

四月號

薈 絮



PACIFIC

APRIL 2026

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 and 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 and 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

April brings a new energy across the Pacific Club, with spring influencing everything from our menus to our family activities. The month offers many opportunities to come together, whether for dining, recreation or sharing relaxed moments here.

Easter takes centre stage early in the month with our Alice in Wonderland themed celebrations, transforming the Club into a playful and imaginative setting for all ages. From the Good Friday and Easter Saturday buffets to our Easter Sunday family celebration, there is something for everyone to enjoy. See pages 8 to 11 for all the details. Our younger Members can also look forward to a full programme of creative workshops and activities, along with one of our most popular annual traditions, the Junior Easter Egg Design Competition, where imagination and creativity are always on full display. Turn to pages 13 and 20 to 21 for more.

Beyond Easter, April continues with a strong focus on seasonal dining. At The Island View Restaurant, our weekly themed dinner buffets, seen on pages 6 to 7, bring together Japanese spring flavours, Thai New Year celebrations, a dedicated Steak Frites experience and a tribute to classic French cuisine, while on Fridays and Saturdays, our Spring Flavoured Seafood Fair showcases the best of the season's coastal ingredients. At Capricci, Primavera alla Casa della Nonna brings the warmth of Italian family dining to the table with generous dishes designed to be shared.

This month also sees the arrival of Alphonso Mango Season, with a series of special creations available across the Club, celebrating what is often regarded as the King of Mangoes. Featured throughout the month, these seasonal creations highlight Mango at its best and are not to be missed. See page 15 for more.

In Recreation, we are pleased to introduce a number of new adult swimming programmes, including our Holistic Aquatic Exercise Training and Adult Swimming Course, designed to support confidence in the water. Alongside these, additional junior classes provide more opportunities for our younger Members to develop their skills. These can be seen on page 33. We are also delighted to welcome new additions to our coaching team, with Jayla joining our Fitness and Pilates team and Nico strengthening our Tennis programme, bringing valuable experience and a fresh approach across both areas. See their profiles on pages 30 and 35.

Looking ahead, we will also be preparing for a full calendar of dining experiences in May as part of GourMay, with special menus, wine dinners and tasting events taking place across the Club. A preview can be seen on pages 22 to 24. Together with our Mother's Day celebrations, it is a wonderful opportunity to plan ahead for what promises to be another memorable month.

Happy Easter and I look forward to seeing many of you enjoying all that the Club has to offer this month.

尊敬的會員，

4月為太平洋會注入了新的活力，從我們品嚐的菜餚到家庭聚會及活動，都透露出春天的氣息。今個月，無論是用餐、休閒娛樂，還是在會所享受輕鬆愜意的時光，我們都為大家安排了許多歡聚的機會。

首先以本月初的復活節拉開重要的序幕，我們將以《愛麗絲夢遊仙境》為主題舉辦多項慶祝活動，將會所裝飾成一個充滿趣味及想像力的地方，相信不論任何年齡的人士都會喜歡。從 Good Friday 及復活節星期六的自助餐，到復活節星期日的家庭慶祝活動，每個人都可以找到自己喜歡的活動，詳情請參閱第 8-11 頁。而我們的年輕會員還可以參加一連串精彩的創意工作坊及活動，以及本會最受歡迎的年度傳統活動之一——兒童復活蛋設計比賽，讓孩子們盡情展現他們的想像力及創意，更多詳情請參閱第 13、20 及 21 頁。

除了復活節，我們依然會在 4 月份主打各種時令餐飲。在 Island View 餐廳，我們將於每個星期推出不同主題的自助晚餐，融合了日本春季風味、泰國新年節慶、特色牛排薯條及經典法式料理，詳情請參閱第 6-7 頁。到了星期五及六晚上，我們的「春季海鮮美食巡禮」將為大家呈獻以當季最新鮮的海洋食材為主題的自助餐。而在 Capricci 餐廳舉行的「祖母的春季家常晚餐」中，我們會將意大利家庭的用餐溫馨氛圍帶到你的餐桌，為你奉上豐盛可口、適合分享的菜餚。

本月份也適逢阿方素芒果的時令季節，本會將推出一系列創意美食來慶祝這款被譽為「芒果之王」的水果。這些充分展現芒果極致風味的季節限定美食，將於整個 4 月份供應，絕對不能錯過，詳情請參閱第 15 頁。

在康體活動方面，我們很高興推出多項全新的成人水中運動課程，包括旨在增強成年人士在水中自信心的綜合水中運動訓練及成人游泳班。此外，我們增加了新的少年游泳課程，為年輕會員提供更多發展技能的機會，詳情請參閱第 33 頁。同時，我們很高興歡迎新成員加入本會的教練團隊——健身及普拉提教練 Jayla 及網球教練 Nico。他們的加入為這些運動帶來了寶貴的經驗及新視角，亦增強了本會健身及網球團隊的實力。關於他們的個人簡介請參閱第 30 及 35 頁。

展望未來，我們將於 5 月份為「GourMay」美食活動在本會各餐廳舉辦一系列精彩的餐飲體驗，包括特色菜單、葡萄酒晚宴及品嚐活動，有關詳情請參閱第 22-24 頁。此外還有即將舉行的母親節慶祝活動，這是一個好機會讓你提前規劃行程，準備迎接另一個令人難忘的月份。

祝大家復活節快樂！期望今個月可以見到大家盡情享受本會為你準備的一切活動。

Board of Governors

Henry Tang	唐英年
Vincent Fang	方剛
William Fung	馮國綸
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
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	E-mail: flora-lam@pacificclub.com.hk	
Tommy Ko	高文偉	Tel : 2118 1808
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	E-mail: tommy-ko@pacificclub.com.hk	
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	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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SPRING FLAVOURED SEAFOOD FAIR

Selected Fridays & Saturdays at The Island View Restaurant

春季海鮮美食巡禮

於 4 月份指定星期五及六在 ISLAND VIEW 餐廳供應

Spring arrives at The Island View with a buffet inspired by the season along the coast, when seafood is at its finest and fresh produce begins to flourish. This Friday and Saturday Night Dinner Buffet brings together a generous selection of seafood and spring ingredients.

Amongst the many dishes on the buffet, enjoy shrimp with lemon and asparagus, scallops served with sautéed fiddlehead ferns, and clam chowder with spring peas and herbs. Grilled salmon is served with a citrus salsa of tomatoes and basil, while baked halibut is finished with a green garlic and sorrel sauce, a spring herb known for its gentle tang.

To finish the evening, desserts featuring strawberries and rhubarb offer a sweet conclusion that reflects the season. The buffet also includes Mindful Sparks, a selection of sparkling tea based infusions that provide a refreshing accompaniment to the meal.

Join us for an evening of seasonal seafood and spring flavours at The Island View Restaurant.

春季來臨，Island View 餐廳將於指定的星期五及六晚上推出以海岸時令海鮮配搭各種新鮮食材為靈感的自助晚餐，帶來琳瑯滿目的海鮮及春季時令菜式。

自助晚餐菜式選擇豐富，包括檸檬蘆荀蝦、帶子伴炒蕨菜、春季豌豆香草周打濃湯、烤三文魚伴番茄羅勒柑橘莎莎醬等，而烤比目魚則會淋上青蒜酸模醬汁（酸模是一種以其清淡酸味而聞名的春季香草）。

晚餐最後將會以使用當季時令的士多啤梨及大黃製作的甜點作為甜蜜的終結。自助餐還提供 Mindful Sparks 系列氣泡茶飲，為用餐增添清爽口感。



Friday 10th, 17th and 24th April
Saturday 11th, 18th and 25th April
4月10日、17日及24日（星期五）
4月11日、18日及25日（星期六）

Venue :
地點 : The Island View

Adults 成人 Children 小童
\$398 \$258

Reservations 訂座 : 2118 1846



By Tommy Ko
Membership Manager
撰文：會籍部經理

One of the many benefits of your Membership is our extensive network of reciprocal clubs, giving you access to some of the most exclusive private clubs around the world. The Pacific Club currently has reciprocity with 74 such establishments, and we are constantly adding new ones.

Prior to a trip overseas, you may view detailed information about our network of reciprocal clubs on the Pacific Club's website. Once you have made your choice of club, you should then obtain the relevant Letter of Introduction from our Membership Office via email and the electronic version of the letter will be sent to your designated email address. You will be required to present this letter, along with your Pacific Club Membership Card, to the desired reciprocal club for registration. All expenses incurred during a reciprocal club visit must be settled by credit card, (or cash for certain clubs), at the time of your visit.

Should you have a specific recommendation for an overseas club that is yet to be a part of our network, please feel free to contact the Membership Office on 2118 1802.

經由太平洋會安排的海外聯繫會所網絡龐大，遍佈全球，讓太平洋會會員可享用這些高級會所的優質設施。本會現時已經與 74 間海外會所取得聯繫，並繼續積極尋找更多的新聯繫會所。

會員在到訪外地前，可瀏覽本會的網頁以查看有關海外聯繫會所的詳細資料。當你選擇將會到訪的會所之後，便可以經電郵方式聯絡本會會籍部索取介紹信。我們會將電子版的介紹信發送至你指定的電郵地址，你必須攜同此信及本會會員証到有關會所辦理登記手續。閣下在海外聯繫會所的所有消費必須即時以信用卡支付（某些會所只收取現金）。

若會員有意向我們推薦任何海外會所加入海外聯繫會所網絡，歡迎致電 2118 1802 與會籍部聯絡。

Rainstorm Warnings

With the inevitable rainstorms of the spring, the Club will remain open regardless of the issuance of any Amber, Red or Black Rainstorm Warnings by the Hong Kong Observatory. However, please note that certain facilities and services may be limited during these times.

暴雨警告措施

每逢春季都經常會出現暴雨，當天文台發出黃色、紅色或黑色暴雨警告時，會所將照常營業，但部分設施及服務或會暫停。

Happy Easter!

Wishing all our Members and their families a very Happy Easter. The Club is offering numerous activities over the holidays, including both food and beverage and children's recreational workshops. Details can be found within this magazine.

復活節快樂！

本會在此謹祝各會員及貴家屬復活節快樂！在復活節期間，我們將為大家安排一連串美食推廣及兒童興趣班，詳情請參閱本刊內頁。



Tel : 2118 1828

Fax : 2118 0208

Address : Harbour City, Kowloon, Hong Kong

E-mail : info@pacificclub.com.hk

Website: www.pacificclub.com.hk



WEEKLY THEMED DINNER BUFFETS AT THE ISLAND VIEW

ISLAND VIEW 餐廳每週精選主題自助晚餐

Our popular weekly themed Dinner Buffets return to The Island View throughout April, offering Members and guests a series of distinctive dining experiences inspired by celebrated cuisines from around the world.

Each week presents a new culinary theme, allowing our Chefs to highlight different regional traditions, seasonal ingredients and well known signature dishes. With the exception of the Easter period from 3rd to 6th April, as well as Fridays and Saturdays, these Dinner Buffets provide an enjoyable midweek reason to gather with family, friends or fellow Members at the Club.

SAKURA DELIGHTS

Japanese Spring Awakening

“櫻花盛宴”日本春季美食自助晚餐

April begins with Sakura Delights, a celebration of Japan during one of its most beautiful seasons. Inspired by the famous cherry blossom period, this buffet highlights the light, fresh and elegant flavours associated with springtime across Japan.

Indulge in a wide selection of Japanese favourites including Sushi and Sashimi prepared with jet fresh Seafood, warming Noodle dishes, Tempura and hot selections that reflect the seasonal ingredients found along Japan's blossoming trail. A selection of delicate Japanese desserts provides a sweet finale, echoing the gentle flavours and colours of the season.

4月份由櫻花盛宴開始，帶領大家感受日本最美季節之一的春日風情。自助餐主題以著名的櫻花季為靈感，為大家呈現日本春日裡輕淡、清新、優雅的滋味。

盡情享用琳瑯滿目的日式佳餚，包括採用新鮮海鮮製作的壽司及刺身、暖胃的麵食、天婦羅以及各種熱菜，這些菜餚均選用日本櫻花盛開之路沿線的時令食材烹調而成。最後，這場盛宴將以一系列精緻的日式甜點作結，與春日柔和的滋味及色彩互相輝映。



1st, 2nd and 7th to 9th April
4月1日、2日、7日至9日

Adults 成人 Children 小童
\$288 \$168

本會備受歡迎的每週主題自助晚餐將於4月份重返 Island View 餐廳，為會員及賓客帶來一系列靈感源自世界各地獨具特色佳餚的美食體驗。

每個星期我們都會推出全新的美食主題，讓本會的廚師團隊得以展現不同地區的傳統風味、時令食材及招牌菜餚。除了4月3日至6日復活節期間以及每個星期五及六外，這一系列的自助晚餐都是你與家人、朋友或其他會所會員歡聚一堂的最佳選擇。



ROYAL THAI CUISINE

Thai New Year Celebration

“豐盛泰式料理”泰國新年慶祝活動

Next, the focus turns to Thailand with a buffet inspired by the country's beloved culinary traditions and the festive atmosphere of Thai New Year.

The buffet showcases an array of classic dishes including aromatic Curries, wok prepared specialities, refreshing Salads and Soups and delicately grilled Meats and Seafood, all lifted with fresh Herbs, Lime, Chilli and fragrant Spices. A colourful selection of Thai desserts provides the perfect finish, including Mango Sticky Rice, Coconut based sweets and other traditional treats that reflect the vibrance of Thai cooking and the festive spirit of Songkran.

