

九月號

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S E P T E M B E R 2 0 2 6

PACIFIC
VIEWS

Happy Birthday to You!

CELEBRATE THE MOMENT AT THE PACIFIC CLUB

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 \$230 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, from 1st July 2026 to 30th June 2027. 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 \$150 優惠價享用原價 \$230 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，有效期由 2026 年 7 月 1 日至 2027 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

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

- 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。
- Special rate of \$150 per person for the \$230 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 \$230 的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。
- 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。
- 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、林酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- 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。
- Blackout dates 優惠不適用日期 – 2026: 1/7, 25-26/9, 1/10, 22/12, 24-31/12; 2027: 1/1, 5-9/2, 14/2, 26-29/3, 1/5, 9/5, 13/5, 9/6, 20/6.
- 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。
- 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。
- 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。

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

- 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. 在 Island View、Pier 6、Capricci 或紫荊閣餐廳用餐消費滿 \$2,000，可獲贈 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。
- This promotion is valid during the Member's birthday calendar month, from 1st July 2026 to 30th June 2027. 此推廣活動的有效日期：2026 年 7 月 1 日至 2027 年 6 月 30 日期間的會員生日月份內。
- 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。
- Blackout dates 優惠不適用日期 – 2026: 1/7, 25-26/9, 1/10, 22/12, 24-31/12; 2027: 1/1, 5-9/2, 14/2, 26-29/3, 1/5, 9/5, 13/5, 9/6, 20/6.
- 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。
- 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、林酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- The offer is not applicable to banqueting events. 此優惠不適用於私人聚餐活動。
- 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。
- 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。



Ronald Loges
General Manager
總經理 — 羅納德 陸格

Dear Members

With the summer holidays drawing to an end and the kids back in school, we have curated an exceptional array of activities and culinary temptations for September.

Starting with our French Bistro-inspired Steak Night Dinner Buffet at Island View from 1st to 18th September, we seamlessly transition into hearty German Oktoberfest Celebrations on the weekend of 19th & 20th September, with full details on Page 11.

We will be celebrating the Mid-Autumn Festival with a fantastic lantern-decorated Chinese Delicacies Buffet for lunch and dinner at The Island View Restaurant from 21st September to 4th October, with a special Buffet from Friday 25th to Sunday 27th September; all the details are inside the magazine. And please don't forget to place your order for Chef Keung's delectable Mini Moon Cakes, fresh and handmade by the Bauhinia Culinary team.

As announced last month, Italian Guest Pastry Chef Fabio Bardi, A.K.A. Sugar Daddy, will showcase a wide variety of his Signature desserts at the Island View restaurant Dessert Buffet and will also feature a special Afternoon tea Set on the weekend of 12th & 13th September. Please refer to page 4 for full details.

To add a bit of Spice to your week, Chef Tilak will showcase his outstanding Indian Curry Buffet at the Club Bar every Friday at lunchtime only. You will also find in this edition of the Pacific View many more Temptations, ranging from Bauhinia's Speciality Dishes, Girolles Mushrooms at Pier 6 and Capricci, to Belgian-style Potato waffles with Smoked Salmon and Caviar.

Looking ahead to next month, the National Day Fireworks Spectacular will take place on 1st October. Here at the Club, we combine the best vantage point with the perfect dining experience! Please refer to page 6 for full details of restaurants and menus. And a heads-up for our upcoming Champagne Dinner on Friday 23rd October with Champagne House Billecart-Salmon, famed for their Blanc de Blancs and Rosé Champagnes.

Amongst all these Indulgences, please don't forget that our dedicated Sports & Recreation team are on the ready to assist you with reaching your personal fitness goals.

I look forward to seeing you around the Clubhouse in September.

尊敬的會員，

隨著暑假即將結束，孩子們將重返校園，我們亦精心安排了一連串精彩的活動及美食盛宴，迎接 9 月的到來。

首先，由 9 月 1 日至 18 日期間，我們將在 Island View 餐廳推出法式小酒館風格的「牛排之夜」自助晚餐；隨後於 9 月 19 日及 20 日這個週末，我們將無縫地接著舉行熱鬧的德國啤酒節慶祝活動，詳情請參閱第 11 頁。

此外，我們亦將會舉辦盛大的中秋節慶祝活動，屆時 Island View 餐廳將以精美的燈籠作裝飾，於 9 月 21 日至 10 月 4 日送上豐盛的中式美食自助午餐及晚餐，期間於 9 月 25 日（星期五）至 27 日（星期日）的自助晚餐中更會送上特別的美食，所有資訊請參閱會刊內的詳細介紹。再者，請緊記提早訂購由強師傅帶領紫荊閣烹飪團隊新鮮手工製作的迷你月餅。

我們曾經在上一期的會刊向大家宣布，有「Sugar Daddy」之稱的意大利客席糕點名廚 Fabio Bardi 將會在 Island View 餐廳的甜點自助餐上展示其各式各樣的招牌甜點，並將於 9 月 12 日及 13 日這個週末中推出特別的下午茶套餐。詳情請參閱第 4 頁。

9 月份為大家增添一絲香辣風味，本會廚師 Tilak 將於每個星期五的午餐時段在會所酒吧奉上他精心烹製的印度咖喱自助餐。此外，在今期《薈聚》中，大家還可以找到更多誘人美食的介紹，從紫荊閣的特色菜餚、Pier 6 及 Capricci 的雞油菌，到搭配煙三文魚及魚子醬的比利時風味馬鈴薯窩夫餅，應有盡有。

展望下個月，國慶日煙花匯演將於 10 月 1 日舉行，本會將為大家提供最佳的觀賞位置及完美的用餐體驗！各餐廳的活動資訊及菜單詳情請參閱第 6 頁。此外，敬請期待我們即將於 10 月 23 日（星期五）舉行的香檳晚宴，屆時將由以釀造白葡萄酒香檳及粉紅香檳而聞名的 Billecart-Salmon 酒莊帶來他們的佳釀。

在盡情享用這些美食之餘，請不要忘記我們專業的康體活動團隊隨時準備協助大家達成個人健身目標。

期待於 9 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
Takeshi Sokai	祖開健

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
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	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	
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Sports & Leisure Manager	體育及康樂經理	Fax: 2118 0206
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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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Chef Fabio and the Club's team of pastry chefs collaborate to prepare a wide-ranging dessert buffet at The Island View, including:

Chef Fabio 將與本會的糕點師團隊攜手合作，在 Island View 餐廳精心準備琳瑯滿目的甜點自助餐，包括：

● 12th September (Saturday)

9月12日 (星期六)

Live-action Stations for Dinner
晚餐時段即場甜點製作攤位

Adults 成人 Children 小童

\$288 \$190

● 13th September (Sunday)

9月13日 (星期日)

Lunch and Dinner
午餐及晚餐時段

	Adults 成人	Children 小童
Lunch 午餐	\$388	\$256

	Adults 成人	Children 小童
Dinner 晚餐	\$288	\$190

● A special Afternoon Tea Set on Sunday 13th September

特別下午茶套餐

\$168 per person 每位

ITALIAN GUEST PASTRY CHEF FABIO BARDI

at The Island View

意大利客席糕點名廚 FABIO BARDI

蒞臨 Island View 餐廳



The concept is led by Fabio Bardi, Chef and Founder of Sugar Daddy, whose career spans some of the world's most respected culinary destinations. Born in Sardinia, Italy, into a family of restaurateurs, Bardi developed his passion for gastronomy from an early age before training at renowned Italian culinary and pastry schools.

His international career has taken him from the iconic Italian institution San Domenico in New York City to Ladurée in Paris, followed by senior pastry and development roles across Singapore, Hong Kong, Osaka and London. In Hong Kong, Bardi brought his expertise to the three-MICHELIN-starred 8 ½ Otto e Mezzo BOMBANA, later creating locally inspired pastries at Dang Wen Li by Dominique Ansel, and serving as Executive Pastry Chef at one-MICHELIN-starred ESTRO within JIA Group. In 2024, he was named Best Pastry Chef at the Tatler Dining Awards Hong Kong and Macau. After leading the opening of Tozzo and helping establish its pastry direction, Bardi made the decision to part ways with the group to pursue his own vision: an independent pastry and gelato shop built around his Italian roots, international experience, and a more personal expression of modern pastry.

"Sugar Daddy is my love letter to Italian pastry culture, but with Hong Kong energy," said Fabio Bardi, Chef and Founder of Sugar Daddy. "I wanted to create something that feels luxurious but not serious, indulgent but not heavy, and deeply rooted in Italian craftsmanship while still being playful, modern and a little bit cheeky."

Sugar Daddy 餐廳的主廚兼創辦人 Fabio Bardi，其職業生涯遍及全球一些最負盛名的美食勝地。Bardi 出生於意大利撒丁島的一個餐飲世家，從小就對美食充滿熱情，之後在意大利著名的烹飪及糕點學校接受專業培訓。

他的國際職業生涯遍及全球，從紐約標誌性的意大利餐廳 San Domenico 到巴黎的 Ladurée，隨後到新加坡、香港、大阪及倫敦擔任高級糕點師及研發的職位。在香港，Bardi 將他的專業技藝帶到了米芝蓮三星餐廳 8 ½ Otto e Mezzo BOMBANA，之後在 Dominique Ansel 的 Dang Wen Li 餐廳創作了充滿本地特色的糕點，並擔任 JIA 集團旗下米芝蓮一星餐廳 ESTRO 的行政糕點主廚。於 2024 年，他榮獲香港及澳門 Tatler 餐飲大獎最佳糕點師的稱號。在主導 Tozzo 餐廳的開幕並幫助其確立糕點方向後，Bardi 決定離開該集團，追求自己的願景：打造一間獨立運作的糕點及意式雪糕店，製作出融合他的意大利血統、國際經驗及更具個人風格的現代糕點。

Sugar Daddy 的主廚兼創始人 Fabio Bardi 說：「Sugar Daddy 是我寫給意大利糕點文化的情書，但又融入了香港的活力。我想要創造一種感覺，既奢華又不失輕鬆，既令人沉醉又不感厚重，既深深植根於意大利傳統工藝，又兼具趣味性、現代感及一絲俏皮。」



By Tommy Ko
Membership Manager
撰文：會籍部經理

In this month's issue, I wish to discuss the option of 'Upgrade Membership' at the Pacific Club.

The Club's Corporate Debenture Membership offers flexibility in nominating company executives and their family members to become nominees, which may be re-designated, from time-to-time, within the same company. As the Individual Debenture Member, you may consider upgrading your existing Membership to a One-Nominee Corporate Debenture Membership, subject to the payment of the prescribed fees and approval from the Club's Membership Committee. All applicants for Corporate Debenture Membership are required to provide certain company information in connection with an application, which is required by the Club.

Should you have any queries or wish to obtain more information about upgrading your Membership at the Club, please feel free to contact the Membership Office directly on 2118 1802.

在今期薈絮中，我想為大家介紹一個“升級會籍”的選擇方案。

本會的公司債券會籍，可提供一個讓有關公司提名其行政人員及其家屬成為會員的靈活性，亦可隨時再次提名同一公司內的其他高級職員成為會員。現時持有個人債券會籍的會員，可以考慮將你的會籍升級成為擁有一個提名人的公司債券會籍，但必須支付有關費用及獲得本會會籍委員會的批核。所有申請公司債券會籍的公司均需要提供某些規定的公司資料予本會作審批會籍的用途。

如有任何疑問或想查詢更多有關“升級會籍”的資料，請致電 2118 1802 聯絡本會會籍部。

Telephone Recording & Surveillance Cameras

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

電話錄音及監控攝錄系統

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

Electric Vehicle Chargers

The Club offers two Universal Type EV chargers in the Valet Parking area near the G/F Reception, available on a first-come, first-served basis at \$25 per hour. To ensure efficient use, charging is managed by the Car Valets with a maximum time of three hours, unless no other EV is waiting.

Please be advised that this charging service is offered to those eligible Members who have valid car tags and have registered to use our Valet Parking Service only. For assistance or to use the charging facility, please contact the Valet Parking Service Counter.

電動車充電器

本會在代客泊車區域，接近地層大堂接待處位置，安裝了兩部萬用電動車充電器，以先到先得的形式供會員使用，每小時收費 \$25。為確保提供較佳的充電服務，該服務由代客泊車服務員管理，最長充電時間為 3 個小時，若沒有其他電動汽車輪候則可繼續充電。

此項充電設施只供已申請有效的電子泊車感應器，及已登記使用代客泊車服務之會員使用，如各位需要使用此項設施或任何協助，請與代客泊車服務員聯絡。



PACIFIC CLUB

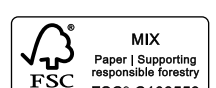
Tel : 2118 1828

Fax : 2118 0208

Address : Harbour City, Kowloon, Hong Kong

E-mail : info@pacificclub.com.hk

Website: www.pacificclub.com.hk





THURSDAY,
1ST OCTOBER
10月1日
(星期四)

NATIONAL DAY AT THE CLUB

在太平洋會慶祝 — 中華人民共和國國慶日

FIREWORKS DISPLAY DINNER 國慶日煙花匯演晚餐

Come and celebrate the anniversary of the People's Republic of China while watching this year's spectacular fireworks display in Victoria Harbour from one of the Pacific Club's very well-positioned restaurants.
Book early to avoid disappointment.

