菜為主題，帶來各式各樣美味的菜式！豐富選擇包括忌廉白蘆筍湯、醃蘆筍沙律、蘆筍火腿捲及焗白蘆筍，以及傳統水煮白蘆筍配以荷蘭醬、牛油新薯、炸豬肉排、烤三文魚、德國火腿等...

於星期六晚上，削蘆筍皮比賽將為你帶來更精彩的體驗！歡迎前來與本會德國籍行政總廚 Daniel Birkner 一較高下，他對白蘆筍情有獨鍾，為這場挑戰賽增添了一份地道的風味。為了增加氣氛，他甚至可能會蒙著眼睛接受挑戰。

MANGO MOMENTS IN MAY

Featuring Alphonso, King of Mangoes

5 月份芒果盛宴

為大家帶來「芒果之王」－ ALPHONSO 芒果

Each year, mango lovers wait for one fruit above all others. The Alphonso Mango, celebrated as the King of Mangoes, brings its unmistakable sweetness and colour to a series of delicious promotions across the Club this month.

被譽為「芒果之王」的阿方素芒果 (Alphonso)，是每年芒果愛好者最翹首以盼的品種。現在，其獨特的甜美及亮麗的色澤，將為本月份本會推出的一系列甜點推廣活動增添美味。

Our Pastry Chef's Masterpiece Available in All Outlets

太平洋會「糕點師傅精心傑作」
在所有餐廳及酒吧供應



ALPHONSO MANGO & COCONUT DELIGHT 阿方素芒果椰子甜點

Our Pastry Team has outdone itself with this beautifully presented dessert designed to surprise the eye, as delightful to look at as it is to eat. A delicate chocolate shell gives way to layers of coconut and Alphonso mango preparations, finished with a generous topping of fresh mango. Light, fragrant and full of tropical flavour, each spoonful brings together the sweetness of ripe Alphonso with the creamy softness of coconut.

我們的糕點團隊精心創作了這款精緻得令人驚艷的甜點，不僅賞心悅目，而且美味可口。薄薄的朱古力外殼包裹著一層層以椰子及阿方素芒果製成的餡料，最後再鋪滿新鮮芒果肉。這甜點口感輕盈，香氣撲鼻，充滿熱帶風情，每一口都能感受到成熟阿方素芒果的香甜，與椰蓉的綿密柔滑完美融合。

\$68 | per serving
每份



Our Pastry Chef's Celebration Cake Available for In-house Celebrations or Takeaway

太平洋會 - 「糕點師傅精心傑作」原個蛋糕
歡迎在餐廳內享用或使用外賣自取服務

ALPHONSO MANGO & COCONUT CHARLOTTE RUSSE CAKE 阿方素芒果椰香夏洛特蛋糕



We have listened and by popular demand, our Pastry Team now presents a whole cake version of the Pastry Chef's Masterpiece. This month, the Alphonso Mango and Coconut Charlotte Russe is an elegant cake designed for celebrations at the Club or to take home.

Delicate coconut ladyfingers encase layers of coconut and Alphonso mango preparations, finished with generous heaps of fresh mango on top. Bright, fragrant and full of tropical flavour, this is the perfect cake to share with family and friends and celebrate mango season.

因應眾多會員的要求，我們的糕點團隊現隆重推出「糕點師傅精心傑作」的原個蛋糕訂購。今個月我們將推出－阿方素芒果椰香夏洛特蛋糕。這款優雅的蛋糕是在會所舉行慶祝活動，或外賣自取回家享用的理想選擇。

精緻的椰子手指餅乾包裹著一層層以椰子及阿方素芒果製作的餡料，面層再鋪滿新鮮芒果肉。這款蛋糕色澤明亮，香氣四溢，充滿熱帶風情，是與家人朋友分享及慶祝芒果季節的完美之選。

\$240 | per lb
每磅 Minimum order 2 lbs
由兩磅起

Available in All Outlets

在所有餐廳及酒吧供應



MANGO MADNESS PREMIUM SMOOTHIES 芒果狂熱－美味沙冰

For those who prefer to sip their mangoes, our Mango Madness Smoothies offer three refreshing combinations, each built around the rich flavour of Alphonso Mango.

今月份，我們為喜歡品嚐芒果飲品的會員帶來3款芒果狂熱沙冰，每款都以濃郁的阿方素芒果風味為基礎，口感冰涼清爽。

\$68 | per Smoothie
每杯

Passionate Mango
Mango, Yoghurt and Passion Fruit
芒果、乳酪、百香果

Mango Royal
Mango, Dragon Fruit and Banana
芒果、火龍果、香蕉

Mad Mango
Mango and Coconut
芒果、椰子

THE CHUAN CHINESE WHISKY PAIRING AT BAUHINIA

紫荊閣 — 疊川中國純麥威士忌配搭中式菜餚

Throughout May, Chef Keung presents a special Pairing Menu at Bauhinia, inspired by The Chuan Chinese Whisky from the Emei Mountain region. This distinctive whisky is known for its smooth character and gentle layers of flavour.

Each dish has been carefully designed to match the whisky, bringing out its subtle notes while adding balance and contrast. The result is a dining experience that is both enjoyable and easy to appreciate.

於5月期間，紫荊閣行政總廚強師傅將以峨眉山疊川中國純麥威士忌為靈感，特別設計出兩款絕配菜式。這款獨特的威士忌以其順滑的口感和豐富的層次風味而聞名。

每道菜餚都經過精心設計，力求與威士忌完美搭配，展現其獨特韻味，又能增添平衡與對比，最終呈現出令人愉悅且易於品味的用餐體驗。

PAN FRIED ANGUS BEEF CUBES WITH ASPARAGUS IN GRAVY 燒汁蘆筍安格斯牛柳粒

Tender Angus Beef Cubes are pan fried and served with fresh Asparagus in a rich, savoury gravy. The flavours are well balanced and work smoothly with the whisky.

鮮嫩的安格斯牛柳粒經過香煎後，佐以新鮮蘆筍及濃郁鮮味的肉汁。各種食材風味均衡，與威士忌完美融合。



CRISPY PORK RIBS WITH WALNUT AND PLUM SAUCE 合桃酸梅一口骨

These Pork Ribs are crisp on the outside and coated in a Walnut and Plum Sauce. The light sweetness and nutty flavour pair well with the whisky, creating a satisfying combination.

外皮炸得酥脆的排骨，裹上合桃梅子醬，醬汁的淡淡甜味及堅果香氣與威士忌相得益彰，帶來令人滿足的味覺體驗。



To book your table at Bauhinia, please call 2118 1892. 訂座請致電紫荊閣：2118 1892

WINES OF THE MONTH in May in all Outlets

5 月份會所精選美酒 - 在所有餐廳及酒吧供應

CHATEAU DU CRAY BOURGOGNE PINOT NOIR LE CORNEVENT MONOPOLE 2022

Bright ruby in colour. The nose is centred on fresh red fruit, including cherry and strawberry, with a light hint of spice. On the palate, the wine is supple and approachable, with soft tannins and a smooth texture. The finish is clean and fruit-driven, reflecting the classic, easy elegance of Bourgogne Pinot Noir.

酒體呈明亮的寶石紅色。香氣以新鮮的紅色水果為主，包括櫻桃和草莓，並帶有淡淡的香料氣息。入口柔順易飲，單寧柔和，口感順滑。

餘韻乾淨清爽，果香濃郁，展現了勃艮第 Pinot Noir 葡萄酒經典的優雅氣質。

CHATEAU DU CRAY MONTAGNY 1ER CRU CHARDONNAY LE CORNEVENT MONOPOLE 2023

Pale gold with light green reflections. The nose shows delicate floral notes, often leaning towards white blossom, alongside fresh orchard fruit such as apple and pear. The palate is clean and precise, with a subtle mineral edge typical of Montagny. Fresh acidity supports a well-defined structure, leading to a balanced and elegant finish.

酒體呈淺金色，泛著淡淡的綠色光澤。香氣散發著輕微、細緻的花香，以白花為主調，並伴隨蘋果、梨子等新鮮果香。口感純淨細緻，帶有 Montagny 產區特有的微妙礦物氣息。清爽的酸度支撐著均衡優雅的酒體結構，餘韻悠長細膩。



\$128 | per glass
每杯

\$550 | per bottle
每瓶

MAY 2026
WINE HOME DELIVERY SERVICE
 5 月份餐酒送貨服務



Maison du Cray Auguste Crémant de Bourgogne NV

Golden Yellow robe with fruity nose and notes of exotic fruits and citrus. White flower and pastries at the palate make it the perfect aperitif and pairing for lighter, brighter dishes.

75 cl	\$180/bottle	Qty:	Total Amount:
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Château du Cray Montagny 1er Cru Chardonnay Le Cornevent Monopole 2023

Classic Burgundian Chardonnay features of pale golden colour with green highlights and aromas of acacia and honeysuckle giving it alluring spicy back-flavours harmoniously giving it a well-built structure.

75 cl	\$390/bottle	Qty:	Total Amount:
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Château du Cray Bourgogne Pinot Noir Le Cornevent Monopole 2022

Ruby colour wine with silky flavours of red fruits dominated by strawberries and cherries offering a round impression on the palate with assertive yet delicate tannins.

75 cl	\$390/bottle	Qty:	Total Amount:
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Maison du Cray Aloxe Corton 2023

Tasting Note: A nose of raspberries blending with well-balanced woody flavours emerge from this cherry red wine with elegant and feminine structure with firmer tannins in absolute balance. Strong company for red meats and even Burgundy cheeses. Just wow!

75 cl	\$690/bottle	Qty:	Total Amount:
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Maison du Cray Nuits Saint Georges Aux Allots 2023

Deep crimson colour with violet reflections and expressive notes of rose, licorice and ripe red and black fruits developing into the complexity of leather, truffle and game with its structured, generous and well-balanced elegant finish.

75 cl	\$890/bottle	Qty:	Total Amount:
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Order Form 餐酒訂購表格

A special selection of Château du Cray Wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$1,500 and above (Hong Kong, Kowloon and N.T. areas only). Alternatively, pick-up the wines at the Club Bar.

本月為會員介紹多款 Château du Cray 葡萄酒，凡購滿 HK\$1,500 及以上可獲免費送貨服務（只限香港島、九龍及新界地區）；或者可於會所酒吧領取葡萄酒。

A total amount of HK\$_____ will be debited directly to your Pacific Club Member's monthly account.

總額 HK\$_____ 將直接於閣下之太平洋會員結賬戶內扣除。

Member's Name (會員姓名):

Membership Number (會員編號):

Contact Telephone No. (聯絡電話):

Delivery Address (送貨地址):

Signature (會員簽名):

- For ordering, please present this form to the Club Bar, or fax to 2118 0207 or email to: paul-siu@pacificclub.com.hk
 訂購方法：請填妥此表格，並交回會所酒吧；或傳真至 2118 0207；或電郵至 paul-siu@pacificclub.com.hk。
- Please allow 5-7 working days lead time for wine collection at the Club Bar or free delivery service (Hong Kong, Kowloon and N.T. areas only)
 於會所酒吧領取訂購之葡萄酒，或安排免費送貨服務（只限香港島、九龍及新界地區），需時5-7個工作天。
- For further information, please call the Club Bar at 2118 1845.
 如有查詢，請致電會所酒吧：2118 1845。
- 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。



BURGUNDY WINE DINNER WITH CHÂTEAU DU CRAY

HOSTED BY MR ADRIEN GOICHOT, WINERY OWNER

勃艮第葡萄酒晚宴 介紹 CHÂTEAU DU CRAY 葡萄酒 由酒莊主人 MR ADRIEN GOICHOT 主持

Join us at Pier 6 for an evening celebrating the heritage and character of Burgundy, featuring wines from Maison du Cray and Château du Cray. Hosted by Mr Adrien Goichot, third generation of the family wine business founded in 1947, the dinner showcases a distinguished selection of wines produced by the Goichot family.

With vineyards across key Burgundy appellations, including Château du Cray in the Côte Chalonnaise, the family has built a long established presence in the region. Monopole sites such as Le Cornevent remain under single ownership, allowing the wines to show a clear sense of place.

歡迎蒞臨 Pier 6 餐廳與我們共度一個慶祝勃艮第悠久歷史與獨特風土的夜晚，品嚐來自 Maison du Cray 及 Château du Cray 的佳釀。酒莊創立於 1947 年，今次晚宴由 Goichot 家族第三代傳人 Mr Adrien Goichot 主持，將為大家呈現 Goichot 家族精心釀造的一系列佳釀。

Goichot 家族在勃艮第各大主要產區均擁有葡萄園，包括位於 Côte Chalonnaise 的 Château du Cray 葡萄園，在該地區擁有悠久的歷史及深厚的根基，它像 Le Cornevent 一樣由單一家族獨佔葡萄園，確保每一款葡萄酒都能充分展現其產地特色。

Friday 29th May
5月29日，星期五

Time : 6:30pm Reception, 7:00pm Dinner
時間 : 晚上6時30分入座，晚上7時晚宴開始

Venue : Pier 6 Restaurant
地點 : Pier 6 餐廳

\$988 Per person
每位

Reservations 訂座 : 2118 1878

Limited seats
available
座位有限



RECEPTION

Maison du Cray Baron Auguste Crémant de Bourgogne NV

MENU

Château du Cray Montagny 1er Cru Chardonnay Le Cornevent Monopole 2023

Marinated Crab Meat with Celeriac Remoulade and Finger Lime Caviar

Château du Cray Bourgogne Pinot Noir Le Cornevent Monopole 2022

Crispy Egg Meurette Style with Braised Lardons, Pearl Onions and Paris Button Mushrooms

Maison du Cray Aloxe-Corton 2023

Lamb Loin en Croûte with Allium Preparations

Maison du Cray Nuits Saint Georges Aux Allots 2023

Braised Beef Short Rib with Parsley, Potatoes and Burgundy Snails

Rhubarb and Custard Pavlova with Strawberry Sorbet



THE PERRIER-JOUËT CAVIAR EXPERIENCE

PERRIER-JOUËT 香檳與魚子醬

Champagne and caviar come together in one of the most celebrated pairings in the world. The Perrier-Jouët Caviar Experience at Pier 6 brings together the elegance of Maison Perrier-Jouët with the exceptional quality of Maison Kaviar Paris, for those who appreciate the finer details.