接下來，我們將目光轉向泰國，為你奉上以該國備受喜愛的烹飪傳統及泰國新年喜慶氛圍為靈感的自助晚餐。

自助餐匯集了一系列經典菜餚，包括香氣四溢的咖喱、特色熱炒、清新的沙律及湯品，以及烤製入味的肉類及海鮮，所有菜餚均以新鮮香草、青檸、辣椒及香料作點綴。最後，我們將奉上一系列色彩繽紛的泰式甜點，包括芒果糯米飯、椰子甜點及其他傳統美食，充分展現了泰國美食的活力及潑水節的喜慶氛圍。

12th to 16th April
4月12日至16日

Adults 成人 Children 小童
\$288 \$168



STEAK FRITES DINNER BUFFET

牛排薯條自助晚餐

Step into Le Bistro Island View and enjoy one of the most loved French classics, Steak Frites. The highlight of the evening is Steak served with unlimited Fries brought directly to your table. Choose from traditional sauces including Café de Paris and Beurre des Dieux, a rich butter flavoured with Bone Marrow, Garlic, Lemon, Parsley and a hint of Cognac. The buffet also features Seafood on ice, Appetisers, Soups and a fresh Salad Bar, along with a nightly Noodle Station. Finish with decadent French Desserts such as Profiteroles, Tarte Tatin, Crème Brûlée and Mousse au Chocolat.

踏入 Island View 「小餐館」，享用備受大家喜愛的法式經典菜餚之一——牛排薯條。晚餐的焦點是牛排搭配無限量供應的薯條，直接送到你的餐桌，並配搭傳統醬料，包括 Café de Paris（巴黎香草奶油醬）及 Beurre des Dieux（一種濃郁的牛油，以骨髓、大蒜、檸檬、香芹及一點干邑白蘭地調味）。自助餐還提供冰鎮海鮮、開胃菜、湯品及新鮮沙律吧，以及麵檔。最後，大家還可以享用法式甜點，如泡芙、反烤蘋果塔、法式焦糖燉蛋及朱古力慕斯等。

19th to 23rd April

4月19日至23日

Adults 成人 Children 小童

\$288 \$168



CUISINE FRANÇAISE

From Brittany to the Mediterranean 法國美食之旅—從布列塔尼到地中海

The month concludes with Cuisine Française, a buffet that celebrates the remarkable diversity of French regional cooking. This culinary journey moves from the seafood rich traditions of Brittany in the north west to the warm Mediterranean influences of southern France.

Diners will discover a variety of French classics and regional specialities, from coastal Seafood dishes to rustic countryside favourites and elegant preparations that highlight France's long culinary heritage. A tempting selection of French desserts completes the experience, featuring timeless favourites and delicate pastries that reflect the country's celebrated pâtisserie tradition. Our Cuisine Française buffet is a fitting finale to the month, offering a refined and flavourful exploration of one of the world's most admired cuisines.

本月份最後帶來「法國美食之旅」自助晚餐，帶你領略法國各地美食的豐富多樣性。美食之旅將從西北部布列塔尼的海鮮盛宴開始，一路品嚐至法國南部溫暖的地中海風味。

豐富菜餚包括各種經典法國菜及地區特色美食，從沿岸海鮮料理到鄉村風味佳餚，再到精緻優雅的菜餚，無不彰顯著法國悠久的烹飪傳統。一系列誘人的法式甜點將令你的美食體驗更為完滿，其中包括歷久不衰的經典之作及精緻的糕點，充分展現了法國聞名遐邇的法式糕點傳統製作技藝。我們的「法國美食之旅」自助餐將為本月活動畫上完美的句號，為你帶來一次精緻而美味的探索之旅，領略世界最受讚譽的美食之一。

26th to 30th April

4月26日至30日


Adults 成人 Children 小童

\$288 \$168



To make your reservation, please call The Island View Restaurant on 2118 1846.

訂座請致電 Island View 餐廳：2118 1846



AN ALICE IN WONDERLAND EASTER AT THE CLUB

太平洋會復活節 「愛麗絲夢遊仙境」



GOOD FRIDAY & EASTER SATURDAY WONDERLAND LUNCH BUFFET

「GOOD FRIDAY 及復活節星期六夢遊仙境」自助午餐

Enjoy our extensive Lunch Buffet this Good Friday and Easter Saturday, where the table drifts into Wonderland. Wander down the Rabbit Hole and discovering something new at every turn.

Explore generous displays of cold cuts and salads, a broad selection of hot and cold dishes, traditional carving favourites and a plentiful spread of desserts. A dedicated Juice Station offers a playful Drink Me moment, serving refreshing, fruit filled blends to accompany the fantastic spread.

在 Good Friday 及復活節星期六，歡迎前來盡情享用我們豐盛的自助午餐，屆時讓你彷彿置身於仙境之中，漫步於奇妙的兔子洞穴，處處充滿驚喜。

琳瑯滿目的凍肉及沙律、各式各樣的冷熱菜餚、傳統烤肉及豐富甜點，應有盡有。我們還設有專屬果汁吧，為你帶來趣味十足的「Drink Me」時刻，供應清新可口的果汁，與豐盛的自助餐點完美配搭。

Friday, 3rd April

4月3日 (星期五)

Venue :
地點 : The Island View & Pier 6 Restaurant

Saturday, 4th April

4月4日 (星期六)

Venue :
地點 : The Island View Restaurant

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$298	\$228	\$148

including Juice Station
包括果汁任飲





SEAFOOD DINNER FEAST 海鮮自助晚餐

This Good Friday and Easter Saturday evening, Alice's sense of curiosity sets the tone for a Seafood Dinner Buffet that invites guests to explore and discover. Follow the White Rabbit from counter to counter as the Buffet unfolds, revealing chilled seafood, fresh salads, hot and cold dishes and delicious seafood specialties along the way.

There is a touch of the Mad Hatter's fondness for abundance in the generous spread, while the Cheshire Cat makes his presence felt as dishes catch your eye just when you think you have seen it all. A tempting display of desserts brings the evening to a close, overseen by a hint of Queen of Hearts indulgence.

A dedicated Juice Station offers refreshing, fruit filled blends to accompany the flavours of the sea.

Served across two evenings at The Island View and Pier 6, this Easter Seafood Dinner Buffet is the perfect place for a holiday meal.

在今年的 Good Friday 及復活節星期六晚上，愛麗絲的好奇心將引領你一同探索及發掘海鮮自助晚餐的美味。跟隨白兔先生的腳步，穿梭於每張自助美食枱之間，率先用眼睛品嚐琳瑯滿目的佳餚，包括冰鎮海鮮、清新沙律、冷熱菜餚及各種海鮮特色菜。

在豐盛的菜餚中瀰漫著瘋帽子對美食的熱愛，而柴郡貓的出現，會讓你以為已經飽覽所有美食時，一道道誘人的菜餚再映入你的眼簾。令人垂涎的甜點將為這場盛宴畫上完美的句號，其中還夾雜著一絲紅心皇后的奢華誘惑。

特設的果汁吧將供應清新可口的果汁，與海鮮的鮮味相得益彰。

復活節海鮮自助晚餐將於連續兩個晚上在 Island View 及 Pier 6 餐廳舉行，是你歡度佳節的理想之選。



Friday, 3rd April
Saturday, 4th April
4月3日 (星期五)
4月4日 (星期六)

Venue :
地點 : The Island View & Pier 6 Restaurant

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$398	\$288	\$188

including Juice Station
包括果汁任飲



MAD HATTER'S TEA PARTY AT PIER 6 「瘋帽子」下午茶派對

Step into a curious world where tea time never seems to end. The Mad Hatter's Tea Party brings the spirit of Alice in Wonderland to Pier 6, creating an afternoon that feels colourful, imaginative and unexpected.

Members are encouraged to dress for the occasion, with outfits inspired by Wonderland characters warmly welcomed. The restaurant will be styled with whimsical touches and unexpected details, stepping away from the ordinary.

Activities will take place throughout the afternoon, including riddles, a game of flamingo croquet and a Cheshire Cat inspired challenge, adding light moments of fun to the experience. At the table, guests can enjoy a decadent selection of themed food and drinks, with sweet treats and signature cocktails presented with curious details and finished with "Eat Me" and "Drink Me" elements, appearing just when you least expect them.

踏入一個奇妙的世界，這裡的下午茶時光彷彿永不完結。「瘋帽子」下午茶派對將愛麗絲夢遊仙境的奇幻氛圍帶到 Pier 6，為你打造一個色彩繽紛、充滿想像力及驚喜的下午。

我們鼓勵會員以仙境人物為靈感的裝扮出席，餐廳將以奇幻的裝飾及意想不到的細節點綴，為你帶來與眾不同的體驗。整個下午都將會安排各種活動，包括猜謎遊戲、紅鶴槌球遊戲及以柴郡貓為主題的挑戰，為你的用餐體驗增添輕鬆愉快的氛圍。

在餐桌上，賓客可以享用一系列精緻的主題美食及飲品，包括甜點及特色雞尾酒，每道菜都以別緻的細節呈現，並巧妙地融入了「Eat Me」及「Drink Me」的元素，在你意想不到的時候驚喜出現。



Saturday, 4th April
4月4日 (星期六)

Venue :
地點 : Pier 6 Restaurant

Time : 2:30pm - 5:30pm
時間 : 下午2時30分至5時30分

aged 3 years and above (per person)
3歲以上兒童及成人 (每位)

\$188



2

EASTER BUNNY SUNDAY LUNCH BUFFET 「復活兔」週日自助午餐

Easter Sunday brings a family friendly celebration with a touch of Wonderland, as the White Rabbit makes a special appearance with small surprises for our younger guests. The dining experience is complemented by Easter favourites, including a whole roasted baby lamb.

While adults enjoy their meal, children are invited to step into a playful afternoon in Pier 6 Restaurant and the Children's Playroom, where themed entertainment will take place from 2:00pm to 4:00pm. Activities include classic Easter games, an egg hunt, creative arts and crafts, themed game booths and a bouncy castle, offering plenty of fun throughout the afternoon.

A Juice Station will be available, offering refreshing fruit blends for both adults and children.

於復活節星期日，我們將舉辦一場充滿奇幻色彩的家庭慶祝活動，白兔先生將親臨現場，為小朋友帶來驚喜。除了豐富的復活節特色美食外，我們還準備了烤全小羊，讓你盡情享用盛宴。

除了大人們可以享用美食外，孩子們也可以於下午2時至4時在 Pier 6 餐廳及兒童遊戲室參與各種主題娛樂活動，包括經典的復活節遊戲、尋蛋遊戲、創意手工藝、主題遊戲攤位及充氣城堡，讓孩子們在整個下午都能玩得盡興。

此外，我們還設有果汁吧，為成人及兒童供應清新的果汁。



Sunday, 5th April
4月5日 (星期日)

Venue :
地點 : The Island View & Pier 6 Restaurant

aged 3 years and above (per person)
3歲以上兒童及成人 (每位)

\$358

including Juice Station and Children's Activities
包括果汁任飲及參與兒童活動



J

EASTER SUNDAY DINNER BUFFET 「復活節星期日」自助晚餐

The Island View Easter Sunday Dinner Buffet offers a relaxed setting for family and friends to gather and enjoy the holiday together. The evening will include a special visit from the White Rabbit, who will bring small giveaways for younger guests. Easter favourites take centre stage at the buffet, including a whole roasted baby lamb, alongside a generous selection of dishes designed for an enjoyable Easter Sunday dinner.

Island View 餐廳的「復活節星期日」自助晚餐是讓你在輕鬆愜意的氣氛下，與家人朋友歡聚一堂，共度佳節的理想之選。當晚，白兔先生將驚喜現身，為小朋友帶來精美小禮物。

自助餐以復活節經典菜餚為主題，包括烤全小羊，以及其他精心準備的豐富佳餚，定能讓你盡享「復活節星期日」晚餐的美味。

Sunday, 5th April
4月5日 (星期日)

Venue :
地點 : The Island View & Pier 6 Restaurant

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$388	\$268	\$188

including Juice Station
包括果汁任飲



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EASTER MONDAY LUNCH BUFFET 「復活節星期一」自助午餐

Join us for an Easter Monday Lunch Buffet, complete with a centerpiece of spit-roasted lamb and a fresh juice station. Enjoy a wide selection of savoury and sweet dishes, the perfect setting for unforgettable moments with family and friends.

Children can enjoy a range of Easter themed activities during the afternoon, including an egg and spoon race, egg bingo, an egg hunt and Easter arts and crafts, as the White Rabbit makes a special appearance with small surprises for our younger guests.

歡迎前來享用「復活節星期一」自助午餐，盡情享用各式美味佳餚，包括烤全小羊及清新果汁，與家人朋友共度難忘時光。

孩子們還可以參加於下午舉行的一連串復活節主題活動，包括雞蛋湯匙賽跑、雞蛋 bingo 遊戲、尋蛋遊戲及復活節手工藝；而白兔先生亦會前來為小朋友帶來精美小禮物。

Monday, 6th April
4月6日 (星期一)

Venue :
地點 : The Island View & Pier 6 Restaurant

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$388	\$268	\$188

including Juice Station
包括果汁任飲



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EASTER MONDAY DINNER BUFFET 「復活節星期一」自助晚餐

Round off the Easter weekend with a magical Dinner Buffet at The Island View and Pier 6. The evening will include a special visit from the White Rabbit, who will bring small giveaways for younger guests. The buffet features a generous selection of dishes alongside Easter favourites, including a whole roasted baby lamb.

到 Island View 及 Pier 6 餐廳享用充滿魔力的自助晚餐，為復活節的最後一天畫下圓滿的句號。當晚，白兔先生將驚喜現身，為小朋友帶來精美小禮物。自助餐菜餚種類豐富，除了復活節經典美食外，還有烤全小羊等豐盛佳餚。

Monday, 6th April
4月6日 (星期一)

Venue :
地點 : The Island View & Pier 6 Restaurant

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$298	\$228	\$148

including Juice Station
包括果汁任飲

For reservations, please call The Island View Restaurant on 2118 1846.
訂座請致電 Island View 餐廳：2118 1846

* Photographs of dishes are for reference only 食物相片只供參考



針山



Needle Hill in the centre of the New Territories is a pointy, 532-metre peak that is a major feature of the Maclehoose Trail. Not really shaped like a needle, but more like a sharp tooth, it's a challenging climb that rewards hikers with panoramic views.

This trail is steep on both the ascent and descent, so only attempt it if you are feeling fit. Bring water. Walking time: 3.5 hours.

Take the MTR to Tsuen Wan and walk across the footbridge towards Shiu Wo Street. Green minibus 82 departs from here to take you uphill to Shing Mun Reservoir. If the bus queue is looking too long, you can take a taxi to the same destination for about \$65.