於10月1日(星期四)晚上,歡迎前來太平洋會一同慶祝中華人民共和國的大日子,在本會位置優越的餐廳欣賞維港上空的煙花匯演,同時享用豐富美食。欲免向隅,請儘早訂座。

NATIONAL DAY SET DINNER 國慶日精選中式套餐

Venue : Bauhinia
地點 : 紫荊閣

Adults 成人 Children 小童
\$928 \$429

Reservations 訂座 : 2118 1892

For an additional \$178, our Beverage Package includes Wine, Sake, Beer, Soft Drinks and Orange/Apple Juice.

每位另加\$178可配搭精選餐飲,任飲紅白葡萄酒、日本清酒、啤酒、橙汁/蘋果汁及汽水。

* Described menu is subject to change without prior notice
以上菜單如有更改,恕不另行通知

M E N U

燻邊叉燒、鹵水牛展、椒鹽紫菜豆腐
Barbecued Honey-glazed Pork
Marinated Beef Shank with Spicy Sauce
Deep-fried Bean Curd with Seaweed and Spicy Salt

黑椒汁煎牛仔柳 拼 貴妃蝦球伴露筍
Pan-Fried Fillet of Beef with Black Pepper
Sauteed Prawns with Asparagus

姬松茸竹笙燉雞湯
Chicken Soup with Matsutake Mushroom and Bamboo Pith

紅燒八頭鮑魚伴花菇
Braised Whole Abalone with Mushroom

豉椒蒸澳洲龍蝦 (每位半隻)
Steamed Australian Lobster with Black Bean Chilli
(half piece per person)

芒果布甸 配 蛋黃白蓮蓉包
Chilled Mango Pudding
Steamed Lotus Paste Buns with Salted Egg Yolk

NATIONAL DAY CRAB CRAZE DINNER BUFFET 國慶日自助蟹宴

Celebrate National Day with a lavish showcase of crab specialities. Enjoy an incredible array of cold and hot creations featuring Snow, Stone, Blue, Brown and Dungeness Crab, prepared in a variety of delicious styles.

For an extra culinary highlight and spectacular centerpiece, pre-order a live Alaskan King Crab and let our chefs steam it to tender perfection.

以享用豐盛的冷熱螃蟹菜式來慶祝國慶日，琳瑯滿目的選擇包括雪蟹、石蟹、藍蟹、褐蟹和珍貴蟹，均以各種美味方式烹調成不同的自助餐菜式。

想將你的用餐體驗提升至極致？那就預訂一隻鮮活的阿拉斯加帝王蟹，讓我們的廚師為你烹製成鮮嫩多汁的美食吧！

Please note that the availability of the Alaskan King Crab is exclusively for confirmed pre-orders. To avoid disappointment, we kindly request you to reserve your live Alaskan King Crab by 18th September. The live Alaskan King Crab is priced at \$2,250/pc (approximately 2.5kg per crab) and serves 2 - 4 people.

請注意，鮮活阿拉斯加帝王蟹的供應僅限於已確認的預訂，欲免向隅，請於 9 月 18 日或之前預訂你的鮮活帝王蟹。預訂鮮活阿拉斯加帝王蟹：每隻 \$2,250（約重 2.5 千克），可供 2-4 人享用。

Venue : The Island View & Pier 6
地點 :

Adults 成人 Children 小童
\$798 \$530

Reservations 訂座 : 2118 1846

For an additional \$178, our Beverage Package includes Wine, Sake, Beer, Soft Drinks and Orange/Apple Juice.

每位另加 \$178 可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

NATIONAL DAY FAMILY STYLE DINNER 國慶日意式家常晚餐

Savour the flavours of Italy this National Day at Capricci, where every dish is prepared with the finest ingredients for a truly memorable celebration.

前來 Capricci 餐廳品嚐意大利風味，慶祝今年的國慶日吧！這裡的每道菜式均採用最優質的食材烹製，為你帶來真正難忘的節慶晚餐。

Venue : Capricci
地點 :

Adults 成人 Children 小童
\$598 \$395

Reservations 訂座 : 2118 1803

M E N U

Marinated Heirloom Tomatoes
with Crème Brûlée of Parmigiano-Reggiano
and Basil

Open Raviolo of Italian Egg Yolk, Chicken
and Ricotta with burnt Sage Butter

Oven-baked Prawns
with Saffron Glaze and Black Garlic Crumble

Black Angus Beef Striploin
with Olive and Red Wine Jus, Bell Pepper Confit,
Broccolini and whipped Bone Marrow Butter

Hazelnut and Earl Grey Delight

* Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

* Final details for the fireworks display arrangements are subject to the announcement by the HKSAR Government in due course.
有關煙花匯演的詳細安排有待政府公佈。

MID-AUTUMN FESTIVAL AND NATIONAL DAY Chinese Lunch and Dinner Buffet at The Island View

慶祝中秋節及國慶日
ISLAND VIEW 餐廳中式美食自助午餐及晚餐

Join us at The Island View for a vibrant celebration of the upcoming Mid-Autumn Festival and the National Day of the People's Republic of China.

Indulge in the Lunch and Dinner Buffet bursting with flavour, showcasing an array of time-honoured favourites and seasonal specialities. Savour perfectly steamed Garoupa, Roasted Meats, freshly set Tofu and Pomelo delights, before treating yourself to our exquisite homemade Mooncakes, freshly prepared by our pastry chefs for the occasion.

With sweeping views, warm hospitality, and a menu that honours the rich traditions of Chinese cuisine, it is the perfect place to gather with family and friends for a memorable dining experience.

誠意邀請大家蒞臨 Island View 餐廳，與我們一同慶祝即將到來的中秋佳節及中華人民共和國國慶日。

盡情享用風味十足的自助午餐及晚餐美食，品嚐一系列經典佳餚及時令特色菜，包括蒸煮完美的石斑魚、烤肉、新鮮出爐的豆腐及柚子菜式，再享用由我們糕點師傅新鮮製作的美味月餅。

餐廳景觀視野開闊，服務熱情周到，菜單秉承了豐富的中式傳統，是與家人朋友歡聚一堂，享受難忘用餐體驗的理想之選。

From 21st September to
4th October
(except Dinner on 25th-27th
September and 1st October)
9月21日至10月4日
(9月25日至27日及10月1日的
晚餐除外)

Time : Lunch and Dinner
時間 : 午餐及晚餐

Venue : The Island View Restaurant
地點 : Island View餐廳

Adults 成人 Children 小童
\$328 \$228

Reservations 訂座 : 2118 1846



The background of the top half of the page features a collage of traditional Chinese Mid-Autumn Festival elements. On the left, a large, detailed image of a full moon is partially visible. To its right and overlapping it are several colorful lanterns in shades of red, orange, green, and blue, some with intricate patterns and tassels. The lanterns are set against a dark, starry night sky. The overall composition is festive and celebratory.

MID-AUTUMN FESTIVAL DINNER BUFFET

中秋節自助晚餐

Join us for a sumptuous feast of Chinese culinary treasures to celebrate the Mid-Autumn Festival here at Pacific Club's Island View and Pier 6 Restaurant.

Savour a variety of classically inspired dishes featuring braised Supreme Fish Maw, delicate Hair Crab, stewed River Snails, perfectly roasted Suckling Pig and other roasted meats. Indulge in traditional Lotus and Taro creations, and end on a sweet note with Osmanthus and Pomegranate-infused delights along with our homemade Mooncakes.

誠摯邀請你蒞臨太平洋會 Island View 及 Pier 6 餐廳，共慶中秋佳節，品嚐豐盛的中式美食盛宴。

屆時，你將可以品嚐紅燒花膠、鮮味大閘蟹、煮田螺、烤至完美的烤乳豬及其他烤肉等；還有以蓮蓉及香芋製作的傳統美食；最後再加一點甜味，享用以桂花及石榴製作的甜點，以及我們精心製作的月餅。

Friday 25th to Sunday 27th September
9月25日(星期五)至27日(星期日)

Time : From 6:00pm
時間 : 由晚上6時開始

Venue : The Island View & Pier 6 Restaurant
地點 : Island View 及 Pier 6 餐廳

Adults 成人 Children 小童
\$398 \$268

Reservations 訂座 : 2118 1846

For an additional \$178, our Beverage Package includes Wine, Sake, Beer, Soft Drinks and Orange/Apple Juice.

每位另加\$178可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁



「牛排之夜」 自助晚餐

The Island View Restaurant STEAK NIGHT DINNER BUFFET

1st September to 18th September
9月1日至18日

Time : From 6:00pm
時間 : 由晚上6時開始

Venue : The Island View Restaurant
地點 : Island View餐廳

Adults 成人 Children 小童

\$288 \$190

Reservations 訂座 : 2118 1846

Step in and cross over into the French Bistro-inspired Island View Restaurant to enjoy the buffet featuring seafood on ice, appetisers, soup and a fresh salad bar, along with a nightly noodle station.

The highlight of the evening is a Black Angus Flat Iron Steak served with French Fries brought directly to your table. Each serving comes with Sauce Café de Paris and Beurre des Dieux, a rich butter flavoured with Bone Marrow, Lemon, Parsley and a hint of Cognac. Finish in style with Profiteroles, Tarte Tatin, Crème Brûlée and Mousse au Chocolate.

歡迎前來充滿法式小酒館風格的 Island View 餐廳，享用豐盛的自助晚餐，美食包括冰鎮海鮮、開胃菜、湯品及新鮮沙律吧，以及每晚都會供應的麵食。

此外，還有每晚的重點美食 — 黑安格斯牛排，配上薯條，直接送到你的餐桌上。每份牛排都佐以兩款醬汁 — Café de Paris 及 Beurre des Dieux（一種用牛骨髓、檸檬、香芹及少許干邑調味的濃郁牛油汁）。最後，以泡芙、焦糖蘋果塔、焦糖布丁及朱古力慕絲來完美結束這個晚上。

SATURDAY, 19th AND
SUNDAY, 20th SEPTEMBER
9月19日(星期六)及20日(星期日)

OKTOBERFEST CELEBRATIONS

at The Island View Restaurant

THE ISLAND VIEW 餐廳 – 德國啤酒節慶祝活動

GERMAN OKTOBERFEST-INSPIRED DINNER BUFFET

德國啤酒節自助晚餐

Join us at The Island View for a fantastic German Oktoberfest-inspired dinner buffet. Come and enjoy a full German Buffet, featuring favourites such as Obatzda Bavarian Cheese Dip and Pretzels, Backhändl, roasted Pork Knuckle and Sauerkraut, Spätzle, and a plethora of German sausages – to name only a few of the German delicacies served on these nights, served alongside authentic German Beer and more.

歡迎前來 Island View 餐廳享用德國啤酒節自助晚餐，體驗熱鬧的節日氣氛！品嚐豐富的德國地道美食，包括巴伐利亞芝士醬椒鹽捲餅、炸雞、烤豬腳配酸菜、德國麵餃、不同種類的德國香腸，以及更多美食；當然還有不可缺少的正宗德國啤酒。

這個僅舉行兩天的美酒佳餚活動絕對不可錯過！

Venue : The Island View & Pier 6
地點 :

Adults 成人 Children 小童
\$288 \$190

Reservations 訂座 : 2118 1846

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

OKTOBERFEST BREAKFAST MENU

德國啤酒節早餐

On Saturday, 19th and Sunday, 20th September, start your day with our special Oktoberfest breakfast menu and enjoy a hearty German dawn feast at The Island View Restaurant on one weekend only.

僅於 9 月 19 日(星期六)及 20 日(星期日)一個週末，前來 Island View 餐廳享用我們特別以德國啤酒節為靈感的豐盛德式早餐菜式，展開美好的一天。

- Weißwurst und Brezn – Poached Veal Sausage served with Pretzel and Sweet German Mustard **\$99**
- Bauernfrühstück – Rustic Potato Omelette with Bacon and Onions **\$99**
- Birchermüsli – Overnight Oats with Yoghurt, Nuts, Fresh and Dried Fruits **\$68**
- Frühstücksbrettchen – Selection of Cold Cuts and Cheeses, Pumpernickel and Sourdough Bread, Honey, Jam, Butter, Yoghurt and Eggs **\$128**





Friday, 23rd October
10月23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 :
地點 : Pier 6 Restaurant

Reservations 訂座 : 2118 1878

Pier 6 Restaurant BILLECART-SALMON CHAMPAGNE DINNER

Pier 6 餐廳 BILLECART-SALMON 香檳晚餐

Everything comes back to the wine. Here, discretion is always at the service of elegance, rarity has a taste of excellence, the passing on of tradition speaks of continuity, audacity becomes the guardian of authenticity, and quality remains primary, above all. Welcome to the story of Maison Billecart-Salmon.