Members are welcomed to a guided tasting hosted by the Perrier-Jouët Brand Ambassador, where three distinctive cuvées, Perrier-Jouët Belle Époque, Blanc de Blancs and Grand Brut NV, are paired with three exceptional caviars, Baeri, Oscietra and Kristal.

Designed as a leisurely and elegant experience, this is an opportunity to enjoy this classic pairing at its finest, presented with a true sense of occasion.

香檳與魚子醬堪稱是世界上的絕配之一。於 Pier 6 餐廳舉行的 Perrier-Jouët 香檳與魚子醬品嚐活動中，Perrier-Jouët 香檳的優雅將與 Maison Kaviar Paris 魚子醬的卓越品質完美融合，讓懂得欣賞精緻美食的貴客細意品嚐。

屆時，在 Perrier-Jouët 品牌大使的講解下，會員將可品嚐 3 款風格迥異的香檳：Perrier-Jouët Belle Époque、Blanc de Blancs 及 Grand Brut NV，並搭配 3 款頂級魚子醬：Baeri、Oscietra 及 Kristal。

這次品嚐活動旨在營造輕鬆優雅的氛圍，讓大家可以以最精緻的方式親身體驗這經典配搭的魅力及尊貴。



Limited seats
available
座位有限

Saturday, 9th May
5月9日(星期六)

Time : From 3:00pm
時間 : 由下午3時開始

Venue : Pier 6 Restaurant
地點 : Pier 6 餐廳

\$890 Per person
每位

Reservations 訂座 : 2118 1878



CHEF'S TABLE WITH CHEF DANIEL CHEF DANIEL "主廚餐桌" 晚餐

For one evening only, step into the world of Chef Daniel with an exclusive Chef's Table experience at Pier 6. Limited to a small number of guests, the evening unfolds through a specially composed menu, prepared personally by the chef and guided by his interpretation of the season's finest ingredients.

The menu will be served as designed, with no substitutions.

僅此一晚，參加由 Chef Daniel 在 Pier 6 餐廳掌廚的獨家主廚餐桌體驗。當晚僅限少量賓客可以品嚐到由主廚親自設計，並根據他對當季最佳食材的詮釋精心烹製的菜式。

當晚僅供應已設計好的菜單，不接受任何菜式更換。

Thursday, 28th May
5月28日(星期四)

Time : From 7:00pm
時間 : 晚上7時晚餐開始

Venue : Pier 6 Restaurant
地點 : Pier 6 餐廳

\$1,088 Per person
每位

Inclusive of Menu and Beverage Pairing.
包括晚餐菜式及葡萄酒配搭

Reservations 訂座 : 2118 1878



CHÂTEAU PAVIE WINE DINNER

Hosted by Mr João Pires, Master Sommelier

CHÂTEAU PAVIE 美酒晚宴

由侍酒大師 MR JOÃO PIRES 主持

An exceptional evening awaits at Pier 6 in June, with a focus on one of Saint-Émilion's most distinguished estates, Château Pavie.

Guiding the evening will be Mr João Pires, Master Sommelier, whose insight and experience brings added perspective to each of the incredible Grand Cru Classé wines. With a deep understanding of Bordeaux, he will introduce each pairing, offering a closer look at the character and evolution of these remarkable vintages.

Chef Daniel presents a carefully considered menu to accompany the wines, with each course designed to complement perfectly.

於6月份，Pier 6 餐廳將舉行一場非凡的晚宴，介紹 Saint-Émilion 產區內最享負盛名的酒莊之一——Château Pavie 的佳釀。

當晚，侍酒大師 Mr João Pires 將親臨主持這晚宴，以他對葡萄酒的豐富經驗及獨到見解，將為每一款令人驚豔的特級酒莊佳釀帶來全新的視角。憑藉對波爾多葡萄酒的深刻理解，他將逐一介紹每款葡萄酒的配搭，帶領賓客深入了解這些卓越年份的獨特個性及演變歷程。

本會行政總廚 Daniel 亦將準備與各葡萄酒完美契合的菜單，每一道菜式都經過精心設計，與葡萄酒相得益彰。

This is an evening not to be missed! Look out for more details in the next issue of Pacific Views.

這是一個不容錯過的夜晚！欲知更多詳情，請留意下期《薈聚》。

Coming in June

Friday, 26th June
6月26日 (星期五)

Venue : Pier 6 Restaurant
地點 : Pier 6 餐廳

Reservations 訂座 : 2118 1878





FATHER'S DAY AT THE CLUB 在太平洋會慶祝父親節

Sunday
21st June
6月21日
(星期日)

Father's Day is a time to come together and celebrate with good food and special moments shared as a family. At the Club, a range of dining experiences offers something for every style of celebration, making it simple to get together and enjoy the occasion.

父親節是一家團聚、共享美食與溫馨時光的好機會。本會將為大家帶來豐富多元的餐飲選擇，滿足各種慶祝方式，讓你可以輕鬆安排，盡情享樂。

FATHER'S DAY LUNCH & DINNER BUFFET 父親節自助午餐及晚餐

This Father's Day, gather the family and enjoy a generous buffet for both lunch and dinner at The Island View and Pier 6. A wide selection of international favourites is presented across the buffet, with something for everyone to enjoy. Be sure to save room for dessert, where an abundant display of sweet treats brings the celebration to a satisfying close.

今年父親節，不妨與家人前來 Island View 及 Pier 6 餐廳，享用豐盛的自助午餐及晚餐。屆時，自助餐桌上將擺滿琳瑯滿目的國際美食，以滿足不同賓客的喜好。別忘記留點肚子品嚐甜點，各式各樣的美味甜點將為你的慶祝活動畫上圓滿的句號。

Lunch from 12:00noon
午餐由中午12時開始
Adults 成人 Children 小童
\$488 \$288

Dinner from 6:00pm
晚餐由傍晚6時開始
Adults 成人 Children 小童
\$548 \$348

Venue :
地點 : The Island View and Pier 6

Reservations 訂座 : 2118 1846

FATHER'S DAY SET MENU AND A LA CARTE DISHES 父親節套餐及自選菜式

Celebrate Father's Day with a relaxed family meal at Bauhinia, where Dad can enjoy our Lobster Set Menu or his favourites from the full A La Carte menu, available for both lunch and dinner. A comfortable setting and familiar dishes make this an easy and enjoyable way to mark the occasion together.

與家人前來紫荊閣輕鬆愉快地享用午餐或晚餐，一同慶祝父親節。各位父親可以享用精緻的套餐或從選擇豐富的自選菜單中挑選最喜歡的菜式，在舒適的環境中與家人輕鬆愉快地慶祝這個特別的日子。

Venue : Bauhinia
地點 : 紫荊閣

\$650 per person (Minimum two persons)
每位 (兩位起)

Reservations 訂座 : 2118 1892

父親節鮑魚、童子鴿及龍蝦套餐 FATHER'S DAY ABALONE, BABY PIGEON AND LOBSTER SET MENU

豉椒炒花蛤 拼 松露野菌香煎腐皮卷 拼 日式芥末雲耳
Stir-fried Clams with Black Beans and Chilli Deep-fried Bean Curd Sheet
with Mushrooms and Black Truffle Marinated Black Fungus with Wasabi

紅燒七頭鮑魚伴鵝掌
Braised Abalone in Oyster Sauce with Goose Webs

瑞士汁燒童子鴿 (每位半隻)
Roasted Baby Pigeon with Swiss Sauce
(Half piece per person)

椰子鮮茄浸莧菜
Simmered Chinese Spinach with Tomato and Coconut in Bouillon

上湯焗波士頓龍蝦伴伊麵 (每位半隻)
Pan-fried Boston Lobster in Bouillon with E Fu Noodles
(Half piece per person)

芒果雪糕 或 精美甜品
Mango Ice Cream or Daily Dessert

FATHER'S DAY ITALIAN SEMI-BUFFET LUNCH & SEMI-BUFFET DINNER

父親節意式 半自助午餐及晚餐

Celebrate Father's Day at Capricci with a semi buffet lunch and dinner featuring a wide selection of Italian favourites.

於父親節前來 Capricci 享用意式半自助午餐及晚餐，以意大利的美酒佳餚來與父親慶祝佳節！

Lunch from 12:00noon

午餐由中午12時開始

Adults 成人 Children 小童

\$388 \$258

Dinner from 6:00pm

晚餐由傍晚6時開始

Adults 成人 Children 小童

\$488 \$328

Venue :
地點 : Capricci

Reservations 訂座 : 2118 1803

A SPECIAL GIFT FOR FATHERS ON FATHER'S DAY 送給父親的特別父親節禮物

All fathers dining with us on Father's Day will receive a gift of homemade Whisky Gummies. Created by our Pastry Chefs, these bite sized treats capture the flavours of the classic Old Fashioned, offering a thoughtful and enjoyable surprise to take home.

於父親節當日前來慶祝的所有父親，都將獲贈本會自製的威士忌軟糖一份。這款軟糖是我們的糕點團隊精心製作的小巧甜點，完美還原了經典傳統風味，是送給父親們的貼心驚喜。



FATHER'S DAY CAKE MILK CHOCOLATE AND PASSION FRUIT ENTREMET

父親節蛋糕訂購 - 牛奶朱古力百香果夾心蛋糕



This Father's Day, mark the occasion with a cake that brings together richness and brightness in perfect balance. Layers of smooth Milk Chocolate are paired with vibrant Passion Fruit, creating a combination that is both indulgent and refreshing. Handcrafted by the Pacific Club's Pastry Chefs, it is a fitting centrepiece for a family celebration or a thoughtful treat to enjoy at home.

今年父親節，用這款完美融合濃郁與清新香味的蛋糕來慶祝吧！絲滑的牛奶朱古力層層疊疊，配搭清新的百香果，帶來既令人沉醉又口感清爽的絕妙組合。

這款蛋糕由太平洋會糕點團隊精心製作，是家庭聚會慶祝的理想之選，也是在家享用的貼心甜點。

Our Father's Day Cake is available in our restaurants and for takeaway throughout June. Please order at least 48 hours in advance.

這款父親節蛋糕於整個 6 月份可供訂購，歡迎在餐廳享用或選用外賣自取服務，需最少提前 48 小時預訂。

Contact The Island View Restaurant on 2118 1846 to order. 訂購請致電 Island View 餐廳：2118 1846。

\$440 | 2 lb
每個兩磅

A POPULAR HOMEMADE DISH:

PAN-FRIED MINCED PORK WITH SALTY FISH, SALTY EGG YOLK AND WATER CHESTNUTS

受歡迎的家常小菜 鹹魚鹹蛋馬蹄煎肉餅

By Chef Yip Tsang Keung
Executive Chef, Bauhinia Restaurant
撰文：紫荊閣行政總廚 — 葉增強師傅



Few dishes capture the comfort of home quite like a minced pork patty. Simple in preparation and endlessly adaptable, it is a staple found on many family tables, with each version reflecting personal taste and tradition.

While the classic method is to steam the patty for a soft and delicate finish, this variation takes a different approach. Pan-frying creates a lightly crisp exterior, adding a contrast in texture. Salted fish and salted egg yolk lend a rich, savoury depth, while finely diced water chestnuts bring a sweetness and a fresh, satisfying bite.

The result is a well-balanced dish with layers of flavour that linger long after the final mouthful.

很少有菜餚能像肉餅一般能體現家的溫馨感覺，它做法簡單，變化無窮，是許多家庭餐桌上的常客，每種做法都體現了個人口味和傳統。

肉餅的傳統做法多數是蒸製，使其口感軟嫩細膩，而這款改良版則採用了不同的方法。煎製使其外表略帶酥脆，增添了口感層次。鹹魚和鹹蛋黃賦予其濃郁鮮香的風味，而切碎的馬蹄則帶來一絲甜味和清爽的口感。

最後呈現出一道風味均衡、層次豐富的佳餚，餘韻悠長。



PREPARATION 製作步驟

1. Firstly, finely chop the water chestnuts, salted fish and ginger, and coarsely crumble the salted egg yolks. Set aside. 先將馬蹄、鹹魚、薑切細粒，鹹蛋黃切粗粒。備用。
2. Place the minced pork in a large bowl. Add salt, sugar, oyster sauce and a little water, then stir in one direction until the mixture becomes smooth and well combined. 將豬絞肉放入一大碗內，加入鹽、糖、蠔油及少許清水，順著一個方向攪拌，直到絞肉變得順滑均勻。
3. Add the salted fish, salted egg yolks, water chestnuts, egg white, corn starch, ginger and pepper. Continue stirring in one direction until the mixture is evenly blended and slightly sticky. Set aside. 然後加入鹹魚、鹹蛋黃、馬蹄、蛋白、生粉、薑及胡椒粉，再順著一個方向攪拌，直到絞肉均勻混合且略微粘稠。備用。
4. Heat a small amount of oil in a frying pan. Add the seasoned minced pork, shape it into a patty, and pan-fry for 3 to 4 minutes on each side until golden brown and cooked through. Serve immediately. 在平底鑊中熱少許油，放入調味後的絞肉，壓平成餅塊，兩面各煎3-4分鐘至金黃色及煎熟，即可上碟。
5. Add a little Worcestershire sauce to enhance the flavor of patty when eating. 食用時加一些喼汁更添美味。

Chef's Tip: Mix a little corn starch with water to form a smooth paste, then add it together with the dry corn starch while stirring the pork. This helps the patty hold its shape and improves its texture.

大廚貼士：將部分生粉用清水調成順滑糊狀，再連同乾生粉一同加入絞肉中攪拌，可令肉餅的形狀及肉質更結實。

INGREDIENTS 材料

• Minced Pork Meat 豬絞肉	300g 300克
• Salty Fish 鹹魚	a small piece (or as desired) 一小塊(或隨意)
• Salty Egg Yolks 鹹蛋黃	3 eggs 3隻
• Water Chestnuts 馬蹄	5-6 pieces 5-6粒
• Egg White 蛋白	½ eggs 半隻
• Ginger 薑	a little 少許
• Salt 鹽	a little 少許
• Sugar 糖	a little 少許
• Oyster Sauce 蠔油	½ tsp ½茶匙
• Water 清水	2 tbsp 兩湯匙
• Pepper Powder 胡椒粉	a little 少許
• Corn Starch 生粉	3 tsp 3茶匙

LOOKING AHEAD TO JUNE...
展望 6 月份...