There's a snack shop up here near the reservoir bus stop but don't rely on it being open; on a busy Saturday in March we were surprised to find it closed at 2pm. So be sure to bring adequate water with you.

From the bus stop, carry on along the single-track road through Shing Mun Country Park, watching out for marauding macaques. Soon you meet the waters of the reservoir, and you can look across to see your target of Needle Hill on the other side, with the path to the summit clearly visible.

The road leads you across the big stone dam of the reservoir, and then bends to the right. A wooden archway soon afterwards announces the Maclehoose Trail. Proceed up the steps.

The climb is quite constant from here on upwards, and some of the steps are angled downwards, so that you feel like you are climbing even when stopping for a break. Below you, the waters of the reservoir form a serene scene edged by dark forest.

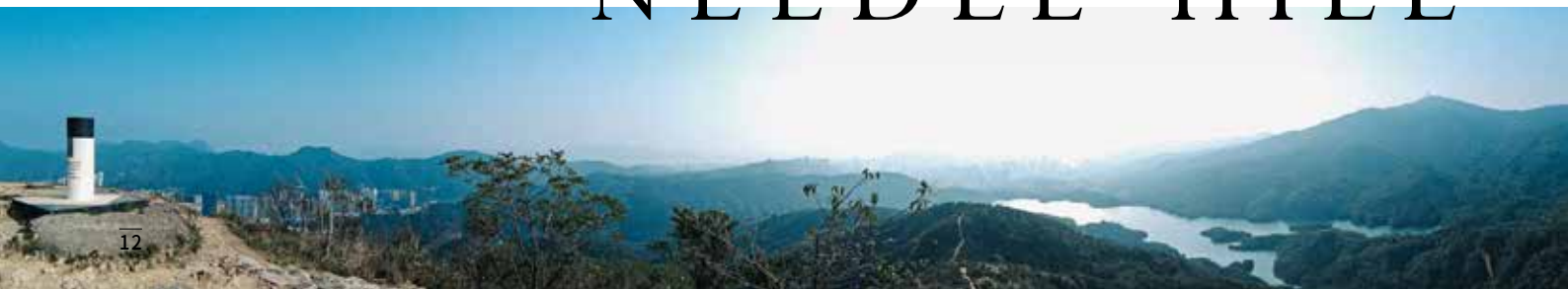
After some time, the stairs level out onto a flat area, from which you can see the peak of Needle Hill on your left. Then the steps commence again, and you must continue to the top.

The summit of Needle Hill is worth the exertion. From up here you can enjoy a wonderful panorama of Tai Mo Shan, the Shing Mun Reservoir, Grassy Hill, Sha Tin, Lion Rock and all points in between. You can see as far as Victoria Harbour if the visibility is good.

Your descent to the north is equally testing, but eventually the high steps give way to a paved forestry road, which winds over the hills until you meet an archway marked "Sha Tin Town". Turn right here and follow the path downhill.

The stairway descends through young forest until you reach the pretty religious buildings of Tao Fong Shan. When you come to a small roundabout, turn left to follow a narrow path that runs behind and between a line of old hillside houses. This will bring you out onto the square of Pai Tau village, from where you can walk up the ramp to Sha Tin MTR station.

NEEDLE HILL





位於新界中心點的針山是一座海拔 532 米高的尖頂山峰，也是麥理浩徑的一大亮點。它的形狀並非真的像針，而更像一顆鋒利的牙齒。攀登針山頗具挑戰性，但登頂後可飽覽壯麗的全景。

這條步行徑上下坡都比較陡峭，因此只建議體力充沛者嘗試。請攜帶充足的飲用水。步行時間：3.5 小時。

乘搭港鐵至荃灣站，步行過天橋前往兆和街。82 號綠色小巴從這裡出發，將帶你上山前往城門水塘。如果等候小巴的隊伍太長，你可以乘搭的士前往同一目的地，車費約 \$65。

水塘的車站附近有一間小食店，但別以為它一定開門營業：於 3 月份一個熱鬧的星期六裡，我們驚訝地發現它在下午兩點就關門了。所以一定要帶足飲用水。

從車站出發，沿著城門郊野公園內的單行路往前行，注意防範四處覓食的獼猴。很快，你就會看到水塘，向對岸望去，可以看到你的目標——針山，通往山頂的小路清晰可見。

這條路會帶你穿過水塘的大石壩，然後向右轉。不久之後，一座木拱門標示著麥理浩徑的入口。沿著梯級向上走。

從這裡開始，坡度幾乎一直向上，有些梯級已向下傾斜，讓你即使停下來休息時，也感覺像是在攀爬著。在下方，水塘的水與幽暗的樹林互相輝映，構成一幅寧靜祥和的景象。

走了一段時間後，梯級延伸到一片平地，從這裡你可以看到左側的針山山頂。然後梯級再次出現，你必須繼續攀上山頂。

登上針山山頂絕對是值得的旅程，從這裡可以飽覽大帽山、城門水塘、草山、沙田、獅子山以及沿途所有景點的壯麗全景。如果能見度良好，甚至可以看到維多利亞港。

向北下山的路同樣崎嶇，但最終傾斜的梯級會變成一條鋪好的林間小路，這條路蜿蜒曲折地翻過山丘，直到你看到一個標有“沙田市鎮”字樣的牌坊。在這裡右轉，沿著小路下山。

沿著梯級向下，穿過一片幼林，即可到達道風山美麗的宗教建築群。到達一個小環形交叉路口後，左轉，沿著一條位於一排古老山坡房屋後方和之間的狹窄小路前行。這條路會將你帶到排頭村的廣場，從那裡你可以步行上斜坡前往沙田港車站。



JUNIOR EASTER EGG DESIGN COMPETITION 2026

兒童復活蛋設計比賽 2026

One of the Club's most popular annual competitions returns this Easter. Young members are invited to take part in the Easter Egg Design Competition and transform a simple egg template into a colourful Easter creation using their own imagination and creativity.

The competition is open to children aged 4 to 11 and will be judged in two age groups.

Group A: 4 to 7 years

Group B: 8 to 11 years

Children may collect the Club's egg template from the 2/F Reception Desk and bring it to life at home with their own creative ideas. Paint it, colour it, add patterns, textures or playful decorations. Pens, paints, stickers, ribbons, coloured paper and any other craft materials can be used to turn the simple egg shape into a unique Easter design.

Completed designs should be returned to the 2/F Reception Desk on or before Sunday, 12th April. All entries will be displayed in the Playroom for members to enjoy during the Easter season.

- **Entry Fee: \$30 per entry**
- **Submission Deadline: Sunday, 12th April**
- **Prizes: Winners in each category will receive a special gift**
- **Exhibition: All entries will be displayed in the Children's Playroom**
- **Results will be announced in the May 2026 issue of Pacific Views**

本會其中一項最受歡迎的年度比賽將於今年復活節再次舉行。我們邀請所有小會員參加「復活蛋設計比賽」，發揮你們的心思與創意，把普通的蛋殼變成色彩繽紛、充滿愛心的復活蛋。

比賽分為兩個組別：

A 組：4 — 7 歲

B 組：8 — 11 歲

參賽者可於二樓接待處索取蛋殼模型，然後發揮創意，在家中賦予它生命。塗上顏色，添加圖案、線條、物料或趣味裝飾。顏色筆、顏料、貼紙、緞帶、彩紙以及任何其他手工材料都可以用來將簡單的蛋殼變成獨一無二的復活節設計作品。

完成作品後，請於 4 月 12 日（星期日）或之前交回二樓接待處。所有參賽作品將於復活節期間在兒童遊戲室展出，供會員欣賞。

- 參賽費用：每件作品 \$30
- 截止日期：4 月 12 日（星期日）
- 獎品：各組別勝出者均可獲贈禮物一份
- 展覽：所有作品將於兒童遊戲室展出
- 結果公佈：得獎名單將於 2026 年 5 月號《薈聚》刊登

4月份精選
希臘式烤雞肉及沙律皮塔口袋

APRIL FEATURE
Chicken Gyros
&
Greek Salad
Pita Pocket



STACKED SENSATION

Your New Favourite Sandwich

層層疊的美味
你全新的摯愛三文治

\$108 | per piece
每份

Our April Stacked Sensation brings the bright flavours of Greece to the table. A warm Pita Pocket is filled with tender slices of seasoned Chicken Gyros, paired with a crisp Greek Salad of Tomatoes, Cucumber and Olives, then finished with generous crumbles of Feta Cheese.

於4月份的「層層疊的美味」中，我們會將希臘的清新風味帶到你的餐桌上。在溫熱的皮塔口袋包內填滿著鮮嫩多汁的調味希臘烤雞肉片，以及由番茄、青瓜及橄欖組成的清爽希臘沙律，最後撒上大量的菲達芝士碎。

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

整個4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。

STEAK & CAKE

AT PIER 6

PIER 6 餐廳 – 牛柳配蟹肉餅

Available at Pier 6 every day in April for lunch and dinner, Steak & Cake brings together two richly satisfying favourites on one plate. Grilled Black Angus Fillet Imperial is paired with a generous Jumbo Lump Crab Cake, served with Green Asparagus and finished with classic Sauce Béarnaise.

Elegant and indulgent, this is a dish that makes any lunch or dinner feel a little more special.

於整個4月份，Pier 6餐廳將在每日的午餐及晚餐時段為大家送上牛柳配蟹肉餅菜式，將兩道令人垂涎的美味佳餚完美融合於菜式之中。烤黑安格斯牛柳配搭分量十足的特大蟹肉餅，佐以綠蘆筍，最後淋上經典的法式貝亞恩醬。

這道菜餚優雅而奢華，讓你的午餐或晚餐增添一份特別的體驗。

\$498 | per piece
每份

For reservations, please call Pier 6 on 2118 1878.
訂座請致電 Pier 6 餐廳：2118 1878。



MANGO MOMENTS IN APRIL

Featuring Alphonso, King of Mangoes

4 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



PRIMAVERA ALLA CASA DELLA NONNA RUSTIC STYLE SPRING DINNER 祖母的春季家常晚餐

Grandmothers cook best! At Capricci, we celebrate the warmth of Nonna's kitchen at a table filled with generous dishes, simple flavours and the kind of cooking that brings people together. It is honest Italian food, prepared with care and meant to be shared.

祖母做的飯菜是最美味的！於4月份逢星期四及日晚上在 Capricci 餐廳，我們將以豐盛的菜餚、樸實的口味，以及能拉近人與人之間距離的烹飪方式，來營造出如身處祖母家廚房的溫暖。全都是用心烹調、旨在與大家分享的地道意大利美食。

Every Thursday and Sunday Night in April
4月份逢星期四及日晚上

Venue :
地點 : Capricci

Adults 成人 Children 小童

\$388 \$228

Reservations 訂座 : 2118 1803

THE DINNER UNFOLDS AS FOLLOWS 晚餐菜式如下

TO BEGIN 開胃菜

Sugar Snap, Parma Ham and Asparagus Salad
with Parmesan Zeppole
甜豆、巴瑪火腿及蘆筍沙律
巴瑪芝士甜餅

PASTA 意大利麵

Orecchiette with Pancetta, Morels and Green Peas
貓耳朵意大利麵配意大利燻肉、羊肚菌及青豆

MAIN COURSE FOR THE TABLE 主菜

Young Lamb Sea Bass
嫩羊肉 鱸魚

DESSERT 甜點

Nonna's Lemon Curd Dessert
祖母的檸檬醬甜點

Including Table Wine and Espresso.
包含佐餐葡萄酒及濃縮咖啡

Designed to be enjoyed by the whole table without substitutions.
此套餐專為全桌客人共享而設計，不可轉換。



CHEF KEUNG'S FAVOURITE BITES 紫荊閣－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. April's highlights include Braised Angus Beef Brisket in Bordeaux Red Wine, as well as Deep Fried Homemade Bean Curd and Squid with Spicy Salt.

今個月份，歡迎蒞臨紫荊閣品嚐強師傅最喜歡的招牌菜，包括波爾多紅酒燴安格斯牛腩、椒鹽自家豆腐拼鮮魷魚，以及其他精選菜式。

1st - 30th April

4月1日至30日

Venue :
地點 : Bauhinia

Reservations 訂座 : 2118 1892

PISTACHIO TIRAMISÙ

開心果意大利芝士蛋糕

Tiramisù is one of those desserts that almost everyone loves. The combination of coffee soaked biscuits and smooth mascarpone cream is simple, but always satisfying. For this version, I have added pistachio paste to give the cream a gentle nutty flavour that works beautifully with the coffee, adding another layer of richness to the classic recipe.

