



Fine Wine@The Club
Château Calon Ségur
Wine Dinner
at Bauhinia Restaurant
28th June 2024

六月號
薈
絮

PACIFIC VIEWS

June 2024



Private Parties at The Island View Balcony

Island View 露台宴會場地

Our Island View Restaurant Balcony has unrivalled views across the harbour and is a stunning venue for your next party - rain or shine! The Balcony can either be open to enjoy the al fresco environment, or closed off and air conditioned with our innovative glass partition that doesn't hinder those incredible views.

With our delicious food and excellent service, we are looking forward to welcoming you to your next event.

The venue is available for private party bookings from Sunday to Thursday evenings, with a minimum requirement of 30 persons for Buffet Dinner or Set Dinner.

It is also available as private use for house buffet lunch bookings from Monday to Saturday with a minimum requirement of 40 persons.

For more details regarding availability and tailor-made menus, please call our Banqueting and Events Department on 2118 2851 or 2118 2295.

本會Island View餐廳擁有無與倫比的維港景觀，不論是在晴天或雨天，在餐廳露台區舉辦宴會絕對是一個好選擇。現在，露台位置已安裝玻璃屏風，大家可以選擇打開屏風一邊享受涼風美景一邊用餐，又或是關上玻璃屏風變成舒適的空調空間，但仍然可以欣賞美景。

再加上我們為大家準備的美味餐點及優質服務，相信一定會令大家愛上這個宴會場地。

Island View餐廳露台可供於星期日至星期四晚上預訂舉行私人宴會，享用自助晚餐或西式晚餐，人數要求最少30位。另外，於星期一至星期六中午預訂舉行私人宴會，享用自助午餐，人數要求最少40位。

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

Board of Governors

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Management 管理階層

Ronald Loges General Manager	羅納德 陸格 總經理 E-mail: ronaldloges@pacificclub.com.hk	Tel: 2118 1888 Fax: 2118 0204
Flora Lam Chief Accountant	林淑娟 總會計師 E-mail: flora-lam@pacificclub.com.hk	Tel: 2118 1830 Fax: 2118 0208
Tommy Ko Membership Manager	高文偉 會籍部經理 E-mail: tommy-ko@pacificclub.com.hk	Tel: 2118 1808 Fax: 2118 0209
Jacqueline Tsui Recreation Manager	徐嘉欣 康體部經理 E-mail: jacqueline-tsui@pacificclub.com.hk	Tel: 2118 1861 Fax: 2118 0206
Daniel Birkner Executive Chef	行政總廚 E-mail: daniel-birkner@pacificclub.com.hk	Tel: 2118 1825 Fax: 2118 0207
Raymond Lo Food & Beverage Manager	盧祥鴻 餐飲經理 E-mail: raymond-lo@pacificclub.com.hk	Tel: 2118 2217 Fax: 2118 0207
Grace Ng Banqueting & Events Manager	吳嘉華 宴會及活動統籌經理 Email: grace-ng@pacificclub.com.hk	Tel: 2118 1824 Fax: 2118 0207
Rachel Ko Human Resources Manager	高嘉慧 人力資源部經理 E-mail: rachel-ko@pacificclub.com.hk	Tel: 2118 1806 Fax: 2118 1832

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

Contents 內容簡介

5	Membership	會員資訊
7	Food & Beverage	佳餚美酒
8	Recreation	悠閒活動
11	Chef's Page	廚師心得
12	Wine Order	餐酒訂購表格
26	Event Calendar	活動日誌
34	Hit The Trail	遠足小徑
36	Fitness	健康情報
38	Hair	髮式時尚
39	The Spa	美容情報
40	Bookworm	開卷有益
41	In the Frame	攝影知趣
42	Tennis News	網球資訊
43	Pickleball	匹克球
44	In Full Bloom	創意花坊
45	Golf News	高球資訊
48	Kids' Corner	兒童天地
50	Sudoku	數獨
51	Reciprocal Club	全球海外聯會所

A NOTE FROM THE GM 總經理摘記



Dear Members

As usual at this time of year, our magazine is bursting with everything you need to know about the Pacific Club Junior Summer Programme, designed especially for our younger Members. The programme runs through July and August, featuring an exciting and diverse array of STEM and STEAM courses, sports clinics, and creative workshops, guaranteeing an enriching summertime experience. Take a look inside and explore the details!

Join us every Friday evening at The Island View Restaurant for

Aphrodite's Dinner Buffet. Inspired by the goddess of love and beauty, this buffet features luxurious French Oysters and Foie Gras among other incredible dishes. On Saturdays, embark on a culinary journey through Japan with our Thousand Island Delights Dinner Buffet, showcasing the diverse flavours of the Japanese archipelago.

Our Wine Dinners continue with three exceptional events coming up in June and July. On 7th June, join us at Pier 6 for the Vignobles K Wine Dinner, featuring wines from the prestigious estates of Château Bellefont Belcier, Château Tour Saint Christophe, and Château Haut-Brisson. On 28th June, experience the Château Calon Ségur Wine Dinner at Bauhinia Restaurant, with each course expertly paired to highlight the unique characteristics of these magnificent Bordeaux wines. Details for these two events can be found on pages 17 and 13, respectively. Looking ahead, join us at Pier 6 on 5th July for an exclusive evening of Burgundy featuring the fabulous wines of Bouchard Aîné & Fils, established in 1750. Please read all about this on the following page.

At Pier 6, gather your friends or family for our incredible Black Truffle Roasted Chicken promotion in June. This is a great shared dining experience, suitable for 2 - 4 people - a culinary delight not to be missed. Additionally, experience our Wine & Dine Wednesdays, offering a special three-course dinner menu paired with two exceptional wines chosen by our sommelier. This elegant midweek dining experience is available every Wednesday throughout the month. Please make reservations to ensure availability.

The Club Bar is also buzzing with exciting offerings this month. Every Friday is Oyster Night, where you can savour freshly-shucked oysters served with your choice of Mignonette & Lemon or a spicy Bloody Mary Shot. Indulge in our mouth-watering Korean Fried Chicken Bites, available in a variety of flavours, and enjoy a delicious Maine-style Lobster Roll with Lemon-Tarragon Sauce throughout June.

Finally, Father's Day is swiftly approaching on Sunday, 16th so why not celebrate this special day with your dad at the Pacific Club? See pages 18 - 19 for full information.

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

尊敬的會員，

一如以往，每年的這個時候，本會月刊的大部分篇幅都會刊登了大家期待已久、專為年少會員安排的太平洋會兒童暑期活動的所有資訊。活動將會於7月及8月份舉行，內容包括一系列令人興奮且多樣化的STEM及STEAM課程、運動營及創意工作坊，保證讓他們度過充實的夏季。請立即查閱內頁的詳情！

在餐飲推廣方面，歡迎大家於每個星期五晚上前來The Island View餐廳，享用靈感取自「愛與美女神」阿芙羅黛蒂的自助晚餐；屆時將為大家送上多款終極奢華的菜式，包括最優質的法國生蠔及鵝肝，還有許多其他美味佳餚。到了每個星期六，大家可以享用我們選擇豐富的「千島之國美食」自助晚餐，踏上日本美食之旅，品嚐日本列島的多種風味。

於6月及7月份，我們將繼續舉辦三場特別的葡萄酒晚餐活動。首先於6月7日，誠邀大家前來Pier 6餐廳參加Vignobles K美酒晚餐，品嚐來自Château Bellefont Belcier、Château Tour Saint Christophe及Château Haut-Brisson等3間著名酒莊的葡萄酒；隨後於6月28日，Château Calon Ségur美酒晚餐將於紫荊閣中餐廳舉行，當晚的每道菜式都會經過精心設計以完美搭配及突出各款優質波爾多葡萄酒的獨特之處；有關這兩個活動的詳細資訊，請分別參閱第17頁及第13頁。展望下個月份，大家可以於7月5日再次前來Pier 6餐廳參加勃艮地美酒之夜，品嚐於1750年創立歷史悠久的Bouchard Aîné & Fils酒莊的精選佳釀，詳情請參閱下一頁。

同時，Pier 6餐廳也邀請大家與家人朋友一起前來享用我們於6月份帶來的美味黑松露烤雞菜式，這是一道非常適合2-4人一同享用的美食，實不容錯過。此外，Pier 6亦會繼續於整個6月份的每個星期三舉行美酒佳餚之夜；這特別的晚餐將提供三道菜式並搭配由本會侍酒師精心挑選的兩款優質葡萄酒，欲免向隅，請務必儘早預訂座位。

本月份，會所酒吧也將送上令人興奮的美食。在每個星期五舉行的盡享生蠔之夜中，大家可以品嚐即叫即開的新鮮生蠔，搭配香茅檸檬醬或辣味血腥瑪麗酒一同享用；另外，大家還可以於整個6月份盡情享用多種口味、令人垂涎欲滴的韓式炸雞，以及美味的緬因州風味龍蝦包配檸檬香草醬。

最後，本月16日星期日就是父親節，何不與父親一起前來太平洋會慶祝這個特別的日子呢？欲了解有關的餐飲資訊，請參閱第18-19頁。

我期待今個月與大家在太平洋會見面。

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



PACIFIC CLUB

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Harbour City, Kowloon, Hong Kong
Tel: 2118 1828 Fax: 2118 0208
E-mail: info@pacificclub.com.hk
Website: www.pacificclub.com.hk





Bouchard Aîné & Fils Wine Dinner

Bouchard Aîné & Fils 美酒晚餐

Join us at Pier 6 on 5th July for an exclusive evening of Burgundy, featuring the fabulous wines of Bouchard Aîné & Fils. Established in 1750, this iconic winery is a testament to the enduring legacy and excellence of Burgundy wine-making.

During the evening, a selection of incredible Bouchard Aîné & Fils wines, will be expertly paired with a delicious menu, designed to enhance the tasting experience. From the renowned vineyards of the Côte de Beaune to the prestigious plots of the Côte de Nuits, each glass of Bouchard Aîné & Fils wine tells a story of heritage and craftsmanship.

Book now and prepare to indulge in some of the finest wines Burgundy has to offer.

我們邀請各位葡萄酒愛好者於7月5日星期五，前來 Pier 6 餐廳參加勃根地美酒之夜，品嚐Bouchard Aîné & Fils的優質葡萄酒。這間在當地具有代表性地位的酒莊成立於 1750 年，是勃根地葡萄酒釀造工藝的不朽傳統和卓越品質的證明。

當晚，一系列令人讚賞的 Bouchard Aîné & Fils 葡萄酒將與多道美味菜餚巧妙配搭，以提升大家品嚐美酒的體驗。從著名葡萄園Côte de Beaune到 Côte de Nuits，每一杯 Bouchard Aîné & Fils 葡萄酒都帶出一個傳承和工藝的故事。

晚餐配葡萄酒收費：每位\$890。

請把握盡情品嚐勃根地最優質葡萄酒的機會，立即致電2118 1878訂座。

Date : Friday, 5th July
Time : 6:30pm Welcome Drink
7:15pm Dinner
Venue : Pier 6 Restaurant
Price : \$890 per person (for Food and Beverage Pairing)
Reservations : 2118 1878

Welcome Drink
Bourgogne Chardonnay Reserve 2022
Menu
Chablis 1er Cru "Mont de Milieu" 2021 Green Asparagus « Mimosa » Non Pareilles Capers Quail Egg Chicken Skin ***
Meursault Blanc 2017 Gratinated Salmon à la Dijonnaise ***
Cote de Nuits Villages Rouge 2021 Nuits Saint Georges Rouge 2020 Baked Burgundy Snails with Garlic and Parsley Butter ***
Pommard 1er Cru "Les Poutures" Rouge 2019 Charmes Chambertin Grand Cru Rouge 2017 Boeuf Bourguignon à la Minute Caramelised Onion Tarte Paris Mushrooms Lardons ***
Méli-Mélo of Pear, Saffron and Port Wine *** Petits Fours



* Wines will be served in limited quantities 以上葡萄酒將限量供應

* Described menu and wines are subject to change without prior notice 以上菜單及葡萄酒如有更改，恕不另行通知



By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko



The long summer school holidays will soon be upon us, indicating the start of many great adventures for your little ones here at the Pacific Club! In Recreation, we have prepared an extensive Junior Summer Programme, with over 100 exciting classes, workshops and day camps in sports, children's development, arts, crafts, and more... Turn to the centre pages in this magazine for full details.

You will be delighted to learn that there is also an 'Early Bird Discount' of five percent off for any bookings made before Saturday, 15th June. Due to very high demand for Pacific Club Summer Programme activities, and in order to avoid the disappointment of finding your desired classes full, I do urge you to enroll as early as possible.

Keep Your Belongings Safe

Your daily locker key comes complete with a bracelet. In order to fully protect your personal belongings, please wear the key around your wrist at all times while enjoying the Club's sports and recreational facilities, and avoid leaving your locker open when leaving the changing area for any length of time.

Medical and Personal Accident Insurance

The Club Management wishes to reiterate that the Pacific Club is not responsible for providing its Members, or any other persons using the Club facilities, or playing on behalf of the Club, with insurance coverage in relation to any personal injuries sustained, or any other damage caused, when playing sport or using any Club facilities.

To ensure Members hold adequate Medical, Personal Accident and Personal Liability insurance coverage, it is recommended to consult with your own insurance broker to arrange comprehensive personal insurance accordingly.

悠長的暑假將至，這表示本會為會員子女籌備的精彩暑期活動即將展開！我們已悉心安排了超過 100 班不同類型的興趣課程、工作坊及日間夏令營，內容包括體育、兒童啟發、美術、手工藝等，其中必定有適合你的小朋友參加！有關詳情請參閱本刊中間內頁的詳細內容。

如會員在 6 月 15 日（星期六）前報名，更可獲得 95 折優惠。本會的暑期活動課程一向深受會員歡迎，欲免向隅，請從速報名。

保障個人財物安全

本會的日常儲物櫃鎖匙是以手環式設計，為方便會員能扣於手腕上以防遺失。因此為保障你的財物安全，當使用本會運動及消閒設施時，請時刻把鎖匙扣於手腕上，並在任何情況下離開更衣間時，切勿讓儲物櫃門打開。

醫療及個人意外保險

本會管理層在此重申，太平洋會的保險保障範圍並不包括：會員或任何人士在本會使用設施或進行運動期間或代表本會參與任何比賽時，意外受傷或導致持久的受傷，或其他因以上情況下導致的傷害，本會概不負責。

為確保會員獲得適當的醫療、個人意外及個人責任保險的保障，我們建議大家與自己所屬的保險代理人安排有關的全面性個人保險計劃。



Wine & Dine Wednesdays at Pier 6

Experience Elegance and Gastronomy Midweek

Join us for an unforgettable evening of fine dining and wine pairing, set against the beautiful backdrop of Pier 6. Delight in a special **Three-course Dinner Menu** designed for two people, thoughtfully paired with **Two Wines** chosen by our Sommelier.

Every Wednesday in June at Pier 6
For : 2 Guests
Menu : 3 Courses and 2 Wine Pairings
Price : \$1,288 for 2

For reservations, please call Pier 6 on 2118 1878.

星期三晚上在 Pier 6 餐廳舉行 美酒佳餚之夜 - 享受美食及優雅的用餐體驗

前來與我們一起度過一個難忘的夜晚，在 Pier 6 餐廳的美麗海景襯托下享用佳餚及美酒。品嚐專為二人設計、共有三道菜式的晚餐，配搭由我們的侍酒師精心挑選的兩款葡萄酒。

每個星期三在 Pier 6 餐廳供應
適合：兩位客人享用
菜單：三道菜式及兩杯葡萄酒
收費：\$1,288，二人用

訂座請致電 Pier 6 餐廳：2118 1878。



Please Note: Our fixed menu and wine pairings are meticulously selected to complement each other and as such, we cannot accommodate substitutions or changes. This ensures every guest enjoys the full gastronomic experience as intended by our culinary team.

請注意：我們的固定菜單及葡萄酒配搭都是經過精心挑選，以相互配合，因此我們不能轉換當中的食材或更改菜式。這是為確保每位客人都能享受到我們烹飪團隊所期望的完整美食體驗。

Cold Brew Coffee at the Club Bar and Oyster Bar throughout June

Come and taste our exclusive Cold Brew Coffee promotion at the Club Bar and Oyster Bar in June!

Each Cold Brew Coffee starts from carefully selected beans. We steep our coffee grounds for a full 8-12 hours in cold water, a method that gently extracts the coffee's flavours, resulting in a smoother, richer coffee without the bitterness typical of hot brewing methods. This meticulous process ensures every sip is infused with the full depth and complexity of the coffee beans, making it the perfect warm weather refreshment.

\$28 per glass

冷萃咖啡 於 6 月份在會所酒吧及 Oyster Bar 供應

於 6 月份前來會所酒吧及 Oyster Bar 品嚐我們特別推廣的冷萃咖啡吧！

我們每杯冷萃咖啡均採用精心挑選的咖啡豆沖製而成。冷萃咖啡，又稱為冷泡咖啡，是將咖啡磨粉後浸泡在冷水中整整 8-12 小時，藉由長時間的低溫浸泡來萃取咖啡液，從而產生更順滑、更濃郁的咖啡，而沒有高溫熱水沖煮咖啡的苦味及酸澀味。這個細緻的過程確保每一口都融入了咖啡豆的全部精髓和複雜性，使其成為溫暖天氣下的完美提神飲品。

冷萃咖啡 — 每杯\$28



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

Aphrodite's Dinner Buffet: French Oysters and Foie Gras Feast

Friday Nights
週五晚上

「希臘女神阿芙蘿黛蒂」自助晚餐 法國生蠔及鵝肝盛宴

Join us at The Island View on Friday evenings for Aphrodite's Dinner Buffet, inspired by the goddess of love and beauty. Experience the ultimate in luxurious dining with a buffet brimming with the finest French Oysters and Foie Gras, as well as many other delicious dishes!

Reserve your table and let us whisk you away to a night of mythical flavours and divine pleasures - a feast worthy of the Gods at The Island View!

For an additional \$178, our free-flow Beverage Package includes Sake, Wines, Beers, Soft Drinks and Orange/Apple Juice.