CULINARY TREASURES FROM NEW ZEALAND 紐西蘭美食之夜



The Island View will welcome Central Otago's Misha and Andy Wilkinson from Misha's Vineyard for an interactive live action dinner buffet. Members will have the opportunity to meet the winemakers while enjoying their wines, paired with a selection of dishes prepared by our culinary team.

Island View 餐廳將歡迎來自奧塔哥中部 Misha's Vineyard 酒莊的 Misha 及 Andy Wilkinson 夫婦，參加我們舉行的一場互動式現場烹飪自助晚餐。屆時會員將有機會與兩位釀酒師交流，同時品嚐他們精心釀造的葡萄酒，並佐以我們廚師團隊準備的佳餚。

Friday, 12th June
6月12日 (星期五)

Venue : The Island View Restaurant
地點 : Island View 餐廳

Adults 成人 Children 小童
\$498 \$298

Reservations 訂座 : 2118 1846

WHISKY & CHOCOLATE HARMONY SECRET SPEYSIDE AND CHOCOLATE PAIRING SESSION

威士忌與朱古力的和諧之美

SECRET SPEYSIDE 威士忌與朱古力品嚐會

The perfect gift for Father's Day...This tasting session explores the pairing between Secret Speyside whiskies and carefully selected chocolates, revealing how the flavours of each complement one another in unexpected ways.

父親節的完美禮物...這場品嚐會將探索以 Secret Speyside 威士忌配搭不同朱古力的奧妙之處，揭示兩者風味如何以意想不到的方式相互襯托。

Saturday, 20th June
6月20日 (星期六)

Time : From 3:00pm
時間 : 下午3時活動開始

\$590 Per person
每位

Reservations 訂座 : 2118 1878



Full menus and further information for these events will be announced in the next issue.
有關完整的菜單及更多活動資訊將於下一期月刊公佈。



TSEUNG KWAN O BAY 將軍澳灣

A new bridge across the bay at Tseung Kwan O means you can now walk a circular route following the water's edge all the way.

Besides the gentle rise of the bridge and a few steps, this trail is all level. You can find drinks machines and water dispensers en route. Walking time: 1.5 hours.

Take the MTR to Tseung Kwan O station and leave by Exit A. Cross any two of the zebra crossings at the road junction to get to the diagonally opposite corner, then carry on walking ahead down Po Yap Road. You pass some temporary housing, which is quite interesting in its simple design, and then the pavement takes you through an underpass.

Suddenly you are in a much less urban environment as you stand on the shore of a shallow waterway filled with small boats, with a wooded hill on the far side.

Off to the right you can see a jetty, but that way is a dead end, so instead turn left and follow the green railings along the water's edge. Most of the boats seem to be small leisure fishing craft but there are also a lot of dragonboats moored in careful rows. Fishermen cast their lines from rocks on the shore.

Some banyan trees offer shade as you walk alongside the hill. When you reach a gate, walk through to carry on along the palm-lined promenade. The path passes under a flyover, and here you should turn right and walk through the bicycle park to return to the waterfront.

You pass a pedestrian bridge, and here in deeper water there are some nice-looking pleasure yachts. Carry on past the next bridge too. On our Easter holiday visit this promenade was being well used by runners, picnickers, dog walkers and cyclists.

Ahead now you can see the Cross-Bay Bridge with its central "eternity arch" meant to represent an infinity symbol. Turn right when you reach Lohas Park to follow the shoreline, and then walk up the ramp to start your crossing of the bridge.

This span is the first sea bridge in Hong Kong to have a dedicated walkway and cycle path, and the two are well separated from motor traffic, which you can hardly see or hear. You can enjoy a wide-open view across the water back to Tseung Kwan O as you cross the kilometre from one side to the other.

The harbourside path brings you around to the main waterfront of Tseung Kwan O, where there are several restaurants facing the water. (This area suffered some serious flooding during last year's typhoon season and some damage is still being repaired). After you pass a semicircular indent in the waterfront, you reach some landing steps where more people are fishing. A ferry departs from here to Sai Wan Ho but only at weekends.

Just past here, you can take the first left turn and walk up Tong Chun Street back to the MTR station, maybe stopping at a restaurant on the way; or carry on along the promenade which will take you back to the underpass where you started your circuit of the bay.

將軍澳新建了一座大橋，這表示大家現在可以沿著水岸漫步，體驗環形步道之旅。

除了大橋的緩坡和幾層梯級外，這條步道全程平坦。沿途設有飲料自動販賣機和飲水機。步行時間：1.5小時。

乘搭港鐵至將軍澳站，從 A 出口離開。在路口，穿過任何兩條斑馬線，到達斜對面的路口，然後繼續沿著寶邑道前進。你會經過一些臨時房屋，





Words and pictures 撰文及圖片 | Pete Spurrier

其簡潔的設計頗為有趣。之後，行人路會帶你穿過地下行人隧道。

突然間，你會置身於一個城市化程度低得多的環境中，站在一條淺水路的岸邊，水路裡停滿了小船，對面是一座樹木繁茂的山丘。

往右邊可以看到一個碼頭，但那條路是死路，所以請左轉，沿著水邊的綠色欄桿走。大多數船隻看起來都是小型休閒漁船，但也有很多龍舟整齊地排列著。漁民們在岸邊的岩石上拋竿釣魚。

沿著山坡漫步，榕樹會為你遮擋太陽。走到一扇門前，穿過它，繼續沿著棕櫚樹成蔭的步道前進。步道會經過一座高架橋，在這裡右轉，穿過單車停車場，回到海濱。

你會經過一座行人天橋，在水位較深的地方停泊著一些好看的遊艇。繼續往前走，穿過下一座橋。當我們在復活節假期來訪時，這條海濱長廊上有許多跑步、野餐、遛狗和騎單車的人士。

前方可以看到跨灣大橋，在中央的橋拱設計，呈現出代表無限的數學符號（∞）。到達日出康城後右轉，沿著海岸線走，然後走上坡道，開始過橋。

這座橋是香港首座設有專用人路和單車路的跨海大橋，行人路和單車路與汽車路完全隔離，幾乎看不到也聽不到汽車的噪音。走過這1公里長的大橋，你可以飽覽對岸將軍澳的開闊海景。

沿著海濱步道前行，你將來到將軍澳的主要海濱區域，這裡有幾間臨水而建的餐廳。（去年颱風季節期間，該地區遭受了嚴重的水災，部分損毀仍在修復中。）穿過海濱一個半圓形凹陷處後，你會到達一道下水的梯級，有不少人在此釣魚。這裡有渡輪前往西灣河，但僅在週末營運。

過了這裡，你可以左轉，沿著唐俊街走向港鐵站，途中或許可以到餐廳用餐稍作休息；或者繼續沿著海濱長廊走，這條長廊會帶你回到開始今次海灣環線旅程的地下行人隧道。



Mother's Day Mother & Child SUNSET OUTDOOR MAT PILATES

母親節親子活動 日落黃昏室外墊上普拉提

This Mother's Day, join us at the Pacific Club for a very special Sunset Outdoor Mat Pilates session on the Sun Deck, created for mothers and children to share a meaningful moment together.

Led by Pilates Coach Jayla, this sunset Mat Pilates session blends gentle, core-focused movement with steady breathing and precise alignment, all set against the stunning harbour backdrop.

As the sun sets, the class invites you to slow down and move together, creating a sense of connection. Suitable for all levels, the session leaves both mother and child feeling balanced and refreshed.

今年母親節，歡迎大家前來太平洋會參加我們特別在日光浴區上安排的日落戶外墊上普拉提活動，為母親及孩子創造一個溫馨美好的親子時光。

這次日落戶外墊上普拉提活動由本會普拉提教練 Jayla 帶領，將輕柔的核心訓練動作、穩定的呼吸及精準的身體姿態相結合，在迷人的海港景色為背景下進行。

夕陽西下，我們邀請大家放慢節奏，與孩子一起運動，建立更深層的互動。活動適合所有程度的人士參加，讓母親及孩子都感到身心平衡、神清氣爽。

DATE 日期	Sunday 10th May 5月10日(星期日)
TIME 時間	5:00pm – 6:00pm 下午5時至6時
VENUE 地點	Sun Deck 日光浴區
PRICE 收費	Member \$150, Guest \$270 會員\$150, 非會員\$270
AGE 年齡	All ages 所有年齡



To register, please contact the 2/F Reception on 2118 1890.
報名請致電二樓接待處：2118 1890。

BASKETBALL PRIVATE LESSONS 私人籃球課堂

Looking to take your basketball further with focused, one-on-one coaching? The Pacific Club's Private Basketball Training Sessions offer Members a personalised approach to improving both basketball skills and overall athletic performance. Led by our experienced professional coach, each session is designed around your individual goals and playing level, whether you're new to the game or looking to advance further.

From mastering the basics to refining your shooting form, ball handling, or defensive play, training covers fundamental techniques, advanced strategies, and physical conditioning. These one-on-one sessions help build confidence, sharpen technique, and elevate your game in every area.

想透過一對一的專屬指導提升籃球水準嗎? 太平洋會私人籃球訓練課程為會員提供個人化的訓練方案, 幫助你提升籃球技巧和整體運動表現。經驗豐富的專業教練將根據你的個人目標和水平度身定制每節課堂, 無論是籃球新手還是希望更進一步, 都能從中受益。

從掌握基本功到精進投籃姿勢、控球和防守技巧, 訓練涵蓋基礎技術、進階策略和體能訓練。這一對一課程有助於增強自信、改善技術, 並在各方面全面提升你的籃球水平。

Contact the 4/F Tennis Reception on
2118 1707 for booking details.

預約私人籃球課堂,

請致電 2118 1707 向四樓網球部查詢。

PRIVATE LESSONS (1 PAX) 私人課程(一人)

1-hour 一小時課程	\$650 per person 每位 \$650
1½ hour lessons 1½小時課程	\$900 per person 每位 \$900

PRIVATE LESSONS (2 PAX) 半私人課程(二人)

1-hour 一小時課程	\$900 per session 每堂 \$900
(Additional participant: \$200/pax, up to 8 pax)	(額外參加者: 每堂/每位 \$200, 上堂人數最多8位)



TWO-FOR-ONE SPA LADIES' NIGHT

女士水療之夜 — 二人同行一人免費

Don't miss our irresistible Two-for-One Spa Ladies' Night at here at the Pacific Club Spa!

Set aside an evening to unwind at the Pacific Club SPA. Our Two-for-One Spa Ladies' Night invites you to enjoy a shared experience with someone special, whether it is your mother, daughter, or a close friend, with two 85-minute Body Massages offered for the price of one.

Relax in our serene, candlelit sanctuary, where soothing music and expert hands create a deeply restful experience. Each treatment works to ease tension and restore a sense of balance, leaving you both feeling refreshed.

前來本會水療中心享受令人無法抗拒的
「女士水療之夜 — 二人同行一人免費」優惠!

不妨抽出一個晚上, 前來太平洋會水療中心放鬆身心。我們特別推出「女士水療之夜 — 二人同行一人免費」優惠, 誠摯邀請你與摯愛共享美好體驗, 無論是你的母親、女兒或閨蜜, 只需支付一人的費用, 便可享受二人 85 分鐘全身按摩服務。

在我們寧靜祥和、燭光搖曳的靜謐空間中, 舒緩的音樂和專業按摩師的巧手將為你帶來深度放鬆的體驗。每項護理都旨在舒緩壓力, 恢復身心平衡, 讓你與同伴都倍感神清氣爽。

6:00PM - 9:00PM

85MINS BODY MASSAGE AT BEAUTY SPA BEAUTY SPA 85分鐘全身按摩體驗

Monday to Friday in May (excluding Public Holidays)
6:00pm – 9:00pm (Last appointment: 7:30pm)
5 月份逢星期一至五 (公眾假期除外)
晚上 6 時至 9 時 (最後預約時間: 晚上 7 時 30 分)

CHOOSE FROM 可選項目

- Chinese Acupressure Massage 中式穴位按摩 **\$1,760** **\$880**
- Aromatherapy Massage 芳香療法按摩 **\$1,760** **\$880**
- Lymphatic Drainage Massage 淋巴引流按摩 **\$1,980** **\$990**
- Slimming Massage 纖體按摩 **\$1,980** **\$990**

To book your Two-for-One Ladies' Spa Night, please call the Spa Reception on 2118 1890.

預約「女士水療之夜 — 二人同行一人免費」優惠, 請致電 2118 1890 與美容部聯絡。



BEAUTY PRODUCT SALE

美容產品優惠

Throughout May, enjoy 10% off all Guinot and Sothys skincare products. It is a thoughtful way to mark Mother's Day, whether you are choosing a gift or taking the opportunity to refresh your own routine with proven, high-performance formulas.

於整個 5 月份，會員選購 Guinot 及 Sothys 的所有護膚產品均可享 9 折優惠。無論是挑選母親節禮物，還是想藉此機會使用這些經過驗證的高效配方產品來煥新你的護膚流程，這都是一個理想的選擇。

RECOMMENDED PRODUCTS 推介產品



GUINOT AGE LOGIC EYE SERUM

逆轉時空24再生眼部精華

The nourishing cellular medium is enriched in ATP, a biological molecule loaded with energy, stimulating the action of cells that have become lethargic. As the days go by, signs of ageing are erased, fatigue disappears and your eyes look younger.

這款富含能量的細胞營養液含有豐富的 ATP(三磷酸腺苷)，能夠刺激已經變得遲緩的細胞重新活躍起來。隨著時間的推移，老化的跡象逐漸消失，疲勞感也隨之消退，讓你的眼睛看起來更年輕。



SOTHYS PERFECT SHAPE YOUTH SERUM

纖顏V面精華

The Sothys Perfect Shape Youth Serum is designed to refine facial contours and smooth the décolleté. With continued use, it helps maintain a firmer, more defined appearance.