意大利芝士蛋糕幾乎是人人都愛的甜點之一，用咖啡浸泡過的餅乾配搭滑順的馬斯卡邦奶油，簡單卻令人回味無窮。在這個版本中，我加入了開心果醬，為奶油增添了一絲淡淡的堅果香氣，與咖啡完美融合，為經典的意大利芝士蛋糕增添了更多層次的濃郁風味。



By Daniel Birkner

Head of Culinary & Restaurant Operations
撰文：廚藝及餐飲營運總監



INGREDIENTS 材料

Mascarpone Cream

馬斯卡邦奶油

- Egg Yolk 100g (克)
蛋黃
- Sugar 50g (克)
砂糖
- Mascarpone 500g (克)
馬斯卡邦芝士
- Pistachio Paste 80g (克)
開心果醬
- Cream 100g (克)
鮮奶油
- Lady Finger Biscuits 24pcs (片)
手指餅乾

Coffee Dipping Syrup

咖啡浸液

- Water 450ml (毫升)
清水
- Granulated Coffee 20g (克)
即溶咖啡粉
- Sugar 25g (克)
砂糖

PREPARATION 製作步驟

1. Bring the water to a boil and dissolve the granulated coffee and sugar. Allow the mixture to cool completely before using it to dip the lady finger biscuits.
 2. Whip the cream together with the pistachio paste until very soft peaks forms.
 3. Place the egg yolks and sugar in a bowl set over a gentle water bath and whisk continuously until the mixture becomes pale, creamy and slightly foamy. Remove from the heat and fold in the mascarpone until smooth.
 4. Divide the mascarpone mixture. Combine two thirds with the pistachio cream mixture. The remaining one third should be kept plain.
 5. For assembly, choose a deep serving dish or tray. Spread the plain mascarpone cream across the base to form the first layer.
 6. Dip each lady finger briefly into the cooled coffee mixture, allowing them to soak without becoming too soft. Arrange the soaked biscuits evenly over the mascarpone layer.
 7. Spread the pistachio mascarpone mixture over the biscuits and smooth the surface evenly. Cover and refrigerate for at least four to five hours, although overnight resting will give the best result.
 8. Before serving, finish the Tiramisù with a generous scattering of chopped pistachios, using a mixture of toasted and raw nuts for added flavour and texture.
1. 將水煮沸，加入咖啡粉及砂糖攪拌至完全溶解。待咖啡液完全冷卻後，用來沾手指餅乾。
 2. 將鮮奶油及開心果醬一起攪打成非常柔軟、可以直立的發泡。
 3. 將蛋黃和糖放入碗中，隔水加熱，持續攪拌至顏色變淺、質地順滑並略微起泡。離火，拌入馬斯卡邦芝士，直到混合物順滑。
 4. 取 2/3 的馬斯卡邦混合物與開心果奶油拌勻，剩下的 1/3 保持原味。
 5. 選擇一個深的餐盤或托盤，將原味馬斯卡邦奶油均勻塗抹在盤底，形成第一層。
 6. 將每塊手指餅乾快速浸入咖啡液中，讓其充分吸收但不要浸泡過久，然後將浸泡過的餅乾均勻地鋪在馬斯卡邦奶油層上。
 7. 再將開心果馬斯卡邦混合物塗抹在餅乾上，並抹平表面。將其覆蓋好，放入冰箱冷藏最少 4-5 小時，冷藏過夜效果更佳。
 8. 上桌前，在意大利芝士蛋糕上撒上大量切碎的開心果，為了增加風味及口感，可以將烤過的及生的開心果混合一起使用。

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。



CHILDREN'S EASTER ACTIVITIES

復活節兒童活動

OCEAN BREEZE PAINTING WORKSHOP

海洋肌理畫工作坊

Inspired by the colours and textures of the seaside, this workshop invites children to create their own beach themed artwork using paint, sand and natural shells. Blue skies, soft waves and coastal details come together as each piece takes shape.

Simple techniques are introduced throughout the session, allowing children to explore texture and composition in a relaxed and enjoyable way.

受海邊變化多端的色彩及花紋的啟發，這工作坊讓孩子們使用顏料、沙粒及天然貝殼創作屬於自己的沙灘主題藝術作品。藍天、柔和的波浪及海岸風光交織融合，每一幅作品都栩栩如生。

課程中會逐步介紹一些簡單的肌理畫技巧，讓孩子們在輕鬆愉快的氛圍中探索紋理及構圖的奧妙。



DATE
日期

(A) Wednesday 8th April
(B) Thursday 9th April
A班 — 4月8日 (星期三)
B班 — 4月9日 (星期四)

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 \$100, Guest \$160
(including Children's Playroom entrance fee)
會員\$100, 非會員\$160
(包括課程當日的兒童遊戲室入場費)

AGE
年齡

4 years and above
4歲及以上

3D PLASTER PAINTING WORKSHOP

立體石膏彩繪工作坊

In this hands on workshop, children will paint and decorate their own 3D plaster ornaments. A selection of animal designs, including bunnies, bears and kittens, will be available to choose from, giving each child the chance to work on something they like. The finished ornaments can be taken home after the class.



在這個手工藝工作坊裡，孩子們將繪製並裝飾自己的立體石膏掛飾。我們提供多種動物圖案供孩子們選擇，包括兔子、小熊及小貓，讓孩子們創作自己喜歡的作品。課堂後，孩子們可以將完成的飾品帶回家中增添節日氣氛。

DATE
日期

(A) Wednesday 8th April
(B) Thursday 9th April
A班 — 4月8日 (星期三)
B班 — 4月9日 (星期四)

TIME
時間

2:00pm – 3:00pm
下午2時至3時

VENUE
地點

Children's Playroom Library
兒童遊戲室圖書館

PRICE
收費

Member \$80, Guest \$140
(including Children's Playroom entrance fee)
會員\$80, 非會員\$140
(包括課程當日的兒童遊戲室入場費)

AGE
年齡

4 years and above
4歲及以上



FAIRY GARDEN MINIATURE WORKSHOP 童話花園微景觀工作坊

Celebrate Easter with a creative twist at this hands-on workshop, where children design and build their own fairy garden using moss, pebbles, flowers and decorative elements. Each piece is arranged and assembled step-by-step, bringing a seasonal scene to life.

The fairy garden can be taken home after the workshop.

在這個充滿創意的復活節工作坊裡，孩子們可以用苔蘚、石子、鮮花及迷你擺件等素材，設計並建造屬於自己的童話花園，為復活節增添一份別樣的樂趣。將每樣小物件一步一步地進行佈置和組裝，最終呈現出一個栩栩如生、獨一無二的微景觀。

工作坊結束後，孩子們可以將自己建造的童話花園帶回家。

DATE 日期	(A) Friday 10th April (B) Saturday 11th April A班 — 4月10日 (星期五) B班 — 4月11日 (星期六)
TIME 時間	2:00pm – 3:00pm 下午2時至3時
VENUE 地點	Children's Playroom Library 兒童遊戲室圖書館
PRICE 收費	Member \$100, Guest \$160 (including Children's Playroom entrance fee) 會員\$100·非會員\$160 (包括課程當日的兒童遊戲室入場費)
AGE 年齡	4 years and above 4歲及以上

BLOOM FRAME WORKSHOP 乾花樂相框工作坊

This Easter themed workshop invites children to create their own 3D floral frame using dried flowers, bunny illustrations and decorative elements. Each design is arranged within the frame, combining soft spring colours with seasonal details.

The finished frame can be taken home after the workshop, making a bright decoration or a thoughtful Easter gift.

這個以復活節為主題的工作坊邀請孩子們用乾燥花、兔子插畫及裝飾元素，製作屬於自己的立體花相框。每個設計都將巧妙地融入花框中，充分展現柔和的春日色彩及季節特色。

工作坊結束後，孩子們可以將完成的花框帶回家，作為一件亮麗的裝飾或貼心的復活節禮物。

DATE 日期	(A) Friday 10th April (B) Saturday 11th April A班 — 4月10日 (星期五) B班 — 4月11日 (星期六)
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 \$80, Guest \$140 (including Children's Playroom entrance fee) 會員\$80·非會員\$140 (包括課程當日的兒童遊戲室入場費)
AGE 年齡	4 years and above 4歲及以上



EASTER TENNIS CAMP 復活節網球訓練營

Looking for a fun and active way for your kids to spend Easter? Join our Easter Tennis Camp, specially designed for children aged 4–12. This camp combines professional coaching with exciting games to help children improve their tennis skills while having a lot of fun.

想為孩子尋找一種既有趣又有活力的復活節慶祝方式？快來參加本會的復活節網球訓練營！訓練營專為 4-12 歲的孩子們設計，在專業教練的悉心指導下，他們將透過趣味遊戲提升網球技巧，享受運動的樂趣。

DATE 日期	Wednesday – Friday 8th, 9th & 10th April 4月8日、9日及10日 (星期三至五)
TIME 時間	(A) 11:00am – 12:00noon (B) 2:00pm – 4:00pm A班 — 上午11時至中午12時 B班 — 下午2時至4時
VENUE 地點	4/F Indoor Tennis Courts 室內網球場
PRICE 收費	(A) Member \$690, Guest \$1,050 (for 3 lessons, including Children's Playroom entrance fee) (B) Member \$1,380, Guest \$1,740 (for 3 lessons, including Children's Playroom entrance fee) A班 — 會員\$690·非會員\$1,050 (3堂·包括課程當日的兒童遊戲室入場費) B班 — 會員\$1,380·非會員\$1,740 (3堂·包括課程當日的兒童遊戲室入場費)
AGE 年齡	(A) 4 – 6 years, (B) 7 – 12 years A班 4-6歲·B班 7-12歲

For enrollment, please contact the 4/F Tennis Reception on 2118 1707
報名請致電四樓網球部：2118 1707



To book your child's place, please call the 2/F Reception on 2118 1890.
報名請致電二樓接待處：2118 1890

GOURMAY

AT THE PACIFIC CLUB

A Preview of Culinary Highlights to Come

美酒佳餚盡在太平洋會 5月美食盛宴預告

May brings a full programme of food and wine experiences across the Pacific Club, with special menus, wine dinners and unique tasting events taking place throughout the month. From seasonal produce to rare Champagnes and celebrated wines, Members will have many opportunities to discover new flavours and enjoy memorable dining occasions with friends and family.

This is a preview of what is planned, with full details and menus to follow in the next issue of Pacific Views.

於5月份，太平洋會將推出一系列精彩的美酒佳餚活動，包括特色菜單、葡萄酒晚宴及獨特的品嚐活動，貫穿整個月份。從時令食材到稀有香檳及名貴葡萄酒，會員將有機會探索全新風味，與親朋好友共享難忘的用餐時光。

今期率先為大家預告各項活動的部分資訊，完整詳情及菜單請留意下一期《薈絮》。

GERMAN WHITE ASPARAGUS 德國白蘆筍菜式

1st - 31st May
5月1日至31日

Throughout May, Pier 6 celebrates the arrival of German White Asparagus with a selection of seasonal à la carte dishes prepared by our chefs. Known as one of Europe's most anticipated spring harvests, this delicate ingredient will also appear at The Island View every Friday and Saturday evening as part of the Dinner Buffet, where a variety of preparations will highlight its subtle flavour and classic culinary pairings.

在整個5月份，Pier 6餐廳將以精選菜式慶祝德國白蘆筍的時令季節開始，這些菜餚均由本會廚師精心烹製。

作為歐洲最令人期待的春季食材之一，這種鮮嫩的時蔬也將於每個星期五及六晚上出現在 Island View 餐廳的自助晚餐中。屆時，餐廳將以多種烹飪方式，充分展現其清新的風味及經典的佐餐配搭。



1st - 31st May
5月1日至31日

THE CHUAN CHINESE WHISKY PAIRING AT BAUHNIA

紫荊閣 — 疊川中國純麥威士忌配搭中式菜餚

Chef Keung presents a very special menu throughout the month of May, designed to complement the refined character of The Chuan Chinese Whisky from the Emei Mountain region. Each dish has been created to reflect the whisky's distinctive nuances, bringing together Chinese cuisine and one of China's most distinctive whiskies.

於5月期間，中菜行政總廚強師傅將為大家呈現一份特別菜單，與峨眉山疊川中國純麥威士忌的醇厚風味相得益彰。每道菜餚都經過精心設計，力求展現威士忌的獨特韻味，將中國美食與中國最具特色的威士忌之一完美融合。

THE PERRIER-JOUËT CAVIAR EXPERIENCE

Saturday, 9th May
5月9日(星期六)

PERRIER-JOUËT 香檳與魚子醬

Hosted by the Brand Ambassador of Maison Perrier-Jouët, this elegant afternoon explores the pleasures of pairing Champagne with exceptional caviar. Members will enjoy Baeri, Oscietre and Kristal caviar from Maison Kaviari Paris served alongside a selection of Perrier-Jouët Champagnes.

這次優雅的下午活動由 Perrier-Jouët 香檳品牌大使主持，旨在探索香檳與頂級魚子醬配搭的妙趣。會員將品嚐來自巴黎著名魚子醬品牌 Maison Kaviari Paris 的 Baeri、Oscietre 及 Kristal 等三款魚子醬，並佐以精選的 Perrier-Jouët 香檳。



\$890 | per person
每位

From 3:00pm

Limited seats available. Venue and further details to be confirmed.

下午3時活動開始

座位有限。活動地點及其他詳情待定。

Thursday, 28th May
5月28日(星期四)

Friday, 15th May
5月15日·星期五

MOËT & CHANDON GRAND VINTAGE CHAMPAGNE DINNER

PIER 6 餐廳 — MOËT & CHANDON 年份香檳晚宴

Hosted by the Brand Ambassador to Hong Kong, this dinner at Pier 6 presents a remarkable selection of Moët & Chandon Champagnes, including the 2016 Grand Vintage in both white and rosé. The evening will also feature Collection Impériale Création No.1, Benoît Gouez's vision of haute couture in the art of Champagne making. This multi-vintage cuvée blends seven remarkable years and represents Moët's first Brut Nature expression.

這場晚宴由 Moët & Chandon 香檳駐港品牌大使主持，將於 Pier 6 餐廳呈獻一系列精選 Moët & Chandon 香檳，包括 2016 年份白葡萄酒香檳及粉紅香檳。

晚宴也將呈現 Moët & Chandon 香檳酒莊首席釀酒師 Benoît Gouez 傾力打造的「帝王珍藏系列」Création No.1，這款香檳融合了 7 個非凡年份的佳釀菁萃而成，堪稱是 Moët & Chandon 香檳酒莊的首款天然乾型香檳。



\$1,088 | per person
每位

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

Venue : Pier 6
地點 :

Limited seats available.
Menu and further details to be confirmed.
座位有限，晚宴菜單及其他詳情待定。

CHEF'S TABLE WITH CHEF DANIEL PIER 6 餐廳 — DANIEL BIRKNER “主廚餐桌”晚餐

For one evening only, Chef Daniel presents an exclusive Chef's Table experience at Pier 6. A small number of guests will enjoy a specially created menu prepared personally by the chef, showcasing exceptional seasonal ingredients and refined culinary techniques.