With over two centuries of heritage and craftsmanship, Billecart-Salmon has been guided through seven generations by heirs devoted to pursuing quality and excellence. They have been the committed guardians through the centuries of exacting standards and a passion renewed - for the vine, the terroir and the art of winemaking.

Join us for an extraordinary night of stunning Champagnes reflecting the savoir-faire of one Champagne's most revered family-owned houses, paired with carefully crafted dishes to elevate each Cuvée.

一切都離不開葡萄酒。在這裡，低調卻優雅，稀有臻於卓越，傳統的傳承象徵著延續，大膽創新，守護純正，品質至上，始終如一。歡迎聆聽 Billecart-Salmon 酒莊的故事。

擁有超過兩世紀歷史的 Billecart-Salmon 酒莊，其 7 代傳承的釀酒師始終秉承著對品質及卓越的不懈追求。幾個世紀以來，他們始終堅守著嚴苛的標準，並對葡萄藤、風土及釀酒藝術充滿熱情，矢志不渝地守護著這份傳承。

歡迎於 10 月 23 日晚上加入我們，共度一個非凡的夜晚，品嚐令人驚豔的香檳，感受香檳區最受尊敬的家族酒莊之一的精湛技藝，並配搭精心烹調的菜餚，以提升每一款香檳的質感。

THE 4 PILLARS OF BILLECART-SALMON PERFECTION

The Art of Cold Fermentation:

The secret behind that signature, ridiculously elegant freshness.

A Mastery of Pinot Noir:

Bold, structured, and unapologetically rich.

The Grand Cru Chardonnay Elegance:

Silky, vibrant, and pure sophistication.

Patience & Time (The Art of Aging):

Decades of cellar aging brought to life for just one night.

Billecart-Salmon 完美佳釀的四大基礎

冷發酵的藝術

: 成就其標誌性、無比優雅的清新口感的秘訣。

Pinot Noir 的掌控

: 酒體飽滿、結構緊實、醇厚濃郁。

特級 Chardonnay 的優雅

: 絲滑柔順、明亮鮮明、純粹精緻。

耐心與時間 (陳年的藝術)

: 數十年的酒窖陳釀，成就一夜的驚艷呈現。

* Save the date and look forward to further information and menu details in our next issue of Pacific Views.
請記下這日期，並留意下一期舊絮內有關當晚葡萄酒及菜式的詳情。



STACKED SENSATION

Your New Favourite Sandwich 層層疊的美味
你全新的摯愛三文治

French Onion Croque Madame

Inspired by the defining moment of French onion soup — the charred, cheese-topped bread resting on sweet caramelised onions — this elevated Croque Madame brings the same layered magic to this revisited classic. Caramelised onion depth, rustic sourdough, delicious ham, a silky white onion soubise sauce, and a generous Gruyère-Comté melt come together in a crisp-to-melty sandwich.

法式洋蔥 Croque Madame 三文治

這款升級版的 Croque Madame (庫克太太) 三文治靈感源自經典法式洋蔥湯 — 香甜焦糖洋蔥上放著鋪滿芝士的烤麵包 — 以同樣的層次感及美味塑造出這款經典之作。香氣濃郁的焦糖洋蔥、質樸的酸麵包、鮮味的火腿、絲滑的白洋蔥醬汁, 以及滿滿的格魯耶爾孔泰芝士, 共同成就了這款外脆內軟的三文治。

Available throughout September at the Club Bar, Oyster Bar, The Island View and for Takeaway.

整個 9 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。

\$108 | per serving
每份

Our Pastry Chef's Masterpiece ORANGE BLOSSOM HONEY & CHOCOLATE DELIGHT

太平洋會糕點師傅精心傑作
橙花蜂蜜朱古力甜點

A dark Chocolate Mousse wrapped in dazzling Orange Blossom Honey Ganache with Honeycomb Crunch and candied Orange — beautifully silky chocolate elegance wrapped in delicate layers, lifted with bright orange for a refined citrus glow. Rich chocolate and fragrant orange harmonise in every bite, prepared by our pastry chefs for a truly special, celebratory finish.

濃郁的黑朱古力慕絲, 裹上令人驚豔的橙花蜂蜜甘納許, 再以蜂巢脆片及蜜餞橙皮點綴 — 絲滑柔順的朱古力, 被層層包裹, 點綴以明亮的橙香, 帶來精緻的柑橘光澤。

每一口都融合了濃郁的朱古力及芬芳的橙香, 由我們的糕點師傅精心製作, 為你帶來真正特別的慶祝體驗。

\$78 | per portion
每件

Available daily in all outlets from 12:00noon
由每日中午 12 時起在所有餐廳及酒吧供應



MOONCAKE ORDER FORM

中秋月餅訂購表格



Chef Yip of Bauhinia Restaurant has prepared delicious Mini Mooncakes for Members to celebrate the Mid-Autumn Festival on 25th September with family and friends.
9月25日是一年一度的中秋節，紫荊閣總廚葉師傅特別準備了多款迷你月餅，讓閣下與家人朋友共度佳節。

Limited
Availability
限量發售

ITEM 項目		PRICE 單價	QUANTITY 數量	TOTAL 總額
Mini Mooncakes with Red Bean Paste with Dried Tangerine Peels 陳皮豆沙迷你月餅	4 pieces per box 四件裝	\$186		
Mini Mooncakes with White Lotus Seed Paste and Egg Yolk 白蓮蓉蛋黃迷你月餅	4 pieces per box 四件裝	\$186		
Mini Mooncakes with Custard 奶皇迷你月餅	4 pieces per box 四件裝	\$188		
Duo Flavours of Mini Mooncakes (Custard - 2 pcs, White Lotus Seed Paste and Egg Yolk - 2 pcs) 迷你月餅二重奏 (奶皇 一 兩件, 白蓮蓉蛋黃 一 兩件)	4 pieces per box 四件裝	\$188		
*Please allow three days for preparation 請預留 3 日時間製作月餅				GRAND TOTAL 總合計

Member's Name (in full) 會員姓名 : _____

Membership No. 會員編號 : _____

Contact Telephone No. 聯絡電話 : _____

Collection Date & Time 領取日期及時間 : _____

Signature 會員簽署 : _____

- The date for ordering is from 1st September, whilst stock lasts.
本會將於9月1日開始接受訂購，數量有限，售完即止。
- Collection may be made from 14th September at Bauhinia Restaurant.
閣下訂購之月餅可於9月14日開始到紫荊閣領取。
- For ordering, please present this form to Bauhinia Restaurant or send by fax to 2118 0207 or email to lawrence-lo@pacificclub.com.hk
訂購月餅，請填妥此表格，並交回紫荊閣；或傳真至2118 0207；或電郵至lawrence-lo@pacificclub.com.hk。
- The charges of this confirmed order will be debited directly to your monthly account
此表格上之訂購總額將記入閣下之月結賬戶內。
- The personal data collected in this order form will be used for order confirmation only.
本表格內所收集的個人資料只用作確認訂購之用途

SPECIAL PROMOTIONS

at Bauhinia in September

紫荊閣 9 月份特別菜式推介



Available at Lunch and Dinner
from 1st to 20th September
於 9 月 1 日至 20 日期間 午餐及晚餐時段供應

Abalone and Chicken Casserole Set Menu 鮑魚雞煲套餐

This month at Bauhinia, indulge in a refined Set Menu, which includes Abalone and Chicken Casserole. Each course is thoughtfully prepared to highlight the richness and depth of traditional flavours.

本月份在紫荊閣，大家可以品嚐到一份精心準備的套餐，當中特別包括一道鮑魚雞煲。每道菜品均經過精心烹調，充分展現傳統風味的豐富與深度。

避風塘茄子丁 拼 椒鹽雞軟骨
Deep-fried Diced Eggplant with Garlic, Spicy Salt and Chili
Deep-fried Chicken Cartilage with Spicy Salt

濃邊叉燒皇 拼 海蜆燻蹄
Barbecued Honey-glazed Pork
Marinated Pork Knuckle in Chinese Spices with Jelly Fish

清蒸石斑
Steamed Garoupa

鮑魚北菇雞煲
Abalone and Chicken Casserole

順德蜜桃欖角骨
Pork Ribs with Peach, Preserved Olives and Plum Sauce

蒜茸帶子蒸勝瓜伴菜遠
Steamed Scallops with Angled Loofah,
Choy Sum and Garlic

精美甜品
Daily Dessert

\$428 | per person, minimum 2 persons
每位，兩位起



from 1st to 30th September
於 9 月 1 日至 30 日期間

Chef Keung's Favourite Bites 強師傅舌尖上的美食

This month, join us at Bauhinia Restaurant and enjoy a selection of Chef Keung's most cherished recipes. September's highlights include Deep-Fried Scallops Stuffed with Mashed Taro, as well as Pork Ribs with Peach, Preserved Olives and Plum Sauce.

歡迎前來紫荊閣品嚐強師傅的拿手菜式，9 月份的特別推介包括蒜茸炸釀帶子、蜜桃欖角酸梅骨，還有更多精選菜式。



To book your table, please call 2118 1892. 訂座請致電 2118 1892。

RETURN IN SEPTEMBER
9 月份再度舉行

OYSTER FRIDAYS

Every Friday is Oyster Night at the Club Bar!

週五「盡享生蠔」之夜
每個星期五晚上在會所酒吧舉行

Make Friday night extra special with Oyster Night at the Club Bar! Enjoy weekly changing, freshly shucked oysters, available by the piece and served with Mignonette and Lemon.

In addition, enjoy a special offer for Moët & Chandon Champagne at \$78 per glass.

每個星期五晚上都是會所酒吧的「盡享生蠔」之夜！每個星期我們都會送上來自不同地區的新鮮即開生蠔，收費以每隻計算，每隻生蠔均佐以香草檸檬醬享用。

多加一重享受...同時享用 Moët & Chandon 香檳，每杯只需 \$78。



NAMASTE INDIA LUNCHTIME CURRY BUFFET

at the Club Bar

Every Friday in September

會所酒吧 - 印度咖喱自助午餐
9 月份逢星期五供應

Join us at the Club Bar on Friday lunchtimes for an array of authentic and aromatic curries on our Lunchtime Curry Buffet. Our Speciality Chef will delight you with his offerings. Each week, indulge in a fresh variety of dishes that showcase the depth and richness of Indian cuisine. The buffet is complemented by classic Basmati Rice, Roti Prata, Poppadoms, Condiments and Masala Chai.

於逢星期五的午餐時段，歡迎前來會所酒吧享用我們精心準備的咖喱自助午餐，品嚐多款香氣四溢的正宗咖喱美食。本會的印度菜廚師將奉上美味佳餚，讓你盡情享用。

每個星期，我們都會推出新鮮菜式，盡情展現印度美食的豐富底蘊及精髓。自助美食將配搭經典印度香米、印度煎餅、薄脆餅、各種佐料及印度香料奶茶。

From 12:30pm – 2:30pm
由下午12時30分至2時30分供應

\$198 | per person
每位

GIROLLES MUSHROOMS

Available at Pier 6 and Capricci
in September

9 月份 Pier 6 及 Capricci 餐廳
雞油菌菜式

For a delicious seasonal treat, head to Pier 6 and Capricci in September to taste dishes prepared with peak-season, jet-fresh Girolles Mushrooms.

Immerse yourself in our seasonal menu, designed to showcase the unique flavours of Girolles during their prime harvest period.

想品嚐季節性美食，歡迎於 9 月份前來 Pier 6 及 Capricci 餐廳享用以新鮮時令的雞油菌為主要食材來烹調的多款菜式。

現在正值是雞油菌的黃金收成期，可盡情享用菜式帶來無與倫比的獨特風味。

For reservations, please call 訂座請致電

Pier 6 : 2118 1878

Capricci : 2118 1803



BELGIAN STYLE POTATO WAFFLE WITH SMOKED SALMON, CAVIAR AND SOUR CREAM

比利時風味馬鈴薯窩夫餅
配煙三文魚、魚子醬及酸忌廉



Indulgent Belgian-style potato waffles, irresistibly crisp and golden, topped with silky smoked salmon and a luxurious spoonful of caviar — finished with cool, tangy sour cream for the perfect balance of richness and freshness.

這款令人垂涎的比利時風味馬鈴薯窩夫餅，外皮酥脆金黃，上面放著口感絲滑的煙三文魚及一匙奢華的魚子醬，最後再加上清爽微酸的酸忌廉，完美平衡了濃郁與清新的味道。

Available Daily at The Island View and Oyster Bar
from 2:30pm-5:00pm in September

9 月份每日下午 2 時 30 分至 5 時 在 Island View 餐廳
及 Oyster Bar 供應

\$168 | per portion
每份



SHARK ROCK 鯊魚石



A surprisingly lush landscape can be found just up the hill from an MTR station in East Kowloon. And your reward for the climb is a funny rock formation.

This trail is very easy until the final optional section, which requires some scrambling. Walking time: 2 hours.

From Exit C of Diamond Hill MTR, enter the public transport interchange and board green minibus 19M or 19S. Pay attention to alight at the stop for Fu Shan Estate, then cross the road and turn left. Walk up the road, past the bus station, to find a track barred by a striped gate.