Sothys 纖顏 V 面精華有效改善臉部輪廓，撫平頸部肌膚。持續使用，有助於保持肌膚更緊緻、更清晰的線條。

Additional selections are available in the SPA.
還有更多產品可供選擇

SPA PROMOTIONS IN MAY

5 月份美容療程優惠

SOTHYS GLOW DEFENSE INTENSIVE TREATMENT

SOTHYS 蛋白科研光感療程

Experience a results focused facial that combines Sothys' advanced formulations with the signature Digi-Esthétique technique. This intensive treatment is designed to counter the effects of daily stress, helping to restore balance, comfort and vitality to the skin.



After just one session, the complexion appears brighter, smoother and more even, with a healthy, refreshed glow that continues to develop in the days that follow.

這款臉部護理融合了 Sothys 的先進配方及具標誌性的 Digi-Esthétique 技術，深層療程旨在對抗日常壓力的影響，幫助肌膚恢復平衡、舒適及活力。

只需一次護理，膚色即可更加明亮、光滑、均勻，煥發健康清爽的光澤，並且在接下來的幾天裡，這種光澤會持續增強。

\$1,520 \$1,216

(1hr 25mins) (1小時25分鐘)

GUINOT HYDRA SUMMUM TREATMENT

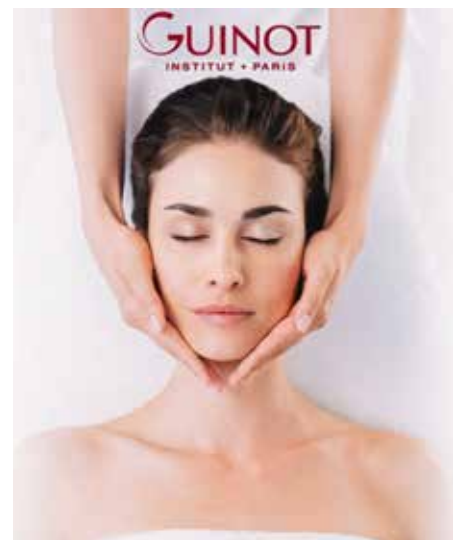
GUINOT活肌水凝療程

Experience the ultimate in skin hydration with the Guinot Hydra Summum Treatment. This luxurious 85-minute session features a high concentration of Hyaluronic Acid, designed to plump and deeply moisturise your skin. After the treatment, your skin will feel exceptionally hydrated, with fine lines and wrinkles visibly reduced.

體驗 Guinot 活肌水凝療程的終極肌膚補水效果。這款 85 分鐘的尊貴療程含有高濃度玻尿酸，旨在豐盈並深層滋潤你的肌膚。療程後，皮膚會感覺異常水潤，細紋及皺紋明顯減少，肌膚變得豐潤，重新煥發活力。

\$1,520 \$1,216

(1hr 25mins) (1小時25分鐘)



Schedule in May 五月份課程

MONDAY	
Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate / Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training (A)	1:30pm – 2:30pm
Men's Double Training	7:00pm – 9:00pm Men's (B)
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)
TUESDAY	
Morning Water Aerobics	10:00am – 11:00am (A)
Yoga	10:30am – 11:30am (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Evening Water Aerobics	7:00pm – 8:00pm
WEDNESDAY	
Tennis Team Training	10:00am – 12:00noon Ladies
Adult Swimming Course	11:00am – 12:00noon
Fascia Exercise Training (B)	11:00am – 12:00noon
Funky Dance	12:00noon – 1:00pm (A)
Junior Swimming School	5:00pm – 6:00pm Advanced (C: 4 – 14 years old)
Holistic Aquatic Exercise Training	6:00pm – 7:00pm (A)
Pickleball Night	8:00pm – 10:00pm
THURSDAY	
Junior Swimming School	10:00am – 11:00am Elementary (C: 24 – 48 months)
Yoga	10:30am – 11:30am (C)
Holistic Aquatic Exercise Training	11:00am – 12:00noon (B)
Stretching Exercise	12:00noon – 1:00pm (B)
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 (A)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (B)
Junior Badminton	6:30pm – 7:30pm (A) 7:30pm – 8:30pm (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	4:00pm – 5:00pm (All Levels)
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)
Wall Climbing	11:30am – 1:00pm
Rope Skipping	4:30pm – 5:20pm
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。

HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled on Labour Day on 1st May and the day following the Birthday of the Buddha on 25th May.

請注意，所有兒童及成人團體課程將於5月1日勞動節及5月25日佛誕翌日公眾假期暫停舉行。

JAZZ DANCE

爵士舞班

This upbeat Jazz Dance class combines expressive movement with dynamic choreography for a full body workout. Learn stylish routines step-by-step while improving coordination, strength and flexibility. Set to lively music, the class offers an enjoyable way to stay active and release tension.

充滿活力的爵士舞課程將富有表現力的動作與動感十足的編舞相結合，帶來全身鍛鍊。學員將循序漸進地學習時尚的舞步，同時提升協調性、力量和柔韌性。伴隨著歡快的音樂，這課程提供了一種輕鬆愉悅、保持活力和釋放壓力的最佳方式。



DATE 日期 Thursday 7th, 14th, 21st & 28th May
5月7日、14日、21日及28日 (星期四)

TIME 時間 3:00pm – 4:00pm
下午3時至4時

VENUE 地點 Aerobics Room

PRICE 收費 Member \$760, Guest \$1,240 (for 4 lessons)
會員\$760·非會員\$1,240 (4堂)

AGE 年齡 16 years and above
16歲及以上

FUNKY DANCE

FUNKY舞蹈班

Funky Dance is an easy to follow aerobic dance class set to energetic music. With simple dance steps and a steady rhythm, participants can complete up to 7,000 dance steps in a one hour class while improving coordination and overall fitness.

Funky 舞蹈是一種簡單易學、配搭動感十足的音樂來進行的有氧舞蹈鍛鍊。簡單的舞步和穩定的節奏，讓學員在一小時的課程中完成多達7,000個舞步，同時也能提升協調性和整體體能。

DATE 日期 (A) Wednesday 6th, 13th, 20th & 27th May
(B) Friday 8th, 15th, 22nd & 29th May
A班 — 5月6日、13日、20日及27日 (星期三)
B班 — 5月8日、15日、22日及29日 (星期五)

TIME 時間 12:00noon – 1:00pm
中午12時至下午1時

VENUE 地點 Aerobics Room

PRICE 收費 Member \$760, Guest \$1,240 (for 4 lessons)
會員\$760·非會員\$1,240 (4堂)

AGE 年齡 16 years and above
16歲及以上



ZUMBA FITNESS

尊巴健體舞班

Zumba Fitness is a high intensity, music driven workout designed to improve cardiovascular fitness, endurance and coordination. Continuous movement and structured dance sequences keep the heart rate elevated throughout the session, supporting calorie burn and overall conditioning. Set to a wide range of rhythms, the class delivers an effective cardio workout that feels engaging and motivating from start to finish.

尊巴健體舞是一種高強度、由音樂驅動的健身運動，旨在提升心肺功能、耐力和協調性。持續的運動和結構化的舞蹈動作能夠使心率在整個課程中保持較高水平，從而幫助燃燒卡路里並增強體能。課程採用多種音樂節奏，提供高效的有氧運動，從頭到尾都充滿活力和動感。

DATE 日期	Sunday 3rd, 10th, 17th, 24th & 31st May 5月3日、10日、17日、24日及31日 (星期日)
TIME 時間	10:00am – 10:45am (45 minutes) 上午10時至10時45分 (45分鐘)
VENUE 地點	Aerobics Room
PRICE 收費	Member \$950, Guest \$1,550 (for 5 lessons) 會員\$950·非會員\$1,550 (5堂)
AGE 年齡	16 years and above 16歲及以上



FASCIA EXERCISE TRAINING

筋膜運動訓練

Fascia plays a key role in movement, posture and recovery. This weekly Fascia Training Class improves mobility, balance and body awareness through controlled, fluid movement using walls, floor work and simple training aids. Guided exercises strengthen skeletal support, enhance alignment and help the body move with greater ease, stability and efficiency.

筋膜在運動、姿勢和身體恢復中扮演關鍵角色，每星期一次的筋膜運動訓練班透過牆壁、地板和簡單的訓練輔助工具進行流暢的控制性運動，來改善靈活性、平衡性和身體感知能力。指導性練習可以增強骨骼支撐，改善體態，並幫助身體更輕鬆、穩定、有效率地活動。

DATE 日期	(A) Monday 4th, 11th & 18th May (B) Wednesday 6th, 13th, 20th & 27th May A班 — 5月4日、11日及18日 (星期一) B班 — 5月6日、13日、20日及27日 (星期三)
TIME 時間	(A) 1:30pm – 2:30pm (B) 11:00am – 12:00noon A班 — 下午1時30分至2時30分 B班 — 上午11時至中午12時
VENUE 地點	Aerobics Room
PRICE 收費	(A) Member \$570, Guest \$930 (for 3 lessons) (B) Member \$760, Guest \$1,240 (for 4 lessons) A班 — 會員\$570·非會員\$930 (3堂) B班 — 會員\$760·非會員\$1,240 (4堂)
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	Please note, this class is taught in Cantonese only 廣東話



STRETCHING EXERCISE CLASS

伸展運動班

This class focuses on improving flexibility, mobility and overall movement quality through guided stretching exercises. Sessions target key muscle groups to help release tension, improve joint range of motion and support better posture. Suitable for all levels, the class is ideal for easing stiffness, supporting recovery and maintaining long term physical comfort and balance.

本課程透過指導性的伸展練習，以提升柔軟度、靈活性和整體活動品質。鍛鍊主要針對關鍵肌群，幫助釋放肌肉緊張，改善關節活動範圍，並改善體態。課程適合所有程度的學員參加，是緩解身體僵硬、促進恢復及維持長期身體舒適度和平衡感的理想選擇。

DATE 日期	(A) Friday 8th, 15th, 22nd & 29th May (B) Thursday 7th, 14th, 21st & 28th May A班 — 5月8日、15日、22日及29日 (星期五) B班 — 5月7日、14日、21日及28日 (星期四)
TIME 時間	(A) 3:00pm – 4:00pm (B) 12:00noon – 1:00pm A班 — 下午3時至4時 B班 — 中午12時至下午1時
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760·非會員\$1,240 (4堂)
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	(A) Instructor: Max, Cantonese Speaking only (B) Instructor: Tree, Cantonese & English A班 — 教練: Max·廣東話 B班 — 教練: Tree·廣東話及英語



A FLOWER ARRANGEMENT FOR MOTHER'S DAY

母親節花卉擺設

This Mother's Day, take a moment to create something personal. This arrangement brings together soft colour and natural texture, a simple and thoughtful way to show appreciation through something you have made yourself.

今年母親節，不妨花點時間親手製作一份心意滿滿的禮物。這款花藝擺設融合了柔和的色彩和天然的材料，用一種簡單而貼心的方式，透過自己的作品表達對母親的感謝。



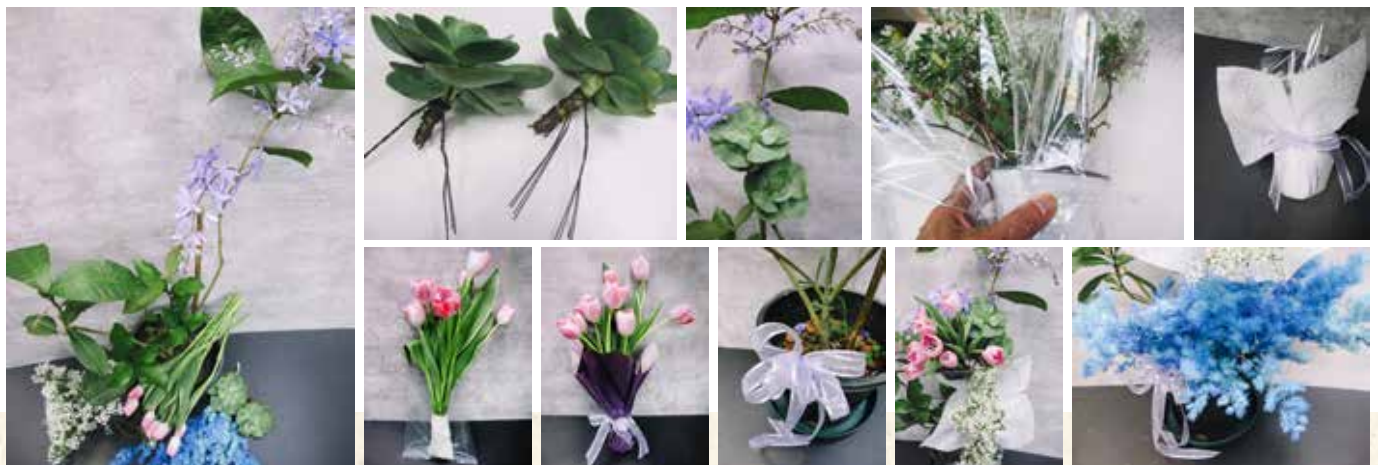
By Andy Au of Andy's Florist 撰文及圖片 | Andy's Florist

WHAT YOU'LL NEED 所需材料

- Various Flowers: Petrea Volubilis (with pot), Tulip, Euphorbia Graminea (with pot), 2 Cacti, Asparagus Myrioladus (preserved flower)
多種花卉：藍花藤（連花盆）、鬱金香、飄雪禾葉（連花盆）、兩棵仙人掌、壽松（永生花）
- Long Bamboo Stick
長竹枝
- Floral Paper
包花紙
- Ribbon
絲帶
- Thick Wire
粗鐵絲
- Plastic Bags
膠袋
- Cotton
棉花
- Scissors
剪刀

INSTRUCTIONS 步驟

1. Insert a long bamboo stake into the soil of the Petrea Volubilis, securing it firmly, then gently tie it to the main stem to provide stable support for the plant. 將長竹枝穩固地插入藍花藤的花泥中，然後將其與植物的主枝幹綁在一起，以支撐整盆植物的穩定性。
2. Attach a length of thick wire to the stems of the two cacti, then fasten them carefully to the bamboo stake at mid-height, ensuring they are well balanced. 在兩棵仙人掌的枝幹上加上一段粗鐵絲，然後小心地將其固定在竹枝的中間位置上，並確保其平衡及穩定。
3. Place the entire pot of Euphorbia Graminea into a plastic bag, wrap the pot neatly with floral paper, and finish with a ribbon tied securely in place. 將飄雪禾葉連花盆一起放入膠袋內，用包花紙包裹著花盆，再整齊美麗地綁上絲帶固定。
4. Gather several tulips into a tidy bundle, wrap the cut ends of the stems with damp cotton, place them into a plastic bag, then cover with floral paper and secure with a ribbon. 將數支鬱金香束成一紮，用濕棉花包裹著枝幹的末端，然後放入膠袋內，包上花紙及綁上絲帶。
5. Tie a ribbon around the pot of Petrea Volubilis. 在藍花藤的花盆上綁上絲帶。
6. Using thick wire, fix both the tulip bundle and the Euphorbia Graminea to the bamboo stake on the Petrea Volubilis, positioning them just below the cacti for a balanced arrangement. 用粗鐵絲將鬱金香及飄雪禾葉固定在藍花藤的竹枝上，仙人掌的下面位置，並確保平衡及穩定。
7. Finally, insert Asparagus Myrioladus around the edge of the pot to soften the overall look and add a light, natural finish. 最後將壽松圍繞著花盆邊插入，以柔化整體外觀，並增添輕盈自然的感覺。



Our recent Alice in Wonderland themed Easter celebrations were well received by Members of all ages. Families enjoyed the buffets and games, with a special visit from the White Rabbit bringing the story to life.