Additional \$48 for a 45ml glass of Graham's 10-Year-Old Tawny Port



於6月份逢星期五晚上，前來The Island View餐廳享用靈感來自「愛與美」女神阿芙蘿黛蒂的自助美食。品嚐終極奢華的菜式，包括最優質的法國生蠔及鵝肝，以及許多其他美味佳餚！

儘快預訂你的餐桌，讓我們帶你進入一個充滿神話風味及神聖歡樂的夜晚 — 在The Island View享受一場媲美為眾神而設的盛宴！

晚餐收費：成人 \$498；
小童 6-12歲 \$328，3-5歲 \$128

每位另加\$178可任飲日本清酒、紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁；

另加\$48可享用一杯45毫升Graham's 10-Year-Old Tawny Port酒

訂座請致電2118 1846。

Date : Every Friday in June

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$498,

Children 6 - 12 years \$328, 3 - 5 years \$128

Reservations : 2118 1846

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



Thousand Island Delights Dinner Buffet: Flavours of the Japanese Archipelago

Saturday Nights
週六晚上

「千島之國美食」自助晚餐 日本群島的風味

Journey through the culinary landscape of Japan, a nation comprised of over 14,000 individual islands. Grouped into eight main clusters, we invite you to explore the diverse and vibrant flavours from northernmost Hokkaido to the southernmost Ryukyu Islands. Along the way, we'll gather the finest provisions from Tohoku, Kinki, and Kyushu, bringing you the most authentic dishes.

Experience the freshest seafood, reminiscent of the renowned Tsukiji, Nijo, and Omi-cho fish markets. Our vegetables capture the essence of Kubota Farm, while premium meats, including Wagyu Beef, Kurobuta Pork, and Nagoya Cochin Chicken, are prepared to perfection.

Enjoy a dynamic dining experience as our chefs prepare an array of dishes right before your eyes, transforming your meal into a unique culinary adventure.

For an additional \$178, our free-flow Beverage Package includes Sake, Wines, Beers, Soft Drinks and Orange/Apple Juice.

於6月份，我們將帶領大家踏上穿梭日本14,000多個島嶼的美食之旅！在星期六晚上的自助晚餐中，我們會將菜式分為8個主題，讓你探索從北海道最北端到琉球群島最南端的多樣化及充滿活力的風味。當中，我們將匯集日本東北、近畿、九州

說到最新鮮的海產，必定讓人想起著名的築地、二條及近江町魚市場；我們的蔬菜是來自久保田農場的優質農產品；而和牛、黑豚及名古屋交趾雞等的優質肉類菜式均經過精心烹製。

屆時，我們的廚師將會在你眼前準備多款菜餚，讓你享受能同時滿足視覺及味覺的獨特用餐體驗。

晚餐收費：成人 \$498；小童 6-12歲 \$328，3-5歲 \$128

每位另加\$178可任飲日本清酒、紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁。

訂座請致電2118 1846。

Date : Every Saturday in June

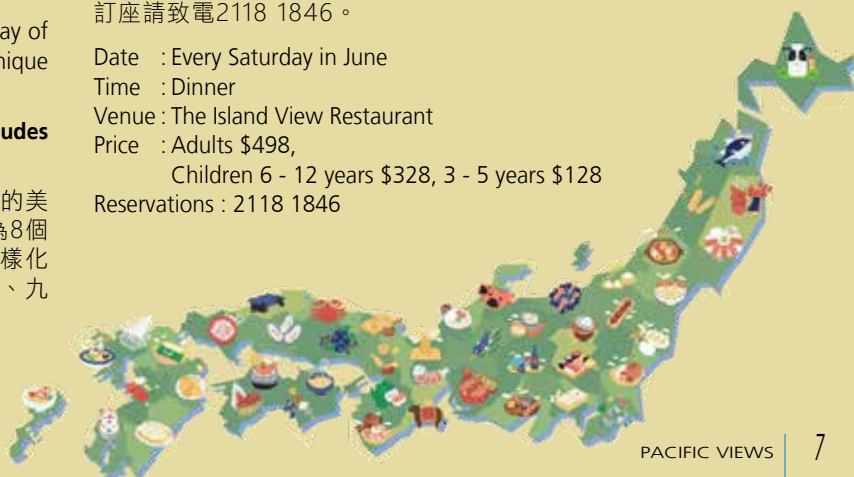
Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$498,

Children 6 - 12 years \$328, 3 - 5 years \$128

Reservations : 2118 1846



Holiday Notice

Please note that all junior and adult group classes will be cancelled during Tuen Ng Festival on 10th June.

課程暫停舉行

請注意，所有兒童及成人團體課程將於6月10日端午節公眾假期暫停舉行。



Aqua Kickboxing Class

Our Aqua Kickboxing class offers a high-intensity workout that combines the dynamic punches of boxing with the resistance of water. Equipped with specialized aquatic gloves, this session turns every jab and hook into a strength-building move against the water's natural resistance. Set to the rhythm of fast-paced music, this class is an excellent outlet for releasing stress and enhancing cardiovascular health.

水中拳擊班

水中拳擊班是結合輕型拳套及水中啞鈴，並配合拳擊動作的高強度運動。進行拳擊時因利用水中阻力，可減低關節受傷風險，亦能增強關節靈活性及肌肉力量。水中拳擊班以音樂節奏提供運動環境，可以透過輕快的動作及音樂釋放日常生活壓力，同時增強心血管健康。

水中拳擊班將於6月4日（星期二）下午在游泳池舉行，歡迎14歲及以上的會員參加，收費 — 會員\$200，非會員\$320。

Date : Tuesday 4th June
Time : 4:00pm-5:00pm
Venue : Swimming Pool
Price : Member \$200, Guest \$320
Age : 14 years and above

Fascia Exercise Training

Fascia is a broad term for the connective tissue that weaves throughout the entire body to stabilize and bind the muscles, bones, and organs together. During these hour-long sessions, participants will learn release techniques with exercise props to condition the fascia so as to feel relaxed, light in your body, stand taller and feel stronger.

筋膜運動訓練

筋膜是跨越整個身體的複雜結締組織，為肌肉、骨骼和器官提供必要的穩定性和凝聚力。學員將以針對性的練習來改善筋膜的活動、增強肌肉力量、骨骼槓桿力及平衡力。

課程適合16歲及以上的會員參加，6月份3堂收費 — 會員\$540，非會員\$900。

備註：課程以廣東話授課

Date : Monday 3rd, 17th & 24th June
Time : 1:30pm – 2:30pm
Price : Member \$540, Guest \$900 (for 3 lessons)
Age : 16 years and above
Venue : Aerobics Room
Instruction: Cantonese Speaking only



Jazz Dance

Come and explore the rhythms of Jazz Dance - a fusion of fun and fitness at the Club! Jazz Dance offers a blend of distinctive, step-by-step choreographies that challenge both beginners and seasoned dancers. Not only will you master new moves and rhythms, but you'll also enjoy a comprehensive workout that tones your body and boosts your mood.

爵士舞班

前來本會探索爵士舞的節奏—樂趣與健身的融合！爵士舞融合了獨特、循序漸進的編舞，對初學及富經驗的舞者同樣帶來挑戰。學員不僅可以掌握新的動作和節奏，還可以體驗全面的鍛鍊，調整身體並改善情緒。

課程於星期四舉行，適合16歲及以上的會員參加，6月份4堂收費 — 會員\$720，非會員\$1,200。

Date : Thursday 6th, 13th, 20th & 27th June
Time : 3:00pm – 4:00pm
Venue : Aerobics Room
Price : Member \$720, Guest \$1,200 (for 4 lessons)
Age : 16 years and above



Zumba Fitness

Step into the vibrant world of Zumba Fitness, where every class is a celebration of movement and music! Zumba is not just a workout; it's a global dance phenomenon that blends exhilarating rhythms from around the world with easy-to-follow moves to create a dynamic fitness experience.

尊巴健體舞班

走進尊巴健體舞充滿活力的世界，每一課堂都充滿動感及音樂的快樂！尊巴舞不僅是一種鍛鍊，更是一項全球性的舞蹈熱潮，將世界各地令人興奮的節奏與易於遵循的動作融為一體，創造出充滿活力的健身體驗。課程於星期日舉行，適合16歲及以上的會員參加，6月份4堂收費——會員\$720，非會員\$1,200。

Date : Sunday 9th, 16th, 23rd & 30th June
Time : 10:00am – 10:45am (45 minutes)
Venue : Aerobics Room
Price : Member \$720, Guest \$1,200 (for 4 lessons)
Age : 16 years and above



Stretching Exercise Class

Regular stretching is key to more than just preventing injuries; it's a holistic approach to enhancing your quality of life. In our classes, you'll learn the proper techniques to correct your posture, increase flexibility, and boost blood circulation. These exercises are also designed to relieve stress and enhance coordination, contributing to overall sports performance and reducing the risk of future injuries.

伸展運動班

定期進行伸展運動不僅能預防受傷，亦是提高生活品質的全面方法。在課程中，大家可學習糾正姿勢、增強靈活性及促進血液循環，還可以緩解壓力及增強協調性，有助於提高整體運動表現並降低未來受傷的風險。

課程於星期五舉行，適合16歲及以上的會員參加，6月份4堂收費——會員\$720，非會員\$1,200。備註：課程以廣東話授課。

Date : Friday 7th, 14th, 21st & 28th June
Time : 3:00pm – 4:00pm
Venue : Aerobics Room
Price : Member \$720, Guest \$1,200 (for 4 lessons)
Age : 16 years and above
Instruction: Please note, this class is taught in Cantonese only

Schedule in June 六月份課程

Monday

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

Tuesday

Morning Water Aerobics	10:00am – 11:00am (A)
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Aqua Kickboxing	4:00pm – 5:00pm
Pickleball	4:00pm – 5:00pm (A) 5:00pm – 6:00pm (B)
Evening Water Aerobics	7:00pm – 8:00pm

Wednesday

Tennis Team Training	10:00am – 12:00noon Ladies
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)

Thursday

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

Friday

Yoga	10:30am – 11:30am (D)
Morning Water Aerobics	11:00am – 12:00noon (B)
Stretching Exercise	3:00pm – 4:00pm (B)
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)
Reptile Experience Day	3:00pm – 4:15pm (8 th Jun)
Junior Taekwondo	3:30pm – 4:30pm (B) 4:30pm – 5:30pm (A)

Sunday

Zumba Fitness	10:00am – 10:45am
Yoga	11:00am – 12:00noon (E)
Wall Climbing	2:00pm – 3:30pm
Jellyfish Crystal Ball	2:00pm – 3:15pm (A) (23 rd Jun)
Workshop	3:30pm – 4:45pm (B) (23 rd Jun)
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Rope Skipping	4:30pm – 5:20pm
Sunday Social Tennis	5:00pm – 7:00pm

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

康體部於每個月25日開始接受下個月份各類團體課程的報名。

*Guests will be put on waiting list, as Members will have first priority for enrolment. 會員擁有優先參加資格，而非會員的參加者則需要排在候候名單中。

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



Festive Dragon Boat Dumplings Order Form

端午節粽子訂購表格

Limited Availability
限量發售

Order Form 訂購表格

Our Chinese Executive Chef, Yip Tsang Keung, has prepared delicious Glutinous Rice Dumplings wrapped in lotus leaves for Members to celebrate the Dragon Boat Festival on 10th June.

今年6月10日是端午佳節，本會紫荊閣行政總廚葉增強師傅已為大家準備了兩款美味應節的端午節粽子，送禮自用皆宜，請即訂購。

Item 食品	Price 單價	Quantity 數量	Total Amount 總額
Glutinous Rice Dumplings with Conpoy and Assorted Meats 裹蒸粽	\$218		
Sweet Glutinous Rice Dumplings with Red Bean Paste 豆沙鹼水粽	\$78		
Glutinous Rice Dumplings with Conpoy and Assorted Meats + Sweet Glutinous Rice Dumplings with Red Bean Paste 裹蒸粽 + 豆沙鹼水粽	\$290		

Member's Name (in full) 會員姓名：_____

Membership No. 會員編號：_____ Contact Telephone No. 聯絡電話：_____

Collection Date 領取日期：_____ Time 時間：_____

* The personal data collected in this order form will be used for order confirmation only.
本表格內所收集的個人資料只用作確認訂購之用途

• Please submit your order: From 16th May, whilst stocks last.
預訂日期：由5月16日開始，售完即止。

• For ordering, please present this form to Bauhinia Restaurant or send by fax to 2118 0207 or email to lawrence-lo@pacificclub.com.hk
訂購粽子，請填妥此表格，並交回紫荊閣；或傳真至 2118 0207；或電郵至 lawrence-lo@pacificclub.com.hk。

• Collection may be made from 5th–10th June at Bauhinia Restaurant.
閣下訂購之粽子可於6月5日至10日期間到紫荊閣領取。

• The charges of this confirmed order will be debited to your monthly account.
此表格上所有訂購之總額將會記入閣下之月結賬戶內。

Summertime is Dessert Time!

The markets are currently brimming with an array of fresh European fruits, making it difficult to pick the best ones. My suggestion? Why not enjoy a bit of everything? Cherries, berries, peaches, apricots, and nectarines are just a few of the tantalizing options available right now. These fruits are delicious on their own or mixed into a vibrant fruit salad. If you're looking to add an extra touch of indulgence, consider serving them with a rich, creamy dark chocolate mousse.

Continue reading to uncover a simple yet impressive recipe that's sure to make both you and your guests wanting more. Guaranteed!

夏季是品嚐甜品最佳時候！

現時在市場上有大量時令新鮮的歐洲水果，琳琅滿目，令人難以取捨。我有什麼建議？何不每款水果都享用一些呢？櫻桃、莓果、桃子、杏子和桃駁李都是目前的時令選擇，單獨食用或混合成水果沙律都是很美味的選擇。如果你想增添一點額外的享受，可以考慮搭配濃郁的黑朱古力慕斯一同享用吧！

以下提供一個簡單的製作方法，肯定會令你和你的客人回味無窮！



Preparation:

1. Melt the chocolate either in a water bath or in the microwave. If using the microwave, set it to defrost and heat the chocolate in 20 - 30 second intervals, stirring in between, until completely melted.
2. Gently heat your choice of liquid: Brandy, Cognac, or milk for a non-alcoholic version.
3. Mix the melted chocolate with the warmed liquid and egg yolks until well combined.
4. Mix a quarter of the whipped cream into the chocolate mixture to lighten it. This also helps cool down the mixture. Gently fold in the remaining three-quarters of the whipped cream.
5. Pour the mousse into individual glasses or a large serving bowl. Cover with cling film and refrigerate for at least 6 hours to allow the flavours to develop.
6. Serve the mousse chilled, topped with your choice of fresh fruits. Enjoy this delightful summery dessert!

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



By Executive Chef, Daniel Birkner

撰文：行政總廚 — Daniel Birkner

Classic Dark Chocolate Mousse

Ingredients needed for
4 - 6 persons:

- 250g Dark Chocolate with 57% - 63% cocoa content, gently melted
- 2 Egg Yolks
- 500g Whipping Cream, whipped to soft peaks
- 30g Cognac or Brandy (replace with warm milk for a non-alcoholic version)

經典黑朱古力慕斯

材料 (4-6人份量)：

- 250克 黑朱古力
〔可可含量57% - 63%，
讓其慢慢溶化〕
- 兩個蛋黃
- 50克鮮奶油
〔攪打至柔軟的凝結狀態〕
- 30克乾邑白蘭地或白蘭地
〔不含酒精的版本可用溫牛奶
代替〕

製作方法：

1. 要溶化朱古力，可以放在溫水中攪拌至溶化；或直接放入微波爐以解凍模式溶化，每隔20-30秒攪拌一次，直至朱古力完全溶化。
2. 將白蘭地或乾邑白蘭地稍為加熱，如不含酒精的可以用牛奶替代。
3. 將已加熱的酒及蛋黃加入已溶化的朱古力中，然後徹底混合。
4. 取四分之一的凝結鮮奶油，加入朱古力混合物中，使其變淺色一些及降低溫度。然後再慢慢拌入剩餘的四分之三鮮奶油，攪拌成朱古力慕斯。
5. 將慕斯倒入多個玻璃杯/一個大碗中，蓋上保鮮膜並冷藏最少 6 小時以增加其香味。
6. 搭配你選擇的水果，享受這道夏日冰凍甜品！

June 2024

Wine Home Delivery Service

6月份餐酒送貨服務

Order Form 餐酒訂購表格

A special selection of Château Calon Ségur wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$2,000 and above, excluding Outlying Islands.

Alternatively, pick-up the wines at the Club Bar.

本月為會員介紹多款 Château Calon Ségur 葡萄酒，凡購滿\$2,000及以上可獲免費送貨服務，離島除外；或者可於會所酒吧領取葡萄酒。

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
Henriot Brut Souverain NV	750ml	380		
Marquis de Calon, Saint-Estèphe 2014	750ml	320		
Château Calon Ségur, 3ème Cru Classe, Saint-Estèphe 2016	750ml	1,280		
Château Calon Ségur, 3ème Cru Classe, Saint-Estèphe 2015	750ml	1,180		
Château Calon Ségur, 3ème Cru Classe, Saint-Estèphe 2010	750ml	1,280		
Château Calon Ségur, 3ème Cru Classe, Saint-Estèphe 1995	750ml	1,780		

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

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

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

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

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

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

Delivery Address: _____

Signature: _____ Date: _____

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



Château Calon Ségur Wine Dinner at Bauhinia

with Speaker Stéphanie Libreau, Commercial Director

Join us for a fantastic evening at our upcoming Château Calon Ségur Wine Dinner at Bauhinia Restaurant. This special event offers an opportunity to savour the renowned vintages from one of Saint-Estèphe's most celebrated wine estates, known for its rich heritage and exceptional quality.

Throughout the evening, our expert speaker will guide Members through the storied past of Château Calon Ségur, explaining each wine. Each vintage will be paired with a perfectly complemented dish that highlights the unique characteristics of these magnificent Bordeaux wines.

Date : Friday, 28th June
Time : 6:30pm Welcome Drink
7:00pm Dinner
Venue : Bauhinia Restaurant
Price : \$1,688 per person (inclusive of Food and Beverage pairing)
Reservations : 2118 1892

紫荊閣中餐廳 - Château Calon Ségur 美酒晚餐 由品牌的 Commercial Director 'Stéphanie Libreau 親臨主持

歡迎於6月28日星期五晚上前來本會，參加在紫荊閣舉行的 Château Calon Ségur 美酒晚餐，度過一個盡享美酒佳釀的夜晚。當晚，大家可以品嚐出自葡萄酒產區Saint-Estèphe中最著名的酒莊之一，以其歷史悠久的傳統和卓越品質而聞名的Château Calon Ségur佳釀。

屆時，我們也邀請了葡萄酒專家Stéphanie Libreau親臨為大家講解Château Calon Ségur的傳奇歷史及介紹每一款葡萄酒。此外，每個年份的葡萄酒都將完美配搭精選中式菜餚，以突出這些優質波爾多葡萄酒的獨有特性。

晚餐配葡萄酒收費：每位\$1,688。

訂座請致電2118 1892。



Welcome Drink

Henriot Brut Souverain N.V.