This leads you down to a bridge over a rocky stream. Follow the road until it ends, and then turn left, where the Chinese sign includes the number 50.

You're now walking through the Diamond Hill urn cemetery, and it seems to have been here for a long time, judging by the moss on the gravestones. It's quiet and shaded by trees, and has a sort of overgrown beauty.

After a while, the graves peter out, and the path narrows as it continues uphill. Banana groves on your left seem to be tended by part-time farmers who have fenced off this wet, fertile land.

Higher up the valley, you cross a footbridge over a stream, and on the other side there's a tree which has a hollow trunk, but it seems to be in good health. Looking at the damp jungle all around, you

can see the remnants of terraced fields and stone walls. Perhaps the ancestors of those banana farmers used to cultivate these slopes higher up the hill.

Carry on up the steep but still paved path, and suddenly you are surprised by a shark-like rock appearing to lunge at you out of the undergrowth. It's a natural formation but really does look very much like the marine predator. Some jokers have inserted stones into the groove of its jaw to serve as its teeth.

At this point, it is best to turn around and retrace your steps to the start, because higher up from here, the path gets narrower and more overgrown, and it crosses a steep stream which can suddenly increase in water volume, especially in the rainy season.

If you do turn back, taking care on the downward path which is slippery in places, you can turn right after the banana grove and then turn left after crossing the stream to take a circuitous route back to Fu Shan Estate through a different part of the hillside cemetery.

If you carry on up, you can cross the stream and then follow a faint trail uphill through the trees to reach Jat's Incline. Turn right on this old hill road to descend back to Kowloon.



從東九龍的一個港鐵站上山，就能發現一片令人驚喜、鬱鬱蔥蔥的美景。攀上山後，你還能欣賞到一塊形狀奇特的岩石。

這條步道前半段非常輕鬆，但最後一段需要手腳並用地攀爬。步行時間：兩小時。

從鑽石山港鐵站 C 出口離開，進入公共運輸交匯處，乘搭 19M 或 19S 綠色小巴。注意在富山邨站下車，然後橫過馬路再左轉。沿著這條路走，經過巴士站，你會看到一條被條紋柵欄圍起來的小路。

這條路會帶你走到一座橫跨岩石溪流的小橋。沿著路走到盡頭，然後左轉，那裡有一個中文路牌，上面標有數字 50。

你現在正穿過鑽石山金塔墳場，從墓碑上的青苔來看，這裡似乎已經存在很久了。墳場靜謐幽深，綠樹成蔭，散發著一種未經雕琢的美感。

過了一會兒，墓碑漸漸消失，小路也變窄且繼續往上延伸。左側的香蕉林似乎是由一些業餘農民照顧的，他們用柵欄圍起了這片濕潤肥沃的土地。

往山谷向上走，你會經過一座橫跨溪流的行人橋。橋的對岸有一棵樹幹中空，但看起來很健康的樹。環顧四周潮濕的樹林，你可以看到梯田及石牆的遺跡，或許那些香蕉種植者的祖先曾經在山坡的更高處耕種土地。

沿著陡峭但鋪設好的小路繼續向上走，突然間，一塊形似鯊魚的岩石從灌木叢中竄出，彷彿要向你撲過來，著實讓人吃一驚。這雖然是天然形成的岩石，但確實酷似這種海洋掠食者，有些人甚至在岩石的凹槽裡塞了石頭，假裝它們是牙齒。

此時最好是轉身原路返回起點，因為從這裡往上走，小路會變得愈來愈窄，雜草叢生，而且還會穿過一條陡峭的小溪，溪水水量可能會突然增加，尤其是在雨季。

如果你要往回走，下山的路有些地方很濕滑，所以要份外小心。你可以穿過香蕉林後向右轉，過溪後向左轉，繞道穿過山坡墓地的另一部分，回到富山邨。

如繼續往上走的話，可以走過溪流，然後沿著樹林中一條隱約可見的小路上山，到達扎山道。在這條古老的山路上右轉，就可以下山回到九龍。

SUMMER DRINKS

夏日特飲

Cool down this summer with a refreshing collection of seasonal drinks inspired by flavours from around the world. From citrus notes to smooth coffee blends, each glass is designed to bring a little sunshine to your day.

今個夏天，享用多款靈感源自世界各地風味的冰涼時令飲品來幫你消暑吧！從柑橘的清新到醇厚的咖啡香，每一杯都為你的生活帶來一絲陽光。



Brazilian Lemonade
巴西檸檬特飲



French Lemon Curd Fizz
法式檸檬蛋黃醬氣泡飲



Italian Peach Spritz
意式蜜桃氣泡飲



Japanese Yuzu Espressonic
日本柚子濃縮咖啡

Available daily at all outlets
每日在所有餐廳及酒吧供應

\$60 | per glass (Mocktail)
每杯(無酒精)

\$90 | per glass (Cocktail)
每杯(有酒精)

EARLY BIRD OFFERS FOR YEAR-END BANQUETING EVENTS

年終聚餐 / 派對 「早鳥」餐飲折扣優惠

Planning a year-end celebration? Early reservations come with exclusive privileges... Confirm your November or December 2026 Pacific Club event in advance and enjoy special savings on our 3-hour free-flow Beverage Packages for groups of 30 or more. The earlier you book, the more you save!

計劃年終慶祝活動? 現在提前預訂即可尊享專屬禮遇... 提前確認於2026年11月或12月份在太平洋會舉辦30人或以上的聚餐/派對, 即可獲享3小時無限暢飲餐飲套餐的特別折扣優惠。愈早預訂, 優惠愈多!

SUPERIOR BEVERAGE PACKAGE 尊享餐飲套餐

Including 3 hours free-flow of:

- Orange Juice and Apple Juice
- Coca-Cola, Coke Zero, Fanta, Sprite, Schweppes Soda Water
- Carlsberg Draught Beer
- The Wall Chardonnay, New South Wales, Australia
- The Wall Cabernet Sauvignon, New South Wales, Australia

包括3小時無限暢飲:

- 橙汁及蘋果汁
- 可口可樂、無糖可樂、芬達、雪碧、玉泉梳打水
- 嘉士伯生啤酒
- 澳洲 The Wall Chardonnay, New South Wales 白酒
- 澳洲 The Wall Cabernet Sauvignon, New South Wales 紅酒

DELUXE BEVERAGE PACKAGE 豪華餐飲套餐

Including 3 hours free-flow of:

- Orange Juice and Apple Juice
- Coca-Cola, Coke Zero, Fanta, Sprite, Schweppes Soda Water, Ginger Ale, Ginger Beer and Tonic Water
- Carlsberg Draught Beer
- Moët & Chandon N.V. Imperial Brut, Champagne, France
- Sancerre Tradition, Gérard Boulay, Chavignol, Loire, France
- Esprit de Pavie, Château Pavie, Bordeaux, France
- Bombay Sapphire Gin, Absolut Vodka, Bacardi White Rum, Jim Beam Bourbon Whiskey

包括3小時無限暢飲:

- 橙汁及蘋果汁
- 可口可樂、無糖可樂、芬達、雪碧、玉泉梳打水、薑汁汽水、薑汁啤酒及湯力水
- 嘉士伯生啤酒
- 法國 Moët & Chandon, Imperial Brut 無年份香檳
- 法國 Sancerre Tradition, Gérard Boulay, Chavignol, Loire 白酒
- 法國 Esprit de Pavie, Château Pavie, Bordeaux 紅酒
- Bombay Sapphire 薑酒、Absolut 伏特加、Bacardi 白蘭姆酒、Jim Beam 波本威士忌



Book by 30th September 2026

with a signed confirmation letter to enjoy:

- Superior Package : \$130 per person (regular price \$230)
- Deluxe Package : \$400 per person (regular price \$600)

Book by 31st October 2026

with a signed confirmation letter to enjoy:

- Superior Package : \$180 per person (regular price \$230)
- Deluxe Package : \$490 per person (regular price \$600)

Offers apply to events held from **1st November to 30th December 2026. Blackout dates:** 22nd, 24th, 25th, 26th, and 31st December.

Terms and conditions apply.

於2026年9月30日前預訂, 並簽署確認信, 即可獲享:

- 尊享餐飲套餐 — 早鳥價: 每位\$130 (原價每位\$230)
- 豪華餐飲套餐 — 早鳥價: 每位\$400 (原價每位\$600)

於2026年10月31日前預訂, 並簽署確認信, 即可獲享:

- 尊享餐飲套餐 — 早鳥價: 每位\$180 (原價每位\$230)
- 豪華餐飲套餐 — 早鳥價: 每位\$490 (原價每位\$600)

此優惠僅適用於2026年11月1日至12月30日期間舉辦的活動。不適用於以下日期: 12月22日、24日、25日、26日及31日。優惠附設條款及細則。

To enquire or reserve, please contact our Banqueting and Events Team on 2118 2851 or 2118 2295.

查詢有關詳情或預訂活動,

請致電 2118 2851 或 2118 2295 與本會宴會部聯絡。

STEAMED SCALLOPS WITH ANGLED LOOFAH AND GARLIC

蒜茸勝瓜蒸帶子



By Chef Yip Tsang Keung

Executive Chef, Bauhinia Restaurant

撰文：紫荊閣行政總廚 — 葉增強師傅

This is a classic home-style dish. The secret to its perfection lies in its layered texture and precise control of the cooking time. The crispness and sweetness of the angled loofah, the freshness of the scallops, and the intense aroma of the garlic blend perfectly, resulting in a light and non-greasy dish.

這是一道經典的家常菜式，令其完美的秘密在於帶出層次分明的口感及對烹飪時間的精準把控。勝瓜的爽甜、帶子的鮮味及蒜的濃香完美融合，成就了一道清爽不油膩的佳餚。



INGREDIENTS 材料

• Scallop Sashimi	6 pcs
帶子刺身	6隻
• Angled Loofah	1-2 pcs
勝瓜	1-2條
• Choy Sum	6 stalks
菜心	6條
• Minced Garlic	A Little
蒜茸	少許
• Chopped Spring Onions	A Little
蔥花	少許
• Egg White	A Little
蛋白	少許
• Chicken Powder	A Little
雞粉	少許
• Corn Starch	A Little
鷹粟粉	少許
• Salt	A Little
鹽	少許

PREPARATION 製作步驟

1. In a frying pan, sauté the minced garlic in 5 tablespoons of oil until fragrant. Pour into a bowl, add a pinch of chicken powder and salt, and mix well. Set aside.
在平底鑊中，用 5 湯匙的油將蒜茸爆香，倒入碗中，然後加入少許雞粉、鹽拌勻，備用。
2. Wash and peel the angled loofah, then cut it into long, small pieces. Set aside.
將勝瓜洗淨，去皮，切成細長條，備用。
3. Butterfly-cut the scallops, and season with a little salt, egg white and cornstarch. Set aside.
帶子用雙飛法切開，用少許鹽、蛋白及鷹粟粉拌勻調味，備用。
4. Arrange the angled loofah on a plate, sprinkle with a little salt and steam for one minute.
將勝瓜排放在碟上，灑上少許鹽，先隔水蒸一分鐘。
5. Then place the seasoned scallops on top of the angled loofah, add sautéed garlic and steam for 3 minutes.
然後將已調味的帶子放在勝瓜上面，再加入爆香的蒜茸，蒸 3 分鐘。
6. Cook the choy sum and place them next to the angled loofah and scallops as a garnish.
菜心煮熟後放在勝瓜帶子旁作伴菜。
7. Finally, sprinkle with chopped spring onions and serve.
最後灑上蔥花，即可享用。

Schedule in September 九月份課程

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)
THURSDAY	
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)
Junior Pickleball Academy	2:00pm – 3:00pm (A: 3½-6 years) 3:00pm – 4:00pm (B: 7-11 years)
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。



FASCIA EXERCISE TRAINING

筋膜運動訓練

Fascia Exercise Training targets the body's connective tissues using flowing stretches and controlled movements to melt away tension and boost mobility. This gentle, low-impact program is designed to enhance posture, coordination, balance, and circulation, making it an excellent fit for any fitness level.

「筋膜運動訓練」透過一系列流暢的伸展與控體動作，深層釋放結締組織的緊繃感，從而顯著提升靈活性與機動性。這項溫和且低衝擊性的課程，旨在改善體態、協調性、平衡感與血液循環，非常適合各種體能水平的人士參與。

DATE 日期	(A) Monday 7th, 14th, 21st & 28th September (B) Wednesday 2nd, 9th, 23rd & 30th September A班 9月7日、14日、21日及28日 (星期一) B班 9月2日、9日、23日及30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	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	Please note that this class is taught in Cantonese only 廣東話授課

JAZZ DANCE

爵士舞班

Bring energy and expression to every movement in this upbeat Jazz Dance Class. Participants will learn dynamic routines and expressive choreography in these hour-long classes. Set to lively music, each session helps improve flexibility while encouraging students to dance with confidence and style.