僅此一晚，Chef Daniel 將在 Pier 6 餐廳為大家帶來一場專屬的主廚餐桌體驗。名額有限的賓客將有機會品嚐由主廚親自精心打造的菜單，享受當季優質食材與精湛烹飪技藝的完美融合。

From 7:00pm
晚上 7 時晚餐開始

Venue : Pier 6
地點 :

\$1,088 | per person
每位

Inclusive of Menu and Beverage Pairing. Very limited seats available.
包括晚餐菜式及葡萄酒配搭，座位有限。

Friday, 29th May
5月29日·星期五

BURGUNDY WINE DINNER PIER 6 餐廳 — 勃艮第葡萄酒晚宴

Hosted by Mr. Jonathan Bosman, Brand Ambassador of Maison du Cray by the Goichot Family in Côte d'Or, France. This dinner will showcase a range of premium Burgundy wines including Crémant de Bourgogne, Pouilly-Fuissé, Aoxe-Corton and the celebrated Nuits-Saint-Georges Aux Allots, each paired with dishes prepared by the Pier 6 culinary team.

晚宴由法國科多爾省 Goichot 家族旗下酒莊 Maison du Cray 的品牌大使 Mr. Jonathan Bosman 主持。當晚將為大家介紹一系列優質勃艮第葡萄酒，包括 Crémant de Bourgogne、Pouilly-Fuissé、Aoxe-Corton 以及著名的 Nuits-Saint-Georges Aux Allots，每款葡萄酒都將會配搭由 Pier 6 廚師團隊精心烹調的菜式。

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

Venue : Pier 6
地點 :

\$988 | per person
每位

Limited seats available. Menu and further details to be confirmed.
座位有限，晚宴菜單及其他詳情待定。



LOOKING AHEAD TO JUNE... 展望 6 月份...

Friday, 12th June
6月12日(星期五)



CULINARY TREASURES FROM NEW ZEALAND ISLAND VIEW 餐廳 — 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，他們將帶來一場互動式自助晚餐。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。

Adults 成人 Children 小童

\$498 \$298

Venue :
地點 : The Island View

Menu and further details to be confirmed.
晚餐菜式及其他詳情待定。

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

Saturday, 20th June
6月20日(星期六)

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。

From 3:00pm
下午3時活動開始

\$590 | per person
每位

Venue and further details to be confirmed.
活動地點及其他詳情待定。



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。

SPA PROMOTIONS IN APRIL

4月份美容療程優惠



~~\$1,520~~ \$1,216

(1hr 45mins) (1小時45分鐘)

YOUTH INTENSIVE TREATMENT SOTHYS原肌修復再生療程

Indulge in our luxurious Youth Intensive Treatment, designed to address the visible signs of ageing such as wrinkles, diminished firmness, and slacked skin. This treatment combines ultra-targeted products with expert application techniques.

Spend 1 hour and 45 minutes in sublime relaxation and emerge with visibly rejuvenated skin, noticeable even after the initial session.

盡情享受奢華的原肌修復再生療程，一次解決皺紋、緊緻度下降和皮膚鬆弛等明顯的衰老跡象。這款療程結合了超針對性的產品和專業的護理技術，在1小時45分鐘內享受極致放鬆，肌膚明顯煥發活力，即使在初次療程後也有顯著效果，令你綻放年輕美態。



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 April 四月份課程

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日開始接受下個月各類型團體課程的報名。

* 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 during the Easter Holidays and Ching Ming Festival from 3rd – 7th April. 請注意，所有兒童及成人團體課程，將於4月3日至7日復活節及清明節公眾假期暫停舉行。

FUNKY DANCE
FUNKY舞蹈班

Get your body moving with Funky Dance, an upbeat and easy-to-follow aerobic dance workout designed to keep you energised and engaged! Each lively session challenges you to complete 7,000 dance steps in just one hour, helping you burn calories while having fun.

讓身體隨著舞步一齊動起來吧！這種有趣且簡單易學的有氧舞蹈鍛煉，能讓你充滿動感及活力！每堂都是在挑戰你的體力，在一小時內完成7,000個舞步，讓你在享受樂趣的同時燃燒卡路里。



DATE 日期	(A) Wednesday 1st, 8th, 15th, 22nd & 29th April (B) Friday 10th, 17th & 24th April A班 — 4月1日、8日、15日、22日及29日 (星期三) B班 — 4月10日、17日及24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 \$570, Guest \$930 (for 3 lessons) A班 — 會員\$950，非會員\$1,550 (5堂) B班 — 會員\$570，非會員\$930 (3堂)
AGE 年齡	16 years and above 16歲及以上

JAZZ DANCE
爵士舞班

Learn a range of step-by-step jazz dance routines that combine energy, rhythm and full body movement. Each class offers an enjoyable total body workout, helping improve coordination, fitness and confidence. It is also a refreshing way to unwind.

循序漸進地學習一連串爵士舞動作，感受活力、節奏和全身律動。每節課堂都能帶來愉悅的全身鍛煉，幫助提升協調性、體能和自信心，也是一種令人耳目一新的放鬆方式。



DATE 日期	Thursday 9th, 16th, 23rd & 30th April 4月9日、16日、23日及30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



FASCIA EXERCISE TRAINING

筋膜運動訓練

This class uses gentle, dynamic movements to improve flexibility, mobility and posture. The exercises help strengthen muscles, improve balance and coordination, release tension and support healthy circulation and lymphatic flow. Guided by the instructor, participants develop better body awareness and healthier movement habits.

本課程利用輕柔而充滿活力的動作提升柔軟度、靈活性及改善體態。這些運動均有助於增強肌肉力量、提升平衡及協調性、釋放壓力、並促進血液循環及淋巴流動。在教練的指導下，學員將培養更強的身體感知能力及更健康的運動習慣。

DATE 日期	(A) Monday 13th, 20th & 27th April (B) Wednesday 1st, 8th, 15th, 22nd & 29th April A班 — 4月13日、20日及27日(星期一) B班 — 4月1日、8日、15日、22日及29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 \$950, Guest \$1,550 (for 5 lessons) A班 — 會員\$570·非會員\$930(3堂) B班 — 會員\$950·非會員\$1,550(5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

ZUMBA FITNESS

尊巴健體舞班

Turn up the tempo and add some flair to your fitness routine with Zumba at the Club. These lively cardio dance classes blend upbeat Latin rhythms with simple, energising choreography for a workout that feels more like a party than exercise.

參加本會的尊巴健體舞程，以快速節奏，為你的健身計劃增添一些亮點。這充滿活力的有氧舞蹈課程將歡快的拉丁節奏與簡單、充滿活力的舞蹈編排融為一體，讓運動感覺更像是一場派對，而不僅是鍛鍊。

DATE 日期	Sunday 12th, 19th & 26th April 4月12日、19日及26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 \$570, Guest \$930 (for 3 lessons) 會員\$570·非會員\$930(3堂)
AGE 年齡	16 years and above 16歲及以上



STRETCHING EXERCISE CLASS

伸展運動班

Stretching on a regular basis not only helps to prevent muscle injury and soreness, but it also helps your body to relax mentally and physically. Athletes use stretching to gain a competitive advantage and reduce downtime due to muscle injuries. During these stretching sessions, participants learn how to improve the incorrect posture, how to increase flexibility & blood circulation, how to relief stress, enhance coordination and reduce the risk of injury in sports.



定期進行伸展不僅有助於預防肌肉損傷及酸痛，還能幫助身心放鬆。運動員透過伸展來提升比賽優勢，並可減少因肌肉損傷而造成的休養時間。在這伸展課程中，學員將學習如何改善不良姿勢、增強柔軟性及促進血液循環、緩解壓力、提升協調性及降低運動傷害風險。

DATE 日期	(A) Friday 10th, 17th & 24th April (B) Thursday 9th, 16th, 23rd & 30th April A班 — 4月10日、17日及24日(星期五) B班 — 4月9日、16日、23日及30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	(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	(A) Taught in Cantonese only (B) Taught in Cantonese & English A班 — 廣東話 B班 — 廣東話及英語



LEICA'S NEW APPROACH TO MANUAL FOCUS

LEICA 全新的手動對焦功能

The fundamental requirement of any modern camera is the ability to focus the image reliably. Modern digital cameras now have very fast and accurate autofocus systems. Smartphone cameras in particular can almost always be trusted to produce very sharp images.

Older digital cameras were much slower to achieve focus and sometimes failed to focus at all. Fortunately, those days are largely over. However, some digital cameras still require manual focus. Among them are the famous Leica M series digital cameras. Models such as the Leica M9, M10 and M11 use the same optical rangefinder focusing system as earlier Leica M film cameras from the last century, including the Leica M5 and M6.

An optical rangefinder system requires the photographer to manually adjust the focus ring on the lens until a double image in the central part of the viewfinder converges into a single image. When the double image becomes a single image, that part of the scene within the small rangefinder patch will be in focus.

Focusing with a rangefinder camera requires care to align the double image precisely. That can be a slow process and it also means you need reasonably good eyesight. It is not for everyone.

To address this, Leica has introduced a new M series mirrorless digital camera, the Leica M EV1, which does not have an optical viewfinder. Instead, it uses an Electronic Viewfinder, or EVF, like most other mirrorless digital cameras. The EVF provides advanced manual focusing tools such as focus peaking and magnification. These features make manual focusing much faster, easier and more reliable, even for photographers with weaker eyesight.



Leica M EV1 mirrorless camera

現代相機最基本的要求就是能夠可靠地對焦，所以現代數碼相機都配備了快速且精準的自動對焦系統，尤其是智慧型手機的鏡頭，幾乎都能拍攝出非常清晰的照片。

早期的數碼相機對焦速度很慢，有時甚至根本無法對焦。幸運的是，這種情況如今基本上已成為過去；然而，有些數碼相機仍然保留了手動對焦功能。其中就包括著名的 Leica M 系列數碼相機，例如 Leica M9、M10 和 M11 等型號，都採用了與上世紀早期 Leica M 系列菲林相機（包括 Leica M5 和 M6）相同的光學測距對焦系統。

光學測距系統需要攝影師手動調整鏡頭上的對焦環，直到觀景窗中央區域的雙影像合併成一個影像。當雙影像合併成一個影像時，測距儀小區域內的那部分場景就清晰對焦了。

使用旁軸相機對焦需要格外小心，才能精確對準重影。這可能需要一些時間，也意味著你需要相當不錯的視力。因此，它並不適合所有人。

為了解決這個問題，Leica 推出了新款 M 系列無反光鏡數碼相機 — Leica M EV1。它沒有光學觀景窗，而是像大多數其他無反光鏡數碼相機一樣，採用了 EVF（電子觀景窗）。EVF 提供了如峰值對焦和放大等高級手動對焦工具，這些功能令手動對焦更加快速、便捷和可靠，即使讓視力較弱的攝影師來使用也能得心應手。

RANGEFINDER WINDOW

VIEWFINDER

FRAMELINE ILLUMINATOR



Leica M6 rangefinder camera



Leica M EV1 rear



PICKLEBALL MEET UP NIGHTS

匹克球晚間聚會

Join Coach Cindy on selected Wednesdays for an enjoyable evening discovering one of the Club's most popular new sports. Pickleball is quick to learn and great fun to play, with simple rallies and fast, satisfying points. Enjoy friendly match play that makes it easy to join in and enjoy the game.

歡迎於4月份的指定星期三晚上加入Cindy教練的行列，體驗本會最受歡迎的新興運動之一——匹克球的樂趣。匹克球簡單易學，趣味十足，規則簡單，得分迅速且令人滿足。我們提供友善的比賽環境，讓你輕鬆加入，盡情享受匹克球運動。

DATE 日期	Wednesday 15th, 22nd & 29th April 4月15日、22日及29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

PICKLEBALL PRIVATE LESSONS

匹克球私人課程

Discover how enjoyable it can be to learn Pickleball with personalised private lessons at the Pacific Club. Our experienced coaches provide one on one instruction tailored to your ability, helping you build confidence, refine technique and develop a stronger understanding of the game. Whether you are new to Pickleball or looking to sharpen your skills, these lessons offer focused guidance designed around your goals.

在太平洋會體驗個人化的私人課程，探索學習匹克球的樂趣。我們經驗豐富的教練將根據你的程度提供一對一指導，幫助你建立自信、精進技術並加深對這項運動的理解。無論是匹克球新手還是希望提升球技，這些課程都能根據你的目標提供針對性的指導。



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

HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled during the Easter Holidays and Ching Ming Festival from 3rd – 7th April.

請注意，所有兒童及成人團體課程，將於4月3日至7日復活節及清明節公眾假期暫停舉行。



INTRODUCING OUR NEW TENNIS COACH – NICO LIU 新任網球教練 NICO LIU



We are pleased to welcome Nico Liu to the Pacific Club's Tennis Coaching Team. An ITF Level 1 Coach with six years of coaching experience, Nico has worked with players at every stage of development, from beginners discovering the game to juniors competing at international level.

Nico enjoyed a distinguished playing career, representing the Hong Kong Youth Tennis Team and later serving as Captain of the Hong Kong Polytechnic University Tennis Team. She was the USFHK Inter University Women's Champion in both 2017 and 2018, and achieved top junior rankings in Hong Kong, reaching No. 12 in Singles and No. 5 in Doubles.

Her coaching experience includes working with the Hong Kong, China Tennis Association, where she guided junior teams to strong results in international competitions including the China Youth Tennis Team Championships in 2019, the ITF Asia 14 and Under Development Championships in Doha in 2019, and the Australian Team Championships the same year.

Since 2021, Nico has focused on private and group coaching, helping players build strong fundamentals, develop match confidence and enjoy the game while improving their performance on court.

Why not try a lesson with Nico? For lesson bookings, please contact the 4/F Tennis Reception on 2118 1707.