Menu

Marquis de Calon, St-Estèphe 2014

法式煎鵝肝、麻香魷魚、士多啤梨蝦球
Pan-fried Foie Gras, Squid with Sesame Sauce,
Stir-fried Prawns with Strawberry Sauce

Château Calon Ségur, 3ème Cru Classé, St-Estèphe 2016

蘇格蘭椰香焗蟹蓋
Baked Crab Shell with Crab Meat
in Coconut Sauce

Château Calon Ségur, 3ème Cru Classé, St-Estèphe 2015

稻草紅燒黑豚肉 拼 鮑魚
Braised Abalone accompanied by Kurobuta Pork

Château Calon Ségur, 3ème Cru Classé, St-Estèphe 2010

Château Calon Ségur, 3ème Cru Classé, St-Estèphe 1995

酥炸牛腩 拼 蒜片安格斯牛柳
Deep-fried Beef Brisket
Pan-fried Cubed Angus Beef with Garlic

脆米雙龍泡飯
Sliced Lobster and Garoupa with Crispy Rice
in Lobster Broth

燕麥杏仁茶、窩貼煎鮮奶
Sweetened Almond Cream
with Egg White
Pan-fried Milk Toast

* Wines will be served in limited quantities 以上葡萄酒將限量供應

* Described menu and wines are subject to change without prior notice 以上菜單及葡萄酒如有更改，恕不另行通知

Truffled Chicken for Sharing at Pier 6

Throughout June at Pier 6, gather your friends or family for our incredible Roasted Chicken and Black Truffle dish.

Enjoy a brined chicken crown, stuffed and slow-cooked with black truffle, served with a ballotine of its legs and a delicate fricassee of Parisian peas, tarragon, and asparagus. Simply delicious!

Priced at \$798 per serving, suitable for 2-4 people. Pre-order with your reservation to ensure availability.

Pier 6餐廳共享菜式 — 松露雞

於6月份，歡迎大家與朋友或家人前來Pier 6餐廳享用令人回味無窮、結合烤雞及黑松露的獨特菜式。

享用經過醃製，內裡填滿黑松露，再慢煮的原隻雞身（切去雞腿），配上以其雞腿肉製成的肉捲，以及巴黎豌豆、龍蒿和蘆筍烹煮而成的精緻燉菜。這就是美味！

松露雞—每份\$798，適合2-4人共享。建議大家在預訂餐桌時提前預訂這道美食，以確保供應。



Croffles

Head to the Oyster Bar in June to treat yourself to the latest culinary sensation — Croffles!

A perfect fusion of a croissant's buttery layers with the crisp texture of a waffle, each Croffle is a masterpiece of flavour and texture and is perfect for a luxurious snack or dessert.

- Mixed Berry Compote
- Orange and Chocolate Mousse
- Red Beans, Matcha and Mango
- Caramelised Banana
- Pistachio and Raspberries

\$88 per portion

6月份Oyster Bar為大家帶來最新美食 牛角酥窩夫

牛角酥窩夫—Croffle，是將牛角酥（croissant）的多層牛油酥皮與窩夫（waffle）的酥脆質感完美結合，成為絕佳風味和口感的最新美食傑作，非常適合配搭為奢華的小食或甜點。

多款口味包括：

- 綜合莓果蜜餞
- 焦糖香蕉
- 香橙朱古力慕斯
- 開心果覆盆子
- 紅豆抹茶香芒

每份\$88。



Milkshakes

at the Club Bar & Oyster Bar in June

6月份會所酒吧及 Oyster Bar 為大家送上多款 果味奶昔

- Avocado Milkshake
- Melon Milkshake
- Mango Milkshake
- Pineapple Milkshake
- Strawberry Milkshake
- Coconut Milkshake
- 牛油果奶昔
- 蜜瓜奶昔
- 芒果奶昔
- 鳳梨奶昔
- 草莓奶昔
- 椰子奶昔

\$60 per glass

每杯 \$60

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



Oyster Fridays

Every Friday night is Oyster Night
at the Club Bar

Make Friday night extra special with Oyster Night at the Club Bar! Enjoy freshly-shucked Oysters, available by the piece and served with your choice of Mignonette & Lemon or a tantalizing, spicy Bloody Mary Shot. In addition, enjoy a special offer for selected Champagnes at \$78 per glass.

Date : Every Friday in June
Venue : Club Bar

週五「盡享生蠔」之夜

每個星期五晚上都是會所酒吧的「盡享生蠔」之夜！

於6月份逢星期五晚上前來會所酒吧品嚐即叫即開的新鮮生蠔，搭配香草檸檬醬或辣味血腥瑪麗酒一同享用，令這個晚上變得不一樣！

多加一重享受…同時享用精選香檳，每杯只需\$78。

Lobster Roll

at the Club Bar and Oyster Bar

Enjoy a delicious Maine-style Lobster Roll with luscious Lemon-Tarragon Sauce, served with French Fries for the incredible price of just \$188 in June.

會所酒吧及Oyster Bar供應 — 龍蝦包

於6月份，會所酒吧及 Oyster Bar 將為大家送上美味的緬因式龍蝦包，搭配香濃的檸檬香草醬及炸薯條一同享用。

每份只需 \$188。

*** Daily limited availability**
每日限量供應



Korean Fried Chicken Bites at the Club Bar!

6 月份會所酒吧特色美食 — 韓式一口炸雞

Experience the ultimate snack experience with our mouth-watering Korean Fried Chicken Bites. Perfectly crispy on the outside, tender and juicy on the inside, these bites come in a variety of flavours:

- Honey and Garlic
- Cream Cheese, Wasabi, and Onions
- Madras Curry
- Spicy Chilli and Soy
- Classic KFC

Perfect Drink Pairings:

- Jinro: \$38/bottle
- Makgeolli: \$28/glass
- Terra Beer: \$48/bottle
- Banana Milk: \$18/glass

Each portion of our delicious Korean Fried Chicken Bites is just \$98, making it an irresistible treat.

歡迎前來品嚐令人欲罷不能的終極小食 — 韓式炸雞。外皮酥脆，內裡鮮嫩多汁，並且提供多款口味：

- 蜂蜜、大蒜
- 奶油芝士、山葵芥末、洋蔥
- 印度椰奶咖喱
- 辣椒醬油
- 經典韓式炸雞口味

再完美配搭多款飲品：

- 韓國真露：每瓶\$38
- 馬格利米酒：每杯\$28
- Terra啤酒：每瓶\$48
- 香蕉牛奶：每杯\$18

美味的韓式炸雞 — 每份只需\$98。

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

June 2024

Wine Home Delivery Service

6月份餐酒送貨服務

Order Form 餐酒訂購表格

A special selection of Vignobles K wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$2,000 and above, excluding Outlying Islands.

Alternatively, pick-up the wines at the Club Bar.

本月為會員介紹多款Vignobles K葡萄酒，凡購滿\$2,000及以上可獲免費送貨服務，離島除外；或者可於會所酒吧領取葡萄酒。

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
Nicolas Feuillatte, Reserve Exclusive Brut N.V., France	750ml	400		
Terrasses Tour Saint Christophe 2019, France	750ml	180		
Tour Saint Christophe 2018, France	750ml	400		
Bellefont Belcier 2015, France	750ml	480		
Haut Brisson, Estate Release 2006, France	750ml	380		

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

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

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

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

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

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

Delivery Address: _____

Signature: _____ Date: _____

* The personal data collected in this order form will be used for order confirmation and delivery arrangement only.

本表格內所收集的個人資料只用作確認訂購及安排送貨之用

Vignobles K Wine Dinner at Pier 6

Pier 6 餐廳 - Vignobles K 美酒晚餐

Join us for an exclusive evening at Pier 6, featuring the exceptional wines of Vignobles K. This prestigious collection is managed by Peter Kwok, the renowned Hong Kong businessman and recipient of the 2018 Asian Personality Award from The Drinks Business Hong Kong and Vinexpo. Celebrated for his innovative foray into Bordeaux in the 1990s, Kwok's wineries have garnered acclaim from top wine critics including James Suckling and Decanter Magazine.

Featured Estates:

Château Bellefont Belcier: A 19th-Century Grand Cru Classé located on the Cote Pavie, adjacent to esteemed neighbours like Château Pavie and Château Larcis Ducasse. The southern facing slopes of the property gives a power to the wine that is balanced by its fresh acidity. The result is a balanced and complex wine that has so much to offer.

Château Tour Saint Christophe: Recently elevated to Grand Cru Classé, this estate sits atop the Saint Emilion plateau. Its limestone soil imparts a distinctive floral aroma and minerality, typical of the region's finest wines.

Château Haut-Brisson: The first estate acquired by Kwok in 1997, now expanded to 20 hectares. Situated on the limestone plateau of Saint-Etienne-de-Lisse and the gravelly hilltops of Saint-Sulpice de Faleyrens, it produces 60,000 bottles annually. The wines have been certified organic since 2010.

The three properties are often described as rising stars of Bordeaux, and have been featured on many top value lists by wine critics worldwide.

Date : Friday, 7th June
Time : 6:30pm Welcome Drink
7:15pm Dinner
Venue : Pier 6 Restaurant
Price : \$828 per person (for Food and Beverage Pairing)
Reservations : 2118 1878

誠邀大家於6月7日(星期五)晚上前來 Pier 6 餐廳與我們一起度過一個獨特的夜晚，品嚐由 Vignobles K 集團旗下酒莊出品的多款優質葡萄酒。這個享負盛譽的品牌由著名香港商人 Peter Kwok 管理，他亦是 The Drinks Business Hong Kong 和 Vinexpo 雜誌合作頒發的「2018 Asian Personality Award」得主。郭先生因1990年代進軍波爾多的創新舉措而聞名，其酒莊贏得了包括 James Suckling 和 Decanter 雜誌在內的多個頂級葡萄酒評論家的讚譽。

今次介紹的酒莊包括：

Château Bellefont Belcier: 位於 Cote Pavie 的19世紀特級酒莊，與鼎鼎大名的 Château Pavie 和 Château Larcis Ducasse 為鄰。酒莊座落在朝南的山坡上，因此賦予了葡萄酒



一種力量，透過其新鮮的酸度來達到平衡，最後釀造出一款具有許多優點，平衡而複雜的葡萄酒。

Château Tour Saint Christophe: 一座位於 Saint Emilion 高原之上的莊園，最近晉升為特級園。其石灰岩土壤賦予了獨特的花香和礦物質味，是該地區最佳葡萄酒的典型特徵。

Château Haut-Brisson: 這酒莊是郭先生於1997年收購的第一座莊園，現已擴大至20公頃。酒莊位於 Saint-Etienne-de-Lisse 的石灰岩高原和 Saint-Sulpice de Faleyrens 的礫石山頂上，每年生產60,000瓶葡萄酒。自2010年起，這酒莊釀造的葡萄酒便獲得了有機認證。

這三個酒莊經常被描述為波爾多的後起之秀，並被世界各地的葡萄酒評論家列入許多最高價值名單中。

晚餐配葡萄酒收費：每位\$828。

訂座請致電2118 1878。

Welcome Drink

Nicolas Feuillatte, Reserve Exclusive Brut N.V.

Menu

Tour Saint Christophe "Angela" Bordeaux Blanc 2022

Confit Fillet of Sea Bass
Green Daikon | Borage Cress

Terrasses Tour Saint Christophe 2019

Tour Saint Christophe 2018

Guinea Fowl « Coq au Vin »

Bellefont Belcier 2015

Crispy Red Mullet
Saffron | Fennel | Espelette Pepper

Haut-Brisson, Estate Release 2006

Gratinated Beef Tenderloin
Bone Marrow | Carrots | Watercress

Crêpes Soufflées

Vanilla Seed Ice Cream | Clear Caramel Sauce

Petits Fours

*Wines will be served in limited quantities
以上葡萄酒將限量供應

*Described menu and wines are subject to change without prior notice
以上菜單及葡萄酒如有更改，恕不另行通知

Father's Day at the Club

在太平洋會慶祝父親節

Father's Day is swiftly approaching, falling on Sunday, 16th June this year. Don't miss the opportunity to celebrate with your father at the Pacific Club for a special event dedicated just for him!

6月16日〔星期日〕便是一年一度的父親節，當日本會各餐廳將特別準備精選午餐及晚餐，歡迎大家與父親一同蒞臨慶祝這重要日子！

Sunday,
16th June
6月16日
(星期日)

Father's Day Lunch & Dinner Buffet

The Island View &
Pier 6 Restaurant

This Father's Day, indulge in a lavish buffet for both lunch and dinner, complete with a wide array of international delicacies.

Time : Lunch – From 12:00noon
Dinner – From 6:00pm

Price : Lunch – Adults \$448,
Children 6-12 years \$298, 3-5 years \$128
Dinner – Adults \$498,
Children 6-12 years \$328, 3-5 years \$128

Reservations: 2118 1846

The Island View及Pier 6餐廳 父親節自助午餐及晚餐

今年父親節，大家可以在豐富的自助午餐及晚餐中盡情享用世界各地的美食。

收費：自助午餐〔中午12時開始〕—
成人 \$448，小童 6-12歲 \$298；3-5歲 \$128
自助晚餐〔晚上6時開始〕—
成人 \$498，小童 6-12歲 \$328；3-5歲 \$128

訂座請致電2118 1846。



Father's Day Lunch & Dinner

Bauhinia

Treat your dad to a family gathering at Bauhinia this Father's Day, where he can choose from the usual, comprehensive menu, available for both lunch and dinner.

Reservations: 2118 1892

紫荊閣 父親節午餐及晚餐

歡迎與父親前來紫荊閣享用中式午餐及晚餐自選菜式，慶祝父親節。

訂座請致電 2118 1892。

HAPPY
Father's Day
Mustache



Father's Day Italian Semi-Buffer Lunch & Dinner

Capricci

Celebrate this special day at Capricci with a semi-buffet lunch and dinner featuring a wide selection of beloved culinary classics!

Time : Lunch – From 12:00noon
Dinner – From 6:00pm

Price : Lunch – Adults \$328, Children \$228
Dinner – Adults \$428, Children \$295

Reservations: 2118 1803

Capricci餐廳

父親節意式半自助午餐及晚餐

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

收費：半自助午餐（中午12時開始）— 成人 \$328，小童 \$228
半自助晚餐（晚上6時開始）— 成人 \$428，小童 \$295

訂座請致電 2118 1803。



Junior Summer Programme 2024

Children's Development 兒童智能啟發

STEM Einstein Technology Exploration Curriculum (6 – 12 years)

This engaging course features a diverse array of scientific experiments, including an intelligent sensor-tracking car and a windmill model device. Each session not only introduces relevant scientific concepts but also aims to ignite a passion for science among young learners.

STEM愛因斯坦科技探索課程 (6–12歲)

本課程設有各種科學實驗，涵蓋了相關的科學知識。學員透過自己動手製作科學教材，配合導師詳細解說，從而了解發生在身邊的科學知識，在訓練手眼協調和專注力的同時，更可啟發學員對科學的興趣。

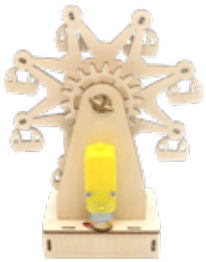
課堂內容參考：智能感應追蹤車；風車模型裝置

Date : Friday 19th July
Time : 11:30am – 1:55pm
Venue : Room TWO, 1/F
Price : Member \$800, Guest \$850



STEM Electric Ride Theme Park (6 – 12 years)

Capitalizing on children's love for playgrounds, this theme-based course offers hands-on experiences with scientific model-making, including motorized flying swings and Ferris wheels. It's designed to enhance their curiosity about science while teaching various scientific principles in a fun and engaging way.



STEM電動機動遊戲主題公園 (6–12歲)

以小朋友喜歡的遊樂場為主題製作科學手工模型，增加他們對科學的好奇心，從中教授不同的科學原理。每位小朋友都可以做出屬於自己的遊樂場，令到科學變得更有意思。

課堂內容參考：機動飛天鞦韆製作；機動摩天輪製作；科學原理講解

Date : Friday 19th July
Time : 2:00pm – 4:55pm
Venue : Room TWO, 1/F
Price : Member \$900, Guest \$950

STEM AI Artificial Intelligence Technology Academy (6 – 12 years)

This interactive course offers scientific experiment activities where students can create their own technological innovations, such as electronic voice-controlled desk lamps and elevator models. It aims to spark their enthusiasm for science and enhance their interest in exploring scientific concepts.

STEM AI 人工智能科技學院 (6–12歲)

以科學實驗的活動形式教學，由淺入深引導學員思考科學原理，更可以親手製作屬於自己的科學成品，如電子零件，接駁電路等，啟發他們對科學的探究精神，對科學原理有更深的概念。

課堂內容參考：電子聲控小檯燈；升降機裝置製作

Date : Monday 29th July
Time : 11:30am – 1:55pm
Venue : Room TWO, 1/F
Price : Member \$800, Guest \$850



STEAM Fun Cartoon Science Park (3 – 6 years)

This course invites young children on an exciting journey into the world of science with mysterious and engaging tasks. They will learn to create various cartoon-inspired scientific projects, such as a Sumikko Gurashi-themed thermometer and a Toy Story Alien kaleidoscope. This novel and entertaining approach not only makes learning fun but also stimulates children's creative thinking.

STEAM玩轉卡通科學園 (3–6歲)

課程將帶領小朋友踏上令人興奮的科學世界之旅，進行神秘任務，製作不同的卡通造型科學作品，過程新奇有趣，更能啟發他們的創作思維。

課堂內容參考：角落小夥伴溫度計；三眼仔萬花筒

Date : Thursday 18th July
Time : 2:00pm – 3:55pm
Venue : Playroom Library, 1/F
Price : Member \$700, Guest \$750

STEM Science Electric Mecha Master (8 – 12 years)

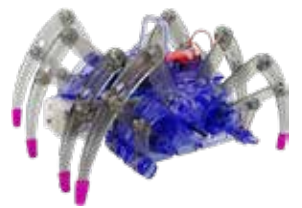
As robots increasingly become integral to various fields, from modern industries to everyday toys, this course enables students to build simple mechanical models like electric, intelligent voice-controlled cars and eight-legged robots. It focuses on enhancing hand-eye coordination and imparting knowledge, offering a practical approach to understanding robotics.

STEM科學電動機甲大師 (8–12歲)

機械人的應用範圍愈加廣泛，大至當代工業，小至玩具，實際涉及有關機械學原理和電學等的基本科學多不勝數。本課程可讓學員親自製作簡單的機械科學模型，在鍛鍊手腦協調的同時，還能學習知識。

課堂內容參考：電動智能聲控車；電動八足機械人；試玩及比賽；科學原理講解

Date : Monday 29th July
Time : 2:00pm – 4:25pm
Venue : Room TWO, 1/F
Price : Member \$800, Guest \$850



STEM Exploration of the World of Science (3 – 6 years)



This course introduces young learners to the excitement of science through the creation of engaging scientific models like circuit building blocks and electric bubble-blowing machines. Using a variety of materials, it aims to spark children's curiosity and foster creative thinking. This hands-on approach not only enlightens young minds about scientific concepts but also makes the learning process more effective and enjoyable.