在這活力四射的爵士舞班上，每個動作都充滿能量和表現力。學員將在一小時的課堂裡學習動感十足、富有表現力的舞蹈，伴隨著歡快的音樂，有助於提升學員的柔軟性，並鼓勵他們自信優雅地舞動。



DATE 日期	Thursday 3rd, 10th, 17th & 24th September 9月3日、10日、17日及24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

Dynamic music and fun choreography come alive in this vibrant class inspired by street dance and modern pop! Designed to boost rhythm and coordination, it delivers an exciting, active workout that flies by. Best of all, participants can achieve up to 7,000 dance steps in just one hour!

動感十足的音樂與趣味編舞完美交融，在這啟發自街舞與現代流行風格的活力課程中釋放精彩！本課程旨在提升節奏感與身體協調性，為你帶來既興奮又充滿活力的運動體驗，讓時間在不知不覺中飛逝。最有趣的是，學員在短短一小時內就能挑戰高達 7,000 步的舞蹈步伐！



DATE 日期	(A) Wednesday 2nd, 9th, 16th, 23rd & 30th September (B) Friday 4th, 11th, 18th & 25th September A班 9月2日、9日、16日、23日及30日 (星期三) B班 9月4日、11日、18日及25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	(A) Member \$950, Guest \$1,550 (for 5 lessons) (B) Member \$760, Guest \$1,240 (for 4 lessons) A班 會員\$950・非會員\$1,550 (5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

ZUMBA FITNESS

尊巴健體舞班

Let the bright rhythms and Latin beats awaken your inner athlete. Our Zumba class beautifully fuses infectious dance choreography with high-efficiency fitness, creating a high-energy party that keeps you fully engaged from start to finish. In this joyful atmosphere, members will not only boost their cardiovascular endurance but also experience the pure joy of breaking a sweat. Perfect for all fitness levels, this group dance workout invites you to stay active, burn fat with confidence, and soak up the electric energy.



讓明快的節奏與拉丁律動喚醒身體的運動細胞。本會尊巴健體舞班將充滿感染力的舞蹈與高效體能訓練完美融合，打造一場讓人全程投入的高能量派對。學員不僅能在歡樂的氛圍中提升心肺耐力，更能純粹地享受揮灑汗水的快感。本課程適合任何體能水平的人士參與，一同在熱烈的音樂氣氛中保持活力、自信燃脂。

DATE 日期	Sunday 6th, 13th, 20th & 27th September 9月6日、13日、20日及27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 \$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



STRETCHING EXERCISE CLASS

伸展運動班

Take time to reset the body with our relaxing Stretching Exercise Class, focused on lengthening muscles and improving everyday movement. Slow and steady exercises help reduce the risk of injury, increase range of motion, and leave the body feeling lighter and more refreshed. Ideal for all fitness levels, this class is especially beneficial for those looking to unwind, recover after exercise or maintain better flexibility and balance.

前來參加本會伸展運動班放鬆身心，感受煥然一新的感覺吧！課程專注於延伸肌肉與改善日常活動能力，透過緩慢而穩定的練習，有效降低運動受傷的風險，擴大關節活動度，並讓身體感覺更輕鬆、煥然一新。這課程適合各種體能水準的人士參與，特別有助於放鬆身心、運動後恢復，以及維持更好的柔軟度與身體平衡。

DATE 日期	(A) Friday 4th, 11th, 18th & 25th September (B) Thursday 3rd, 10th, 17th & 24th September A班 9月4日、11日、18日及25日 (星期五) B班 9月3日、10日、17日及24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





By Billy Che
Personal Trainer
撰文：私人健身教練

Revitalising Lower Body Dynamics: 5 HIGH-EFFICIENCY CIRCUIT EXERCISES FOR METABOLIC BOOST & CARDIOVASCULAR RESHAPING

活化下肢動能：5 式高效率循環訓練，啟動高代謝與及心肺重塑

The lower body muscles are often referred to as the body's "second heart". In this article, I have curated five movements combining explosive power, muscular endurance, and low-impact recovery. Through a progressive circuit structure, this routine deeply activates your metabolism, guiding you toward a 45-minute peak conditioning state.

The Science of Lower Body Training for High Metabolism

Over 60% of human muscle mass is concentrated in the lower body. Training these major muscle groups triggers Excess Post-Exercise Oxygen Consumption (EPOC), keeping your metabolic rate elevated for hours post-workout. Alternating dynamic explosions with isometric holds increases heart stroke volume and arterial elasticity while strengthening the kinetic chains around the hips, knees, and ankles for total body stability.

下肢肌群素有「人體的第二心臟」之稱。在這篇文章中，我會精選五式結合爆發力、肌耐力及低衝擊復原的下肢動作，帶你透過循序漸進的循環訓練，深度活化你的新陳代謝，引導你邁向 45 分鐘的體能巔峰。

下肢訓練：高代謝及心肺重塑的科學密碼

人體超過 6 成的肌肉量皆集中於下肢。鍛鍊下肢大肌群能引發「運動後過量氧耗 (EPOC)」效應，讓身體在運動後持續高效燃脂。同時，動靜態交替的動作模式能提升心臟每搏輸出量及血管彈性，並強化髖、膝、踝關節周圍的肌群，全面提升軀幹穩定度。

Deep Dive into the 5 Core Exercises 五大核心動作剖析：



Muay Thai Explosive Knee Strike
泰拳爆發性提膝

1



Focuses on core stability and hip flexor power. Grip the heavy bag, engage your core, and explosively drive one knee upward to elbow height while driving the hip forward. Rise onto the forefoot of the supporting leg with a micro-bounce, alternating legs for **50 reps**.

著重核心穩定及髖屈肌爆發力。雙手抓握沙包並收緊核心，單膝爆發性提升至同側肘高，帶動髖部前送，支撐腳踮起輕跳，左右交替進行 **50 次**。



Wall Squat with Overhead Shoulder Press
背牆靜態深蹲伴隨肩上推舉

2

Combines isometric quadriceps contraction with deltoid endurance. Hold a 90-degree wall squat while performing **30 to 40 reps** of a 90-degree overhead shoulder press. This elevates heart rate under high metabolic stress with minimal joint friction.

結合股四頭肌等長收縮及三角肌耐力。背貼牆壁蹲下至雙膝成 90 度，保持靜態蹲姿並進行 90 度肩上推舉 **30 至 40 次**。這動作能在低關節磨損下給予心率極大的刺激。

3



In-Place Squat Jump-In & Out
原位半蹲動態出入跳



Targets gluteus medius stability and lower-body agility. Hold the front handles and maintain a continuous half-squat depth while rapidly jumping both feet outward off the mat and back in for **30 reps**, keeping the upper body completely stable.

目標訓練臀中肌的橫向穩定及動態耐力。雙手輕握扶手並全程維持半蹲姿勢，利用下肢彈性快速將雙腳向外跳出再跳入，連續重複 30 次，過程中頭部與軀幹應保持平穩。

4



Sandbag Muay Thai Push-Kick (Teep)
沙包爆發性前撐腳

Builds driving force in the glutes and hamstrings. Lift the knee rapidly and thrust the sole of your foot toward the bag at stomach height with an explosive hip extension. Perform **30** continuous strikes per leg, emphasising a push-and-drive motion.

增強臀大肌及腘繩肌的推動力。快速提膝後，配合吐氣及伸展髖部，將腳底用力推向與腹部齊平沙包，每邊腳連續擊打 30 次後換另一腳，重點在於「推與蹬」的延伸貫穿力。

5



Elastic Band-Assisted Stepping
彈力帶減速輔助上落踏步



Designed for knee joint decompression and active recovery. Attach an elastic band in front to provide upward traction, reducing vertical pressure on the knees. Step up and down on a low platform for **50 reps** to promote blood flow without joint strain.

針對膝關節的低衝擊復原及肌耐力。前方固定彈力帶以提供向上懸吊拉力，大幅減輕膝蓋負擔。於低踏板上規律地上下踏步 50 次，促進血液循環，避免關節拉傷。作為高強度訓練後的動態恢復。

Biomechanical Loop & Progressive Circuit Plan

These five exercises form a complete biomechanical sequence:

Explosion → **Occlusion** → **Agility** → **Thrust** → **Decompression**, ensuring comprehensive lower-body muscle engagement.

Perform these movements sequentially with a 15-second rest between exercises, followed by a 2-minute rest after completing a full circuit:

- Week 1: 2 Circuits — Build baseline mechanics
- Week 2: 3 Circuits — Enhance cardiovascular stamina
- Week 3: 4 Circuits — Maximise metabolic & fat-burning rate
- Week 4: 5 – 6 Circuits — 45 minutes for peak condition

Tip: Warm up with 5–10 minutes of dynamic stretching before training, stay hydrated, and adjust rep counts based on your daily fatigue levels.

生物力學閉環及循環訓練規劃

這 5 個動作構建了完整的生物力學閉環，涵蓋**高爆發** → **靜態充血** → **橫向敏捷** → **爆發推蹬** → **低衝擊修復**，能全面鍛鍊下肢肌肉。

建議將動作串聯為循環訓練，每個動作之間休息 15 秒，完成大循環後休息 2 分鐘：

- 第一週：2 個循環 — 建立基礎
- 第二週：3 個循環 — 提升心肺
- 第三週：4 個循環 — 最大限度提高代謝率及脂肪燃燒率
- 第四週：5 至 6 個循環 — 以 45 分鐘為目標

提示：訓練前先進行 5-10 分鐘的動態伸展熱身，保持水分充足，並根據你當日的疲勞程度調整重複次數

IF YOU HAD TO LIMIT YOURSELF TO JUST ONE CAMERA

如果你只能選擇一部相機的話



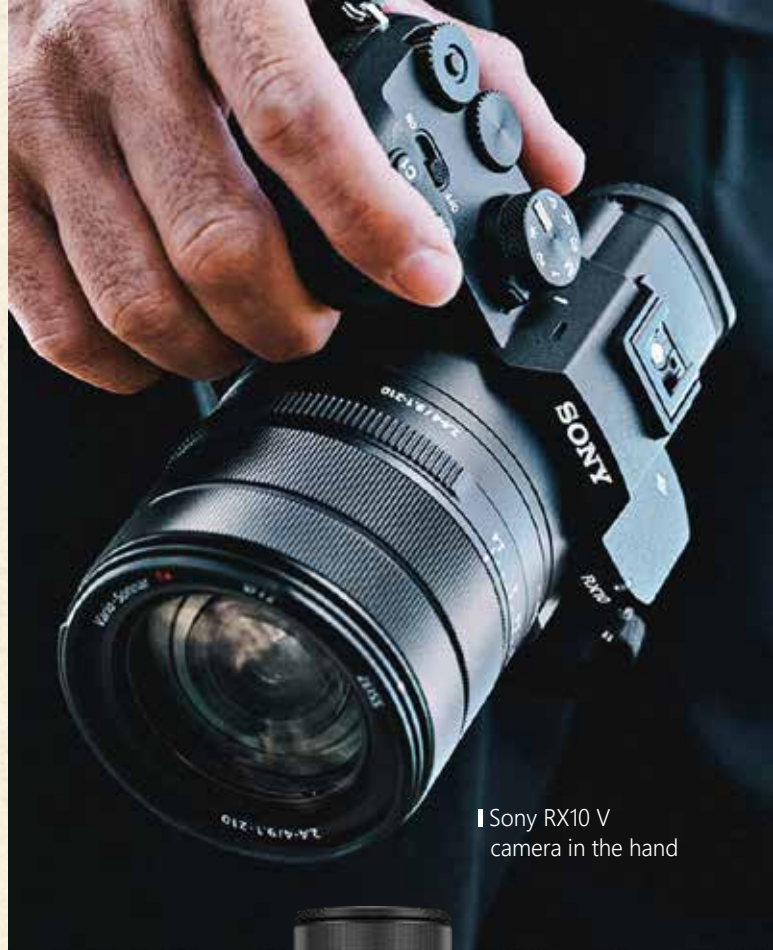
■ Sony RX10 V camera three quarters



■ Sony RX10 V camera with lens zoomed



■ Sony RX10 V camera top view



■ Sony RX10 V camera in the hand

In last month's article, I mentioned that most compact digital cameras have a tiny built-in flash, but don't have a flash hot-shoe. That means you can't attach an external flash to such a camera for the purpose of creating good professional lighting for a photograph.

That's one of the compromises we have to accept to satisfy our desire for a small and lightweight camera.

Another compromise we have to make with very compact cameras is accepting the limitation of the small lens, which typically cannot zoom out to a long enough focal length for sports photography, or bird and other wildlife photography. Photographing birds, for example, typically needs a long lens such as 600mm.

If you really want to photograph birds, you must make a compromise by using a larger and heavier camera that can provide a telephoto option of 600mm.

A few years ago, there were a few such compromise cameras made by Nikon, Panasonic, Fujifilm and Sony. They were called "bridge" cameras because they filled the gap between compact cameras and high-end SLR-style cameras. But at the moment, I am aware of only one such camera in the market, and it's the latest (5th) version of the Sony RX10 Series (Sony RX10 V).