我們最近舉辦以《愛麗絲夢遊仙境》為主題的復活節慶祝活動受到了各年齡層會員的熱烈歡迎，大家一起享用了自助餐，玩各種遊戲，白兔先生更為了配合活動主題特別亮相。



JUNIOR EASTER EGG DESIGN COMPETITION 2026 – RESULT

兒童復活蛋設計比賽 2026 — 比賽結果

The Junior Easter Egg Design Competition 2026 once again brought a wonderful display of creativity from our younger members, with no two eggs alike.

Thank you to all the children who took part. The imagination behind each piece made this year's competition especially memorable. Congratulations to our winners for their outstanding entries.

All submissions are now on display in the Children's Playroom. Members are invited to take a moment to view the collection.

2026 年兒童復活蛋設計比賽再次展現了本會年少會員的無限創意，每一枚復活蛋都獨具匠心，令人嘆為觀止。

感謝所有參賽的小朋友，每一件作品背後蘊藏的奇思妙想，都讓今年的比賽格外令人難忘。亦恭喜兩位得獎者，他們的作品都非常出色！

所有參賽作品現已在兒童遊戲室展出。歡迎會員們前來欣賞。



Ella Fan (5 years old)
Category 4-7 Years
4-7歲組別優勝者



Emma Fan (9 years old)
Category 8-11 Years
8-11歲組別優勝者

HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled on Labour Day on 1st May and the day following the Birthday of the Buddha on 25th May.

請注意，所有兒童及成人團體課程將於5月1日勞動節及5月25日佛誕翌日公眾假期暫停舉行。

MOTHER'S DAY TENNIS TOURNAMENT 母親節網球比賽

Mark the Mother's Day weekend on court with a special Mixed Doubles Tournament at the Pacific Club. Taking place on Saturday, 9th May, this pre-Mother's Day event brings together a limited field of pairings for an afternoon of competitive play.

With only 4 to 6 pairings, the tournament is kept intentionally small, ensuring a well-paced afternoon of play. Players may enter as a Mixed Doubles pairing, either with their mother or with a partner of their choice. The tournament marks the Mother's Day weekend, while remaining open to all eligible members.

Members are also invited to watch from courtside and follow the matches throughout the afternoon.

參加本會特別安排的混合雙打網球比賽，與大家一起慶祝母親節週末。這場母親節前的特別賽事將於5月9日（星期六）舉行，旨在讓大家展現球技之餘，更是親子同樂、向母親致敬的機會。

我們刻意控制參賽人數，僅限4至6對組合，以確保比賽節奏流暢。參賽者可以與母親搭檔或選擇與自己心儀的夥伴組成混雙組合參賽。這次比賽旨在慶祝母親節週末，同時也開放給所有符合資格的會員參加，請大家踴躍報名。

屆時，我們亦歡迎其他會員到場觀賽打氣。



TOURNAMENT DETAILS 比賽詳情

DATE 日期	Saturday, 9th May 5月9日（星期六）
TIME 時間	1:00pm – 4:00pm 下午1時至4時
VENUE 地點	Indoor Tennis Courts 室內網球場
FORMAT 比賽形式	Mixed Doubles 混合雙打
ELIGIBILITY 參賽資格	Open to players aged 14 and above 14歲及以上

Registration Information 報名資訊

Deadline : Saturday, 2nd May
截止日期：5月2日（星期六）

Entry Fee 費用

\$240 per pairing
每對組合

Please visit the Tennis Reception on the 4th Floor to collect and submit the Registration Form or call the Tennis Office on 2118 1707.
請親臨四樓網球接待處索取及遞交報名表格，或致電 2118 1707 與網球部聯絡。

SUNDAY SOCIAL TENNIS

週日網球聯誼聚會

Ease into the evening with Sunday Social Tennis on the Indoor Court. Coaches are on hand throughout to offer guidance as you rally, play points and enjoy time on court with fellow Members.

週日傍晚，不妨前來本會室內網球場參加網球聯誼聚會，輕鬆開啟美好的晚上。屆時教練將全程在場指導，幫助大家練習擊球、得分，一起享受球場上的樂趣。

DATE 日期	Sunday 3rd, 10th, 17th, 24th & 31st May 5月3日、10日、17日、24日及31日（星期日）
TIME 時間	5:00pm – 7:00pm 下午5時至晚上7時
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverages at the Tennis Lounge) 會員\$320·非會員\$440（兩小時，包括場租及飲品招待）
AGE 年齡	14 years and above 14歲及以上



LADIES' MORNING TENNIS

女子早上網球練習

Ladies' Morning Tennis brings together a small group of players each Monday for structured on-court sessions that combine technique with match-play. It is a purposeful way to work on your game, and prepare for competitive matches. Limited to 10 players per session.



女子早上網球練習班每週一次召集一小群球員，進行結構化的球場訓練，將技術練習與實戰結合。這是一種有效提升球技、準備比賽的方式。每堂僅限 10 名學員參加。

DATE 日期	Monday 4th, 11th & 18th May 5月4日、11日及18日 (星期一)
TIME 時間	10:00am – 12:00noon (Intermediate / Advanced Level) 上午10時至中午12時 (中級/高級班)
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverages at the Tennis Lounge) 會員\$320·非會員\$440 (兩小時·包括場租及飲品招待)
AGE 年齡	14 years old and above 14歲及以上

SUNDAY JUNIOR TENNIS

週日青少年網球班

Sunday Junior Tennis offers young players an energetic and enjoyable weekly session on the Indoor Courts. Led by our coaching team, each class combines drills, rallying and game play to keep children moving while building coordination and court awareness in a group setting.

週日青少年網球班在室內球場舉行，為年輕球員提供每週一次，充滿活力且有趣的訓練。在我們教練團隊的指導下，每節課堂均結合練習、對打和比賽，讓孩子們在輕鬆愉快的團體氛圍中保持活動，同時培養自信心、協調性和提升預判及理解比賽中各種情況的能力。



JUNIOR TENNIS ACADEMY

青少年網球訓練

The Pacific Club Junior Tennis Academy welcomes young players aged 3½ to 16 to learn and grow on court through a structured weekly programme. Sessions are tailored by age and ability, focusing on building sound technique while keeping the experience enjoyable. Whether starting out or developing existing skills, children are guided at every stage of their tennis journey. Fees are charged monthly.

本會的青少年網球訓練班歡迎 3½ - 16 歲的青少年會員參加，透過每週精心設計的課程學習及提升球技。課程根據不同年齡和技能水平度身定制，並專注於培養紮實的技術，同時確保學習過程充滿樂趣。無論初學者或希望提升現有技能，學員都將在網球之旅的每個階段得到悉心指導。此訓練活動以月費形式支付。

DATE 日期	Sunday 3rd, 10th, 17th, 24th & 31st May 5月3日、10日、17日、24日及31日 (星期日)
TIME 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 5:00pm A班 — 下午2時至3時 B班 — 下午3時至5時
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	(A) Member \$1,100, Guest \$1,700 (for 5 lessons) (B) Member \$1,750, Guest \$2,350 (for 5 lessons) A班 — 會員\$1,100·非會員\$1,700 (5堂) B班 — 會員\$1,750·非會員\$2,350 (5堂)
AGE 年齡	(A) 4 – 7 years (B) 8 – 16 years A班 4-7歲·B班 8-16歲

DATE 日期	Saturday 2nd, 9th, 16th, 23rd & 30th May 5月2日、9日、16日、23日及30日 (星期六)
TIME 時間	(A) 10:00am – 11:00am (B) 11:00am – 1:00pm A班 — 上午10時至11時 B班 — 上午11時至下午1時
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	(A) Member \$1,100, Guest \$1,700 (for 5 lessons) (B) Member \$1,750, Guest \$2,350 (for 5 lessons) A班 — 會員\$1,100·非會員\$1,700 (5堂) B班 — 會員\$1,750·非會員\$2,350 (5堂)
AGE 年齡	(A) 3½ – 6 years (B) 6 – 16 years A班 3½-6歲·B班 6-16歲

TENNIS LEAGUE TEAMS' SCHEDULE HOME MATCHES IN MAY

網球聯賽 — 5月份主場賽事

DATE	TEAM	MATCH
Monday, 4th May	Men's (Division A)	Pacific Club vs Kowloon Tsai Home Owner's Association
Tuesday, 5th May	Men's (Division B)	Pacific Club vs Ladies Recreation Club 2
Wednesday, 6th May Wednesday, 20th May	Men's (Division C)	Pacific Club vs Kowloon Tong Club 1 Pacific Club vs YauMaTei & TsimShaTsui Recreation & Sports Association



PICKLEBALL MEET UP NIGHTS 匹克球晚間聚會

DATE 日期	Wednesday 6th & 20th May 5月6日及20日 (星期三)
TIME 時間	8:00pm – 10:00pm 晚上8時至10時
VENUE 地點	Outdoor Pickleball Court 室外匹克球場
PRICE 收費	\$260 per session (for 2 hours) 每堂\$260 (兩小時)
AGE 年齡	14 years and above 14歲及以上

Wednesday evenings are set aside for Pickleball Meet Up Nights with Coach Cindy, offering a relaxed and sociable way to spend time on court. Open to all levels, these sessions bring Members together for easygoing match play and plenty of opportunity to join in, no matter your experience.

Pickleball is easy to pick up, with short rallies and a pace that keeps the game moving without feeling rushed. Coach Cindy will be there to organise games, offer a few pointers when needed, and make sure everyone has a chance to play.

由教練 Cindy 帶領的週三匹克球晚間聚會為大家提供一個輕鬆愉快的社交方式，在球場上共度美好時光。無論你的匹克球技術如何，都歡迎參加這聚會享受一個輕鬆的比賽平台。

匹克球容易上手，回合短促，節奏適中，讓比賽流暢進行而不至於讓人感到匆忙。教練 Cindy 將負責組織比賽，並在需要時提供指導，確保每個人都有機會參與。

PICKLEBALL PRIVATE LESSONS 匹克球私人課程

Whether you are picking up a paddle for the first time or looking to sharpen your game, Pickleball Private Lessons offer a straightforward way to improve. Each one-on-one session is tailored to your level, with a focus on building confidence, control and consistency on court.

With the coach's full attention, you will work through key techniques at a pace that suits you, gaining a clearer understanding of the game while developing a more natural feel for each shot.

無論你是初次拿起球拍，還是希望增進球技，匹克球私人課程都能為你提供簡單有效的提升途徑。每堂一對一課程都會根據你的程度度身定制，重點在於培養你在球場上的自信心、控球能力和穩定性。

在教練的悉心指導下，你將以適合自己的步調學習關鍵技術，更深入地了解這項運動，並逐漸培養出更自然流暢的擊球感覺。



Private Lessons 私人課程 (1 pax/人)

1-hour \$650 per person
一小時課程 每位\$650

Package of 10, 1-hour lessons \$6,300 per person
10 堂一小時課程：每位\$6,300

Semi-Private Lessons 半私人課程 (2 pax/人)

1-hour \$345 per person
一小時課程 每位\$345

Package of 10, 1-hour lessons \$3,350 per person
10 堂一小時課程：每位\$3,350

SWIMMING AT THE CLUB

太平洋會游泳課程

AQUA COURSES FOR ADULTS
成人水中運動課程



HOLISTIC AQUATIC EXERCISE TRAINING

全新 — 綜合水中運動訓練

Experience a different kind of workout with Holistic Aquatic Exercise Training. This water based programme brings together gentle cardio, controlled strength work using natural resistance, and fluid stretching to improve mobility and release tension. Each session also incorporates balance training and focused breathing, helping you move with greater control while encouraging a sense of calm.

前來體驗別樣的綜合水中運動訓練。這項水中運動融合了輕柔的有氧運動、利用自然阻力進行的控制性肌力訓練，以及流暢的伸展運動，旨在提升身體靈活性並釋放壓力。每堂訓練都包括平衡訓練和專注呼吸練習，幫助你更好地控制動作，同時營造平靜的氛圍。

DATE 日期	(A) Wednesday 6th, 13th, 20th & 27th May (B) Thursday 7th, 14th, 21st & 28th May A班 — 5月6日、13日、20日及27日 (星期三) B班 — 5月7日、14日、21日及28日 (星期四)
TIME 時間	(A) 6:00pm – 7:00pm (B) 11:00am – 12:00noon A班 — 晚上6時至7時 B班 — 上午11時至中午12時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member \$720, Guest \$1,200 (for 4 lessons) 會員\$720, 非會員\$1,200 (4堂)
AGE 年齡	16 years and above 16歲及以上

JUNIOR SWIMMING CLASSES

少年游泳課程

Give your child a confident start in the water with our Junior Swimming Classes, designed to build essential skills from an early age. Led by our experienced coaches, children progress at their own pace as they learn to move safely and confidently in the water.