STEM探索科學世界之旅 (3–6歲)

透過運用各種物料讓學員自行製作有趣的科學模型，啟發他們的好奇心和創意思維，藉此啟蒙小朋友的科學概念，更具體、有效並且有趣地學習各種科學知識，從而引發他們對科學的興趣。

課堂內容參考：電路積木小實驗；神奇電動吹泡泡機

Date : Tuesday 13th August
Time : 3:00pm – 4:55pm
Venue : Playroom Library, 1/F
Price : Member \$700, Guest \$750

Effective Image Memory Learning Workshop (6 – 12 years)

This innovative course enhances children's learning abilities by teaching them to use a variety of engaging visuals such as pictures, images, and objects to memorise words, stories, and mathematical concepts. By associating these elements with each other, the course aids memory retention, encourages flexible application of knowledge, and ultimately boosts learning effectiveness.



高效圖像記憶學習坊 (6–12歲)

教授小朋友運用不同的有趣圖片、影像或物件來記憶文字、故事和數理，以互相聯想的方法來幫助記憶，活學活用，提升孩子的學習能力。

課堂內容參考：圖像記憶學習法的好處；圖像記憶方法；圖像記憶遊戲；圖像記憶法的讀書技巧；訓練右腦的健腦操

Date : Monday & Wednesday 29th & 31st July
Time : 10:00am – 11:55am
Venue : Harbour Room, 1/F
Price : Member \$900, Guest \$1,000

兒童暑期活動 2024

Children's Development 兒童智能啟發

Magic Math Competition (6 – 12 years)

This engaging course shows children the joy of mathematics through lively and interactive games that stimulate spontaneous thinking. Through mathematical puzzles and challenges, it sharpens cognitive skills, fosters logical thinking, and enhances spatial awareness, making math both fun and educational.



魔法數學大比拼 (6–12歲)

此課程藉由活潑有趣的數學遊戲，重新引導小朋友自發思考。數學益智遊戲能有效鍛鍊人的思維能力，培養數學邏輯思維，增強空間想像能力。

課堂內容參考：益智數學測試；數學遊戲大比拼；數學邏輯遊戲；數學IQ題大搶答；數學思維培訓

Date : Monday & Wednesday 29th & 31st July

Time : 12:00noon – 1:55pm

Venue : Harbour Room, 1/F

Price : Member \$900, Guest \$1,000

Concentration Strengthening Training (3 – 6 years)

This course employs a diverse array of concentration-enhancing techniques, including hand-eye coordination exercises, listening tasks, and patience-building activities, complemented by concentration-focused board games. Young children are able to strengthen their concentration, memory, and overall learning abilities, laying a solid foundation for their future educational journey.

幼兒專注力加強訓練 (3–6歲)

此課程運用多元化的專注力訓練方式，如手眼協調訓練、聆聽指示與忍耐力訓練，並加入專注力桌遊和遊戲。在輕鬆快樂環境下，加強幼兒專注力、記憶力、學習能力等，為日後學習建立良好基礎。



課堂內容參考：視覺訓練及專注力測試；聽覺訓練；專注力訓練遊戲；提高專注力的方法；專注力比賽

Date : Tuesday & Thursday 13th & 15th August

Time : 10:00am – 11:55am

Venue : Playroom Library, 1/F

Price : Member \$900, Guest \$1,000

Abacus Mental Arithmetic Comprehensive Course (6 – 12 years)

This course provides abacus mental arithmetic training that significantly enhances students' calculation speed and skills. Beyond improving mathematical abilities, the course also stimulates cognitive functions and boosts imagination, concentration, and memory. Furthermore, it nurtures children's self-confidence and emotional intelligence, positively influencing their attitude towards learning and their overall academic capabilities.



珠心算腦力全開課程 (6–12歲)

珠心算訓練課程除了可以快速提升學員的運算速度和能力，亦能有效地鍛鍊思考，增強想像力、專注力和記憶力，並可提升自信心和情感智能，從而改善他們的求學態度及各科的成績表現。每位學員附送算盤。

課堂內容參考：認識算盤的基本運作；算盤的結構認識、撥珠要求，基礎撥珠指法訓練；珠心算基礎及珠心算直加直減；湊數、補數、差數加減運珠原理，珠算術語；珠心算大賽

Date : Tuesday & Thursday 6th & 8th August

Time : 10:00am – 11:55am

Venue : Room TWO, 1/F

Price : Member \$900, Guest \$1,000 (Each student comes with an abacus)

Mandarin Communication Course (6 – 12 years)

This course employs a progressive, activity-based approach to enhance children's Mandarin oral language skills. Through diverse and enjoyable activities such as poetry readings and language games, it facilitates easy learning while significantly boosting their interest in Mandarin.



標準普通話溝通用語 (6–12歲)

課程以循循善誘的方法及活動教學的模式，透過詩歌朗讀、普通話遊戲等不同形式，訓練小朋友的口語能力，讓他們可以輕鬆學習之餘，同時提高對學習普通話的興趣。

課堂內容參考：普通話語音訓練，如聲母、韻母、聲調；掌握拼音能力，學會普通話詞彙；情景會話、角色扮演，增加會話的流暢及說話能力；訓練聆聽能力；演說故事比賽

Date : Tuesday & Thursday 6th & 8th August

Time : 2:00pm – 3:55pm

Venue : Room TWO, 1/F

Price : Member \$900, Guest \$1,000

Story Drawing Course (3 – 6 years)

This creative course merges art with storytelling to spark children's imagination and thinking. By exploring captivating story themes, children find it easier to connect with and embody the characters, which enhances their engagement and creativity. The interactive format encourages children to make associations and nurtures a keen interest in drawing.



- The story of Little Red Riding Hood
- The story of the Three Little Pigs
- The story of the Ugly Duckling

幼兒聽故事學畫畫 (3–6歲)

這門創意課程將藝術與說故事結合，激發小朋友的想像和思維。透過探索引人入勝的故事主題，讓他們更容易接受及投入角色，從而增強他們的參與和創造力。互動形式鼓勵小朋友聯想並培養對繪畫的濃厚興趣。

課堂內容參考：小紅帽的故事；三隻小豬的故事；醜小鴨的故事

Date : Tuesday & Thursday 13th & 15th August

Time : 1:00pm – 2:55pm

Venue : Playroom Library, 1/F

Price : Member \$900, Guest \$1,000

Japanese Communication Course (6 – 12 years)

This course offers an engaging introduction to the Japanese language within a supportive and interactive environment. It covers essential skills in speaking, listening, reading, and writing. Students will not only learn formal grammar but also develop a strong interest in acquiring a new language, fostering a positive and enthusiastic approach to language learning.



日文溝通用語 — 初級 (6–12歲)

課程以輕鬆愉快的互動形式授課，通過學習掌握日語竅門，訓練學員基本的講、聽、讀、寫的能力，讓他們在學習正規文法的同時，加強提高對學習外語的興趣。

課程內容：掌握日語發音；日文五十音片假名和平假名；運用簡單會話；日本一般禮儀及文化；情景會話；角色扮演以增加會話的流暢度及說話能力

Date : Monday & Wednesday 29th & 31st July

Time : 2:00pm – 4:25pm

Venue : Harbour Room, 1/F

Price : Member \$1,200, Guest \$1,300

Chess Academy (5 years and above)

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

國際象棋課程 (5歲及以上)

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

Date : Tuesday – Thursday
(A) 23rd, 24th & 25th July
(B) 6th, 7th & 8th August
Time : 2:30pm – 4:30pm
Venue : Gym Activities Room, 1/F
Price : Member \$2,400, Guest \$2,550



English Drama Academy (3 – 12 years)

Led by our skilled instructor, this captivating program combines the art of storytelling, role play, script writing, dance, speech, prose, and narration. Our classes are meticulously crafted to foster creativity, improve language and communication skills, enhance problem-solving abilities, and nurture self-confidence.

英語話劇訓練班 (3–12歲)

本會經驗豐富的導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，來激發小朋友對學習英語的興趣。

Date : Wednesday
(A) (B) 10th, 17th, 24th & 31st July
(C) (D) 7th, 14th, 21st & 28th August
Time : (A) (C) 5:30pm – 6:30pm
(B) (D) 4:30pm – 5:30pm
Venue : Gym Activities Room, 1/F
Price : Member \$800, Guest \$1,000
Age : (A) (C) 3 – 5 years
(B) (D) 6 – 12 years



Social Leadership Training Camp (6 – 12 years)

This dynamic course equips children with essential social skills through engaging activities and games. It focuses on teaching patience in interactions, social etiquette, and communication skills. The program also fosters language and expression abilities, encourages sharing and empathy, and helps children understand and manage their emotions. Overall, this camp strengthens children's abilities in interpersonal communication and social conduct, setting a foundation for future leadership roles.

社交領袖才能訓練營 (6–12歲)

課程讓小朋友透過有趣的活動及遊戲，學習有耐性地與人相處，培養社交禮儀及技巧、語言能力、表達技巧及懂得分享和欣賞，有效地管理自己的情緒，提升自我控制能力及溝通技巧。

課堂內容參考：提升正向品格；介紹九形人格；逆境情緒控制的方法；社交禮儀訓練；利用遊戲令小朋友提升情緒智能

Date : Tuesday & Thursday 13th & 15th August
Time : 11:00am – 12:55pm
Venue : Room ONE, 1/F
Price : Member \$900, Guest \$1,000



English Story Performer (6 – 12 years)

This course enhances students' English conversational skills and boosts their self-confidence through straightforward speech training. By interpreting simple English stories, the course sparks students' enthusiasm for learning English and strengthens their listening and speaking abilities.

Key elements of the class content include:

- Building English vocabulary
- Constructing sentences for everyday situations
- Engaging in fun role-play activities
- Participating in interactive English games
- Developing skills for interpreting English stories

英語故事表演家 (6–12歲)

課程透過輕鬆的會話演說訓練，提升學員的英語會話水平及自信心，通過簡單的英語故事演繹，培養對學習英語的興趣，從而提升「聽英語」與「說英語」的能力。

課堂內容參考：教授英語詞彙；簡單日常生活情境應對句式；趣味角色扮演；互動英語遊戲；演繹英語故事技巧訓練

Date : Tuesday & Thursday 13th & 15th August
Time : 1:00pm – 2:55pm
Venue : Room ONE, 1/F
Price : Member \$900, Guest \$1,000



English Playgroup (3 – 6 years)

Through a variety of lively and interesting games and activities, centered around children's daily life themes, this course trains children's concentration, observation and memory, allowing children to learn English in a relaxed environment.

Class content reference:

- English group games
- Instructions for learning English
- English Nursery Rhymes
- New English words
- English communication training and role play

幼兒英語Playgroup (3–6歲)

圍繞兒童日常生活主題，透過多元化、生動有趣的遊戲和活動，訓練幼兒的專注力、觀察力和記憶力，讓幼兒在輕鬆的環境下學習英文，為日後的學習好建立良好基礎。

課堂內容參考：英文小組遊戲；學習英語的指令；英文童謠教授；英文生字教授；英語溝通訓練及角色扮演

Date : Wednesday & Friday 24th & 26th July
Time : 10:00am – 11:55am
Venue : Playroom Library, 1/F
Price : Member \$900, Guest \$1,000



English Singing Tour (3 – 6 years)

This course teaches English through stories, singing, games and role-playing, to increase children's interest in learning English and improve their ability to read and speak English.

幼兒英語Sing唱唱唱 (3–6歲)

讓幼兒在輕鬆的環境下學習日常用英語，包括以生動、活潑的唱遊形式（故事、唱兒歌、遊戲、角色扮演等），提高幼兒學習英語興趣，訓練他們聽說英語的能力。

課堂內容參考：英語兒歌唱遊；學習英語生字；教授常用會話及進行練習；故事分享；互動小遊戲

Date : Wednesday & Friday 24th & 26th July
Time : 1:00pm – 2:55pm
Venue : Playroom Library, 1/F
Price : Member \$900, Guest \$1,000





Mirror Go x Running Man Fun Playroom (6 – 12 years)

This summer, dive into the excitement of TV-inspired games right in the classroom! Our Mirror Go x Running Man Fun Playroom offers a selection of stimulating, themed learning games that make enhancing intelligence and motivation both relaxing and enjoyable for children.

Class content includes:

- Intelligence tests to challenge and sharpen young minds
- Interactive games such as picture matching, guessing games, solitaire, and drawing activities
- Reaction and memory competitions to boost cognitive skills
- Engaging board game tournaments to foster strategic thinking and teamwork

Mirror Go x Running Man 玩樂無窮遊戲室 (6–12歲)

今個暑假，我們會將一些電視節目遊戲帶到課室，通過這些刺激和主題學習遊戲，讓小朋友放鬆心情大玩特玩之外，更可以增強他們的智能和學習動機！

課堂內容參考：門智門力大考驗；以畫傳畫/猜謎、接龍、畫圖類遊戲；反應、記憶力大比拼；桌遊大賽

Date : Tuesday & Thursday 6th & 8th August

Time : 12:00noon – 1:55pm

Venue : Room TWO, 1/F

Price : Member \$900, Guest \$1,000

Little YouTuber Training (6 – 12 years)

This course is designed to develop children's expressiveness, organizational skills, and courage by exploring the roles and techniques of a host. Participants will enhance their speaking abilities, including improving articulation, mastering speaking rhythm, and using effective body language. The training also focuses on boosting self-confidence, encouraging children to confidently express their opinions, and teaching them to listen and respond to the viewpoints of others.

小小YouTuber聽說訓練班 (6–12歲)

課程旨在透過探索主持人的角色和技巧來培養小朋友的表達能力、組織能力和膽量。學習改善懶音、提高演講能力、掌握演講節奏及使用有效的身體語言。訓練也著重於增強自信心，鼓勵他們自信地表達自己的意見，並教導他們傾聽和回應他人的觀點。

Date : Tuesday & Thursday 13th & 15th August

Time : 3:00pm – 4:55pm

Venue : Room ONE, 1/F

Price : Member \$900, Guest \$1,000

Be a Little YouTuber (3 – 6 years)

This engaging course is designed to foster young children's development in expressiveness, organization, and bravery. Through fun and interactive lessons, children learn to enhance their speaking abilities, including improving clarity, mastering rhythm, and using effective body language. The program also encourages them to express their own ideas boldly and attentively listen to others, all while boosting their self-confidence in a supportive environment.



做個小小YouTuber (3–6歲)

課程旨在訓練小朋友的表達能力、組織能力和膽量。透過有趣的互動課程，學習改善懶音、提高演講能力、掌握說話節奏及使用有效的身體語言。課程也鼓勵他們大膽表達自己的想法並認真傾聽他人的意見，同時在支持性環境中增強自信心。

Date : Tuesday & Thursday 6th & 8th August

Time : 10:00am – 11:55am

Venue : Playroom Library, 1/F

Price : Member \$900, Guest \$1,000

Little Banker Experience Workshop (3 – 6 years)

Introducing young children to the basics of financial management can be both fun and impactful. Our Little Banker Experience Workshop uses games and storytelling to teach foundational financial concepts in a way that resonates with young minds.

小小銀行家遊戲體驗坊 (3–6歲)

課程以既有趣又富有影響力的方式向幼兒介紹財務管理的基礎知識，透過各種遊戲和故事讓他們逐步學習理財概念，成為儲錢專家。

課堂內容參考：金錢的用途；貨幣價值；學習如何聰明消費；多種付款的方式；儲蓄的好處

Date : Tuesday & Thursday 23rd & 25th July

Time : 10:00am – 11:55am

Venue : Playroom Library, 1/F

Price : Member \$900, Guest \$1,000



One-Minute Magic Show Challenge (6 – 12 years)

This course introduces students to the enchanting world of magic, teaching them to perform tricks with everyday objects. Participants will master basic techniques and fundamental concepts of magic, enhancing their self-confidence and providing them with a solid foundation in the art of illusion.

Class content includes:

- Sleight of hand magic
- Coin magic tricks
- Dice illusions
- Penetrating magic
- Various card tricks



一分鐘魔術表演挑戰賽 (6–12歲)

課程教授學員利用身邊隨手可得物件就地取材變出各種魔術，學習魔術的基本手法及概念，從而提升自信及初步瞭解魔術。

課堂內容參考：穿越魔術；硬幣魔術；骰子魔術；刺穿魔術；各款撲克牌魔術

Date : Tuesday & Thursday 13th & 15th August

Time : 1:00pm – 2:55pm

Venue : Room TWO, 2/F

Price : Member \$900, Guest \$1,000

English Magic Academy (3 – 6 years)

The English Magic Academy offers a relaxed and enjoyable setting where children can learn both magic tricks and English. This dual approach not only cultivates their interest but also enhances their cognitive and language skills.

Class content includes:

- Restoration magic tricks
- Table magic demonstrations
- Magic with dice
- Magic pen illusions
- English vocabulary lessons

幼兒英語魔術學院 (3–6歲)

課程除了教授魔術表演外，還加入英語學習的元素，提供一個輕鬆、愉快的環境學習魔術、英語，從而培養幼兒對英語及魔術的興趣，創造出屬於自己的魔法舞台。

課堂內容參考：復原魔術；餐桌魔術；魔術骰子；神奇魔術筆；英語詞彙教授

Date : Tuesday & Thursday 23rd & 25th July

Time : 1:00pm – 2:55pm

Venue : Playroom Library, 1/F

Price : Member \$900, Guest \$1,000



Dried Flower Wind Chimes Workshop (5 years and above)

The art of crafting with dried flowers has gained popularity for its beauty and tranquility. In this workshop, participants will be guided through the process of selecting the perfect dried flowers and assembling them into elegant wind chimes. These handmade creations will dance with the breeze and bring a serene, natural ambiance to any home.

夏日乾花風鈴工作坊 (5歲及以上)

近年乾花手作相當盛行，在這個工作坊中，導師將會指導學員選擇合適的乾花材料，並將它們組合成一個隨風飄舞的風鈴，掛在家中以增添大自然寧靜氛圍。這不僅是一個風鈴，更是一件與微風低語相呼應的藝術品。

Date : Sunday 14th July
Time : (A) 2:00pm – 3:00pm
(B) 3:15pm – 4:15pm
Venue : Playroom Library, 1/F
Price : Member \$180, Guest \$230



Succulent Candle Workshop (5 – 12 years)

In this creative workshop, participants will learn how to craft their own succulent plant candles using natural wax materials. Guided by an expert instructor, you'll merge the vibrant life of succulents with the cozy glow of candles, creating a charming piece that adds both greenery and warmth to your home.