The RX10 V has a very impressive list of specifications, including a Zeiss zoom lens that provides a focal length range from 24mm to 600mm. It does not have a built-in flash, but it does have a flash hot-shoe. You can connect it to a professional strobe lighting kit.

It also has very impressive video shooting capabilities. If I had to do everything with just one camera, and no additional lenses, the RX10 V would be my first choice in this low price range.

我在上個月的文章中提到，大多數輕便數碼相機都內建了一個微型閃光燈，但沒有閃光燈熱靴介面。這意味著你無法將外部閃光燈連接到這類相機上，從而無法獲得專業級的拍攝光線。

為了滿足我們對小型輕便相機的需求，這是我們不得不接受的妥協之一。

使用超輕便相機時，我們必須做出的另一個妥協就是接受小型鏡頭的局限性，這類鏡頭通常無法變焦到足夠長的焦距，不能滿足拍攝體育、鳥類或其他野生動物時的需求。好比拍攝鳥類時通常需要使用長焦距鏡頭，如 600 毫米鏡頭。

如果你真的想拍攝鳥類，就必須妥協地使用更大、更重，而且可以提供 600 毫米遠攝選項的相機。

在幾年前，Nikon、Panasonic、Fujifilm 及 Sony 都曾推出一些類似的折衷方案相機，被稱為「橋式」相機，因為它們能填補輕便相機及高端單反相機之間的差距。但目前，我只知道市面上有一部這樣的相機，那就是最新款（第五代）的 Sony RX10 系列相機（Sony RX10 V）。

RX10 V 的規格參數非常亮眼，包括一個焦距範圍從 24 毫米到 600 毫米的 Zeiss 變焦鏡頭。它沒有內建閃光燈，但配備了閃光燈熱靴，可以連接專業閃光燈套件。

同時，它的影片拍攝功能非常出色。如果只能用一部相機完成所有拍攝工作，而且不能使用其他鏡頭，那麼在這個價位之間，RX10 V 將會是我的首選。

EXOTIC ELEGANCE FLOWER ARRANGEMENT

充滿異國風情的優雅花藝擺設

WHAT YOU'LL NEED 所需材料

- Various Plants: Hydrangea, Mini Apples, Cast-iron Plant (Aspidistra), Purple Roses, Dracaena Deremensis, Nepenthes 多種植物：繡球花、迷你蘋果、獨腳青、紫色玫瑰花、青鐵葉、豬籠草
- Large Green Leaves 大片的綠葉
- A Large, Tall Glass Vase 一個大的高玻璃花瓶
- 4 Floral Foams 4 塊花泥
- Cutter 界刀
- Thick Wire 粗鐵絲
- Long Bamboo Stick 長竹籤



INSTRUCTIONS 步驟

1. Secure four floral foams together with bamboo sticks to form a large one. 用竹籤將 4 塊花泥固定在一起，形成一個大的花泥。
2. Cut a big hole in the centre of the large floral foam. 在大花泥的中心挖一個大洞。
3. Wrap the entire floral foam with large green leaves, leaving the large hole in the centre. 用大片的綠葉包裹著整個花泥，只留下中心的大洞。
4. Cut the thick wire into shorter lengths and bend them into hooks. 將粗鐵絲剪短，並彎成鉤狀。
5. Cut the leaves from the Dracaena Deremensis. 剪下青鐵葉的葉子。
6. Secure the Dracaena Deremensis leaves around the large hole with the hooks, completely covering the entire floral foam. 將青鐵葉圍繞著大洞用鉤子固定，並完全覆蓋整個花泥。
7. Similarly, secure the Mini Apples and Nepenthes on the floral foam. 同樣將迷你蘋果及豬籠草固定在花泥上。
8. Add water into the glass vase. 在玻璃花瓶中注入清水。
9. Place the floral foam on top of the glass vase, then secure it by inserting Hydrangea, Cast-iron Plant, and Purple Roses into the glass vase through the large hole. 將花泥放在玻璃花瓶上，然後將繡球花、獨腳青及紫色玫瑰花穿過中心的大洞插入花瓶中作固定。

Note 註：

Please pay attention to the placement of the plants to maintain the balance of the entire arrangement.
請注意植物擺放的位置，以保持整個擺設的平衡

MASTERING THE DRIVER

掌握一號木桿的致勝關鍵



Swinging a driver is vastly different from hitting an iron. To generate maximum swing speed and optimal launch, you need to focus on several core mechanics. First, you should adopt a wider stance to support high-speed rotation, setting your weight distribution with about 60 percent of your weight on your trailing foot to naturally promote an upward strike. Initiate the backswing by rotating your upper body while keeping your lower body stable, and avoid hinging your wrists too early to preserve swing width and power potential.

As you start the downswing, keep your axis centred over your trailing foot and execute an inside-to-out swing path travelling from low to high. At the exact moment of impact, your head must remain slightly behind the ball without lunging forward. Finally, because the driver is longer, your swing plane is noticeably flatter compared to an iron, meaning the club naturally approaches and exits on a diagonal plane to sweep the ball effortlessly into the distance.

一號木桿的揮桿邏輯與鐵桿截然不同。為了追求極致的揮桿速度及擊球距離，你需要掌握幾個核心重點。首先是建立穩固而寬闊的站位，雙腳站位應比鐵桿更寬，且身體重心大約有六成落在後腳，以利於建立向上擊球的擊打角度。在上桿時，應優先透過上半身進行強力旋轉，同時保持下半身穩定不動，並切忌過早屈曲手腕，以確保揮桿軌跡的延展性及力量儲存。

接著在下桿時，旋轉軸心須要維持在後腳，揮桿軌跡必須由內至外且由下至上掃過球體。在擊球瞬間，頭部必須保持在球的後方微側位置，絕不能過早向前衝出。由於一號木桿桿身較長，揮桿平面相對鐵桿會更為淺平，因此球桿的運行軌跡會呈現自然的斜向落下及斜向收桿，讓擊球力量發揮到淋漓盡致。

Golf Private Lessons

高爾夫球私人課堂

Refine your game with personalised golf instruction at the Club. Our professional coach will work closely with you to improve swing technique, consistency and overall performance. Whether you are new to golf or looking to sharpen specific aspects of your game, each one-on-one lesson is tailored to your ability and goals, helping you build confidence and play with greater control.

在本會接受個人化高爾夫球指導，提升你的球技。我們的專業教練將與你密切合作，幫助你提高揮桿技巧、穩定性以及整體表現。

無論你是高爾夫球新手，還是希望精進某方面的球技，我們都會根據你的能力和目標度身定制一對一課程，幫助你建立自信，更好地掌控比賽。

PRIVATE LESSONS (1 PAX) 私人課程(一人)

1-hour 一小時課程	\$770 per person 每位 \$770
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Package of 4, 1-hour lessons 4 堂一小時課程	\$3,000 per person 每位 \$3,000
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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
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Package of 4, 1-hour lessons 4 堂一小時課程	\$1,650 per person 每位 \$1,650
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The New Geography of Innovation: The global contest for breakthrough technologies

by Mehran Gul

The US is the source of just about all the technologies that define modern life: personal computers, operating systems, smartphones, e-commerce, web browsers, email, search engines, social networks, electric cars and the rest. And most of the tech companies that created and monetised these technologies are also in the US.

But is that changing? As the commentariat pontificates how the US-China tech battle will play out, an equally interesting question to ask is: are there more Chinas out there? Places no one is taking seriously now that might turn out to be massively competitive sooner than we think.

This is a story about technology and the places where it finds its way into the world. Silicon Valley has for half a century been unrivalled in spinning out technologies and fast-growing, high-value, billion-dollar-plus tech companies, which made it the centre for the most rapid creation of wealth in human history. Its secrets are spreading to more places. The geography of innovation is shifting. The world has a lot more high-value tech companies than ever before, growing a lot faster than ever before, in a lot more places than ever before. This is a book about these places.

美國幾乎是所有定義現代生活技術的發源地：個人電腦、作業系統、智慧型手機、電子商務、網頁瀏覽器、電子郵件、搜尋引擎、社交網路、電動車等，而創造並實現這些技術商業化的絕大多數科技公司也都位於美國。

但這種情況正在改變嗎？當評論界熱議中美科技戰將如何發展時，還有一個同樣值得探討的問題：世界上是否會出現更多類似中國這樣的科技力量？這些地區目前可能被忽視，但或許很快就會展現出強大的競爭力，遠超乎我們的想像。

這是一個關於科技及其在全球各地傳播的故事。半個世紀以來，矽谷在技術創新以及快速成長、高價值、估值超過十億美元的科技公司領域中一直獨佔鰲頭，使其成為人類歷史上財富創造速度最快的中心。

如今，矽谷的祕密正向更多地方擴散。創新的格局正在改變。如今，全球高價值科技公司的數量比以往任何時候都多，成長速度也比以往任何時候都快，分佈範圍也比以往任何時候都更廣。本書講述的正是這些地方的故事。

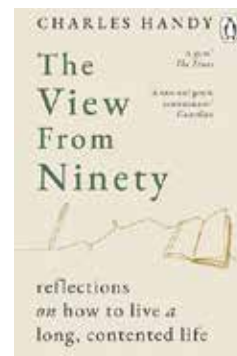


The View from Ninety: Reflections on How to Live a Long, Contented Life

by Charles Handy

Over a span of seven decades, Charles Handy was, variously, a businessman, a writer, a philanthropist and a philosopher. Not even a stroke as he approached the age of 90 dimmed his intellectual curiosity or his immense zest for life.

In this, his final book, written from the vantage point of a contemplative old age and drawing on his articles for *The Idler*, he shares his thoughts on the big questions with which we all grapple. What things really matter? What daily worries should we learn to treat as unimportant? How do we become more accepting of ourselves and of those around us? How do we discover purpose in our everyday existence? How do we cope with grief and loss? Drawing in part on his own experience, in part on the wisdom of others, he sets out the principles of enjoying a fulfilled and contented life, and gently points the way to the practicalities of achieving it.



在長達 70 年的歲月裡，Charles Handy 曾擔任商人、作家、慈善家及哲學家等多種角色。即使他在接近 90 歲時中風，也絲毫沒有減弱他的求知慾及對生活的熱情。

在其人生最後一本著作中，他以晚年沈思的視角，並結合為 *The Idler* 雜誌撰寫的文章，分享了他對我們所有人都在思考的重大問題的見解。哪些事情真正重要？我們應該學會忽略哪些日常瑣事？我們如何能更接納自己及身邊的人？我們如何在日常生活中找到意義？我們如何面對悲傷及失落？他結合自身經驗及他人智慧，闡述了享受充實滿足人生的原則，並溫和地指明了實現這一目標的具體方法。

From now until 30th September, 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9月30日止，太平洋會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
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



JUNIOR PICKLEBALL ACADEMY

少年匹克球訓練

Come and play Pickleball with Coach Nico! Specially designed for children aged 3½ to 11, this fun and fast-growing sport combines elements of Tennis, Badminton and Table Tennis. Easy to learn, each class introduces children to the basics. It is a great way to build coordination and confidence, while having plenty of fun on the court.

前來與教練 Nico 一起享受匹克球運動吧！這項趣味十足、發展迅速的運動專為 3½ 歲至 11 歲的兒童設計，融合了網球、羽毛球及乒乓球的元素。匹克球易於上手，每節課堂都會向孩子介紹基本規則。他們不僅能從中獲得樂趣，還能在球場上鍛鍊協調能力及建立自信心。

DATE 日期	Saturday 5th, 12th & 19th September 9月5日、12日及19日（星期六）
TIME 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 4:00pm A班 下午2時至3時 B班 下午3時至4時
VENUE 地點	Gym Aerobics Room, 1/F 一樓健身室Aerobics Room
PRICE 收費	(A) Member \$660, Guest \$1,020 (for 3 lessons) (B) Member \$840, Guest \$1,200 (for 3 lessons) A班 會員\$660・非會員\$1,020 (3堂) B班 會員\$840・非會員\$1,200 (3堂)
AGE 年齡	(A) 3½ – 6 years (B) 7 – 11 years A班 3½至6歲 B班 7至11歲



PICKLEBALL PRIVATE LESSONS

匹克球私人課程

Whether you are new to Pickleball or looking to take your game to the next level, our Private Lessons provide personalised coaching tailored to your individual needs. With the coach's full attention, you will develop technique, improve shot selection, refine court positioning and build greater confidence on court. Suitable for players of all ages and abilities, these one-on-one sessions offer an effective way to accelerate progress and enjoy the game even more.

無論你是匹克球新手，還是希望增進球技，匹克球私人課程都能提供根據你的個人需求度身定制的個人化指導。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，你將能提升技術、改善擊球技巧、優化場上站位，並在球場上建立更強的自信心。

這一對一課程適合所有年齡及程度的學員參加，是加速進步、享受比賽樂趣的有效途徑。

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

SUNDAY SOCIAL TENNIS

週日網球聯誼聚會

Looking for more court time this September? Our Sunday Social Tennis sessions offer the perfect opportunity to play, practise and meet fellow Members in a relaxed setting. Taking place on the indoor court, each two-hour session will have coaches present throughout to provide guidance.