本會少年游泳課程旨在幫助孩子們從小培養游泳技能，自信地踏出游泳的第一步。在經驗豐富的教練指導下，孩子們可以按照自己的步調學習，安全自信地在水中游泳。

Date	Time	Class	Price	Age	Coach
Wednesday	5:00pm – 6:00 pm	Advanced (C) NEW	\$220/hour	4-14 years	Kary
Thursday	10:00am -11:00am	Elementary (C) NEW	\$220/hour	24-48 months	Kary
Friday	6:00pm – 7:00pm	Intermediate (A)	\$180/hour	4-14 years	Ip Lai Kuen
Friday	7:00pm – 8:30pm	Advanced (B)	\$260/1½ hour	7-17 years	Ip Lai Kuen
Saturday	10:00am – 11:00am	Elementary (A)	\$180/hour	36-60 months	Ip Lai Kuen
Saturday	11:00am – 12:00noon	Intermediate (B)	\$180/hour	4-14 years	Ip Lai Kuen
Saturday	12:00noon – 1:00pm	Elementary (B)	\$180/hour	48 months and above	Ip Lai Kuen

ADULT SWIMMING COURSE

全新 — 成人游泳課程

NEW

Join us for our Adult Swimming Course, designed for Members aged 18 and above. Whether you are new to the water or looking to refine your technique, professional coach Stephen leads small group sessions with personalised guidance tailored to your ability and pace.



Build confidence through essential skills such as floating and breath control, while developing stronger, more efficient strokes including Breaststroke and Freestyle. The course helps you feel more at ease in the water while improving safety and technique.

成人游泳課程適合18歲及以上的會員參加，無論是缺乏游泳基礎的初學者，還是希望提升泳姿及技巧，均可參加。課程以小班教學，由專業教練 Stephen 指導，提供個人教學，滿足每位學員的需求。

透過掌握漂浮和呼吸控制等基本技能來增強自信心，同時發展更強、更有效率的泳姿，包括蛙泳和自由式。本課程旨在幫助你在水中更加放鬆自如，同時提升安全意識和游泳技巧。

DATE 日期	Wednesday 6th, 13th, 20th & 27th May 5月6日、13日、20日及27日 (星期三)
TIME 時間	11:00am – 12:00noon 上午11時至中午12時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member - \$1,040, Guest \$1,520 (for 4 lessons) 會員\$1,040, 非會員\$1,520 (4堂)
AGE 年齡	18 years and above 18歲及以上

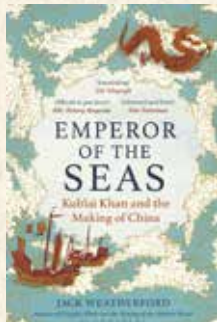


For more information, or to book classes, please contact the 2/F Reception on 2118 1890.
欲了解更多資訊或預約課程，請致電二樓接待處：2118 1890。

Emperor of the Seas: Kublai Khan and the Making of China

by Jack Weatherford

Genghis Khan built a formidable land empire, but he never crossed the sea. Yet by the time his grandson Kublai Khan had defeated the last vestiges of the Song empire and established the Yuan dynasty in 1279, the Mongols controlled the most powerful navy in the world. How did a nomad come to conquer China and master the sea? Based on ten years of research and a lifetime of immersion in Mongol culture and tradition, *Emperor of the Seas* brings this little-known story vibrantly to life.



Kublai Khan is one of history's most fascinating characters. He brought Islamic mathematicians to his court, where they invented modern cartography and celestial measurement. He transformed the world's largest land mass into a unified, diverse and economically progressive empire, introducing paper money. And, after bitter early setbacks, he transformed China into an outward looking sea-faring empire.

By the end of his reign, the Chinese were building and supplying remarkable ships to transport men, grain, and weapons over vast distances, of a size and dexterity that would be inconceivable in Europe for hundreds of years. Khan had come to a brilliant realization: control the sea, and you control everything.

A master storyteller with an unparalleled grasp of Mongol sources, Jack Weatherford shows how Chinese naval hegemony changed the world forever, revolutionizing world commerce and transforming tastes as far away as England and France.

成吉思汗在陸地上建立了巨大的帝國，卻未曾跨越水域。然而，到 1279 年，當其孫子忽必烈汗擊敗宋朝的最後殘餘勢力，建立元朝時，蒙古人已經控制了世界上最強大的海軍。一個遊牧民族是如何征服中國並稱霸海洋的？《Emperor of the Seas》一書基於 10 年的研究和畢生對蒙古文化及傳統的深入了解，生動地講述了這個鮮為人知的故事。

忽必烈汗是歷史上最引人入勝的人物之一，他將伊斯蘭數學家帶到宮廷，並發明了現代製圖和天體測量技術。他將當時世界上面積最大的陸地變成了一個統一、多元且經濟進步的帝國，並引入了紙幣。而且，在經歷了早期的慘痛挫折之後，他又將中國打造成了一個面向世界的海上帝國。

在忽必烈統治末期，中國人已經能夠建造和供應規模龐大、操控靈巧的船隻，將人、糧食和武器運送到遠方，這等規模和靈巧性是歐洲在數百年間也難以想像的，可他卻敏銳地意識到：控制了海洋，就控制了一切。

Jack Weatherford 是一位說故事的大師，他對蒙古帝國歷史故事的掌握無人能及，並揭示了中國海上霸權如何永遠改變了世界，徹底革新世界貿易，並影響了遠至英國和法國人的口味。

The Secret Language of Work: Hyper : Helpful Scripts for Every Situation

by Erin McGoff

We've all been there: you're sweating, sitting in front of your laptop, and the interviewer on the screen says, "Tell me about yourself." You freeze. Is that even a question? What are they expecting from you? What do you say?

If that paragraph made your heart beat a little faster, TikTok star, career educator, and "the Internet's big sister" Erin McGoff is here to help. In *The Secret Language of Work*, McGoff shares her best, customisable scripts for how to communicate in the professional world: word-for-word, exactly what to say during interviews, while negotiating salaries, when you need to set boundaries with co-workers, as you advocate for yourself, and in any sticky situation at the office. With McGoff's advice, you will master the unwritten rules of work speak that are key to career advancement.

Learning how to say the right words, in the right order, in the right way, at the right time, is an art that too few people are taught. Stellar communication is probably the most valuable skill you can possess, and once you know the secret language of work, you will be able to confidently tackle anything your sure-to-be outstanding career presents to you.

我們都經歷過這種情況：你冒著汗地坐在筆記型電腦前，螢幕上的面試官說：「請介紹一下你自己。」你頓時僵住了。這算是個問題嗎？他們到底想從你身上知到什麼？你該怎樣回答？

如果這段話讓你心跳加速，TikTok 明星、職業導師、「網路大姊」Erin McGoff 將助你一臂之力。在《The Secret Language of Work》一書中，McGoff 分享了她精心打造的最佳職場溝通腳本，這些腳本可以根據你的實際情況進行定制，教你如何在職場中有效溝通：從面試、薪資談判、與同事劃清界限、維護自身權益，到應對辦公室裡的各種情況。有了 McGoff 的指導，你將能掌握職場潛規則，而這些規則正是你職場生涯發展的關鍵。

學會如何在恰當的時機，以恰當的順序，用恰當的方式說出恰當的話語，是一門鮮有人掌握的藝術。卓越的溝通能力或許是你所能擁有的最寶貴技能。一旦你掌握了職場的「秘密語言」，你就能自信地應對你注定輝煌的職業生涯中遇到的任何挑戰。



From now until 31st May, 2026, 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5月31日止，太平洋會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.
216 Pacific Place, Admiralty

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

Kelly & Walsh Ltd
金鐘太古廣場216號舖

香港圖書文具有限公司
中環德輔道中25號



HAIR PRODUCT SALE IN MAY

5 月份頭髮產品優惠



~~\$180~~ \$160

PAUL MITCHELL FLEXIBLE STYLE SUPER SCULPT, 250ML

PAUL MITCHELL快乾記憶豐型
液·250毫升

A fast-drying styling glaze that gives flexible control with lasting hold. Designed to shape and define with ease, it helps maintain your style while adding body and a polished shine. Suitable for all hair types, it works beautifully for sculpting or during blow-drying, leaving hair smooth, conditioned and full of movement.

這款速乾定型產品能賦予秀髮靈活操控及持久的定型效果，能輕鬆塑造和勾勒髮型，幫助保持造型的同時，增加頭髮的蓬鬆度及光澤。

產品適用於所有髮質，無論是造型或吹乾頭髮時使用，都能帶來絕佳效果，讓秀髮柔順亮澤，充滿活力。

PROACTION FOR C. SHAMPOO, 170ML

PROACTION FOR C.鎖色洗髮水·
170毫升

Specially developed for colour-treated hair, this daily shampoo helps maintain brightness while restoring essential moisture. Its gentle formula works to support a balanced pH, helping to lock in colour and keep hair looking smooth, hydrated and full of life.

這款專為染後秀髮研發的日常洗髮水，有助於保持頭髮顏色的持久度及光澤度，同時補充所需水分。其溫和配方可維持頭髮的pH值平衡，幫助鎖住髮色，讓秀髮柔順、水潤、充滿活力。



~~\$130~~ \$115



~~\$260~~ \$230

NOTIO NATURAL WAX

NOTIO自然的髮蠟

A lightweight styling wax designed for effortless, natural looks. Formulated with skin-friendly ingredients, it delivers a soft matte finish with no stickiness. Create subtle volume, texture and movement while keeping hair conditioned, smooth and easy to manage throughout the day.

這款輕盈的造型髮蠟專為輕鬆打造自然的造型而設計，配方親膚、不黏膩，呈現柔和霧面效果。可打造自然蓬鬆感、立體動感，同時保持秀髮滋潤柔順，易於打理一整天。

THIS MONTH'S PROMOTION

10% DISCOUNT ON INTENSIVE HAIR CARE TREATMENTS

Throughout May, enjoy 10% savings on our Intensive Hair Care Treatments, including the rejuvenating Curepod and Trisys Triphilia. Designed to repair and replenish, these treatments help restore moisture, strength and shine to hair affected by chlorine, sun exposure, dryness and frequent styling such as colouring, perming or straightening, leaving it smooth, healthy and refreshed.

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5月份到會所髮廊惠顧深層頭髮護理，包括 Curepod 及 Trisys Triphilia 護理，可獲享9折優惠。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，令其回復光滑、健康及清爽。

查詢及預約服務，請致電 2118 1893。



WHY MODERATE MOVEMENT IS A NATURAL TONIC FOR THE SPINE AND JOINTS

為什麼「適度運動」是脊椎和關節的天然良藥？

Many people, particularly as they grow older, notice back pain, joint discomfort, or clicking sounds when getting up. The instinct is often to avoid movement, assuming it will worsen the strain. In fact, the opposite is true. Movement is what activates the body's natural lubrication system and helps restore ease and comfort.

許多人，尤其是年紀漸長的時候，都注意到起身時出現背痛、關節不適或發出喀喀聲。他們往往會本能地避免活動，認為這會加重疼痛。事實上，情況恰恰相反。活動能夠啟動身體的自然潤滑系統，幫助恢復輕鬆舒適的狀態。



The “Breathing” of the Spine: How Movement Supports the Intervertebral Discs

The intervertebral discs do not have a direct blood supply and instead rely on diffusion to receive nutrients. During sleep, they gradually rehydrate like a sponge, increasing in volume and pressure, which often leads to a feeling of stiffness on waking.

Gentle movement such as cat cow stretches or light spinal rotations helps restore balance by easing out excess fluid and drawing in fresh, nutrient rich fluid. This process, known as imbibition, supports disc elasticity, slows degeneration, and can help reduce pressure on surrounding nerves following strain.

Joint “Oil”: How Movement Supports the Joint Capsules

Major joints such as the knees and shoulders are enclosed within capsules filled with synovial fluid, which acts as a natural lubricant.

Regular movement keeps this system functioning efficiently. Synovial fluid behaves differently depending on activity. When the body is still, it thickens. With consistent movement, it becomes more fluid, allowing joints to move more freely.

This process improves lubrication, reduces friction between cartilage surfaces, and encourages the production of fresh synovial fluid. At the same time, the gentle pressure changes created through movement help clear inflammatory byproducts and metabolic waste, easing stiffness, particularly in the morning.

脊椎的「呼吸」：運動如何支撐椎間盤

椎間盤沒有直接的血液供應，而是依賴「擴散」作用來獲取營養。睡眠期間，它們像海綿一樣逐漸吸收水分，體積和壓力都會增加，這通常會導致醒來時脊椎感到僵硬。

適度的輕柔運動，例如貓牛式或輕微的脊椎旋轉，有助於透過排出多餘的液體，同時吸收新鮮、富含營養的液體來恢復平衡。這個過程被稱為「浸潤」，能維持椎間盤的彈性，延緩退化，並有助於減輕拉傷後周圍神經的壓力。

關節「潤滑劑」：運動如何支持關節囊

膝關節和肩關節等主要關節都包裹在充滿滑液的關節囊內，而滑液可以起到天然潤滑劑的作用。

規律的運動能使關節囊高效運作。滑液的性質會根據活動量而改變，當身體靜止時，滑液會變得黏稠，而持續運動則能使其更加流動，關節活動更自如。

這個過程改善了潤滑效果，減少軟骨表面之間的摩擦，並促進了新鮮滑液的生成。同時，運動產生的輕柔壓力變化有助於清除關節內的發炎物質和代謝廢物，從而緩解關節僵硬，尤其是在早晨。

TRAINER TIPS

- Avoid rushing into intense activity immediately after waking. Instead, begin with a short five minute “joint wake up” routine to prepare the body gradually.
- Knee to chest movements while lying in bed gently compress and release the lower spine, helping to rebalance pressure.
- Ankle and wrist circles encourage circulation within the smaller joint capsules.
- Side sit ups allow you to rise while protecting the spine before it is fully ready for load.
- Movement encourages flow, while inactivity often leads to discomfort. Regular, low intensity movement remains one of the most effective ways to care for the spine and joints over time.