多肉植物蠟燭工作坊 (5–12歲)

在這個工作坊中，導師將會指導學員利用天然蠟材，製作出自己喜愛且獨一無二的多肉植物造型蠟燭。讓我們一起動手製作，將多肉植物的生命力和蠟燭的溫馨結合，為家裡帶來一抹綠意和光亮！

Date : Sunday 28th July
Time : (A) 2:00pm – 3:00pm
(B) 3:15pm – 4:15pm
Venue : Playroom Library, 1/F
Price : Member \$250, Guest \$300



Hot Air Balloon Lamp Workshop (5 – 12 years)

Join us in this workshop where participants will craft a hot air balloon table lamp. Under the guidance of our skilled instructor, you'll use simple materials to create a whimsical piece featuring a charming rabbit nestled within the balloon. This easy-to-make lamp is not only a fun project but also serves as a beautiful art piece that adds a warm, inviting glow to any room.

熱氣球檯燈工作坊 (5–12歲)

在這個工作坊中，導師將會指導學員利用簡單的材料，製作出一個熱氣球檯燈，讓可愛的兔子坐在熱氣球裡，成為一件溫暖的藝術品。這個檯燈很容易製作，完成後可放在房間中，提升房間的氛圍。

Date : Sunday 4th August
Time : (A) 2:00pm – 3:00pm
(B) 3:15pm – 4:15pm
Venue : Playroom Library, 1/F
Price : Member \$250, Guest \$300



DIY Canvas Bag Workshop (5 – 12 years)

Unleash your creativity at our DIY Canvas Bag Workshop! Participants will be guided by an experienced instructor to cut out their favourite designs and securely attach them to canvas bags using special adhesive. This workshop allows you to transform your unique ideas into wearable art. At the end of the session, you'll take home a personalised canvas bag that showcases your style, along with lasting memories of a fun and creative experience.

手作帆布袋工作坊 (5–12歲)

在這個工作坊中，學員可把他們的創意和想法，轉化為實際的藝術作品。導師將會指導學員剪裁喜歡的圖案，並使用專用膠水將圖案固定在帆布袋上。完成課程後，你不僅會帶走一個充滿個人風格的帆布袋，更會獲得一次難忘的創作體驗。

Date : Sunday 18th August
Time : (A) 2:00pm – 3:00pm
(B) 3:15pm – 4:15pm
Venue : Playroom Library, 1/F
Price : Member \$220, Guest \$270



STEAM Cartoon Neon Painting Art World (6 – 12 years)

Join the vibrant world of neon art with our STEAM Cartoon Neon Painting Art World course! Utilising popular neon LED light strips, participants will learn to form texts and patterns and combine them with painting techniques to boost their creativity and artistic skills. This course encourages children to bring their imaginations to life by designing their very own neon lights.

Class content includes:

- Crafting a "Sumikko Gurashi" Polar Bear Neon Light
- Creating a "Pokémon" Pikachu Neon Light
- Understanding the principles of neon light assembly
- Exploring the design aesthetics unique to neon lighting
- Learning basic advertising colour techniques and composition skills

STEAM卡通霓虹燈繪畫美術世界 (6–12歲)

課程教授將霓虹LED燈條扭出大家想要的文字或圖案，並配合繪畫培養小朋友的創作力和藝術觸覺，引領他們探索繪畫的技巧與手法運用，將腦海中的想法變為現實，設計並製作出專屬自己的霓虹燈作品！

課堂內容參考：《角落小夥伴》北極熊霓虹燈製作；《寵物小精靈》皮卡超霓虹燈製作；霓虹燈的組合原理；霓虹燈的設計美學；廣告彩基本技法，構圖技巧

Date : Tuesday & Thursday 23rd & 25th July
Time : 10:00am – 12:55pm
Venue : Room TWO, 1/F
Price : Member \$1,200, Guest \$1,300

STEAM 3D Pen Model Making Class (6 – 12 years)

Explore the innovative world of 3D art with our STEAM 3D Pen Model Making Class! This course teaches students to understand the concepts of geometry and three-dimensional forms. It encourages proactive thinking and enhances skills in colour coordination and design. Students will transition from traditional 2D drawing to creating dynamic 3D models.

Class content includes:

- Creating amusing cartoon characters
- Designing cute animal figures
- Constructing models of various transportation vehicles
- Crafting fashionable jewelry
- Mastering 3D pen techniques and foundational skills

STEAM 3D筆立體模型製作班 (6–12歲)

透過STEAM 3D筆立體模型製作班探索 3D 藝術的創新世界！課程教授學員認識幾何和立體的概念，鼓勵他們主動思考並增強色彩協調和設計技能，從2D平面跳進3D立體藝術。

課堂內容參考：趣怪卡通製作；可愛動物製作；交通工具製作；潮流飾物製作；3D筆使用技巧及繪畫立體的基礎訓練

Date : Tuesday & Thursday 23rd & 25th July
Time : 1:00pm – 2:55pm
Venue : Room TWO, 1/F
Price : Member \$950, Guest \$1,050



Neon Cartoon Clay Capsule Toy Workshop (6 – 12 years)

This hands-on workshop invites children to delve into the fascinating world of Capsule Toy machines. Participants will construct their own machines, learning the scientific principles behind their operation and the exciting use of neon lights. Additionally, the course allows children to express their creativity by using clay to model various cartoon figures to include in their capsule toys.

Class content includes:

- Skills for assembling and understanding the mechanics of Capsule Toy machines
- Techniques for creating neon art
- Crafting Pokémon characters from clay
- Techniques for clay colour mixing and 3D modeling
- Skills for colour coordination and methods for preserving clay creations

閃耀霓虹燈卡通黏土扭蛋機 (6–12歲)

課程除了讓小朋友製作屬於自己的扭蛋機，了解扭蛋機及霓虹燈涉及的科學原理外，還能運用黏土製作不同的卡通公仔，並將它們放入扭蛋中。完成課程後，大家可以隨時在家中扭出自己喜愛的扭蛋！

課堂內容參考：扭蛋機安裝技巧及操作原理；霓虹燈藝術創作技巧；《寵物小精靈》黏土製作；黏土混色及立體創作技巧；顏色搭配技巧及黏土保存法

Date : Tuesday & Thursday 6th & 8th August
Time : 11:00am – 1:55pm
Venue : Room ONE, 1/F
Price : Member \$1,200, Guest \$1,300



LED Disney 3D Clay Photo Frame Workshop (6 – 12 years)

Embark on a creative journey with our LED Disney 3D Clay Photo Frame course! Using a dynamic mixed-media approach, students will learn various clay modeling techniques to craft personalised, handmade art photo frames. The addition of flashing LED lights brings a sparkling final touch to their creations.

Class content includes:

- Crafting a Disney-themed 3D photo frame
- Skills for cartoon character modeling and composition
- Understanding the proportions of 3D space
- Techniques for clay colour mixing and 3D creation
- Expertise in colour matching and methods for preserving clay artwork

LED閃燈迪士尼立體黏土擠擠相框 (6–12歲)

課程採用混合創意藝術的教導方式，教授製作黏土的各種技巧，打造個性化手工藝術相框，最後在相框上加上閃燈裝飾。製作過程富有趣味，可以提高個人自主能力、創造力，及培養對藝術的濃厚興趣。

課堂內容參考：迪士尼立體相框；卡通人物造型構圖技巧；立體空間比例掌握；黏土混色及立體創作技巧；顏色搭配技巧及黏土保存法

Date : Tuesday & Thursday 6th & 8th August
Time : 2:00pm – 4:55pm
Venue : Room ONE, 1/F
Price : Member \$1,200, Guest \$1,300



Clay Music Box & LED Flower Lampshade Workshop (6 – 12 years)

This workshop teaches various clay techniques that promote mental and physical development through actions like touching, grasping, holding, pushing, patting, pinching, and pressing. Students will use clay to create enchanting 3D flowers and plants, which they'll then use to adorn lampshades and music boxes, featuring delightful cartoon designs.

Class content includes:

- Crafting a Disney-themed LED flower lampshade
- Creating a Sumikko Gurashi music box
- Developing skills in 3D floral creation
- Learning clay colour mixing techniques
- Mastering colour matching skills and learning methods for preserving clay artwork

夢幻旋轉黏土音樂盒x LED花燈罩 (6–12歲)

課程教授各種黏土手法，透過觸摸、抓、握、推、拍、捏、壓等動作，刺激腦力控制與肌肉發展。以黏土塑造一系列立體花及植物，和不同的卡通造型來裝飾花燈罩和音樂盒，然後將已完成的作品放在家中作擺設。

課堂內容參考：《迪士尼》LED花燈罩製作；《角落小夥伴》音樂盒製作；立體花藝創作技巧；黏土混色技巧；顏色搭配技巧及黏土保存法

Date : Wednesday & Thursday 17th & 18th July
Time : 2:00pm – 4:55pm
Venue : Room TWO, 1/F
Price : Member \$1,200, Guest \$1,300

Accessories Fashion Designer (6 – 12 years)

This course introduces children to the art of crafting popular Japanese and Korean accessories, teaching them to design cutting-edge fashion items. Participants will explore various techniques, including fabric colour matching, to spark their interest in crafts and encourage creativity.

Class content includes:

- DIY cream glue hair accessories
- Weaving lucky bracelets
- Making stylish Korean necklaces
- Designing and painting custom bags
- Gaining experience in material selection and matching

小小飾物潮流設計師 (6–12歲)

課程將教授小朋友動手製作日韓大熱的流行飾物及設計新潮的時裝，學習不同工藝、布料顏色搭配等技巧，培養對工藝的興趣，發揮他們無限的創意。

課堂內容參考：奶油膠髮飾DIY；幸運手環編織；韓式項鍊製作；布袋設計及繪畫；物料選擇及搭配心得

Date : Monday & Wednesday 15th & 17th July
Time : 11:00am – 1:25pm
Venue : Room ONE, 1/F
Price : Member \$1,000, Guest \$1,100



CoComelon & Babybus Clay Crafting (3 – 6 years)

This fun-filled workshop allows young children to create their favourite characters and scenes from these popular channels. Through the art of clay modeling, participants will develop fine motor skills and hand-eye coordination, all while experiencing the joy of artistic creation. This engaging course is perfect for fostering creativity and enhancing developmental skills in young learners.

幼兒CoComelon x Babybus黏土大本營 (3–6歲)

課程會教授利用黏土製作CoComelon及Babybus頻道的著名卡通人物，加上場景製作，讓小朋友透過製作黏土訓練小手肌及手眼協調能力，同時享受藝術創作帶來的樂趣。

課堂內容參考：《CoComelon》JJ製作；《Babybus》Kiki奇奇 / MiMi妙妙製作；場景製作、黏土混色、保存法等

Date : Wednesday & Friday 14th & 16th August
Time : 10:00am – 11:55am
Venue : Playroom Library, 1/F
Price : Member \$900, Guest \$1,000



Peppa Pig & Baby Shark Clay Crafting (3 – 6 years)

This course teaches children how to make Peppa Pig and Baby Shark characters with clay, learning about shape, colour and more.

幼兒Peppa Pig x Baby Shark黏土小劇場 (3–6歲)

課程以粉紅豬小妹Peppa和Baby Shark為主題，教授小朋友學習製作黏土的要訣，例如：揉、捏、搓、壓等，既可以體驗手作的樂趣又可以學習黏土調色和色彩混色搭配，提升想像力及對藝術美感的認知。

課堂內容參考：Baby Shark製作；Peppa Pig小豬製作；卡通場景製作及黏土保存法

Date : Wednesday & Friday 14th & 16th August
Time : 12:00noon – 1:55pm
Venue : Playroom Library, 1/F
Price : Member \$900, Guest \$1,000

Sumikko Gurashi & Sanrio Clay Playground (3 – 12 years)

This course teaches children how to make little Sumikko Gurashi and Sanrio characters with clay. It allows children to experience the fun of handicrafts, learn clay toning and colour mixing, train their large and small muscle movements, and also enhance their aesthetic appreciation of art.

角落小夥伴x Sanrio黏土遊樂場 (3–12歲)

課程教授小朋友以黏土製作Sanrio及角落小夥伴的可愛卡通人物，既可以讓他們體驗手作的樂趣又可以學習黏土調色和色彩混色搭配，同時訓練大小肌肉及提升對藝術的美感，啟發無限創意。

課堂內容參考：《角落小夥伴》企鵝/炸豬排製作；《Sanrio》My Melody製作；場景製作、黏土混色、保存法等

Date : Wednesday & Thursday 17th & 18th July
Time : (A) 10:00am – 11:55am
(B) 12:00noon – 1:55pm
Venue : Room TWO, 1/F
Price : Member \$900, Guest \$1,000
Age : (A) 3 – 6 years, (B) 6 – 12 years



Duffy and Friends Clay Playground (3 – 12 years)

Join us for a creative adventure with the Duffy and Friends Clay Playground course! Here, children will use clay to bring the beloved characters of Duffy and Friends to life, along with crafting imaginative scenes.

Duffy與好友暢遊黏土樂園 (3–12歲)

課程會教授利用黏土製作Duffy and Friends的著名卡通人物，加上場景製作，讓小朋友透過黏土創作陶醉於卡通世界中。

課堂內容參考：《Duffy and Friends》Linabel製作；《Duffy and Friends》StellaLou製作；場景製作、黏土混色、保存法等

Date : Monday & Wednesday 29th & 31st July
Time : (A) 10:00am – 11:55am
(B) 12:00noon – 1:55pm
Venue : Room ONE, 1/F
Price : Member \$900, Guest \$1,000
Age : (A) 3 – 6 years / (B) 6 – 12 years

June 2024

EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga Class Every Mon, Thur, Fri & Sun (except Public Holiday) 						
Yoga	Ladies' Monday Tennis	Aqua Kickboxing Class	Tennis Team Training	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Semi-buffet Dinner at The Island View	Collection for Dragon Boat Dumplings at Bauhinia 5th - 10th	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training		Semi-buffet Dinner at The Island View	Tennis Team Training	Junior Badminton / Yoga	Junior Taekwondo
Sunday Lunch & Dinner Buffet at The Island View	Men's Double Training		Wine & Dine Wednesdays at Pier 6	Semi-buffet Dinner at The Island View	"Vignobles K*" Wine Dinner at Pier 6	Truffled Chicken for Sharing at Pier 6 From 1st Onwards
	Semi-buffet Dinner at The Island View				Oyster Fridays at Club Bar	Wine by the Glass Special Offer - During Lunch at Pier 6 & Capriol 1st-30th
2	3	4	5	6	Aphrodite's Dinner Buffet – French Oysters and Foie Gras at The Island View	Boston Lobster Roll at the Club Bar & Oyster Bar From 1st Onwards
Zumba Fitness / Yoga	Public Holiday Lunch & Dinner Buffet at The Island View	Water Aerobics	English Drama Academy	Yoga	7	Summer Fruits Afternoon Tea at Oyster Bar From 1st Onwards
Sunday Junior Tennis		Pickleball Group Lesson	Tennis Team Training	Jazz Dance	Junior Swimming School	Korean Fried Chicken Bites at Club Bar From 1st Onwards
Sunday Social Tennis		Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Tennis Team Training	Junior Badminton	Milkshakes at Club Bar & Oyster Bar 1st – 30th
Rope Skipping			Wine & Dine Wednesdays at Pier 6	Semi-buffet Dinner at The Island View	Yoga	Cold Brew Coffee at Club Bar & Oyster Bar 1st – 30th
Sunday Lunch & Dinner Buffet at The Island View	9	10	11	12	Oyster Fridays at Club Bar	Orofile at Oyster Bar From 1st Onwards
					Aphrodite's Dinner Buffet – French Oysters and Foie Gras at The Island View	Thousand Island Delights – Flavours of the Japanese Archipelago Dinner Buffet at The Island View 1
				13	14	Junior Swimming School
					Yoga	Junior Tennis Academy
					Oyster Fridays at Club Bar	Junior Taekwondo
					Aphrodite's Dinner Buffet – French Oysters and Foie Gras at The Island View	Father-Child Reptile Experience Day
				13	14	Thousand Island Delights – Flavours of the Japanese Archipelago Dinner Buffet at The Island View 8
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Pickleball Group Lesson	Tennis Team Training	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training	Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Tennis Team Training	Junior Badminton	Thousand Island Delights – Flavours of the Japanese Archipelago Dinner Buffet at The Island View 15
Rope Skipping / Wall Climbing	Men's Double Training		Wine & Dine Wednesdays at Pier 6	Semi-buffet Dinner at The Island View	Yoga	Junior Swimming School
Father's Day Lunch & Dinner at Pacific Club	Semi-buffet Dinner at The Island View				Oyster Fridays at Club Bar	Junior Tennis Academy
16	17	18	19	20	Aphrodite's Dinner Buffet – French Oysters and Foie Gras at The Island View	Kids' Open Fun Session – Green Arts & Crafts
					Water Aerobics / Stretching Exercise	Thousand Island Delights – Flavours of the Japanese Archipelago Dinner Buffet at The Island View 22
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Pickleball Group Lesson	Tennis Team Training	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training	Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Tennis Team Training	Junior Badminton	Thousand Island Delights – Flavours of the Japanese Archipelago Dinner Buffet at The Island View 22
Jellyfish Crystal Ball Workshop (23rd)	Men's Double Training		Wine & Dine Wednesdays at Pier 6	Semi-buffet Dinner at The Island View	Yoga	Junior Swimming School
Rope Skipping / Wall Climbing (23rd)					Château Calon Ségur Wine Dinner at Bauhinia	Junior Tennis Academy
Sunday Lunch & Dinner Buffet at The Island View	23/30	24	25	26	Oyster Fridays at Club Bar	Junior Taekwondo
					Aphrodite's Dinner Buffet – French Oysters and Foie Gras at The Island View	Thousand Island Delights – Flavours of the Japanese Archipelago Dinner Buffet at The Island View 29
				27	28	