我們非常高興歡迎 Nico Liu 加入太平洋會的教練團隊。Nico 是一名擁有 6 年教學經驗的 ITF 一級教練，以專業和熱誠培育球員，從基層一路帶領至國際賽事。

Nico 的球員生涯同樣令人印象深刻。她曾代表香港青少年網球隊，並擔任香港理工大學網球隊隊長。她曾於 2017 年及 2018 年勇奪由中國香港大專體育協會舉辦的大專比賽女子組冠軍，並在香港青少年排名中取得單打第 12 位及雙打第 5 位的佳績。

作為教練，Nico 曾與中國香港網球總會合作，帶領青少年隊伍在多項重要賽事中取得優異成績，包括 2019 年第二屆全國青年運動會、2019 年於多哈舉行的 ITF 亞洲 14 歲及以下發展錦標賽，以及 2019 年澳洲團體錦標賽。

自 2021 年起，Nico 專注於私人及小組教學，幫助球員建立紮實的基本功，培養比賽信心，享受比賽樂趣，同時提高他們在球場上的表現。

何不前來與 Nico 一起上課？預約課程，請致電 2118 1707 與四樓網球接待處聯絡。

JUNIOR TENNIS ACADEMY 青少年網球訓練

Designed for young players aged 3½ to 16, the Pacific Club Junior Tennis Academy is where a love for the game begins! Our weekly programme offers expert coaching through well structured sessions tailored to each age group, allowing children to develop proper technique while enjoying their time on court. Whether your child is picking up a racket for the first time or building on existing skills, the Academy provides a positive and enjoyable introduction to tennis. Fees are charged on a monthly basis.

本會的青少年網球訓練班於星期六上午舉行，專為 3½ - 16 歲會員而設，為年輕球員提供結構化的學習、提升和享受網球的途徑。課程由經驗豐富的教練指導，根據不同年齡和技能水平度身定制，將技術提升與合適其年齡的趣味訓練相結合。無論你的孩子是初次拿起球拍，還是希望提升現有技術，本課程都能提供積極愉快的網球入門體驗。

此訓練活動以月費形式支付。



DATE 日期

Saturday 11th, 18th & 25th April
4月11日、18日及25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 \$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

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 confidence, coordination and court awareness in a lively 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。

DATE 日期	Sunday 12th, 19th & 26th April 4月12日、19日及26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 \$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) 4 – 7 years (B) 8 – 16 years A班 4-7歲, B班 8-16歲

SUNDAY SOCIAL TENNIS

週日網球聯誼聚會

Sunday Social Tennis takes place on the indoor court, offering greater comfort and consistency for players. Each two-hour session is supported by our coaches, who will be present throughout to provide tips and guidance while members enjoy friendly rallies and relaxed match play. It is a wonderful opportunity to practise, improve your game and spend an enjoyable time on court with fellow Members.

「週日網球聯誼聚會」將於室內場地進行，為大家帶來更舒適及不受天氣影響的比賽體驗。這兩小時活動全程由專業教練提供指導，讓會員能夠精進球技，享受輕鬆的比賽，並在友好的社交環境中與其他球友進行交流。

DATE 日期	Sunday 12th, 19th & 26th April 4月12日、19日及26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

LADIES' MORNING TENNIS

女子早上網球練習

Start your week on court with our Monday Ladies' Morning Tennis sessions. These two-hour clinics blend technical work with tactical match-play, offering plenty of opportunity to refine your game. With places limited to just 10 players per session, early enrollment is recommended.



歡迎於星期一前來參加本會的女子早上網球練習班，開啟活力滿滿的一週。這兩小時的訓練課程融合了技術練習和戰術實戰，為你提供充足的機會提升球技。每堂僅限 10 名學員參加，請儘早報名。

DATE 日期	Monday 13th, 20th & 27th April 4月13日、20日及27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

TENNIS LEAGUE TEAMS' SCHEDULE HOME MATCHES IN APRIL

網球聯賽 — 4月份主場賽事

DATE	TEAM	MATCH
Monday, 13th April	Men's (Division A)	Pacific Club vs Kornhill Recreation Club
Tuesday 14th April	Men's (Division B)	Pacific Club vs Craigengower Cricket Club
Tuesday, 21st April		Pacific Club vs Gold Coast Yacht & Country Club
Tuesday, 28th April		Pacific Club vs Chinese Recreation Club
Wednesday, 8th April	Men's (Division C)	Pacific Club vs United Services Recreation Club

COMMON BACKSWING MISTAKES IN GOLF

高爾夫球上桿時的常見錯誤

A solid backswing sets up consistent power and accuracy in golf. Many amateurs struggle with key errors that disrupt mechanics and ball flight.

The most frequent mistake is overusing the hands and arms to start the backswing ("arming" the swing). This limits shoulder and torso rotation while the core stays disengaged and the feet provide poor stability. It causes an erratic, off plane club path and inconsistent contact.

At the top, many golfers "stand up", losing spine angle and forward bend. This causes thin shots, with contact high on the face, leading to weak, low balls with minimal distance and spin.

Poor weight transfer is another major issue. Without shifting weight properly to the trail side on the way back and then smoothly to the lead side on the downswing, rotational power is lost, reducing clubhead speed significantly.

Finally, excessive clubface opening during the backswing makes it hard to square the face at impact, often producing a slice for right handed golfers and costing both accuracy and distance.

Correct these faults with targeted drills that focus on shoulder turn, core engagement and weight shift. Working with a PGA professional for personalised guidance will accelerate improvement and build a more reliable swing.

紮實的上桿是高爾夫球運動中穩定力量和精準度的基礎。許多業餘球手難以克服一些關鍵錯誤，破壞揮桿動作和球的飛行軌跡。

最常見錯誤是過度用雙手和手臂來啟動上桿（手臂式揮桿），導致肩部和上身轉動受到限制，核心肌群無法發力，雙腳也缺乏穩定支撐，結果導致揮桿軌跡不穩定，偏離平面，擊球不穩。

擊球至頂點時，許多高爾夫球手的身體常會「站直」，導致脊椎角度和前傾幅度減少，造成擊球過薄，擊球點偏高，最終打出的球又軟又低，距離和旋轉都很小。

重心轉移不當是另一個主要問題。如果在上桿過程中重心沒有正確地轉移到後側（後揮桿側），然後在下揮桿過程中沒有平穩地轉移到前側（前揮桿側），就會損失旋轉力量，從而顯著降低桿頭速度。

此外，上桿過程中桿面過度打開會導致擊球瞬間難以使桿面方正，這往往會使右手球手產生右曲球，並影響擊球的準確度和距離。

可以透過針對性的練習來糾正這些問題，著重於肩部轉動、核心肌群發力和重心轉移。建議與PGA教練合作，獲得個人化指導，將可加速進步並建立更穩定的揮桿動作。



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

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
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

SWIMMING NEWS

游泳課程最新消息

ADULT SWIMMING COURSE 全新 — 成人游泳課程

NEW

Join us for a small group swimming programme designed for adults aged 18 and above. Whether you are new to the water, afraid of the water or looking to refine your technique, each session is designed to build confidence progressively, in a comfortable and encouraging setting.

Led by our professional coach Stephen, lessons focus on essential skills including water confidence, floating, breathing control, breaststroke and freestyle. With close attention given to each participant, you will develop stronger technique, improve water safety awareness and move through the water with greater ease.

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，還是希望提升泳姿技巧的游泳愛好者，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。課程內容包括學習浮水、呼吸控制、蛙泳、自由泳等基本技能，幫助學員克服對水的恐懼，建立自信及增強水上安全意識，輕鬆享受游泳的樂趣及運動對身體的益處。

DATE 日期	Wednesday 1st, 8th, 15th, 22nd & 29th April 4月1日、8日、15日、22日及29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



ADDITIONAL JUNIOR SWIMMING CLASSES 新增少年游泳課程

These additional classes offer young swimmers more opportunities to build confidence and develop their skills in the water. They provide a consistent and progressive approach to learning, helping children strengthen technique and feel more at ease in the pool.

我們新增了兩班少年游泳課程，為年輕的游泳者提供更多機會，幫助他們建立自信，並提升水中技能。課程採用循序漸進的教學方法，幫助他們強化技術，在泳池中更放鬆自在。

Date	Time	Class	Price	Age	Coach
Wednesday	5:00pm – 6:00 pm	Advanced (C) NEW	\$220/hour	4-14 years	Kary Suen
Thursday	10:00am -11:00am	Elementary (C) NEW	\$220/hour	24-48 months	Kary Suen
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	36-47 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



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

NEW

Move with ease and confidence in the water with this full body training session designed to support both physical fitness and overall well being. Using the natural resistance of water, each class combines gentle cardio, strength work, mobility exercises and balance training in a way that feels effective without putting stress on the joints. Expect a mix of aqua jogging, controlled resistance movements, flowing stretches and simple coordination exercises, all with a focus on breathing and rhythm.

透過這項全身訓練課程，在水中輕鬆自信地活動，提升體能及整體健康。利用水的天然阻力，每節課堂都會結合平緩的有氧運動、肌力訓練、靈活性練習及平衡訓練，既有效又不會為關節帶來壓力。課程中學員將進行多項需要注重呼吸及節奏的訓練，包括水中慢跑、阻力控制動作、流暢的伸展及簡單的協調練習。

DATE 日期	(A) Wednesday 1st, 8th, 15th, 22nd & 29th April (B) Thursday 2nd, 9th, 16th, 23rd & 30th April A班 — 4月1日、8日、15日、22日及29日 (星期三) B班 — 4月2日、9日、16日、23日及30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 \$900, Guest \$1,500 (for 5 lessons) 會員\$900，非會員\$1,500 (5堂)
AGE 年齡	16 years and above 16歲及以上



The Hidden Globe: How Wealth Hacks the World

by Atossa Araxia Abrahamian

Borders draw one map of the world; money draws another. A journalist's riveting account exposes a parallel universe exempt from the laws of the land, and how the wealthy and powerful benefit from it.

The map of the globe shows the world we think we know: sovereign nations that grant and restrict their citizens' rights. Beneath, above, and tucked inside its neatly delineated borders, however, a parallel universe has been engineered into existence, consisting of thousands of extraterritorial zones that operate largely autonomously, increasingly for the benefit of the wealthy and powerful. Atossa Abrahamian traces the rise of the hidden globe to thirteenth-century Switzerland, where poor cantons marketed the commodity they had - bodies, in the form of mercenary fighters. Following its evolution around the world, she reveals how prize-winning economists, eccentric theorists, visionary statesmen, and consultants masterminded its export in the form of free trade zones, flags of convenience, offshore detention centres where immigrants languish in limbo, and charter cities controlled by foreign governments and multinational corporations - and even into outer space, where tiny Luxembourg aspires to mining rights on asteroids.

By mapping the hidden geography that decides who wins and who loses in this new global order - and how it might be otherwise - *The Hidden Globe* fascinates, enrages, and inspires.

國界描繪了一幅世界地圖；金錢則描繪了另一幅。一位記者的引人入勝報道揭露了一個不受國家法律約束的平行世界，以及富人和權貴如何從中獲利。

世界地圖展現了我們自以為熟知的世界：主權國家賦予或限制其公民的權利。然而，在其清晰劃定的國界之下、之上及內部，已被精心構建出一個以數千個高度自治境外區域組成的平行世界，為富人和權貴謀取利益。Atossa Abrahamian 追溯了「隱密星球」的起源，發現它起源於 13 世紀的瑞士。當時，瑞士貧困的各州將他們擁有的僱傭兵，作為商品進行銷售。她追蹤了這個概念在全球的演變，揭示了那些屢獲殊榮的經濟學家、特立獨行的理論家、富有遠見的政治家和顧問們如何精心策劃了這個概念的出口，形式包括自由貿易區、方便旗、移民滯留的離岸拘留中心，以及由外國政府和跨國公司控制的特許城市——甚至延伸到了外太空，就連盧森堡這個小國也渴望獲得小行星上的採礦權。

透過描繪決定新全球秩序中誰勝誰負的隱藏地理格局，以及另一種可能的發展方向，《The Hidden Globe》令人著迷、憤怒，也鼓舞人心。

These Strange New Minds: How AI Learned to Talk and What It Means

by Christopher Summerfield

Stunning advances in digital technology have introduced a new wave of human-like AI systems. Chatbots like ChatGPT, Claude, and Gemini are already reshaping economies, challenging democracies, and reshaping society in unpredictable ways. And soon, these AI systems could make autonomous decisions on their users' behalf, transforming everything we do. Understanding how they work is crucial.

Can AI systems think, know, and understand? Could they manipulate or deceive you, and if so, what might they make you do? Whose interests do they represent? When will they be able to move beyond words and take action in the real world? Neuroscientist and AI researcher Christopher Summerfield explores these questions, charting AI's evolution from early ideas in the seventeenth century to today's deep neural networks. His book is the most accessible, up-to-date, and authoritative exploration of this radical technology.

With an understanding of AI's inner workings, we can address the existential question of our age: can we look forward to a technological utopia, or are we writing ourselves out of history?

數碼科技的快速發展催生了新一代極具人類特質的人工智慧（AI）系統。像 ChatGPT、Claude 和 Gemini 這樣的聊天機械人已經開始重塑經濟格局，挑戰民主制度，並以不可預測的方式影響社會。在不久的將來，這些 AI 系統或許就能代表使用者做出自主決策，徹底改變我們的一切。因此，了解它們的工作原理至關重要。

AI 系統能否思考、認知和理解？它們能否操縱或欺騙你？如果可以，它們會讓你做什麼？它們代表誰的利益？它們何時能超越文字，在現實世界中自主行動？神經科學家兼 AI 研究員 Christopher Summerfield 探討了這些問題，梳理了 AI 從 17 世紀的初期構想到如今深度神經網路的演變歷程。本書提供了對這項顛覆性技術最易於理解、最新且最權威的探索。

透過了解 AI 的內部運作，我們可以開始應對這個時代的核心存在性問題：我們能否期待一個科技烏托邦，還是正在將自己從歷史中抹去？



From now until 30th April, 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4月30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

Kelly & Walsh Ltd
金鐘太古廣場216號舖

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

香港圖書文具有限公司
中環德輔道中25號



MEET OUR NEW PERSONAL TRAINING & PILATES COACH

認識本會新任健身及普拉提教練

We are pleased to welcome Jayla to the Pacific Club fitness team. With over six years of experience in personal training and Pilates, she brings a thoughtful and focused approach to every session.

Jayla works one-on-one with Members to develop programmes that align with individual goals, ability and lifestyle. Whether you are building strength, improving mobility or returning to exercise with greater consistency, her sessions are designed to support steady progress.

Her training style places equal emphasis on strength, control and movement quality, helping Members feel stronger, move better and train with confidence.