教練建議

- 避免起床後立即進行劇烈運動。建議先進行 5 分鐘的「關節喚醒」練習，讓身體逐漸做好準備。
- 臥床時做膝蓋貼胸的動作，可以輕柔地按壓放鬆腰椎，幫助重新平衡壓力。
- 踝關節和腕關節的環繞運動可以促進小關節囊內的血液循環。
- 側臥起坐可以讓你在脊椎尚未完全準備好承受負荷時起身，同時保護脊椎。
- 運動能促進身體的流暢性，而缺乏運動往往會導致不適。規律的低強度運動仍然是長期呵護脊椎和關節最有效的方法之一。

1

EXERCISE SUGGESTIONS

運動建議

CAT POSE KNEELING 貓式跪姿

- Begin on all fours with hands placed directly under the shoulders and knees under the hips. Keep the spine in a neutral position and the neck relaxed. 開始先四肢著地，雙手置於肩膀正下方，雙膝置於髖部正下方。保持脊椎處於中間位置，頸部放鬆。
- From here, gently shift your body in a slow circular motion, allowing the movement to travel through the wrists, shoulders, hips and spine. Let the pelvis guide the circle while the upper body follows naturally. Maintain steady breathing throughout. 從這個姿勢開始，緩慢地以圓週運動（畫圈）的方式移動身體，讓運動依序貫穿手腕、肩膀、髖部和脊椎。讓骨盆引導圓週運動，上半身自然跟隨。全程保持平穩呼吸。
- Each set consists of 4 slow circles clockwise and 4 counterclockwise. 每組動作包括 4 次順時針和 4 次逆時針的緩慢圓週運動。
- Recommended 3 to 4 sets. 建議進行 3 至 4 組。
- Move with control rather than speed. Keep the elbows soft, avoid locking the joints, and ensure the movement remains smooth and continuous rather than segmented. 動作要以控制為主，而非追求速度。保持手肘微屈，避免關節鎖死，並確保動作流暢連貫，而非斷斷續續。
- This exercise helps to awaken multiple joints at once, encouraging mobility, coordination and gentle activation of the spine. 此練習有助於同時激活多個關節，促進關節活動度、協調性，並溫和地激活脊椎。



2

FROG POSE & SNAKE POSE 蛙式與蛇式姿勢

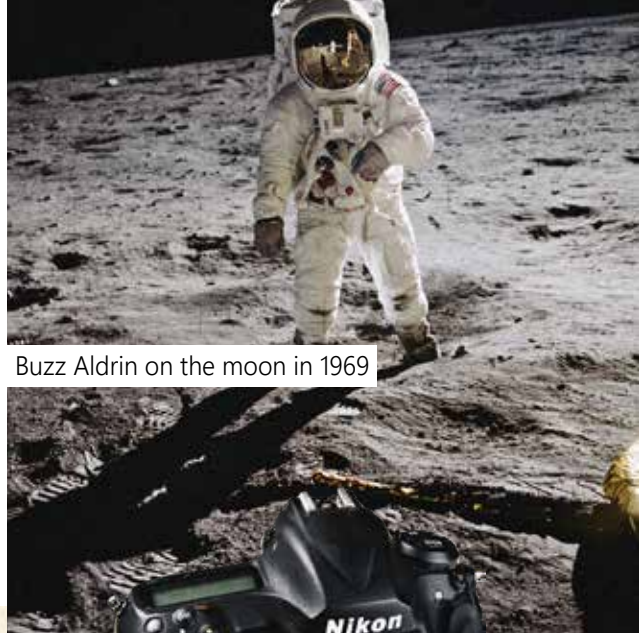
- Start in a comfortable seated position, then transition onto hands and knees. 首先以舒適的坐姿開始，然後轉換成四肢著地的姿勢。
- For Frog Pose, gently widen the knees while keeping the feet in line with the knees. Shift the hips slightly back and allow the inner thighs and hip joints to open gradually. Keep the movement gentle and avoid forcing the range. 進入蛙式姿勢時，輕輕地將雙膝分開，同時保持雙腳與膝蓋成一線。臀部稍微後移，讓大腿內側和髖關節逐漸打開。動作要轻柔，避免用力過度。
- From Frog Pose, transition into Snake Pose by shifting the body forward, bringing the shoulders over the wrists. Lengthen through the spine, lift the chest slightly and allow the hips to move forward, creating a gentle extension through the front of the body. 從蛙式姿勢過轉換成蛇式姿勢，身體向前移動，使肩膀位於手腕正上方。拉長脊柱，稍微抬起胸部，讓臀部向前移動，從而輕柔地伸展身體前側。
- Each set combines one backward movement into Frog Pose and one forward movement into Snake Pose. 每組練習包括一次向後進入蛙式姿勢的動作和一次向前進入蛇式姿勢的動作。
- Move slowly between the two positions, coordinating the movement with your breath. Inhale as you move forward into Snake Pose, and exhale as you return to Frog Pose. 在兩個體式之間緩慢轉換，並配合呼吸。向前進入蛇式姿勢時吸氣，回到蛙式姿勢時吐氣。
- Frog Pose supports circulation and mobilises the soft tissues around the hips and knees in multiple directions, while Snake Pose strengthens the shoulders and wrists, improving joint stability, shock absorption and overall resilience. 蛙式姿勢可以促進血液循環，並使髖部和膝蓋周圍的軟組織向多個方向活動；而蛇式姿勢可以增強肩部和腕部的力量，提高關節穩定性、減震能力和整體恢復力。



By Gary Wong
Personal Trainer
撰文：私人健身教練



Earth in window by Artemis II astronaut



Buzz Aldrin on the moon in 1969



■ Nikon D5 digital SLR camera

A NEW CHAPTER IN SPACE PHOTOGRAPHY

太空攝影的新篇章

When Neil Armstrong and Buzz Aldrin landed on the Moon in 1969 during Apollo 11 Moon Landing, there were no digital cameras available. The images that defined that moment were captured using the Hasselblad 500EL, a fully mechanical medium format film camera made in Sweden, paired with lenses from Carl Zeiss. Its strength lay in its simplicity. With no electronics to fail, it delivered a level of reliability that was essential in an environment where failure was not an option.

As I write this, the crew of Artemis II have completed their journey around the Moon and returned safely to Earth. On board were several digital cameras, including the Nikon D5, selected for its proven durability and outstanding high ISO performance, and the Nikon Z9, offering advanced stills capability alongside very high quality video recording.

Being so far beyond Earth's protective magnetosphere, the astronauts and their equipment were exposed to significant levels of cosmic radiation. Unlike the purely mechanical Hasselblad, modern digital cameras depend on sophisticated electronic systems, from image sensors to processors and memory. These components are inherently more vulnerable, with radiation capable of introducing errors, corrupting data, or, in more serious cases, damaging the camera itself.

An important objective of the Artemis II mission was to observe how these digital systems would perform under such conditions. Now that the mission has concluded, the results are quietly impressive. The cameras operated as required throughout the journey and have returned without meaningful degradation, their performance intact despite prolonged exposure to a challenging environment.

There is a clear sense of progression. The Hasselblad earned its place in history through mechanical certainty and resilience. Today's digital cameras offer far greater capability, but with that comes greater complexity and potential vulnerability. With the successful return of Artemis II, that balance has shifted. Modern imaging systems have demonstrated that they can not only perform in space, but endure it.

It is, in its own way, a continuation of the same story, the ongoing pursuit of capturing history with tools that can be trusted to work when it matters most.

1969年，在阿波羅 11 號的登月任務中，尼爾岩士唐和伯茲艾德林登上月球時，數碼相機還未問世。當時是由一部瑞典製造，並配搭了 Carl Zeiss 鏡頭的全機械中片幅菲林相機——Hasselblad 500EL——記錄下那一刻的影像。它的優勢在於「簡單」。由於沒有電子元件，因此可靠性極高，這在容不得半點差錯的太空環境中至關重要。

在我撰寫本文時，「阿提米絲 2 號」的太空人已經完成繞月飛行，安全返回地球。太空船上攜載了幾部數碼相機，其中包括 Nikon D5，它因其久經考驗的耐用性和出色的高感光度性能而被選中；還有 Nikon Z9，它不僅具備先進的靜態照片拍攝功能，還能錄製高品質的影片。

由於遠在地球磁層保護範圍之外，太空人及其設備都暴露在高劑量的宇宙輻射下。與純機械式的 Hasselblad 相機不同，現代數碼相機依賴複雜的電子系統，包括影像感測器、處理器和記憶體。這些組件本身就更為容易受到輻射的影響，輻射可能導致錯誤、資料損壞，甚至在更嚴重的情況下損壞相機本身。

「阿提米絲 2 號」任務的一項重要目標是觀察這些數碼系統在惡劣環境下的表現。如今任務已圓滿結束，結果令人印象深刻。相機在整個旅程中均按要求運行，返回地球時性能未出現明顯下降，即使長時間暴露在嚴苛的環境中，其性能依然完好無損。

進步的趨勢顯而易見。Hasselblad 相機憑藉其機械的可靠性和耐用性在歷史上佔據了一席之地，如今的數碼相機功能強大得多，但同時也更加複雜，更容易出現故障。隨著「阿提米絲 2 號」任務的成功返回，這種平衡發生了變化。現代化的成像系統已經證明，它們不僅能在太空中正常運作，還能經歷承受太空環境的考驗。

從某種意義上說，這延續了 Hasselblad 相機的發展歷程，即不斷追求用值得信賴的工具記錄歷史，確保在最關鍵的時刻能夠可靠地完成任務。



Earth photo by Artemis II astronaut

PROPER POWER GENERATION IN THE GOLF SWING

正確的擊球發力技巧

In golf, generating power is one of the most discussed topics among players. Many believe that hitting the ball farther requires swinging harder, but the real key lies not in trying harder, but in using the correct source of power.

Most amateur golfers rely on their arms and hands to generate force, using upper body strength to push the club and create speed through arm acceleration. This approach works against sound golf mechanics. The power produced by the arms alone is limited compared to what the whole body can deliver, often leading to inconsistent swings, reduced distance, and common swing faults.

The correct way to generate power is through body rotation as the main engine. We often emphasise turning to create power. By initiating the downswing with the lower body and allowing it to lead the rotation of the torso, energy flows naturally through the shoulders, arms and into the club. This sequence produces efficient speed through centrifugal force. At the same time, a balanced weight shift from the right foot to the left, combined with ground reaction force, converts stored energy into clubhead speed.

Once you learn to generate power through rotation rather than relying on the arms, the difference becomes clear. The ball travels farther and more consistently, with less effort. This is why professional golfers appear so composed. They are not forcing the swing, but using the coordinated movement of the entire body rather than depending on the smaller muscles of the arms.

Next time you practise, keep this in mind. Do not try to hit the ball with your arms. Let your body drive the club. True power comes from rotation, ground reaction force and the smooth coordination of the whole body.

在高爾夫球運動中，發力是每位球手最關心的課題之一。很多人以為打得遠就必須用力揮桿，但關鍵不在於「用力」，而在於「正確的發力」。

許多業餘球手習慣用手臂和手腕發力，依靠上肢的力量去推動球桿，試圖透過手臂的加速來製造桿頭速度。這種做法其實違背了高爾夫球正確的力學原理。手臂與手腕所能產生的力量，相對於整個身體而言是非常有限，容易導致揮桿不穩定、距離不足，以及各種揮桿失誤。

正確的發力方式，應該是以身體轉動為核心。我們一直強調「轉身帶動發力」，透過下半身先啟動，帶動軀幹旋轉，再傳遞到肩膀、手臂，最後到球桿，這種順序能有效產生強大的離心力。同時，重心從右腳轉移到左腳的過程，配合地面反作用力，能將身體的潛在能量轉化為理想的桿頭速度。

一旦你學會用身體旋轉來發力，而不是單靠手臂揮動，差異就顯而易見了。你會發現球飛得更遠、更穩定，也更省力。這就是為何職業高爾夫球手看起來如此沉著冷靜，因為他們不是強迫自己揮桿，而是運用全身協調運動，非只依賴手臂的小肌肉群。

下次練習時，請記住這一點。不要試圖用手臂擊球，要讓身體帶動球桿。真正的力量來自於旋轉、地面反作用力和全身的流暢協調。



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

Golf Private Lessons 高爾夫球私人課堂

Spend time working on the areas of your game that matter most. Private lessons at the Club give you the space to focus, practise with purpose and make steady improvements under the guidance of our Golf Professional.

Each session is shaped around your current level, whether you are learning the fundamentals or looking to correct a persistent fault. Through clear instruction and simple adjustments, you will develop a more consistent swing and a better understanding of how to control the ball.

把時間專注在提升你球技中最重要的方面吧！本會提供的私人課程讓你有充足的空間專注於目標明確的練習上，並在我們專業高爾夫球教練的指導下穩步提高。

每節課堂都會根據你目前的水平度身定制，無論你是學習基本功還是想要糾正長期存在的錯誤，透過清晰的指導和簡單的調整，你將培養出更穩定的揮桿動作，並更好地掌握如何控球。

PRIVATE LESSONS (1 PAX) 私人課程(一人)

1-hour 一小時課程 **\$770 per person**
每位 \$770

Package of 4, 1-hour lessons 4堂一小時課程 **\$3,000 per person**
每位 \$3,000

SEMI-PRIVATE LESSONS (2 PAX) 半私人課程(二人)

1-hour 一小時課程 **\$435 per person**
每位 \$435

Package of 4, 1-hour lessons 4堂一小時課程 **\$1,650 per person**
每位 \$1,650

HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled on Labour Day on 1st May and the day following the Birthday of the Buddha on 25th May.

請注意，所有兒童及成人團體課程將於5月1日勞動節和5月25日佛誕翌日公眾假期暫停舉行。

MOTHER'S DAY PRESERVED FLOWER JEWELLERY BOX WORKSHOP

母親節永生花首飾盒工作坊

This Mother's Day, children are invited to create a thoughtful gift for their mother. In this hands-on workshop, they will design a jewellery box adorned with preserved flowers, combining creativity with a personal touch. The finished piece is both beautiful and practical, a keepsake made with care and meaning.