July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>  <div> <div>Bouchard Aine & Filis Wine Dinner at Pier 6 5th</div> </div> </div>	<div> <div>Public Holiday Lunch & Dinner Buffet at Island View</div> <div>Wine by the Glass Special Offer - During Lunch at Pier 6 and Capricci 1st - 31st</div> </div>	<div> <div>Water Aerobics</div> <div>Pickleball Team Lesson</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>English Drama Academy</div> <div>Tennis Team Training</div> <div>Funky Dance</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>Yoga</div> <div>Jazz Dance</div> <div>Tennis Team Training</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>Water Aerobics/Stretching Exercise</div> <div>Yoga/Funky Dance</div> <div>Junior Swimming School</div> <div>Junior Badminton</div> <div>Friday Dinner Buffet at Island View</div> <div>Oyster Fridays at Club Bar</div> <div>Bouchard Aine & Filis Wine Dinner at Pier 6</div> </div>	<div> <div>Junior Swimming School</div> <div>Junior Tennis Academy</div> <div>Junior Taekwondo</div> <div>Saturday Dinner Buffet at Island View</div> </div>
<div> <div>7</div> <div>Zumba Fitness/Yoga</div> <div>Sunday Junior Tennis</div> <div>Sunday Social Tennis</div> <div>Rope Skipping/Wall Climbing</div> <div>Sunday Lunch & Dinner Buffet at Island View</div> </div>	<div> <div>1</div> <div>Ladies' Monday Tennis</div> <div>Yoga</div> <div>Fascia Exercise Training</div> <div>Men's Double Training</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>2</div> <div>Water Aerobics</div> <div>Pickleball Team Lesson</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>3</div> <div>English Drama Academy</div> <div>Tennis Team Training</div> <div>Funky Dance</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>4</div> <div>Yoga</div> <div>Jazz Dance</div> <div>Tennis Team Training</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>5</div> <div>Water Aerobics/Stretching Exercise</div> <div>Yoga/Funky Dance</div> <div>Junior Swimming School</div> <div>Junior Badminton</div> <div>Friday Dinner Buffet at Island View</div> <div>Oyster Fridays at Club Bar</div> <div>Bouchard Aine & Filis Wine Dinner at Pier 6</div> </div>	<div> <div>6</div> <div>Junior Swimming School</div> <div>Junior Tennis Academy</div> <div>Junior Taekwondo</div> <div>Saturday Dinner Buffet at Island View</div> </div>
<div> <div>14</div> <div>Zumba Fitness/Yoga</div> <div>Sunday Junior Tennis</div> <div>Sunday Social Tennis</div> <div>Rope Skipping/Wall Climbing</div> <div>Sunday Lunch & Dinner Buffet at Island View</div> </div>	<div> <div>8</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>9</div> <div>Water Aerobics</div> <div>Pickleball Team Lesson</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>10</div> <div>English Drama Academy</div> <div>Tennis Team Training</div> <div>Funky Dance</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>11</div> <div>Yoga</div> <div>Jazz Dance</div> <div>Tennis Team Training</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>12</div> <div>Water Aerobics/Stretching Exercise</div> <div>Yoga/Funky Dance</div> <div>Junior Swimming School</div> <div>Junior Badminton</div> <div>Friday Dinner Buffet at Island View</div> <div>Oyster Fridays at Club Bar</div> </div>	<div> <div>13</div> <div>Junior Swimming School</div> <div>Junior Tennis Academy</div> <div>Junior Taekwondo</div> <div>Saturday Dinner Buffet at Island View</div> </div>
<div> <div>21</div> <div>Zumba Fitness/Yoga</div> <div>Sunday Junior Tennis</div> <div>Sunday Social Tennis</div> <div>Rope Skipping/Wall Climbing</div> <div>Sunday Lunch & Dinner Buffet at Island View</div> </div>	<div> <div>15</div> <div>Ladies' Monday Tennis</div> <div>Yoga</div> <div>Fascia Exercise Training</div> <div>Men's Double Training</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>16</div> <div>Water Aerobics</div> <div>Pickleball Team Lesson</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>17</div> <div>English Drama Academy</div> <div>Tennis Team Training</div> <div>Funky Dance</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>18</div> <div>Yoga</div> <div>Jazz Dance</div> <div>Tennis Team Training</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>19</div> <div>Water Aerobics/Stretching Exercise</div> <div>Yoga/Funky Dance</div> <div>Junior Swimming School</div> <div>Junior Badminton</div> <div>Friday Dinner Buffet at Island View</div> <div>Oyster Fridays at Club Bar</div> </div>	<div> <div>20</div> <div>Junior Swimming School</div> <div>Junior Tennis Academy</div> <div>Junior Taekwondo</div> <div>Saturday Dinner Buffet at Island View</div> </div>
<div> <div>28</div> <div>Zumba Fitness/Yoga</div> <div>Sunday Junior Tennis</div> <div>Sunday Social Tennis</div> <div>Rope Skipping/Wall Climbing</div> <div>Sunday Lunch & Dinner Buffet at Island View</div> </div>	<div> <div>22</div> <div>Ladies' Monday Tennis</div> <div>Yoga</div> <div>Fascia Exercise Training</div> <div>Men's Double Training</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>23</div> <div>Water Aerobics</div> <div>Pickleball Team Lesson</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>24</div> <div>English Drama Academy</div> <div>Tennis Team Training</div> <div>Funky Dance</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>25</div> <div>Yoga</div> <div>Jazz Dance</div> <div>Tennis Team Training</div> <div>Semi-buffet Dinner at The Island View</div> </div>	<div> <div>26</div> <div>Water Aerobics/Stretching Exercise</div> <div>Yoga/Funky Dance</div> <div>Junior Swimming School</div> <div>Junior Badminton</div> <div>Friday Dinner Buffet at Island View</div> <div>Oyster Fridays at Club Bar</div> <div>Mendel Wine Dinner at Pier 6</div> </div>	<div> <div>27</div> <div>Junior Swimming School</div> <div>Junior Tennis Academy</div> <div>Junior Taekwondo</div> <div>Saturday Dinner Buffet at Island View</div> </div>
<div> <div> <div>  <div> <div>Mendel Wine Dinner at Pier 6 26th</div> </div> </div> <div> <div>  <div> <div>Junior Summer Programme in July & August 2024</div> <div>Please contact the 2/F Reception on 2118 1890 for details.</div> </div> </div> </div> </div> </div>						

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

Recreation

Club Bar Live TV

What's Happening in Hong Kong

Food & Beverage

Super Mario Clay Nintendo Workshop (3 – 12 years)

In this creative course, children will recreate iconic scenes and characters from Mario's universe using clay. This hands-on activity encourages kids to step away from electronic devices and engage in the tactile art of clay modeling.

Super Mario黏土任天堂 (3–12歲)

讓小朋友暫時放下電子產品，用黏土重新呈現真實版的Super Mario世界！透過黏土創作小朋友可以培養耐性，並學習黏土手法技巧和色彩混合，訓練手眼的協調和培養色感，與瑪利歐一起展開奇妙旅程。

課堂內容參考：瑪利歐Mario製作；耀西Yoshi製作；場景製作及黏土保存法

Date : Tuesday & Thursday 6th & 8th August

Time : (A) 12:00noon – 1:55pm

(B) 2:00pm – 3:55pm

Venue : Playroom Library, 1/F

Price : Member \$900, Guest \$1,000

Age : (A) 3 – 6 years

(B) 6 – 12 years

Anpanman Clay Creation Workshop (3 – 6 years)

Anpanman, with its exciting and vivid storylines, offers endless inspiration for young creators. In this workshop, children will use soft, highly pliable light clay to craft their favourite characters, enhancing their observation skills. This hands-on activity not only allows children to replicate the heroic adventures of Anpanman and his friends but also helps them develop fine motor skills while expressing their creativity through clay art.

麵包超人黏土拯救行動 (3–6歲)

麵包超人以其扣人心弦、生動的故事情節，為年輕創作者提供了無盡的靈感。在這個工作坊中，小朋友將使用柔軟、高塑性的黏土來製作他們最喜歡的得意卡通。過程中能夠令他們增強觀察力和鍛鍊手部的小肌肉，同時透過黏土藝術表達他們的創造力。

課堂內容參考：麵包超人Anpanman製作；細菌人Bakiman製作；場景製作、黏土混色、保存法等

Date : Wednesday & Friday 14th & 16th August

Time : 2:00pm – 3:55pm

Venue : Playroom Library, 1/F

Price : Member \$900, Guest \$1,000



Pottery Sculptor (6 – 12 years)

Clay is not just a medium for creation but also a tool for cultivating patience and focus. Through the process of kneading and shaping, students will develop endurance, mental concentration, finger dexterity, and cognitive activation. This course guides participants through the creation of various intricate patterns and forms, producing unique clay artworks.

Class content includes:

- Techniques for making clay strips and plates for crafting cups and bowls
- Hand-moulding techniques for creating cartoon pottery decorations
- Skills for shaping and making clay tablets used in utensils
- Ceramic texture carving techniques to enhance decorative finished products
- Comprehensive making techniques and methods for preserving clay creations



陶泥雕刻工藝師 (6–12歲)

陶土可以陶冶性情，課程將利用陶土塑造成各種千變萬化的圖樣和形狀去製作不同的陶泥作品。在捏陶的過程中，亦可以訓練耐力、精神專注、手指靈巧及活化腦筋。

課堂內容參考：泥條盤築成型製作技巧：杯、碗具；手捏成型製作技巧：卡通陶藝擺設；泥板成型製作技巧：器皿；陶藝肌理雕刻技巧：裝飾製成品；製作技巧及黏土保存法

Date: Monday & Wednesday 15th & 17th July

Time: 1:30pm – 3:55pm

Venue: Room ONE, 1/F

Price: Member \$1,000, Guest \$1,100

Frozen Arendelle Painting Kingdom (6 – 12 years)

This fun and educational workshop introduces children to the beloved characters of Frozen, teaching them how to paint in a step-by-step approach. Participants will learn about line usage, basic graphic drawing techniques, and more, fostering a deep appreciation for painting and enhancing their creativity.

新魔雪奇緣阿德爾繪畫王國 (6–12歲)

課程將利用魔雪奇緣裡的不同角色，讓小朋友在趣味中循序漸進地學習繪畫，如認識線條運用、圖形基本繪畫方法，從而培養出濃厚的繪畫興趣及創作力！

課堂內容參考：公主Elsa — 繪畫入門技巧，線條運用；雪寶Olaf — 繪畫進階技巧；火蝶娜布魯尼Bruni — 色彩配搭技巧；小斯Sven — 繪畫練習，構圖技巧

Date : Thursday & Friday 18th & 19th July

Time : 2:00pm – 4:25pm

Venue : Room One, 1/F

Price : Member \$1,000, Guest \$1,100



Disney Friends Painting Paradise (3 – 12 years)

This engaging workshop teaches children to draw various beloved Disney characters, using their favourite figures to introduce basic drawing techniques and colour matching. As they explore characters like Mickey Mouse, Donald Duck, and Winnie the Pooh, children will develop an interest in art and enhance their creative skills.

Class content includes:

- Mickey Mouse/Minnie Mouse: Introductory painting skills
- Donald Duck/Daisy Duck: Basic character drawing methods
- Winnie the Pooh: Drawing exercises and composition techniques

迪士尼好友暢遊繪畫樂園 (3–12歲)

課程將教授小朋友繪畫出不同的迪士尼卡通人物，在趣味中學習繪畫技巧，以他們喜愛卡通人物為示範，認識圖形基本繪畫方法和色彩配搭，培養出濃厚的藝術興趣及提高創作力！

課堂內容參考：米奇老鼠/米妮老鼠 — 繪畫入門技巧，線條運用；唐老鴨/黛絲鴨 — 角色基本繪畫方法；小熊維尼 — 繪畫練習，構圖技巧

Date : Thursday & Friday 18th & 19th July

Time : (A) 10:00am – 11:55am

(B) 12:00noon – 1:55pm

Venue : (A) Playroom Library, 1/F

(B) Room ONE, 1/F

Price : Member \$900, Guest \$1,000

Age : (A) 3 – 6 years

(B) 6 – 12 years



Disney Princess Drawing Castle (3 – 12 years)

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

Class content reference:

- "Frozen" Anna - basic graphic drawing methods
- "Beauty and the Beast" Belle - advanced painting skills
- "The Little Mermaid" Ariel - colour matching skills

迪士尼繪畫公主夢城堡 (3–12歲)

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

課堂內容參考：《魔雪奇緣》安娜 — 圖形基本繪畫方法；《美女與野獸》貝兒 — 繪畫進階技巧；《小美人魚》愛麗兒 — 色彩配搭技巧

Date : Tuesday & Thursday 23rd & 25th July

Time : (A) 10:00am – 11:55am

(B) 12:00noon – 1:55pm

Venue : Room One, 1/F

Price : Member \$900, Guest \$1,000

Age : (A) 3 – 6 years

(B) 6 – 12 years



Peppa Pig x Baby Shark Painting Theatre (3 – 6 years)

This course teaches children how to use coloured pens to draw Peppa Pig and Baby Shark characters. Participants will learn different painting techniques and have a fun learning.

幼兒Peppa Pig x Baby Shark繪畫小劇場 (3–6歲)

課程將教授小朋友利用顏色筆繪畫出Baby Shark及Peppa Pig的卡通人物，學習不同的繪畫技巧，愉快學習。

課堂內容參考：Daddy Shark — 圖形基本繪畫方法；George小豬 — 色彩配搭技巧；Mummy Pig 豬媽媽 — 繪畫練習，構圖技巧

Date : Monday & Wednesday 29th & 31st July
Time : 10:00am – 11:55am
Venue : Playroom Library, 1/F
Price : Member \$900, Guest \$1,000



CoComelon & Babybus Painting Camp (3 – 6 years)

This course teaches children the skills to draw the characters in CoComelon and Babybus. They learn to draw in a fun and step-by-step manner, such as understanding the use of lines and basic drawing methods of graphics, so as to improve children's observation, imagination and creative abilities.

幼兒CoComelon x Babybus繪畫大本營 (3–6歲)

課程將教授小朋友繪畫CoComelon及Babybus角色的技巧，在趣味中學習繪畫，以循序漸進的方式，認識線條運用，圖形基本繪畫方法，提升他們的觀察力、想像力及創作能力。

課堂內容參考：《CoComelon》JJ — 圖形基本繪畫方法；《Babybus》兔——Momo / 壯壯Hank — 色彩配搭技巧；《Babybus》小福Rudolph — 繪畫練習，構圖技巧

Date : Tuesday & Thursday 13th & 15th August
Time : 11:00am – 12:55pm
Venue : Room TWO, 1/F
Price : Member \$900, Guest \$1,000

Superhero Drawing Class (6 – 12 years)

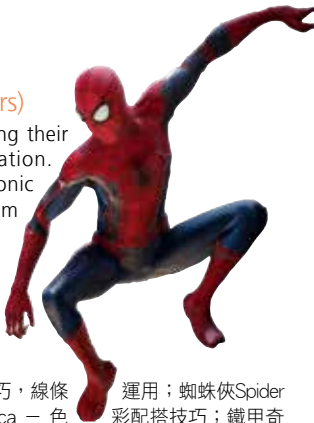
This course captivates young minds by using their favourite superhero characters as inspiration. Students will learn how to draw these iconic figures, capturing the essence and dynamism that make them stand out.

超級英雄繪畫神盾局 (6–12歲)

課程將以熱門的卡通人物為主題，打造小朋友心中的超級英雄，同時教授他們繪畫這些角色的技巧，在趣味中學習繪畫。

課堂內容參考：蝙蝠俠Batman — 繪畫入門技巧，線條運用；蜘蛛俠Spider Man — 繪畫進階技巧；美國隊長Captain America — 色彩配搭技巧；鐵甲奇俠Iron Man — 繪畫練習，構圖技巧

Date : Tuesday & Thursday 23rd & 25th July
Time : 2:00pm – 4:25pm
Venue : Room ONE, 1/F
Price : Member \$1,000, Guest \$1,100



Colour Sketching Drawing Studio (6–12 years)

Our Colour Sketching Drawing Studio is designed to captivate and cultivate young artists by enhancing their sketching skills through advanced colour matching and composition techniques. This course encourages children to understand 3D forms and learn effective colour coordination, fostering a strong sense of visual balance.

彩色素描研習畫室 (6–12歲)

課程運用色彩繽紛的搭配方法、構圖技巧来提高學員對素描畫的趣味，是讓他們了解各立體形態、學習色彩協調、建立視覺平衡感，從中建立自我，訓練觀察、思考和耐性，進而發展藝術潛能。

課堂內容參考：素描入門技巧，比例、構圖技巧；認識細線法、交叉線法、混合法、點畫法；認識素描中的明暗，顏色搭配教授；實物繪畫 — 進階及上色練習；場景繪畫 — 綜合色彩搭配、構圖及混色要點

Date : Tuesday & Thursday 13th & 15th August
Time : 3:00pm – 4:55pm
Venue : Room TWO, 1/F
Price : Member \$900, Guest \$1,000

Pastel Art Gallery (3 – 6 years)

This course uses dry pastels with rich colours to learn detailed and flexible brushstroke techniques. Through still life and landscape copying, students learn about tonal changes in light and dark levels and colour mixing techniques.

幼兒趣味和諧粉彩藝術館 (3–6歲)

課程通過色彩豐富的乾粉彩，教授學員學習細緻而靈活多變的筆觸技法，通過靜物、風景臨摹，了解明暗層次的色調變化及混色技巧，學習掌握粉彩的特性及色彩運用。

課堂內容參考：乾粉彩基本技法；色彩調合技巧的基本理論；色彩層次漸變的技巧手法；上色力度強弱的運用；繪畫練習，混色配搭講授

Date : Monday & Wednesday 29th & 31st July
Time : 12:00noon – 1:55pm
Venue : Playroom Library, 1/F
Price : Member \$900, Guest \$1,000



Little Picasso's Creative Workshop (3 – 6 years)

This course uses interactive creative techniques to inspire children's creativity and interest in colours. Children can use different forms of expression and materials to create their own works and inspire multiple intelligences.

Class content reference:

- Learn to use different media
- Corn 3D painting
- Clip art, basic drawing methods of graphics
- Simple printing
- Mixed creation, sharing of works

小小畢加索創作夢工場 (3–6歲)

課程以互動創意的形式啟發小朋友的創造力及對色彩的興趣，以不同的表現形式和材料去創作自己的作品，啟發多元智能。

課堂內容參考：學習運用不同媒介；玉米立體畫；剪貼畫，圖形基本繪畫方法；簡易印畫；混合創作，作品分享

Date : Monday & Wednesday 29th & 31st July
Time : 2:30pm – 4:55pm
Venue : Playroom Library, 1/F
Price : Member \$1,000, Guest \$1,100



Chinese Calligraphy (6–12 years)

This course delves into the origins and styles of Chinese calligraphy, as well as the structure of glyphs.

Starting with the basics of how to hold and handle the brush, the workshop progresses to detailed demonstrations on brushstrokes and copying techniques. Special emphasis is placed on correcting students' posture, stroke order, and aesthetic approach to ensure a genuine grasp of calligraphy skills.

傳統毛筆書法家 (6–12歲)

書法是中國藝術的瑰寶，課程講授中國書法源流、書體、字形間架，由執筆、運筆，進而示範講解臨摹，著重改正學員寫字的姿勢、筆順、美觀上的錯漏！

課堂內容參考：正確的執筆方法及坐姿；掌握標準字型；教授正確筆順、運筆的方法；了解字型結構；書法練習

Date : Monday & Wednesday 29th & 31st July
Time : 2:00pm – 3:55pm
Venue : Room ONE, 1/F
Price : Member \$900, Guest \$1,000



Mirror Dance (3 – 12 years)

MIRROR is a popular local group in recent years. This course is based on MIRROR's dance music, learning dance techniques of different elements in dance music. By observing and imitating the dance postures and expressions of idols on stage, children can enhance their self-confidence, train their body coordination, and make it easier to master dance and consolidate basic skills.