我們很高興歡迎 Jayla 加入太平洋會的健身團隊。她擁有超過 6 年的私人健身及普拉提教學經驗，每一堂課都會以細心、專注及認真的態度幫助每位學員。

Jayla 特別擅長為會員設計個人化運動計劃，會根據個人目標、能力及生活方式製定專屬課程。無論你是想增強力量、提升靈活性，還是希望更規律地恢復鍛鍊，她的課程都能幫助你穩步提升。

她的訓練風格兼顧力量、控制及動作質量，幫助會員增強體魄、提升運動表現，並充滿自信地進行訓練。

To book a session with Jayla, please contact the Gym on 2118 1863.
欲與 Jayla 預約課程，請致電健身室：2118 1863。



Jayla
Pilates Coach & Personal Trainer
普拉提導師及私人健身教練



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



CORE REIMAGINED: THE ART OF PILATES

重塑核心：普拉提的美學

Pilates is an effective training method that strengthens the core, improves posture and supports better movement. It can help prevent injuries, ease everyday tension and build strength and flexibility in a balanced way.

Developed by Joseph Pilates during the First World War to help injured soldiers regain strength and mobility, the method remains widely used in rehabilitation and physical training today. Despite common misconceptions, it is suitable for everyone.

Below are four classic Pilates exercises that can be practised at home to strengthen the core, mobilise the spine and improve stability.

Spine Twist Supine 仰臥脊柱扭轉

Exercise 1 動作一

■ GENTLY RELEASE LOWER BACK TENSION 溫和鬆腰·釋放壓力
Prolonged sitting often leaves the muscles on both sides of the waist tense. This gentle twisting exercise effectively stretches the erector spinae, relaxes the lower back, and increases the rotational flexibility of the spine. 都市人長期久坐·腰部兩側的肌肉經常處於繃緊狀態。這個溫和的扭轉動作能有效伸展豎脊肌·放鬆下背部·同時增加脊柱的旋轉靈活性。

■ TARGET 目標

Muscles, increase spinal mobility, and alleviate discomfort caused by prolonged sitting. 放鬆肌肉·增加脊柱靈活性·舒緩久坐帶來的腰部不適。

■ STEPS 步驟

1. Lie on your back on the mat, knees bent, feet flat on the floor, hip-width apart. 仰臥於墊上·雙膝彎曲·腳掌踩地·雙腳與骨盆同寬。
2. Extend both arms out to the sides at shoulder height, forming a "T" shape, palms down. 雙手臂向身體兩側打開伸直·與肩膀成一線·呈「T」字形·掌心貼地。
3. Inhale to prepare. Exhale, keeping knees together and core engaged, slowly lower both legs towards the floor on your left side. 吸氣準備·呼氣時保持雙膝併攏·核心收緊·將雙腿提起緩慢地向左邊地面放下。
4. Simultaneously turn your head to the right, feeling the stretch in your right waist. Hold for a few breaths. 頭部同時轉向右邊·感受右側腰部的伸展·在此位置停留數個呼吸。
5. Inhale, use your abdominal strength to bring your legs back to center, then repeat on the other side. 吸氣·運用腹部力量將雙腿帶回中央·然後換邊重複。



KEY POINTS 要點

Feel the spinal twist and the stretch in your waist. Throughout the movement, ensure both shoulders remain flat on the mat. 感受脊椎的旋轉與側腰的伸展。過程中·確保雙肩保持貼地·不因動作而聳起。

Pelvic Curl 骨盆捲起

Exercise 2 動作二

■ ACTIVATE GLUTES, STABILISE PELVIS 激活臀肌·穩定骨盆

This can be seen as a "beginner-level glute bridge," but with a greater emphasis on articulating the spine one vertebra at a time. It's particularly beneficial for postnatal mothers or those suffering from lower back pain due to prolonged sitting, effectively strengthening the glutes and hamstrings to reduce pressure on the lumbar spine. 此動作可視為「入門級臀橋」·但更強調脊椎一節一節的活動。對於產後媽媽或因久坐而腰酸背痛的人士尤其有益·能有效強化臀部與大腿後側肌群·從而減輕腰椎壓力。

■ TARGET 目標

Hamstrings, enhance pelvic stability, and alleviate lower back pressure. 強化臀部及大腿後側肌群·提升骨盆穩定性·緩解下背壓力。

■ STEPS 步驟

1. Lie on your back on the mat, knees bent, feet flat on the floor, hip-width apart. 仰臥於墊上·雙膝彎曲·腳掌踩地·雙腳與骨盆同寬。
2. Place your arms alongside your body, palms down. 雙臂置於身體兩側·掌心向下。
3. Inhale to prepare. Exhale, engage your core, and slowly peel your tailbone, then lumbar, then thoracic spine off the mat one vertebra at a time. 吸氣準備·呼氣時收緊核心·慢慢地將尾骨·腰椎·胸椎一節一節地提離地墊。
4. Pause briefly at the highest point (shoulders supporting you). Inhale, then exhale as you slowly articulate your spine back down to the mat, one vertebra at a time, starting from the upper back. 在最高點(肩膀支撐身體)稍作停留·吸氣·然後呼氣·同時從上背部開始慢慢地將脊椎一節一節地放回地墊上。



KEY POINTS 要點

As you lower down, imagine each vertebra pressing back onto the mat in a slow, controlled sequence. 身體回落時·想像每一節椎骨逐一·有序地貼回墊上。

普拉提是一種有效的訓練方法，可以增強核心力量，改善體態，並促進最佳的運動表現。它有助於預防運動傷害，緩解日常壓力，並以均衡的方式增強力量和柔韌性。

普拉提由 Joseph Pilates 在第一次世界大戰期間創立，旨在幫助受傷士兵恢復力量和活動能力。如今，它仍然廣泛應用於復健和體能訓練領域。儘管存在一些常見的誤解，但普拉提是一種適合所有人的運動。

以下是四個經典的普拉提練習動作，大家可以在家練習，以增強核心力量、靈活脊椎，並提升身體的穩定性。



By Serena Cheung

Pilates Coach & Personal Trainer

撰文：普拉提導師及私人健身教練

Side Leg Lift 側臥抬腿

Exercise
動作三

STRENGTHEN CORE, STABILISE PELVIS 強化核心，穩定盆骨

This exercise effectively trains the body's anti-rotation ability and precisely strengthens the stabilising muscles on the side of the hip (gluteus medius). This is crucial for improving lower limb stability, enhancing gait, and preventing knee injuries. 這個動作能有效訓練身體的抗旋轉能力，並精準強化臀部側面的穩定肌群（臀中肌），對於提升下肢穩定性、改善步態及預防膝蓋受傷至關重要。

TARGET 目標

To strengthen core stability and the gluteus medius, improving controlled stability of the pelvis and lower limbs. 強化核心穩定性及臀部側邊的臀中肌，提升盆骨及下肢的穩定控制。

STEPS 步驟

1. Lie on your side on the mat. Support your head with your bottom hand (elbow bent) or rest it comfortably on your straightened bottom arm. Place your top hand lightly on the floor in front of your chest for balance. 側躺在墊上，下方以手掌撐住頭部（手肘彎曲），或將頭部舒適地枕在向前伸直的下方手臂上。上方手可輕扶胸前地板以維持平衡。
2. Extend both legs forward, roughly in line with your body (you can angle them slightly forward by about 15 degrees for better stability). 雙腿向前伸直，與身體約略成一線（亦可微微向後傾斜 15 度，以增加身體穩定性）。
3. Engage your core to keep your torso stable, like a plank, avoiding any rocking forward or backward. 核心收緊，確保軀幹穩定，身體猶如一塊木板，不前後晃動。
4. Inhale to prepare. Exhale, keeping your top leg straight, and lift it steadily upwards, pivoting from the hip joint. 吸氣準備，呼氣時上方腿保持伸直，以髖關節為軸心，穩定地向上抬起。
5. Inhale, and lower the leg slowly with control. 吸氣，有控制地將腿緩緩放下。



KEY POINTS 要點

Keep your body stable throughout, forming a straight line from head to heels. Do not let your waist sink or your belly protrude. As you lift, imagine your heel reaching towards the far wall, feeling the engagement of your inner thigh and side glute. Control the descent; do not let the leg drop heavily. 全程保持身體穩定，從頭頂到腳跟呈一直線，腰部不可下塌，腹部不可突出。抬腿時，想像腳跟向遠方延伸，感受大腿內側及臀部側邊的發力。放下腿時務必控制速度，切忌完全放鬆地墜落。

Spine Stretch Forward 坐姿脊柱伸展

Exercise
動作四

LENGTHEN POSTERIOR CHAIN, INCREASE FLEXIBILITY 舒展後鏈，增加柔軟

Prolonged sitting shortens and tightens the hamstrings and back muscles. This exercise gently stretches the entire posterior chain (from calves, hamstrings, back to neck) while teaching spinal articulation to increase overall body flexibility. 此動作可視久坐會令大腿後側及背部肌肉縮短繃緊，此動作能溫和地伸展身體整個後側鏈（由小腿、大腿後側、背部至頸部），同時教導脊椎逐節活動，以增加身體的整體柔軟度。

TARGET 目標

To stretch the posterior chain muscles, improve spinal articulation, and enhance overall flexibility. 伸展身體後側鏈肌肉，改善脊椎的逐節活動能力，提升整體柔軟度。

STEPS 步驟

1. Sit with your legs extended forward, hip-width apart, and feet flexed. 坐著，雙腿向前伸直，與肩同寬，腳掌回勾。
2. Extend your arms forward at shoulder height, keeping your back straight and long. 雙手向前平舉，與肩同高，背部保持挺直延伸。
3. Inhale to prepare. Exhale, initiate from the lower back, and slowly curl your spine forward and down, one vertebra at a time, reaching your hands towards your feet. 吸氣準備，呼氣時從下背部開始，慢慢地將脊椎一節一節地向前、向下捲曲，雙手同時盡量伸向腳尖。
4. Stop when you feel a stretch of about 70-80% intensity in your back and hamstrings. Hold the position. 當你感覺到背部和腿筋的拉伸強度達到 70-80% 左右時停止。保持這個姿勢。
5. Inhale, and slowly stack your spine back up, vertebra by vertebra, starting from the tailbone, returning to the starting position. 吸氣，再從尾骨開始，將脊椎一節一節地由下而上恢復到起始位置。



KEY POINTS 要點

The focus is not on grabbing your toes with your hands, but on feeling each vertebra "open" and then "stack" sequentially. You may keep a slight bend in your knees; do not force them straight. 動作重點不在於用雙手抓住腳趾，而是要感受每一節脊椎依序「打開」及「疊放」。過程中，膝蓋可保持微曲，無須勉強伸直。



EASTER GARDEN CENTERPIECE

復活節園景擺設

Celebrate the spring with this stunning Easter arrangement built on two levels. Using seasonal bulb plants and Easter decorations, the design creates the feeling of a small spring garden with a bird's nest at its centre. It is a simple yet eye catching display that makes a perfect table decoration for the Easter period.

用這款美麗精緻的雙層復活節花藝擺設來迎接春天的清新氣息吧！它巧妙地運用了當季球莖植物及復活節裝飾品來營造出一個春意盎然的小花園，中心還點綴著一個鳥巢。這款擺設簡約而奪目，是復活節期間作餐桌裝飾的完美選擇。



WHAT YOU'LL NEED 所需材料

- Various Bulb Plants: Hyacinth, Muscari, Glandularia, Narcissus
多種球莖植物：風信子、葡萄風信子、美女櫻、洋水仙
- A Large Glass Plate
大玻璃碟
- A Small Glass Vase
小玻璃花瓶
- An Artificial Bird's Nest
人造鳥巢
- Easter Bunny Figurine
復活兔公仔
- Colourful Easter Eggs
復活彩蛋
- Bamboo Sticks
竹枝
- Moss
苔蘚
- Floral Foam
花泥

INSTRUCTIONS 步驟

1. Place the glass vase in the centre of the large glass plate. 將玻璃花瓶放在大玻璃碟的中央。
2. Arrange the floral foam around the glass vase. 將花泥圍繞著玻璃花瓶擺放。
3. Place the bird's nest on top of the glass vase, then secure it by inserting several bamboo sticks into the nest close to the edge of the vase. 將鳥巢放在玻璃花瓶上，然後在貼近玻璃花瓶的圓周，從鳥巢內插入數支竹枝將其固定。
4. Trim off any protruding parts of the bamboo sticks. 將凸出來的竹枝剪去。
5. Insert bamboo sticks into the bulbs of all the flowers. 在所有花卉的球莖上插上竹枝。
6. Place the Narcissus into the bird's nest. 首先將洋水仙插入鳥巢內。
7. Insert the Muscari around the Narcissus, then cover all the bulbs with moss. 在洋水仙周圍插入葡萄風信子，然後用苔蘚覆蓋所有球莖。
8. Position the Coniogramme Emeiensis between the branches around the base on the plate. 接著將風信子、美女櫻插入玻璃碟上的花泥中。
9. Insert bamboo sticks into the Easter eggs, then place them into the bird's nest and the floral foam. 在復活彩蛋上插入竹枝，然後插在鳥巢及花泥中。
10. Finally, place an Easter Bunny figurine beside the arrangement as decoration. 最後在擺設旁放一隻復活兔公仔作裝飾。

HAIR PRODUCT SALE IN APRIL

4 月份頭髮產品優惠



~~\$220~~ \$200

MURIEM HOME MILK MURIEM 順滑乳霜

Elevate your hair care routine with Muriem Home Milk. Designed for those with fluffy or loose hair types, this luxurious formula is enriched with vital nutrients and intense hydration to transform your hair. Penetrating deep into each strand, Muriem Home Milk nourishes, smooths, and tames dry, frizzy ends, leaving your hair glossy, soft, and manageable.

- Intense Hydration: Deeply moisturises to soften and enhance hair texture.
- Nutrient Retention: Locks in essential nutrients and moisture for a cohesive, silky feel.
- Intense Repair: Apply after shampooing to support repair and revitalise hair as you sleep.
- Effortless Styling: Wake up to smoother, more manageable hair, ready for easy styling.