今年母親節，我們邀請孩子們親手為媽媽製作一份獨特的驚喜。在這個工作坊中，孩子們將學習設計一個以永生花與小巧飾品結合的首飾盒，將創意與心意完美融合。這首飾盒既美麗又實用，亦是飽含心意和重要意義的珍貴紀念品。



DATE 日期	(A) Saturday 9th May (B) Sunday 10th May A班 — 5月9日(星期六) B班 — 5月10日(星期日)
TIME 時間	3:00pm – 4:00pm 下午3時至4時
VENUE 地點	Children's Playroom Library 兒童遊戲室圖書館
PRICE 收費	Member \$200, Guest \$260 (including Children's Playroom entrance fee) 會員\$200，非會員\$260 (包括課程當日的兒童遊戲室入場費)
AGE 年齡	5 years and above 5歲及以上



MINIATURE FAMILY FEAST CLAY WORKSHOP

迷你九道菜盛宴黏土工作坊

In this hands-on clay workshop, children will create their own miniature nine-course feast, shaping each dish by hand from appetisers to main courses and desserts. Every piece is carefully formed to capture the look of a real meal, resulting in a detailed and lasting display of their work.

在這個陶藝工作坊中，孩子們將親手製作屬於自己的迷你版九道菜盛宴——從開胃菜到主菜，再到甜點，每一道菜都由他們親手塑造。每一件作品都以黏土精心雕琢，力求還原真實、精緻、令人垂涎，卻可永遠保存的作品。

DATE 日期	Sunday 10th May 5月10日(星期日)
TIME 時間	2:30pm – 4:00pm 下午2時30分至4時
VENUE 地點	Children's Playroom Library 兒童遊戲室圖書館
PRICE 收費	Member \$350, Guest \$410 (including Children's Playroom entrance fee) 會員\$350，非會員\$410 (包括課程當日的兒童遊戲室入場費)
AGE 年齡	6 years and above 6歲及以上

ENGLISH DRAMA ACADEMY

英語話劇訓練班

Our experienced instructor leads this interesting class that includes story-telling skills, role-play, script writing, dance, speech, prose and narration. This class aims at developing participants' creativity, improving language and communication skills, enhancing problem-solving techniques and building self-confidence.



本會的英語話劇訓練班導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，培養學員的創造力，提高語言及溝通能力，增強解決問題的技巧，並建立自信心。

DATE 日期	Monday 4th, 11th & 18th May 5月4日、11日及18日(星期一)
TIME 時間	(A) 5:30pm – 6:30pm (B) 4:30pm – 5:30pm A班 — 下午5時30分至晚上6時30分 B班 — 下午4時30分至5時30分
VENUE 地點	Gym Activities Room
PRICE 收費	Member \$630, Guest \$660 (for 3 lessons) 會員\$630，非會員\$660(3堂)
AGE 年齡	(A) 3 – 5 years (B) 6 – 12 years A班 3-5歲，B班 6-12歲

ROPE SKIPPING CLASS

花式跳繩班

A focused weekly class where children learn rope skipping techniques step-by-step, from basic jumps to coordinated partner work. Each session builds timing, balance and control, while giving children a clear sense of progress as their skills develop.

在這每週一次的課程中，學員將可循序漸進地學習跳繩技巧，從基本的跳躍練習到與夥伴的配合，每一堂都著重培養他們的節奏感、平衡感和控制力，同時讓他們清楚感受到自身技能的進步。



DATE 日期	Sunday 10th, 17th, 24th & 31st May 5月10日、17日、24日及31日(星期日)
TIME 時間	4:30pm – 5:20pm (50 mins) 下午4時30分至5時20分(50分鐘)
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$800 (for 4 lessons) 會員\$760，非會員\$800(4堂)
AGE 年齡	7 – 12 years 7-12歲

WALL CLIMBING

運動攀石訓練班

This class introduces children to the fundamentals of climbing in a structured and engaging setting. Each climb presents a new problem to solve. Children learn how to position their bodies, choose their holds and move with control, developing strength, balance and confidence as they progress up the wall.

這課程以結構化且充滿趣味的方式，向孩子們介紹攀石的基本技巧，每次攀爬都會帶來新的挑戰。孩子們將學習如何調整身體姿勢、選擇適合的抓點並控制動作，在攀爬過程中逐步增強力量、平衡感和自信心。



DATE 日期	Sunday 24th & 31st May 5月24日及31日(星期日)
TIME 時間	11:30am – 1:00pm 上午11時30分至下午1時
VENUE 地點	Children's Playroom (Climbing Wall) 兒童遊戲室(攀石牆)
PRICE 收費	Member \$460, Guest \$580 (for 2 lessons, including Children's Playroom entrance fee) 會員\$460, 非會員\$580 (兩堂, 包括課程當日的兒童遊戲室入場費)
AGE 年齡	6 – 10 years 6-10歲

JUNIOR BADMINTON LESSONS (PRIVATE)

少年羽毛球 — 私人課程

These one-on-one badminton lessons are tailored to each junior player's age, ability, and learning pace. Sessions focus on technique, footwork with clear guidance to help players improve consistency and confidence on court. Suitable for beginners as well as those looking to refine their skills through personalised coaching.

這一對一羽毛球課程是根據每位年少會員的年齡、能力和學習進度度身定制，重點在於技術和步法，並提供清晰的指導，幫助他們提高場上發揮的穩定性和自信心。課程適合初學者和希望透過個人化指導提升技能的會員參加。

PRIVATE LESSONS 私人課程收費	1pax: \$720/hour (including court hire) 一人: \$720/每堂一小時(包括場租)
	2pax: \$920/hour (including court hire) 二人: \$920/每堂一小時(包括場租)



TABLE TENNIS LESSONS (PRIVATE)

乒乓球 — 私人課程

Our private Table Tennis lessons give players of all levels the chance to work closely with an instructor and build skills. One-on-one coaching allows for precise adjustments, smarter shot selection and training that matches your style of play. Whether you are learning the basics or strengthening more advanced techniques, each session offers practical guidance and steady improvement.

本會的私人乒乓球課程讓各級程度的學員都有機會與教練密切互動，提升球技。一對一的指導能夠幫助進行精準的調整，選擇更明智的擊球策略，並根據打法量身定制訓練計劃。無論是學習基本功還是強化更高階的技巧，每一課堂都能提供實際有效的指導，幫助穩步提升。

1 HOUR 每堂一小時	\$460 per person (including court hire) 每位\$460(包括場租)
1½ HOURS 每堂1½小時	\$680 per person (including court hire) 每位\$680(包括場租)
2 HOURS 每堂兩小時	\$880 per person (including court hire) 每位\$880(包括場租)



JUNIOR BADMINTON GROUP LESSONS

少年羽毛球 — 團體訓練班

For players aged 6 to 16, these group lessons introduce the fundamentals of badminton through structured training and on court practice. Led by experienced coaches, students develop technique, footwork, and game awareness while playing alongside peers.

課程專為 6 - 16 歲的年少會員提供一個結構化的訓練和場上練習，介紹羽毛球的基本知識。在經驗豐富的教練指導下，學員們在與同伴一起比賽的同時，可培養技術、步法和比賽意識。

DATE 日期	Friday 8th, 15th, 22nd & 29th May 5月8日、15日、22日及29日(星期五)
TIME 時間	(A) 6:30pm – 7:30pm (B) 7:30pm – 8:30pm A班 — 晚上6時30分至7時30分 B班 — 晚上7時30分至8時30分
VENUE 地點	Aerobics Room
PRICE 收費	Member \$1,080, Guest \$1,120 (for 4 lessons) 會員\$1,080, 非會員\$1,120 (4堂)
AGE 年齡	(A) 6 – 10 years (B) 11 – 16 years A班 6-10歲, B班 11-16歲



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

April Solution
4月份遊戲答案
.....
Congratulations to the winner of last month's puzzle
恭喜上期得獎者
Ms Sau Lei Ling

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 Monday, 18th May. 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 June. Good Luck!

請於5月18日(星期一)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6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

JUNIOR TAEKWONDO SUCCESS

少年跆拳道隊奪得佳績

Congratulations to the Pacific Club's Junior Taekwondo Team, who represented the Club at the HKITA Taekwon-do Inter School Championship 2026 on 12th April and delivered an excellent set of performances. The team showed strong focus and commitment throughout, reflecting the effort they have put into their training.

We look forward to seeing their continued development in the months ahead.

恭喜我們的少年跆拳道隊於4月12日代表本會參加「2026年香港國際跆拳道協會校際錦標賽」中取得優異的成績。

隊員們全程展現高度的專注與投入，充分體現了他們在訓練中所付出的努力。

我們期待他們在未來幾個月繼續進步，再創佳績。



Boys' Secondary School Division
Advanced Color Belt Individual Patterns
男子中學組高級色帶個人套拳
Winner 冠軍：Jeremy Yau



Girls' Secondary School Division
Advanced Color Belt Individual Patterns
女子中學組高級色帶個人套拳
Winner 冠軍：Jessie Chan

JUNIOR TAEKWONDO CLASSES AT THE CLUB

少年跆拳道



Our Junior Taekwondo classes offer a structured introduction to this disciplined martial art, guiding children through each stage of their development with clear progression.

Under the guidance of experienced instructors, participants build a strong foundation in technique, balance and coordination, while working steadily towards their next belt through regular assessments.

Each session encourages focus, respect and self-control, helping children grow in confidence both on and off the mat. As they advance through the belt rankings, they gain a sense of achievement that reflects their effort and consistency.

New participants are always welcome to join at any stage, with classes designed to support both beginners and those continuing their Taekwondo journey.

本會少年跆拳道課程為孩子們提供有系統的跆拳道入門指導，循序漸進地引導他們逐步提升技能。在經驗豐富的教練指導下，學員將能建立技術紮實、平衡和協調的基礎，並透過定期考核穩步提升段位。

每節課堂都著重培養專注力、禮儀和自律精神，幫助學員在道場內外建立自信。隨著段位的提升，他們將獲得成就感，反映出他們的努力和堅持。

我們歡迎任何階段的新學員加入，課程設計兼顧初學者和進階學員的需求。

DATE 日期	Saturday 2nd, 9th, 16th, 23rd & 30th May 5月2日、9日、16日、23日及30日(星期六)
TIME 時間	4:00pm – 5:00pm (All levels) 下午4時至5時(所有級別)
VENUE 地點	Aerobics Room
PRICE 收費	Member \$950, Guest \$1,000 (for 5 lessons) 會員\$950、非會員\$1,000(5堂)
AGE 年齡	4 years and above 4歲及以上

JERICHO TENNIS CLUB

Vancouver, Canada



With a history dating back to 1916, Jericho Tennis Club is a beautifully positioned oceanside racquet club located along Jericho Beach in Vancouver. Over the years, the Club has evolved to meet the changing interests of its Members, expanding its facilities while maintaining a strong sense of tradition. Its setting remains one of its most remarkable features, with sweeping views across English Bay towards the North Shore mountains, widely regarded as among the finest in the city.



Despite this evolution, racquet sports remain at the heart of the Club. There are twelve tennis courts supporting year round play, alongside well established squash facilities. Seasonal court coverings and lighting ensure play continues comfortably throughout the cooler months, reflecting the Club's strong sporting culture and commitment to active living.

The outdoor swimming pool, set against the backdrop of sea and mountains, offers a refreshing complement to time spent on court. Additional wellness facilities, including a spa and steam room, provide a welcome opportunity to relax and recover after a game.

The fitness centre is designed to make the most of the Club's exceptional location, with expansive windows framing views of Jericho Beach, the city skyline and the surrounding mountains. A full range of modern equipment supports both general fitness and more focused training.

Dining at Jericho Tennis Club is centred around a number of well defined spaces that reflect both its social character and its waterfront setting. The Main Dining Room offers a more traditional, table service experience, while the upstairs Grill provides a relaxed, self serve option for casual meals and post match gatherings. The Lounge is a popular meeting point for drinks, with large windows framing views across English Bay.

During the warmer months, outdoor dining becomes a highlight of the Club experience. The main patio and beach level terrace are particularly sought after, offering uninterrupted views of the water and North Shore mountains, making them ideal for a leisurely lunch, sunset drink or relaxed dinner after time on court.

For Members visiting Vancouver, Jericho Tennis Club offers a distinctive combination of sport, setting and atmosphere. Be sure to arrange a Letter of Introduction prior to your visit to enjoy all that this exceptional Reciprocal Club has to offer.

Jericho Tennis Club 的歷史可追溯至 1916 年，會所座落於溫哥華 Jericho 海灘，地理位置優越，是一間風景如畫的海濱網球會所。多年來，會所不斷發展以滿足會員不斷變化的需求，在擴建設施的同時，也始終秉承著濃厚的傳統。會所的地理位置仍然是其最吸引人的特色之一，從這裡可以飽覽英吉利灣及北岸連綿山脈的壯麗景色，被公認為溫哥華最美的景色之一。

儘管會所不斷發展，球拍運動仍然是其核心項目。會所擁有 12 個網球場，全年開放，此外還有完善的壁球場地。季節性的球場遮蓋物及照明設施確保在較冷的月份也能舒適地進行運動，這體現了會所濃厚的體育文化及對積極生活方式的投入度。

室外游泳池背靠山水，景色宜人，為你在球場上揮灑汗水後提供了一個清涼的休憩之處。此外，水療中心及蒸氣浴等其他康體設施，也為運動後放鬆身心及恢復體力提供了理想場所。

健身中心的設計充分利用了會所得天獨厚的地理位置，寬敞的落地窗將 Jericho 海灘、城市天際線和周圍山脈的壯麗景色盡收眼底。全套現代化健身器材可滿足日常健身及專項訓練的需求。

Jericho Tennis Club 的餐飲場所圍繞著幾個精心設計的獨立空間展開，既體現了會所的社交氛圍，也與海邊環境相得益彰。會所的主餐廳提供較為傳統的餐桌服務體驗，而樓上的燒烤餐廳則提供輕鬆的自助餐選擇，適合休閒用餐及賽後聚會。酒廊是大家小酌一杯的熱門聚會場所，透過寬敞的落地窗，可以飽覽 English Bay 的迷人景色。

在溫暖的月份裡，戶外用餐成為會所體驗的一大亮點。主露臺及海灘露臺尤其受到歡迎，可飽覽一覽無遺的海景及北岸山脈風光，是悠閒享用午餐、日落小酌或在打球後輕鬆用餐的理想之選。

對於前往溫哥華的會員而言，Jericho Tennis Club 將運動、環境及氛圍完美融合，為你帶來獨特的體驗。為享用這間卓越的海外聯繫會所提供的各項服務，請務必在到訪前向本會索取一封介紹信。



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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