想在 9 月份多些享受網球運動嗎? 本會的週日網球聯誼聚會就能提供最好的機會, 讓你在輕鬆的氛圍中與人對打、進行練習並結識其他會員。活動在室內網球場進行, 每堂兩小時, 全程皆由專業教練指導。



DATE 日期	Sunday 6th, 13th, 20th & 27th September 9月6日、13日、20日及27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 beverage 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

JUNIOR TENNIS ACADEMY

青少年網球訓練

Whether your child is picking up a racket for the first time or looking to develop their game, the Pacific Club Junior Tennis Academy offers a fun and structured pathway to improvement. Open to children aged 3½ to 16, each weekly session focuses on developing technique, coordination and court awareness in an enjoyable environment.

Please note that fees are charged on a monthly basis.

無論你的孩子是初次拿起球拍, 還是希望提升球技, 太平洋會青少年網球訓練班都能提供充滿樂趣且結構化的訓練途徑。訓練班專為 3½ 至 16 歲的年輕學員而設, 每週課程都著重於以輕鬆愉快的氛圍培養他們的技術、協調性及場上表現。

請注意, 課程按月收費。



DATE 日期	Saturday 5th, 12th & 19th September 9月5日、12日及19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 Court 室內網球場
PRICE 收費	(A) Member \$660, Guest \$1,020 (for 3 lessons) (B) Member \$1,050, Guest \$1,410 (for 3 lessons) A班 — 會員\$660, 非會員\$1,020 (3堂) B班 — 會員\$1,050, 非會員\$1,410 (3堂)
AGE 年齡	(A) 3½ – 6 years (B) 6 – 16 years A班 3½-6歲, B班 6-16歲

SUNDAY JUNIOR TENNIS

週日青少年網球班

Give your child something to look forward to every Sunday. Designed for children aged 4 to 16, our Junior Tennis programme combines expert coaching with enjoyable on-court activities that help young players develop skills. Please note that fees are charged on a monthly basis.

讓孩子的每個星期日都充滿期待。本會的青少年網球班專為 4 至 16 歲的年輕學員設計, 將專業教練指導與趣味十足的場上活動相結合, 幫助年輕學員提升技能。

請注意, 課程按月收費。



DATE 日期	Sunday 6th, 13th, 20th & 27th September 9月6日、13日、20日及27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 Court 室內網球場
PRICE 收費	(A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,400, Guest \$1,880 (for 4 lessons) A班 會員\$880, 非會員\$1,360 (4堂) B班 會員\$1,400, 非會員\$1,880 (4堂)
AGE 年齡	(A) 4 – 7 years (B) 8 – 16 years A班 4-7歲 B班 8-16歲

LADIES' MORNING TENNIS

女子早上網球練習

Take your match play to the next level with our Ladies' Morning Tennis sessions. Designed for players looking to improve their performance in competitive situations, these two-hour clinics focus on tactical awareness, point construction, shot selection, and court positioning. To ensure personalised instruction and plenty of court time, each clinic is limited to 10 players. Early enrollment is recommended.

參加本會的女子早上網球練習班, 提升你的比賽水準! 這兩小時的訓練課程專為希望在比賽中提高表現的學員而設計, 重點在於增強戰術意識、得分策略、擊球選擇及場上站位等知識。為確保個人化指導及充足的場地練習時間, 每堂僅限 10 名學員參加, 請儘早報名。



DATE 日期	Monday 7th, 14th, 21st & 28th September 9月7日、14日、21日及28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 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 old and above 14歲及以上

SPA PROMOTIONS IN SEPTEMBER 9月份美容療程優惠



DIANA DICKSON CAVIAR COLLAGEN MOISTURE PROGRAMME

魚子精華骨膠療程

Caviar, the marine treasure that helps restore youth, is rich in vitamins, minerals, and lipids. It also helps to stimulate cell renewal, blood circulation and the lymphatic system, thus improving skin appearance. Collagen, another essential protein, is a great moisture-binding agent, leaving the skin smooth and soft. Together with other active ingredients, this moisture programme deters the ageing process of the skin effectively, bringing back the youthful radiance and suppleness long desired. The treatment also includes one Generic Moisture Serum that can be used for 7 days.

魚子精華為海洋瑰寶，此種珍貴蛋白質蘊含多種維他命、礦物質和脂肪質，能促進細胞更新、血液循環及增強淋巴排送功能，明顯改善皮膚質素，令肌膚重拾青春美態。骨膠原為另一種重要蛋白質，有助高度鎖緊水分，使肌膚保持水潤柔軟；再配合其他活躍成分，能顯著延緩肌膚老化的過程，回復柔潤細緻，明艷照人。此療程已包括一支保濕緊緻精華，可供 7 天使用。

\$1,520

\$1,216

(1hr 25mins) (1小時25分鐘)

YOUTH INTENSIVE TREATMENT

原肌修復再生療程

A targeted treatment to combat the signs of ageing: anti-wrinkle, firming and slackened skin. Combines the ultra-targeted products with expert application methods.

Spend 1 hour and 45 minutes in relaxation and expert treatment for visibly younger skin; effectiveness is proven after the first treatment.

一款專為預防衰老跡象的療程，能有效還原年輕肌膚，具抗皺、收緊及修復作用；配合專業按摩手法及 Sothys 的卓越產品，能全方位抵禦歲月痕跡。

1 小時 45 分鐘的療程能打造年輕美肌，一次療程後已能令肌膚綻放年輕美態。

\$1,520

\$1,216

(1hr 45mins) (1小時45分鐘)



HAIR PRODUCT SALE IN SEPTEMBER 9 月份頭髮產品優惠



~~\$220~~ \$200

HAIRPRIME HERBAL SHAMPOO, 8FL. OZ.

HAIRPRIME草本防脫髮洗髮水·8液量安士

HairPrime Herbal Shampoo is a gentle, natural cleanser formulated to combat hair loss and promote follicle health. Infused with the patented herbal extract Phydermanol®, it effectively clears scalp impurities, excess sebum, and DHT. Free from harsh surfactants and heavy conditioners, it cleanses without buildup, preparing the scalp for optimal absorption of hair growth treatments while nourishing all hair types.

HairPrime 草本防脫髮洗髮水採用溫和天然配方，蘊含專利草本萃取 Phydermanol®，專為維護毛囊健康及改善脫髮而設。它能有效深層清潔頭皮，清除多餘油脂及雙氫辜酮 (DHT)，且不含刺激性表面活性劑或沉重滋潤劑，洗後清爽無殘留，全面提升頭皮健康，為吸收精華及育髮療程做好準備。

NOTIO SOLIAD CREAM, 90G

NOTIO 造型髮蠟/乳霜，90克

This stylish Japanese hair product is designed with skincare ingredients, making it gentle and suitable for daily use. Perfect for dry or thick hair, it also works beautifully as a styling wax for short to medium curly hair.

這款兼具時尚感及護膚成分的日本護髮產品，質地溫和，非常適合每天使用。它不僅是乾性髮質或細軟髮質的理想之選，亦能作為中短捲髮的造型髮蠟，展現自然俐落的美感。



~~\$240~~ \$210

PAUL MITCHELL FLEXIBLE STYLE HOLD ME TIGHT, 315ML

PAUL MITCHELL彈力定型噴霧，315毫升

Paul Mitchell Flexible Style Hold Me Tight is a fast-drying, lightweight hairspray designed to secure hairstyles with a flexible, touchable hold. It resists humidity to tame frizz, enhances natural shine, and dries instantly without stiffness or heavy buildup. Ideal for all hair types, this colour-safe, paraben-free formula washes out easily while delivering long-lasting control.

Paul Mitchell 彈力定型噴霧是一款快乾、輕盈的定型產品，為髮型提供自然有彈性且可觸摸的持久定型。具抗潮防急躁效果，能提升光澤感，速乾且不黏膩、不結塊，有效護色，不含對羥基苯甲酸酯 (Paraben)，隨後輕易清洗，為造型提供全天候靈活控髮力。



~~\$330~~ \$300

THIS MONTH'S PROMOTION 本月特別優惠

10% DISCOUNT ON HAIR CURL/WEAVE PERMING TREATMENTS

In September, the Hair Salon is offering a 10% discount on hair curl or wave perming treatments. Come and treat your hair to a curly new look!

To make your appointment with one of our expert hairstylists, please call 2118 1893.

微卷或曲髮電燙服務9折優惠

轉換一個潮流卷曲髮型吧！會員於9月份到會所髮廊惠顧任何微卷或曲髮電燙服務，可享有9折優惠。

查詢詳情及預約服務，請致電 2118 1893。





HOLISTIC AQUATIC EXERCISE TRAINING FOR ADULTS

成人綜合水中運動訓練

This fun, low-impact course combines aqua jogging, interval sprints, and water resistance to boost cardio and sculpt total-body strength. Sessions feature fluid stretches and multi-planar movements to improve flexibility, mobility, and balance, closing with mindful breathing to harness water's healing power for deep relaxation. Designed for all ages and fitness levels, it is the perfect way to elevate your fitness and overall well-being.

本課程結合水中慢跑、間歇衝刺及水的自然阻力，全面提升心肺功能及雕塑全身肌力。課堂融入流暢的伸展及多平面動作，以增進柔韌度、活動度及平衡協調，並透過正念呼吸，藉著水的療癒力深層減壓。這項充滿樂趣的低衝擊訓練適合各年齡及健身水平人士參加，幫助提升體能、全面擁抱身心健康。

DATE 日期	(A) Wednesday 2nd, 9th, 16th, 23rd & 30th September (B) Thursday 3rd, 10th, 17th & 24th September A班 9月2日、9日、16日、23日及30日（星期三） B班 9月3日、10日、17日及24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	(A) Member \$900, Guest \$1,500 (for 5 lessons) (B) Member \$720, Guest \$1,200 (for 4 lessons) A班 會員\$900，非會員\$1,500（5堂） B班 會員\$720，非會員\$1,200（4堂）
AGE 年齡	16 years and above 16歲及以上

ADULT SWIMMING COURSE

成人游泳班

Our Adult Swimming Course is suitable for Members aged 18 and above, whether beginners who are afraid of water, or those looking to refine stroke technique. Professional coach Stephen leads small-group lessons with personalised instruction tailored to each student's needs. Learn essential skills like floating, breath control, breaststroke and freestyle, and help to overcome water fear, build confidence, enhance water safety awareness, and enjoy the fun and fitness benefits of swimming with ease.

成人游泳班適合18歲及以上會員參加，無論是零基礎的怕水人士，或想改良泳姿皆可。課程由專業教練 Stephen 以小班形式教學，因材施教，學習浮水、呼吸控制、蛙泳、自由泳等基本技巧，並幫助學員克服對水的恐懼，提升自信及水中安全意識，輕鬆享受游泳的樂趣及健身的效益。

DATE 日期	Wednesday 2nd, 9th, 16th, 23rd & 30th September 9月2日、9日、16日、23日及30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 \$1,300, Guest \$1,900 (for 5 lessons) 會員\$1,300，非會員\$1,900（5堂）
AGE 年齡	18 years and above 18歲及以上



JUNIOR SWIMMING CLASSES

少年游泳課程

Our Junior Swimming Group Classes provide structured training for children of different ages and ability levels. From developing water confidence and basic techniques to refining strokes and building endurance, our experienced coaches ensure a safe, supportive, and social environment. Learning alongside their peers, children will not only progress at their own pace and stay active, but also build teamwork skills, make new friends, and foster a lifelong love for the water together.

本會少年游泳課程為不同年齡及能力水準的學員提供系統性的專業培訓，從培養水中自信心、掌握基本功，到精進泳姿及提升耐力，我們經驗豐富的教練團隊將全力打造一個安全、備受支持且互動性高的學習環境。透過與同齡夥伴一同練習，孩子們不僅能按照自己的節奏穩步前進、保持活力，更能培養團隊合作精神、結交新朋友，並在歡樂的團體氛圍中共同建立對游泳運動的終身熱愛。

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

WATER AEROBICS AT THE CLUB

水中健康舞班

Combining the natural resistance of water with upbeat music, this session offers a fantastic full-body workout that strengthens muscles and improves cardiovascular fitness while being incredibly gentle on your joints. Exercising alongside a supportive group, you will move through a variety of fun, water-based routines designed to boost energy, flexibility, and core stability. Suitable for all fitness levels, it is the perfect way to stay active, cool off, and enjoy a lively, social fitness experience together.