Mirror 組合舞蹈 (3–12歲)

課程將以近年本土人氣組合MIRROR的舞曲為藍本，教授學員學習舞曲中不同元素的舞蹈技巧，透過觀察和模仿偶像在舞臺上的舞姿和神態，讓小朋友增強自信心、訓練身體協調能力，同時更容易掌握舞蹈和鞏固基本功。

Date : (A) Tuesday & Thursday 16th & 18th July
(B) Tuesday 16th July
Time : (A) 12:00noon – 1:00pm
(B) 2:00pm – 4:00pm
Venue : Aerobics Room, 1/F
Price : (A) Member \$700, Guest \$800
(B) Member \$700, Guest \$750
Age : (A) 3 – 6 years
(B) 6 – 12 years



Little Dancers (3 – 6 years)

Tailored for young children, this class encourages self-exploration through dance while nurturing a love for music. It aims to enhance coordination, flexibility, and musical rhythm response. Additionally, the workshop supports language development, sensory awareness, and social skills, providing a holistic approach to early childhood development through the joy of movement and music.

幼兒周身郁勁舞團 (3–6歲)

課程內容專為幼兒設計，透過音樂節奏及舞步，以生動活潑的形式引發他們的自我探索及對音樂的興趣，並同時提升他們的手腳協調和靈活性、語言表達、感官及社交發展，以及對音樂節奏的反應。

課堂內容參考：教授音樂節拍；唱遊音韻練習；音樂舞步訓練；音樂、韻律、節奏掌握；舞步排練

Date : Tuesday & Thursday 16th & 18th July
Time : 1:00pm – 2:00pm
Venue : Aerobics Room, 1/F
Price : Member \$700, Guest \$800

Modern Dance (6–12 years)

Designed for children ages 6 to 12, this course embraces the diversity and flexibility of modern dance styles, encouraging creativity and individual expression. Students will not only learn various dance movements but also develop critical thinking skills and reflect on their own artistic expression. The workshop provides opportunities to gain the skills and knowledge necessary to choreograph original pieces, fostering a deeper understanding of dance as a form of personal and artistic communication.

現代舞班 (6–12歲)

課程專為 6 至 12 歲的小朋友設計，包含現代舞風格的多樣性和靈活性，鼓勵創造力和個性表達。學生不僅會學習各種舞蹈動作，還會培養更廣泛的思維方式、批判性思考能力並反思自己的藝術表達。課程將提供獲得編舞原創作品所需的技能和知識的機會，促進對舞蹈作為個人和藝術交流形式的更深入的理解。

Date : Tuesday & Thursday 16th & 18th July
Time : 4:00pm – 5:00pm
Venue : Aerobics Room, 1/F
Price : Member \$700, Guest \$800

Broadway Singing and Dancing Class (6 – 12 years)

This class offers a comprehensive introduction to the unique art form of Broadway cabaret, a blend of music, song, dance, drama, and more. Students will learn how musical performances use humour, satire, and a spectrum of emotions to engage audiences. This class is perfect for young performers eager to develop their talents across multiple aspects of theatre arts.

百老匯歌舞班 (6–12歲)

百老匯歌舞班是音樂、歌曲、舞蹈、戲劇、雜耍、特技和綜藝結合的一種音樂表演。它以幽默、諷刺、感傷、愛情、憤怒等情感引發劇情，再通過演員的語言、音樂、動作以及固定的演繹傳達給觀眾，所以課程非常適合渴望在戲劇藝術多個方面發展才華的年輕表演者。

Date : Tuesday 13th August
Time : 12:00noon – 2:00pm
Venue : Aerobics Room, 1/F
Price : Member \$700, Guest \$750



Free-style Dance Class (6 – 12 years)

Join us for a captivating journey of self-expression with our Free-style Dance Class for older children. This course is designed to foster participants' natural curiosity, ignite a passion for music, and enhance their coordination, flexibility, sensory perception, and social development.

舞出真我Free-style (6–12歲)

音樂與律動是每個人與生俱來的潛能，孩子們聽到音樂便會搖搖擺擺地律動。這課程專為年紀稍長的孩子而設計，讓他們在輕鬆無壓力的環境下，透過舞蹈幫助他們更加認識及控制自己的身體，引導他們發展其舞蹈潛能。

Date : Tuesday 13th August
Time : 3:00pm – 5:00pm
Venue : Aerobics Room, 1/F
Price : Member \$700, Guest \$750

Wall Climbing (6 – 10 years)

Elevate your child's physical abilities and confidence with our Wall Climbing Workshop! Designed for children aged 6 to 10, this workshop is not just about reaching the top but also about improving physical strength, flexibility, and agility. Climbing teaches body alignment and enhances coordination. Beyond physical benefits, it offers valuable life lessons on facing and overcoming challenges, fostering resilience and determination.



攀石運動班 (6–10歲)

透過攀石運動提升小朋友的體能和自信！課程專為 6 - 10 歲的孩子而設計，不僅旨在挑戰高度，還可提高提升個人運動質素、靈活性和敏捷性。攀石可以增強肢體協調，除了身體上的好處之外，它還提供關於面對和克服挑戰、培養韌性和決心的寶貴人生課程。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Tuesday & Friday
(A) 16th, 19th, 23rd & 26th July
(B) 6th, 9th, 13th & 16th August
Time : 11:00am – 12:30pm
Venue : Children's Playroom (Climbing Wall), 1/F
Price : Member \$970, Guest \$1,170
Remark : Please wear sports clothes and shoes to the class

Junior Table Tennis Course (6 – 13 years)

In these Summer Table Tennis classes, our professional Table Tennis Coach teaches students the basic strokes, concepts and rules, as well as advanced techniques and strategies.



乒乓球訓練班 (6–13 歲)

在這暑期密集式乒乓球訓練班，本會的專業乒乓球教練會教導學員各種乒乓球技術及規則，訓練學員發揮個人潛能，令他們的乒乓球技術能更進一步。

註：學員需穿著舒適的運動服及運動鞋上課

Date : (A) Monday 8th, 15th, 22nd & 29th July
(B) Monday & Thursday 12th, 15th, 19th & 22nd August
Time : 2:00pm – 3:30pm
Venue : Gym Activities Room, 1/F
Price : Member \$900, Guest \$1,100
Remark : Please wear sports clothes and shoes to the class



Junior Kendo Workshop (6 years and above)

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

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

兒童劍道班 (6 歲及以上)

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

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

註：- 學員請於報名時提供身高資料，並需穿著舒適的運動服及運動鞋上課

- 學員可獲借竹劍一把

Date : (A) Tuesday 9th, 16th, 23rd & 30th July
(B) Thursday 4th, 11th, 18th & 25th July
(C) Tuesday 6th, 13th, 20th & 27th August
(D) Thursday 1st, 8th, 15th & 22nd August
Time : (A) (C) 11:00am – 12:00noon
(B) (D) 2:00pm – 3:00pm

Venue : Aerobics Room, 1/F

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

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

Rope Skipping Class (7 – 12 years)

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

花式跳繩班 (7–12 歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

Date : (A) Sunday 7th, 14th, 21st & 28th July
(B) Sunday 4th, 11th, 18th & 25th August

Time : 4:30pm – 5:20pm

Venue : Aerobics Room, 1/F

Price : Member \$720, Guest \$920

Remark : Please wear sports clothes and shoes to the class



Badminton Summer Clinic (6 – 16 years)

Join our Badminton Summer Clinic, designed specifically for young players aged 6 to 16. This clinic provides expert instruction in badminton skills, tactics, and strategies. Whether you're a beginner or looking to refine your skills, our experienced coaches are ready to help you improve your game.

暑假羽毛球班 (6–16 歲)

暑假羽毛球班於星期四及五舉行，歡迎6–16歲的會員參加。我們的專業教練會因應學員的不同年齡及程度，作出適量的調配，務求令每位學員都可以快樂地參與羽毛球訓練。

註：學員需穿著舒適的運動服及運動鞋上課

CLINIC	AGE	Day	DATE	TIME
A	6 – 10 years	Fri	5th, 12th, 19th & 26th July	6:30pm – 7:30pm
B	11 – 16 years	Fri	5th, 12th, 19th & 26th July	7:30pm – 8:30pm
C	6 – 10 years	Thur	1st, 8th, 15th & 22nd August	12:00noon – 1:00pm
D	11 – 16 years	Thur	1st, 8th, 15th & 22nd August	1:00pm – 2:00pm
E	6 – 10 years	Fri	2nd, 9th, 16th & 23rd August	6:30pm – 7:30pm
F	11 – 16 years	Fri	2nd, 9th, 16th & 23rd August	7:30pm – 8:30pm

Venue : Aerobics Room, 1/F

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

Remark : Please wear sports clothes and shoes to the class

Pickleball Summer Clinic (4 – 10 years)

Discover the exciting world of pickleball at our Pickleball Summer Clinic, perfect for young players aged 4 to 10. As one of the fastest-growing racquet sports, pickleball blends elements from tennis, badminton, and table tennis, making it a fun and accessible game for all skill levels. This clinic offers a great opportunity to learn the basics, develop skills, and enjoy healthy physical activity.

匹克球班 (4–10 歲)

匹克球於近年來已迅速成為最受歡迎的球拍運動之一。它結合了網球、羽毛球和乒乓球的元素，玩起來很有趣，且易於學習，並提供良好的鍛煉機會，適合各年齡和程度的會員參加。

註：學員需穿著舒適的運動服及運動鞋上課

CLINIC	AGE	DATE	TIME
A	4 – 6 years	9th, 12th, 16th & 19th July	12:00noon – 1:00pm
B	7 – 10 years	9th, 12th, 16th & 19th July	1:00pm – 2:00pm
C	4 – 6 years	23rd, 26th & 30th July	12:00noon – 1:00pm
D	7 – 10 years	23rd, 26th & 30th July	1:00pm – 2:00pm
E	4 – 6 years	6th, 9th, 13th & 16th August	12:00noon – 1:00pm
F	7 – 10 years	6th, 9th, 13th & 16th August	1:00pm – 2:00pm
G	4 – 6 years	20th, 23rd, 27th & 30th August	12:00noon – 1:00pm
H	7 – 10 years	20th, 23rd, 27th & 30th August	1:00pm – 2:00pm

Date : Tuesday & Friday

Venue : Outdoor Tennis Court, 4/F

Price : (A) (B) (E) (F) (G) (H) Member \$840, Guest \$1,040
(C) (D) Member \$630, Guest \$780

Remark : Please wear sports clothes and shoes to the class





Junior Golf Clinic (3 – 17 years)

Introduce your child to the sophisticated world of golf at our Junior Golf Clinic this summer. Ideal for young players aged 3 to 17, this clinic focuses on the precision, patience, and elegance that golf demands. Under the watchful eye of our dedicated golf professional, participants will receive step-by-step instruction tailored to their skill level. Our systematic training approach ensures that each student learns the correct foundational skills, from swing techniques to golf etiquette.

兒童高爾夫球 (3-17歲)

齊來參加這個有趣的高爾夫球班，踏上掌握高爾夫藝術的旅程，這是一項精確、耐心和優雅的運動。所有學員都可以在我們專業的高爾夫球教練的逐步指導下，在練習場進行練習。透過指導和系統性的訓練，讓學員掌握正確的高爾夫球基本技術。

註：學員需穿著舒適的運動服及運動鞋上課

CLINIC	AGE	Day	DATE	TIME
A	3 – 7 years	Tue & Fri	2nd, 5th, 9th & 12th July	2:00pm – 3:00pm
B	8 – 17 years	Tue & Fri	2nd, 5th, 9th & 12th July	3:00pm – 4:00pm
C	3 – 7 years	Mon & Thu	8th, 11th, 15th & 18th July	2:00pm – 3:00pm
D	8 – 17 years	Mon & Thu	8th, 11th, 15th & 18th July	3:00pm – 4:00pm
E	3 – 7 years	Tue & Fri	16th, 19th, 23rd & 26th July	2:00pm – 3:00pm
F	8 – 17 years	Tue & Fri	16th, 19th, 23rd & 26th July	3:00pm – 4:00pm
G	3 – 7 years	Mon & Thu	22nd, 25th, 29th July & 1st August	2:00pm – 3:00pm
H	8 – 17 years	Mon & Thu	22nd, 25th, 29th July & 1st August	3:00pm – 4:00pm
I	3 – 7 years	Tue & Fri	30th July, 2nd, 6th & 9th August	2:00pm – 3:00pm
J	8 – 17 years	Tue & Fri	30th July, 2nd, 6th & 9th August	3:00pm – 4:00pm
K	3 – 7 years	Mon & Thu	5th, 8th, 12th & 15th August	2:00pm – 3:00pm
L	8 – 17 years	Mon & Thu	5th, 8th, 12th & 15th August	3:00pm – 4:00pm
M	3 – 7 years	Tue & Fri	13th, 16th, 20th & 23rd August	2:00pm – 3:00pm
N	8 – 17 years	Tue & Fri	13th, 16th, 20th & 23rd August	3:00pm – 4:00pm
O	3 – 7 years	Mon & Thu	19th, 22nd, 26th & 29th August	2:00pm – 3:00pm
P	8 – 17 years	Mon & Thu	19th, 22nd, 26th & 29th August	3:00pm – 4:00pm

Venue : Golf Driving Range, 4/F

Price : Member \$1,680, Guest \$1,880

Remark : Please wear sports clothes and shoes to the class

Parent-Child Golf Course

(4 years and above with parent)

This course is conducted in a parent-child format. Our golf professional will instruct some basic skills so that parents and children can experience the fun of golf together, while enhancing relationships and creating beautiful memories.

高爾夫球親子班 (4歲及以上小童，聯同一位家長)

此課程以親子形式進行，我們專業的高爾夫球教練將會指導一些基礎技巧，讓家長與子女可一同體驗高爾夫球的樂趣，同時增進感情及創造美好回憶。

註：學員需穿著舒適的運動服及運動鞋上課

Date : (A) Saturday 6th, 13th, 20th & 27th July

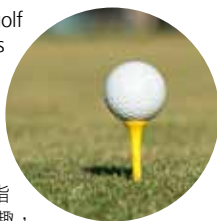
(B) Saturday 3rd, 10th, 17th & 24th August

Time : 4:00pm – 5:00pm

Venue : Golf Driving Range, 4/F

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

Remark : Please wear sports clothes and shoes to the class



Tennis Summer Clinic (7 – 14 years)

Does your child have a passion for tennis? Enroll them in our Tennis Summer Clinic! Catering to young players aged 7 to 14, this clinic is led by our professional tennis coaches who provide comprehensive training to refine players' basic skills. Participants will have the opportunity to engage in exhilarating matches, practice advanced techniques, and unlock their full potential on the court. Join us for a summer of fun and development in your tennis journey!

網球班 (7-14歲)

讓喜歡網球運動的小朋友報名參加本會的暑期網球班。這個特別的暑期活動專為年少會員提供全面的訓練體驗，以提高他們的技能，參加令人興奮的比賽，並在球場上釋放潛能。

註：學員需穿著舒適的運動服及運動鞋上課

CLINIC	DATE	TIME
A	2nd, 3rd & 4th July	2:00pm – 4:00pm
B	9th, 10th & 11th July	2:00pm – 4:00pm
C	16th, 17th & 18th July	2:00pm – 4:00pm
D	23rd, 24th & 25th July	2:00pm – 4:00pm
E	30th, 31st July & 1st August	2:00pm – 4:00pm
F	6th, 7th & 8th August	2:00pm – 4:00pm
G	13th, 14th & 15th August	2:00pm – 4:00pm
H	20th, 21st & 22nd August	2:00pm – 4:00pm

Date : Tuesday – Thursday

Venue : Indoor Tennis Court, 4/F

Price : Member \$1,260, Guest \$1,410

Remark : Please wear sports clothes and shoes to the class

Mini Tennis Clinic (3½ – 6 years)

Introduce your little ones to the exciting world of tennis with our Mini Tennis Clinic, tailored specifically for children aged 3½ to 6 years. This course uses engaging and playful games to teach the basic techniques of tennis, effectively enhancing physical coordination. The clinic also encourages social interaction, and provides a wonderful opportunity for children to make new friends.