使用 Muriem 順滑乳霜提升你的護髮程序。這款奢華配方專為蓬鬆、易散亂頭髮的人士而設計，富含豐富的營養成分和保濕因子，有效改善髮質。Muriem 順滑乳霜能深入滲透每一根髮絲，滋養、撫平乾燥、毛躁的髮尾，讓頭髮充滿光澤、柔軟且易於打理。

- 強效保濕：深層滋潤，軟化並增強髮質。
- 鎖緊營養及水分：幫助鎖緊營養物質及水分，為頭髮帶來光滑有彈性的感覺。
- 夜間修復：在晚上洗髮後使用，可在睡覺時修復髮絲，恢復頭髮活力。
- 輕鬆造型：一覺醒來後，頭髮變得更光滑、更容易進行造型。



~~\$200~~ \$180

BE COLOR SHAMPOO, (PH5.5) BE COLOR 魚子精華角蛋白洗髮水 (PH5.5)

Elevate your hair care routine with Be Color Shampoo, specially formulated for colour-treated and chemically-treated hair. Infused with nourishing caviar extract, keratin, and collagen, this shampoo gently cleanses and deeply moisturises, reducing frizz and improving manageability. It strengthens hair from root to tip, preventing breakage and split ends, while protecting hair fullness and enhancing colour vibrancy for lasting, healthy-looking results.

使用 Be Color 魚子精華角蛋白洗髮水，優化你的護髮程序。這是一款專為經過染色和化學處理的頭髮而設計的奢華配方，利用含量豐富的魚子萃取物、角蛋白和膠原蛋白，為頭髮進行溫和清潔、深層滋潤、減少毛躁，使其容易打理，從髮根到髮尖變得強健，防止斷裂和分叉，同時保持頭髮豐盈並增強髮色，使頭髮呈現持久健康。

PAUL MITCHELL® HOLD ME TIGHT, 315ML PAUL MITCHELL® 「靈活的風格」定型噴霧，315毫升

This is a fast-drying hairspray designed to add fullness, texture, and shine. Its lightweight formula provides a flexible hold, allowing you to effortlessly brush and style your hair exactly how you like. The fine mist dries quickly, leaving hair soft and touchable, with a refreshing cucumber melon fragrance complemented by gentle notes of violet and water flower. Ideal for all hair types, it's perfect for adding body, shine, and lasting hold to your hairstyle.

這款快乾定型噴霧可為頭髮有效增添豐盈感、質感和光澤。其輕盈配方提供靈活的定型效果，讓你只須隨心地梳理頭髮，便可以做出你想要的造型。細小的噴霧能快速變乾，頭髮依然保持柔軟，而且氣味清新，帶有青瓜果香、淡淡的紫羅蘭和水花香氣。產品適合所有髮質使用，是增強頭髮豐盈感、光澤和靈活定型的最佳選擇。



~~\$330~~ \$300

THIS MONTH'S PROMOTION

10% DISCOUNT ON FULL HEAD HIGHLIGHT TREATMENTS

This April, refresh your look and brighten your hair with our Full Head Highlight Treatment at the Hair Salon. Whether you're looking for subtle enhancements or bold transformations, our expert stylists are ready to create the perfect highlights tailored to your personal style.

To make an appointment with one of our expert stylists, please call the Salon on 2118 1893.

全頭顏色挑染9折優惠

於4月份，歡迎前來會所髮廊惠顧全頭顏色挑染服務，換一個煥然一新、更加亮麗的造型。無論你是想進行細微的顏色補染還大膽的改變，我們的專業髮型師都可以根據你的個人風格及喜好打造出完美的亮麗髮色。

現為會員送上全頭顏色挑染服務9折優惠。查詢詳情及預約服務，請致電 2118 1893。



HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled during the Easter Holidays and Ching Ming Festival from 3rd – 7th April.

請注意，所有兒童及成人團體課程，將於4月3日至7日復活節及清明節公眾假期暫停舉行。

FIZZY DRINK SCENTED CANDLE WORKSHOP 汽泡飲品香薰蠟燭工作坊

Join us for a creative afternoon as children learn how to make a scented candle inspired by a fizzy soda drink. Guided by the instructor, participants will follow each step of the process, from moulding and colouring to blending scents, to create their very own candle by hand. At the end of the session, each child will take home a unique creation that will add colour and fragrance to the home and serve as a happy reminder of the day.

歡迎孩子們前來共度一個充滿創意的下午！他們將跟隨導師學習如何製作一款以汽水為靈感的香薰蠟燭。孩子們將一步一步學習倒模、調色及調配香氣，親自製作屬於自己的香薰蠟燭。過程中不但能發揮創意，課程結束後還可以帶走一份獨一無二的作品，為家裡增添繽紛與香氣，留下快樂的回憶！



DATE 日期	Sunday 19th April 4月19日 (星期日)
TIME 時間	2:30pm – 3:45pm 下午2時30分至3時45分
VENUE 地點	Children's Playroom Library 兒童遊戲室圖書館
PRICE 收費	Member \$250, Guest \$310 (including Children's Playroom entrance fee) 會員\$250，非會員\$310 (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

JUNIOR TAEKWONDO 少年跆拳道

Our ongoing Taekwondo classes are a great opportunity for children to progressively learn this martial art, with participants taking various examinations in order to progress through the belt rankings. New children are always welcome!

參加本會跆拳道班可學習套拳、對策、搏擊等技巧，還可以經由教練安排考取國際跆拳道聯盟認可之色帶級別。歡迎新學員參加！



DATE 日期	Saturday 11th, 18th & 25th April 4月11日、18日及25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 (for 3 lessons) 會員\$570，非會員\$600 (3堂)
AGE 年齡	4 years and above 4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 13th, 20th & 27th April 4月13日、20日及27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



WALL CLIMBING 運動攀石訓練班

Let children discover the excitement of climbing at our ongoing Wall Climbing classes. Under the guidance of the instructor, young climbers learn how to move safely and confidently across the wall while developing balance, strength and flexibility.

讓孩子們在本會運動攀石訓練班中體驗攀石的樂趣。在教練的指導下，學員將學習如何安全自信地攀爬石壁，同時培養平衡感、力量和彈性。

DATE 日期	Sunday 19th & 26th April 4月19日及26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

ROPE SKIPPING CLASS

花式跳繩班

A lively and enjoyable way for children to stay active, our Rope Skipping Class introduces a range of skipping techniques in a fun and engaging setting. With guidance from the instructor, children practise individual rope skills as well as partner skipping, gradually building confidence as they learn new movements.

本會的花式跳繩班生動有趣，是孩子們保持活力的最佳方式。在輕鬆愉快的氛圍及教練的指導下，孩子們可以練習各種個人及雙人跳繩技巧，隨著新動作的學習，逐步建立自信。

DATE 日期	Sunday 12th, 19th & 26th April 4月12日、19日及26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 \$570, Guest \$600 (for 3 lessons) 會員\$570·非會員\$600(3堂)
AGE 年齡	7 – 12 years 7-12歲



JUNIOR BADMINTON LESSONS

少年羽毛球 — 團體訓練班

Open to players aged 6 to 16, our Junior Badminton Lessons introduce the fundamentals of the game in a fun and engaging setting. Guided by the instructor, children develop key skills while building coordination, confidence and fitness on court.

課程專為 6 - 16 歲的年少會員提供一個輕鬆愉快的羽毛球入門體驗。在教練的指導下，學員將學習步法及擊球技巧等關鍵技能，並透過練習及簡單的比賽建立自信。

DATE 日期	Friday 10th, 17th & 24th April 4月10日、17日及24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 \$810, Guest \$840 (for 3 lessons) 會員\$810·非會員\$840(3堂)
AGE 年齡	(A) 6 – 10 years (B) 11 – 16 years A班 6-10歲·B班 11-16歲

JUNIOR BADMINTON LESSONS (PRIVATE)

少年羽毛球 — 私人課程

For children who would benefit from more focused guidance, private Badminton Lessons are available with our coach by prior booking. These one-on-one sessions allow young players to develop their technique at a comfortable pace while receiving individual attention.

本會可以為需要更具針對性指導的孩子們，安排教練進行一對一的私人羽毛球課程，讓他們在獲得個人化指導的同時，以舒適的節奏提升技術。課程需提前預約。

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

Private Table Tennis Coaching is available for players of all ages and abilities. Guided by experienced instructors, each session focuses on developing technique, improving match play and building confidence at the table through personalised instruction.

本會為所有年齡層及程度的乒乓球愛好者提供私人教練課程，每節課堂均由經驗豐富的教練指導，透過個人化的教學，幫助學員提升技術及比賽水平，並增強球技及自信心。



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)

YOGA AT THE CLUB

瑜珈班

Yoga at the Club offers a chance to slow down and focus on your body through simple, guided movement. Suitable for all levels, classes work on flexibility, strength and balance, with clear instruction throughout.

With classes held five times a week, this is an easy addition to your fitness routine.

本會瑜珈課程讓你有機會放慢腳步，透過簡單易學、指導清晰的動作專注於身體感受。課程著重提升柔軟度、力量及平衡能力，適合所有程度的學員參加。

每週 5 堂課程，可輕鬆融入你的健身計畫。

VENUE 地點	Aerobics Room
PRICE 收費	Members \$190/class, \$1,710/10 classes, Guests \$300/class 會員每堂\$190，10堂套票\$1,710，非會員每堂\$300
REMARK 備註	Packages must be completed within 4 months 套票必須於4個月內完成

For more information, please contact the Gym on 2118 1863.

查詢詳情，請致電健身室：2118 1863。

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



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, 20th April. 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 May. Good Luck!

請於 4 月 20 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 5 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

數 獨 SUDOKU

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

March Solution
3月份遊戲答案

Congratulations to the winner of last month's puzzle

恭喜上期得獎者

Mr Hiroki Kinebuchi



The history of the Manila Polo Club dates back to the early 1900s when a true lover of polo arrived in the Philippines. William Cameron Forbes, then Commissioner of Commerce and Police, brought with him a passion for the sport that would leave a lasting mark on Manila's social and sporting life. When Forbes later became Governor General, polo quickly gained popularity and the Manila Polo Club was formally established in 1909 in Calle Real, Pasay. The original clubhouse was destroyed during the Second World War. The Club later relocated to Forbes Park in Makati, where the present clubhouse opened in 1949 and continues to stand today as one of the most prestigious private clubs in the Philippines.

The sport of polo remains central to the Club's identity. The polo season typically runs from January to March, with matches played on the Enrique Zobel Field, a magnificent six hectare field named after the Club's first Filipino president and a renowned polo player.

Members and visiting guests can enjoy an impressive range of sporting facilities. These include an Olympic size outdoor swimming pool, a fully equipped fitness centre, tennis and badminton courts, and an archery range, offering a wide variety of recreational options within the Club's spacious grounds. The Club also features a well appointed library with a comfortable reading lounge where Members can relax and browse an extensive collection of books, newspapers and magazines. For families, the Club offers dedicated facilities for younger Members, including a children's play area that provides activities and programmes designed especially for early childhood.



Dining at the Manila Polo Club offers a variety of choices across several distinctive venues. The Cameron Forbes Room serves buffet style lunches and is a popular gathering place for Members during the day. The Willow Root Restaurant overlooks the Enrique Zobel Polo Field and provides a more formal dining setting, while the Sports Café is a lively spot for casual meals, coffee or relaxed meetings with friends. Cogon Village offers an open air dining experience beside the polo field, creating a particularly pleasant setting during matches and social events. The Club also provides several function rooms suitable for private gatherings, celebrations and business occasions.

For those wishing to stay within the Club grounds, the Manila Polo Club offers fully furnished townhouse accommodation available for both short and longer stays.

So, if you will be travelling to Manila in the near future, be sure to obtain a Letter of Introduction to the wonderful Manila Polo Club - a place that warmly welcomes Pacific Club Members

菲律賓馬尼拉馬球會

馬尼拉馬球會的歷史可追溯至19世紀，當時熱愛馬球運動的商務部專員兼警官 William Cameron Forbes 來到菲律賓，他對這項運動的熱情深深影響了馬尼拉的社交生活及體育活動。當他成為菲國的總督後，馬球運動便迅速流行起來，並於1909年在Pasay市的Calle Real街正式成立馬尼拉馬球會。最初的會所在二戰期間被毀，後來遷移至Makati的Forbes公園，而現時的會所於1949年落成，至今仍然是菲律賓最負盛名的私人會所之一。



馬球是會所的核心發展運動，每年1月至3月都是適合打馬球的季節。馬球活動是在 Enrique Zobel 馬球場上舉行，這是一幅面積達6公頃的廣闊土地，以會所首位菲律賓裔主席及一位著名馬球運動員的名字命名。

在會所寬敞的場地內提供各種各樣的休閒娛樂選擇。會員及賓客可以享用種類繁多的體育設施，包括奧林匹克規格的室外游泳池、設備齊全的健身中心、網球場、羽毛球場及射箭場。

會所內還有設備齊全的圖書館，會員可在配備舒適的閱覽室內放鬆身心，瀏覽內容豐富的書籍、報紙及雜誌。會所還為家庭會員提供專屬的兒童設施，包括兒童遊樂區，提供專為幼兒設計的活動及課程。

馬尼拉馬球會擁有多間各具特色的餐飲場所，提供豐富多元化的餐飲選擇。Cameron Forbes Room 供應自助午餐，是會員在日間聚會的熱門選擇。Willow Root 餐廳俯瞰 Enrique Zobel 馬球場，提供更高尚的用餐環境；而 Sports Café 咖啡廳則擁有輕鬆的氛圍，是享用輕便餐點、咖啡或與朋友小聚的理想之處。Cogon Village 毗鄰馬球場，提供露天用餐體驗，在比賽及社交活動期間營造出格外宜人的氛圍。會所還設有多間多功能廳，適合舉辦私人聚會、慶祝活動及商務活動。

馬尼拉馬球會亦為希望能在會所內留宿的客人提供設施齊全的別墅式住宿服務，可供短期及長期住宿。

因此，如果你短期內將前往馬尼拉，請務必向本會索取一封介紹信，前往美麗的馬尼拉馬球會——一間熱情歡迎太平洋會會員的會所。

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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