本課程將水的天然阻力及輕快明細的音樂完美結合，在提供全身性鍛鍊、增強肌肉力量及提升心肺功能的同時，更能保護關節免受衝擊。在充滿支持感的團體氛圍中，學員將跟隨同伴一起完成各式趣味水中動作，有效提升核心穩定度、身體柔軟性及活力。本課程適合各種體能水平的人士參加，是保持活力、消暑放鬆並享受歡樂社交健身體驗的絕佳選擇。

Morning Water Aerobics

DATE 日期	A) Tuesday 1st, 8th, 15th, 22nd & 29th September B) Friday 4th, 11th, 18th & 25th September A班 9月1日、8日、15日、22日及29日（星期二） B班 9月4日、11日、18日及25日（星期五）
TIME 時間	A) 10:00am – 11:00am B) 11:00am – 12:00noon A班 上午10時至11時 B班 上午11時至中午12時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	(A) Member \$900, Guest \$1,500 (for 5 lessons) (B) Member \$720, Guest \$1,200 (for 4 lessons) A班 會員\$900·非會員\$1,500 (5堂) B班 會員\$720·非會員\$1,200 (4堂)
AGE 年齡	14 years and above 14歲及以上

Afternoon Water Aerobics

DATE 日期	A) Tuesday 1st, 8th, 15th, 22nd & 29th September B) Friday 4th, 11th, 18th & 25th September A班 9月1日、8日、15日、22日及29日（星期二） B班 9月4日、11日、18日及25日（星期五）
TIME 時間	3:00pm – 4:00pm 下午3時至4時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member \$180 daily / \$1,700 per 10 classes Guest \$300 daily 會員\$180 (每堂) / \$1,700 (10堂) 非會員\$300 (每堂)
AGE 年齡	14 years and above 14歲及以上

Evening Water Aerobics

DATE 日期	Tuesday 1st, 8th, 15th, 22nd & 29th September 9月1日、8日、15日、22日及29日（星期二）
TIME 時間	7:00pm – 8:00pm 晚上7時至8時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member \$900, Guest \$1,500 (for 5 lessons) 會員\$900·非會員\$1,500 (5堂)
AGE 年齡	14 years and above 14歲及以上

MID-AUTUMN CHILDREN'S FUN DAY

中秋兒童歡樂日

Join us this Mid-Autumn Festival for an exciting afternoon of high-speed battles and creative fun!

Kids can challenge friends in thrilling Beyblade stadium battles (spinning tops) and traditional pitch-pot games, then switch gears for colourful lantern workshops — all while celebrating the magic of the full moon and the spirit of reunion. Come and create unforgettable Mid-Autumn memories together. All little ones and their families are welcome!

誠邀大小朋友一同參與今年的中秋節活動，度過一個充滿高速對戰及創意樂趣的歡樂下午！

小朋友可以在刺激的 Beyblade (陀螺) 競技場與好友展開對決，體驗趣味十足的傳統投壺遊戲，隨後更可參加色彩繽紛的燈籠手作坊。在共慶滿月與人團圓的溫馨時刻裡，留下難忘的中秋美好回憶。歡迎所有小朋友及家長一同出席參與。



DATE 日期	Friday, 18th September 9月18日（星期五）
TIME 時間	4:30pm – 5:30pm 下午4時30分至5時30分
VENUE 地點	Harbour Room II & Children's Playroom Harbour Room II及兒童遊戲室
PRICE 收費	Member \$170, Guest \$230 會員\$170·非會員\$230
AGE 年齡	All Ages 所有年齡人士
CAPACITY 人數	8 - 30 pax 8-30人





PRESSED FLOWER LAMP WORKSHOP

押花小夜燈工作坊

Turn nature's beauty into a glowing masterpiece! Pressed flowers are made by pressing natural flowers to preserve their original colours and shapes, and then using them to create unique works of art.

In this fun afternoon workshop, our instructor will guide you to design your very own pressed flower lamp using a variety of flower materials. With soft, warm light and a natural wooden base, your lamp will shine as both a cozy light source and a charming decoration. Bring home not just a lamp, but a piece of art filled with creativity and nature's touch!

把大自然的美麗化為溫暖的光！押花，是將天然花朵壓製保存，保留原有的色彩及形態，再透過巧思設計，成為獨特的藝術品。

在這個悠閒的午後工作坊中，導師將帶領孩子們挑選不同花材，親手設計並製作屬於自己的押花小夜燈。柔和的暖色燈泡，配搭原木底座，讓花朵在燈光下綻放，既能照明，又能成為家中最溫馨的小擺設。

DATE 日期	Sunday 20th September 9月20日 (星期日)
TIME 時間	2:00pm – 3:15pm 下午2時至3時15分
VENUE 地點	Children's Playroom Library 兒童遊戲室圖書館
PRICE 收費	Member \$220, Guest \$340 (Including Children's Playroom entrance fee) 會員\$220，非會員\$340 (包括課程當日的兒童遊戲室入場費)
AGE 年齡	years and above 5 5歲及以上



JUNIOR TAEKWONDO

少年跆拳道

One of the Club's most popular youth programmes, Junior Taekwondo offers children the opportunity to develop fitness, coordination and self-confidence. Under the guidance of our experienced instructors, students learn new techniques, build discipline and focus, and work steadily towards higher belt levels. New participants are always welcome to join.

少年跆拳道是本會其中一項最受歡迎的青少年課程，為孩子們提供提升體能、協調性及自信心的機會。在經驗豐富的教練指導下，學員可學習新的技術、培養自律性及專注力，並穩定提升段位級別。歡迎新學員參加！

DATE 日期	Saturday 5th, 12th & 19th September 9月5日、12日及19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 \$570, Guest \$600 (3 lessons) 會員\$570，非會員\$600 (3堂)
AGE 年齡	4 years and above 4歲及以上

ROPE SKIPPING CLASS

花式跳繩班

Join our weekly Rope Skipping Class and enjoy an active, fun-filled session packed with movement and energy. Children will learn a variety of individual and partner skipping techniques through games, challenges and guided practice with our coaches.

參加本會每週一堂的花式跳繩班，享受充滿活力和樂趣的精彩課程。在教練的指導下，孩子們將透過遊戲、挑戰和練習，學習各種個人和雙人跳繩技巧。



DATE 日期	Sunday 6th, 13th, 20th & 27th September 9月6日、13日、20日及27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

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

接受更高的挑戰，參加運動攀石訓練班吧！這項運動有助提升個人運動質素、強化體質、增加身體柔軟度，從而增強肢體協調、穩定性及靈活性。



DATE 日期	Sunday 20th & 27th September 9月20日及27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



ENGLISH DRAMA ACADEMY

英語話劇訓練班

Led by an experienced instructor, English Drama Academy provides a fun and engaging way for children to develop their English language skills through storytelling, role play, script writing, speech, dance and performance. Through creative activities and self-expression, participants build confidence, strengthen communication skills and improve their spoken English.

在經驗豐富的導師帶領下，英語話劇訓練班為孩子們提供一種寓教於樂的方式，透過說故事、角色扮演、劇本創作、演講、舞蹈及表演等活動，幫助他們提升英語語言技能。創意活動及自我表達能夠幫助學員建立自信，增強溝通能力，並提高英語口語水平。

DATE 日期	Monday 7th, 14th, 21st & 28th September 9月7日、14日、21日及28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 \$840, Guest \$880 (For 4 lessons) 會員\$840，非會員\$880 (4堂)
AGE 年齡	(A) 3 – 5 years (B) 6 – 12 years A班 3-5歲，B班 6-12歲



JUNIOR BADMINTON LESSONS (PRIVATE)

少年羽毛球 — 私人課程

Fast, dynamic, and a sport that develops agility, coordination, and quick decision-making from an early age. Our Junior Badminton Lessons introduce children to the techniques and movement of the game through structured coaching and match play practice.

羽毛球是一項速度快、充滿活力的運動，能夠從小培養孩子的敏捷性、協調性及快速決策能力。本會的少年羽毛球課程透過系統性的教練指導及比賽練習，為孩子們介紹這項運動的技術及步法。

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

Join us for professional Table Tennis coaching suitable for players of all ages and skill levels. Lessons are led by our experienced instructor, with extensive technical skills and game strategies. Whether you are a beginner looking to master the basics or an advanced player aiming to elevate your competitive edge, our coach will tailor a training plan to your personal goals, helping you progress quickly and enjoy the fun of the game.

本課程適合所有年齡層及不同技術水平的學員參加，由經驗豐富、在技巧及戰術策略上均擁有深厚專業造詣的教練親自執教，無論你是想掌握基本功的初學者，還是渴望提升競爭優勢的高階選手，教練都會根據你的個人目標量身定制訓練計劃，助你快速進步，並盡情享受乒乓球運動的樂趣。

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)

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

August Solution

8月份遊戲答案

.....

Congratulations to the winner of last month's puzzle

恭喜上期得獎者

Ms Ellen Chan

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, 14th September. 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 October. Good Luck!

請於9月14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10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

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。



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: 額外參加者：每堂/每位\$200，上堂人數最多8位)
\$200/pax, up to 8 pax)

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。



The Club Abu Dhabi

Founded in 1962, The Club is cherished as Abu Dhabi's premier private Members' Club, conveniently located in the heart of the city. Known for its warm hospitality and diverse offerings, The Club provides members with an exclusive experience that combines leisure, dining, and a variety of sports activities.



The Club features eleven restaurants and bars, each providing a unique dining experience. Among the F&B outlets, The Vista stands out as the fine dining venue, offering breathtaking sea views paired with an international menu that caters to diverse culinary tastes, including seafood, steaks, and vegetarian options. Members can enjoy al fresco dining year-round, all while savouring an exceptional atmosphere.

For those seeking a more casual vibe, Three 60 delights with its popular themed buffet nights and vibrant weekend brunches. Meanwhile, Waves, a beloved Pan-Asian restaurant, invites diners to experience a relaxed beachfront setting. This intimate venue features a fusion of Far Eastern flavours, highlighting an array of delicious dishes from sushi to Thai curries, noodles, and rice, all enjoyed beneath the stars.



Al Sarab, the Club's celebrated Arabic restaurant, transports members to the heart of the Middle East with its traditional dishes. Offering both locally inspired and regional favourites like cold and hot mezze dishes, falafel, tabbouleh, and Fattoush salads, it truly captures the essence of Arabian culinary tradition.

For relaxation, members can unwind on The Club's gently sloping private beach, which is perfect for families and friends. With ample shade available, it's an idyllic spot to soak up the Abu Dhabi sun. The open-water swimming lane is ideal for those looking to enjoy a refreshing swim in the Arabian Gulf, and there is also an adults-only section for those aged 18 and above.

Recreational enthusiasts will find an impressive range of facilities at The Club, including tennis, squash, badminton, football, kayaking, swimming pool and a state-of-the-art gym. With something for everyone, The Club truly offers a complete package for those looking to enjoy both leisure and sport.

When visiting Abu Dhabi, don't miss the opportunity to secure a Letter of Introduction for this welcoming haven for Pacific Club Members.



位於阿布扎比市中心的 The Club 創立於 1962 年，是當地首屈一指的私人會所，地理位置優越。會所以其熱情周到的服務及豐富多樣化的設施而聞名，為會員提供集休閒、餐飲及各種體育活動於一體的專屬體驗。

會所設有共 11 間餐廳及酒吧，每間均提供獨特的用餐體驗。其中，The Vista 以其精緻的用餐環境脫穎而出，不僅擁有令人嘆為觀止的海景，還提供國際化的菜單，包括海鮮、牛排及素食等選擇，滿足不同食客的口味。會員可以全年享受戶外用餐的體驗，同時沉浸在非凡的氛圍中。

如果你想尋找更輕鬆的氛圍，Three 60 餐廳以主題自助餐之夜及活力四射的週末早午餐而廣受歡迎。同時，備受喜愛的汎亞餐廳 Waves 則為客人提供輕鬆愜意的海濱用餐環境。這間溫馨舒適的餐廳融合了遠東風味，客人可以在星空下享用一系列美味佳餚，主打菜式包括壽司、泰式咖哩、麵條及米飯等。

Al Sarab 是會所內備受讚譽的阿拉伯餐廳，以其傳統菜餚帶領會員進入中東的美食世界。餐廳提供融合當地風味及區域特色的菜餚，如冷熱小菜、炸鷹嘴豆餅、美味的塔布勒沙律及阿拉伯蔬菜沙律等，真正展現了阿拉伯烹飪傳統的精髓。

在休閒方面，會員可在細沙起伏的會所私人沙灘上放鬆身心，是與家人朋友休閒度假的理想場所。沙灘上綠樹成蔭，是享受阿布扎比陽光的最佳選擇。開放式的游泳區滿足了客人希望可以在阿拉伯灣暢泳一番的心願，此外沙灘上還設有僅限 18 歲及以上人士使用的成人專屬區域。

休閒愛好者亦可以在會所內找到一連串令人樂而忘返的設施，包括網球、壁球、羽毛球、足球、划艇、游泳池及一流的健身室。會所設施齊全，真正為那些既想享受休閒又想運動的人士提供了一站式服務。

因此，當你計劃前往阿布扎比時，請緊記索取會所介紹信，親身感受會所為你提供的優質服務。

The Pacific Club Spa offers tailor-made beauty treatments for gentlemen & ladies. Book your appointment today and discover the miracle of beauty!

LPG

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BETTER LIFE.

LPG endermologie®

「動能活化」
啟動內源力量



*For reservation, please call our
Spa Reception on 2118 1890*

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LPG endermologie® technology gently stimulates the skin to reactivate dormant cellular activity. **100% Natural and painless**, it provides visible results instantly with zero side effects. Over 200,000 people choose this technology every day.