迷你網球班 (3½-6歲)

在這專為3½歲 - 6歲小朋友而設的課程中，教練將透過遊戲方式教授小朋友網球的基本技術，並加強他們身體協調性及鍛鍊其體魄。此外，課程還可培養學員對網球的興趣，同時亦可藉此認識新朋友，促進社交互動。

註：學員需穿著舒適的運動服及運動鞋上課

CLINIC	DATE	TIME
A1	2nd, 3rd & 4th July	10:00am – 11:00am
A2	2nd, 3rd & 4th July	11:00am – 12:00noon
B1	9th, 10th & 11th July	10:00am – 11:00am
B2	9th, 10th & 11th July	11:00am – 12:00noon
C1	16th, 17th & 18th July	10:00am – 11:00am
C2	16th, 17th & 18th July	11:00am – 12:00noon
D1	23rd, 24th & 25th July	10:00am – 11:00am
D2	23rd, 24th & 25th July	11:00am – 12:00noon
E1	30th, 31st July & 1st August	10:00am – 11:00am
E2	30th, 31st July & 1st August	11:00am – 12:00noon
F1	6th, 7th & 8th August	10:00am – 11:00am
F2	6th, 7th & 8th August	11:00am – 12:00noon
G1	13th, 14th & 15th August	10:00am – 11:00am
G2	13th, 14th & 15th August	11:00am – 12:00noon
H1	20th, 21st & 22nd August	10:00am – 11:00am
H2	20th, 21st & 22nd August	11:00am – 12:00noon

Date : Tuesday – Thursday

Venue : Indoor Tennis Court, 4/F

Price : Member \$630, Guest \$780

Remark : Please wear sports clothes and shoes to the class



Summer Swimming School 暑期游泳班



Class	Date	Day	Time	Coach	Fees	
					Member	Guest
Pre-school Swimming (3 - 4 years)						
I1	2/7, 9/7, 16/7, 23/7 & 30/7	Tue	12:00noon - 1:00pm	ILK	875	1,125
I2	6/8, 13/8, 20/8 & 27/8	Tue	12:00noon - 1:00pm	ILK	700	900
F1	8/7, 15/7, 22/7 & 29/7	Mon	2:00pm - 3:00pm	FCY	700	900
F2	5/8, 12/8, 19/8 & 26/8	Mon	2:00pm - 3:00pm	FCY	700	900
P1	4/7, 11/7, 18/7 & 25/7	Thu	11:00am - 12:00nn	PHL	700	900
Y1	2/7, 9/7, 16/7, 23/7 & 30/7	Tue	4:00pm - 5:00pm	RY	875	1,125
Y2	6/8, 13/8 & 20/8	Tue	4:00pm - 5:00pm	RY	525	675
Elementary (4 - 14 years)						
I1	2/7, 9/7, 16/7, 23/7 & 30/7	Tue	11:00am - 12:00noon	ILK	925	1,175
I2	6/8, 13/8, 20/8 & 27/8	Tue	11:00am - 12:00noon	ILK	740	940
F1	4/7, 8/7, 11/7 & 15/7	Mon & Thu	3:00pm - 4:00pm	FCY	740	940
F2	18/7, 22/7, 25/7 & 29/7	Mon & Thu	3:00pm - 4:00pm	FCY	740	940
F3	1/8, 5/8, 8/8 & 12/8	Mon & Thu	3:00pm - 4:00pm	FCY	740	940
F4	15/8, 19/8, 22/8 & 26/8	Mon & Thu	3:00pm - 4:00pm	FCY	740	940
P1	3/7, 10/7, 17/7, 24/7 & 31/7	Wed	1:00pm - 2:00pm	PHL	925	1,175
P2	7/8, 14/8, 21/8 & 28/8	Wed	1:00pm - 2:00pm	PHL	740	940
P3	4/7, 11/7, 18/7 & 25/7	Thu	2:00pm - 3:00pm	PHL	740	940
P4	1/8, 8/8, 15/8 & 22/8	Thu	2:00pm - 3:00pm	PHL	740	940
Intermediate (4 - 14 years)						
I1	2/7, 9/7, 16/7, 23/7 & 30/7	Tue	10:00am - 11:00am	ILK	925	1,175
I2	6/8, 13/8, 20/8 & 27/8	Tue	10:00am - 11:00am	ILK	740	940
F1	6/7, 13/7, 20/7 & 27/7	Sat	3:00pm - 4:00pm	FCY	740	940
F2	3/8, 10/8, 17/8 & 24/8	Sat	3:00pm - 4:00pm	FCY	740	940
P1	4/7, 11/7, 18/7 & 25/7	Thu	1:00pm - 2:00pm	PHL	740	940
P2	1/8, 8/8, 15/8 & 22/8	Thu	1:00pm - 2:00pm	PHL	740	940
P3	8/7, 15/7, 22/7 & 29/7	Mon	1:00pm - 2:00pm	PHL	740	940
P4	5/8, 12/8, 19/8 & 26/8	Mon	1:00pm - 2:00pm	PHL	740	940
Y1	2/7, 9/7, 16/7, 23/7 & 30/7	Tue	5:00pm - 6:00pm	RY	925	1,175
Y2	6/8, 13/8 & 20/8	Tue	5:00pm - 6:00pm	RY	555	705
Advanced (4 - 14 years)						
I1	3/7, 10/7, 17/7, 24/7 & 31/7	Wed	2:30pm - 4:00pm	ILK	1,388	1,638
I2	7/8, 14/8, 21/8 & 28/8	Wed	2:30pm - 4:00pm	ILK	1,110	1,310
F1	8/7, 15/7, 22/7 & 29/7	Mon	4:00pm - 5:30pm	FCY	1,110	1,310
F2	5/8, 12/8, 19/8 & 26/8	Mon	4:00pm - 5:30pm	FCY	1,110	1,310
P1	3/7, 10/7, 17/7, 24/7 & 31/7	Wed	9:30am - 11:00am	PHL	1,388	1,638
P2	7/8, 14/8, 21/8 & 28/8	Wed	9:30am - 11:00am	PHL	1,110	1,310
P3	3/7, 10/7, 17/7, 24/7 & 31/7	Wed	11:00am - 12:30pm	PHL	1,388	1,638
P4	7/8, 14/8, 21/8 & 28/8	Wed	11:00am - 12:30pm	PHL	1,110	1,310
Y1	2/7, 9/7, 16/7, 23/7 & 30/7	Tue	1:30pm - 3:00pm	RY	1,388	1,638
Y2	6/8, 13/8 & 20/8	Tue	1:30pm - 3:00pm	RY	833	983
Intensive (8 years and above)						
I1	5/7, 12/7, 19/7 & 26/7	Fri	12:00noon - 2:00pm	ILK	1,480	1,680
I2	2/8, 9/8, 16/8 & 23/8	Fri	12:00noon - 2:00pm	ILK	1,480	1,680
F1	4/7, 6/7, 11/7 & 13/7	Thu & Sat	4:00pm - 6:00pm	FCY	1,480	1,680
F2	18/7, 20/7, 25/7 & 27/7	Thu & Sat	4:00pm - 6:00pm	FCY	1,480	1,680
F3	1/8, 3/8, 8/8 & 10/8	Thu & Sat	4:00pm - 6:00pm	FCY	1,480	1,680
P1	8/7, 15/7, 22/7 & 29/7	Mon	9:00am - 11:00am	PHL	1,480	1,680
P2	5/8, 12/8, 19/8 & 26/8	Mon	9:00am - 11:00am	PHL	1,480	1,680
Y1	3/7, 5/7, 10/7 & 12/7	Wed & Fri	4:00pm - 6:00pm	RY	1,480	1,680
Y2	17/7, 19/7, 24/7, 26/7 & 31/7	Wed & Fri	4:00pm - 6:00pm	RY	1,850	2,100
Y3	2/8, 7/8, 9/8 & 14/8	Wed & Fri	4:00pm - 6:00pm	RY	1,480	1,680
Competition (8 years and above)						
I1	2/8, 9/8, 16/8 & 23/8	Fri	9:00am - 11:00am	ILK	1,480	1,680
F1	15/8, 17/8, 22/8 & 24/8	Thu & Sat	4:00pm - 6:00pm	FCY	1,480	1,680
P1	12/8, 15/8, 19/8 & 22/8	Mon & Thu	11:00am - 1:00pm	PHL	1,480	1,680
Y1	1/8, 8/8, 15/8 & 22/8	Thu	9:00am - 11:00am	RY	1,480	1,680

Instructor: Pang Hung Lam (PHL), Fong Chi Yuen (FCY), Ip Lai Kuen (ILK), Raymond Yeung (RY)



ENROLLMENT

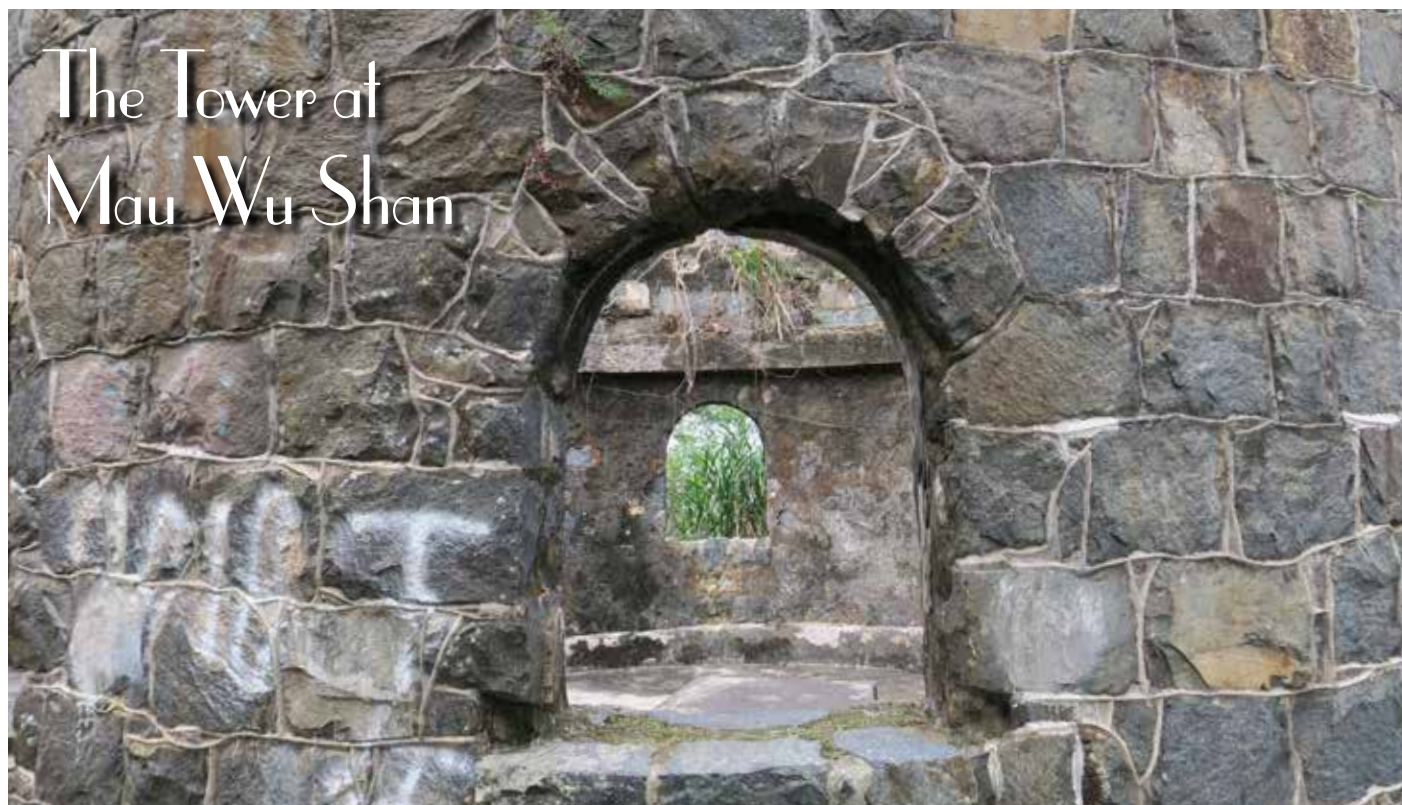
- 5% discount for "Early Bird" enrollment on/ before Saturday, 15th June, 2024 (this special price discount offer is applicable to all classes).
- 5% discount for joining 3 or more classes (this special price discount offer is not applicable to Golf, Tennis & Swimming Classes).
- Tuition fee will be debited through the Member's account.
- All enrollments will be confirmed 7 (Seven) days before the 1st lesson commences.
- No cancellation is allowed once the enrollment is confirmed.
- Guest prices include the entry fee for the Children's Playroom, but exclude other sports facilities.
- All participants are required to abide by the rules and regulations of the Club.
- Pacific Club and its coaches/instructors will not be responsible for any liability whatsoever arising out of any accident, injury or personal loss to the participants or to any other person.

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

報名

- 會員於6月15日（星期六）或之前報名，可獲95折「提早報名優惠」。此優惠適用於所有課程。
- 學員參加3項課程或以上，課程費用可獲95折優惠。此優惠不適用於高爾夫球、網球及游泳課程。
- 課程費用將記入會員之月結賬戶內。
- 本會將於課程開始前7天與報名學員確認課程。
- 課程經確認後將不能取消。
- 非會員之課程費用，已包括使用兒童遊樂室，但不包括使用其他運動設施。
- 所有課程學員必須遵守本會之條款及規則。
- 太平洋會及課程教練均不負責學員之一切意外、受傷及個人或他人財物損失。

課程報名，可親臨二樓接待處或致電2118 1890。



The Tower at Mau Wu Shan

There's a curious ruin on a hill overlooking Tseung Kwan O, and you can hike there on a pleasant forest trail.

This hike involves upward and downward flights of steps but it is rather short. Walking time: 2 hours.

Board green minibus 13 at Yue Man Square public transport interchange, which is accessible from exits A1 or C3 of Kwun Tong MTR station. It's a 30-minute drive over the hills before the bus pulls into the Haven of Hope hospital. Alternatively take green minibus 107 from Po Lam MTR. The hospital was founded by a Norwegian missionary called Sister Annie Skau in 1955, and in those days, before the land reclamation in the bay that provided all the space for Tseung Kwan O new town, it was located on a remote hillside far from anywhere.

Walk back out of the hospital grounds and turn left up the road, and then turn left again at the junction. You're now walking along Po Lam Road South. It's a single-track road with no traffic, so it's hard to believe this was once one of the only access roads from the city to the Tseung Kwan O area.

Soon you reach an old police station that has been renovated into a small museum and cafe called TKO Heritage Post. Stop for a drink and to look at the historical displays. This police station once overlooked Rennie's Mill (Tiu Keng Leng), a ramshackle town built to house KMT soldiers after the war. It had a steelworks, schools and a pier with a ferry connection to Hong Kong Island. It was demolished in the 1990s to make way for the new town.

Walk back now a short distance and

take the steps leading up the hill to your left. Soon the path passes through a hole in a metal fence designed to stop falling boulders. Very soon afterwards you arrive at the mysterious Mau Wu Shan tower.

Nobody knows when this round stone structure was built, but it was already here when the British took control of the New Territories in 1898, so it was probably occupied by Qing-dynasty soldiers. Perhaps they used it as an observation post to watch boats approaching the eastern end of Victoria Harbour. It is now protected as a Grade I historic building, but is not open to the public. You can look at its arched windows and stonework through the surrounding fence.

Carry on up the hill to find a pleasingly shaded sitting-out area with a pavilion and carved rocks. Go straight ahead to walk a path through cool forest. At a crossroads of trails where there's a new rain shelter, turn left at the signpost to go back downhill.

This is a pretty path through forest, with the gurgle of a mountain stream never far away. When you reach the paved track again, turn right and follow it until it narrows into a path. When you meet the signposted steps, turn left to follow them downhill past a covered reservoir. They bring you out onto a road behind a housing estate. Turn right and keep to the same side of the road to walk the final section back to the MTR at Tiu Keng Leng.



茅湖山上的塔樓

在一座俯瞰將軍澳的高山上有一個奇特的廢墟，你可以沿著宜人的樹林小徑徒步前往。

今次遠足旅行需要多次上落梯級，但相當短。步行時間：兩小時。

從港鐵觀塘站 A1 或 C3 出口前往裕民廣場公共運輸交會處搭乘 13 號專線小巴。小巴需要翻山越嶺 30 分鐘才能抵達靈實醫院，或可從港鐵寶琳站搭乘 107 號專線小巴前往。這醫院是由一位名叫 Annie Skau 的挪威籍修女於 1955 年創立，當時，在海灣進行填海工程興建出整個將軍澳新市鎮之前，醫院是坐落在一個遠離市區的偏僻山坡上。

走出醫院的廣場，左轉沿路前行，然後在路口再次左轉。你現在正沿著寶林南路行走。這是一條沒有車輛通行的單程道路，因此很難相信它曾經是從市區通往將軍澳地區的唯一通道。

很快你就會到達一間舊警察局，它已經被改建成一間名為「將軍澳風物汛」的小型博物館和咖啡館，你可停下來飲一杯咖啡並觀看歷史展覽。這間警察局曾經俯瞰調景嶺，一個戰後為安置國民黨士兵而建造的零亂城鎮；該處有一間鋼鐵廠、學校和一個有渡輪前往香港島的碼頭，隨後於 1990 年代因為興建新市鎮而被拆除。



現在往回走一小段距離，然後沿著通往左邊山坡的梯級走。很快，這條路就穿過了金屬柵欄上的一個洞，金屬柵欄是為了阻擋滾下來的巨石而設計。很快你就到達了茅湖山上的一個神秘塔樓。

這座圓形石砌建築物是何時建成已無人知曉，但遠於 1898 年英國管治新界地區時已經存在，因此它很可能曾被清朝士兵佔領。也許當時他們用此建築作為觀測台來觀察接近維多利亞港東端的船隻，但現在已成為一級歷史建築受到保護，並不對公眾開放，你可以透過周圍的柵欄看到其拱形窗戶和石雕。

繼續上山，可以找到一個陰涼宜人的休息區，那裡有涼亭和雕刻的岩石。一直向前走，穿過清涼的樹林。在小徑的十字路口有一個新建的避雨亭，在路標處左轉，回到下坡路。

這是一條穿過樹林的美麗小路，遠處傳來山間溪流的潺潺聲。當你再次到達鋪砌良好的路徑時，請向右轉並沿著路走，直到它變窄成為一條小路。當你見到有路標的梯級時，請左轉，沿著它下坡，經過一個有蓋的水庫。梯級將帶你到達住宅區後面的路上，右轉並沿著路的同一側步行最後一段回到港鐵調景嶺站。



Summer Fruits Afternoon Tea at the Oyster Bar

This month, savour the seasonal sweetness at our celebrated Summer Fruits Afternoon Tea!

Enjoy a delectable selection of treats that showcase the sun-kissed flavours of summer's finest fruits — peaches, apricots, cherries, berries, and nectarines.

Join us at the Oyster Bar for an afternoon of sheer indulgence and elegance, where every bite is a tribute to the bounty of the summer season.

\$148 per person, inclusive of tea or coffee

For an additional \$168, enjoy a bottle of 375ml Sparkling Yuzu Genmaicha

6 月份 Oyster Bar 下午茶美食 — 夏日水果

今個月份，在本會深受歡迎的下午茶中，大家可以品嚐以時令夏日水果為主題的甜點！

我們將會用多款夏季最優質的水果，包括桃子、杏子、櫻桃、莓果和桃駁李等，製作出完全展現被陽光親吻般的季節風味甜點。

前來 Oyster Bar 與我們一起度過一個盡情放縱的下午，每一口美食都是對夏季豐收的致敬。

下午茶美食收費：每位 \$148，包括紅茶或咖啡

另加 \$168，可享用一瓶 375 毫升的氣泡柚子玄米茶



Embracing the Benefits of Stretching: A Key to Overall Well-being

In the hustle and bustle of daily life, it's easy to neglect the importance of stretching. Yet, this simple practice offers a myriad of benefits that contribute to our overall health and well-being. From improving flexibility to reducing muscle tension, incorporating stretching into our routines can yield remarkable results. So, how often should we stretch, and what are some effective exercises to incorporate? Let's delve into the advantages of stretching and its recommended frequency, along with a few examples of stretching exercises.

First and foremost, stretching enhances flexibility. By lengthening muscles and increasing their elasticity, regular stretching allows for a greater range of motion in joints, which is essential for maintaining mobility and preventing injuries. Whether you're an athlete aiming to improve performance or someone seeking to alleviate stiffness from prolonged sitting, flexibility gained through stretching is invaluable.

Stretching also promotes better posture and alignment. Modern lifestyles often involve prolonged periods of sitting or hunching over electronic devices, leading to muscle imbalances and postural issues. Regular stretching helps counteract these effects by releasing tight muscles and encouraging proper alignment, thus reducing the risk of back pain and postural deviations.

In addition, stretching aids in stress relief and relaxation. As we stretch, tension accumulated in muscles gradually dissipates, promoting a sense of calmness and relaxation throughout the body. This can be particularly beneficial for individuals experiencing high levels of stress or tension, as stretching serves as a natural remedy to unwind and rejuvenate both body and mind.

So, how often should one stretch to reap these benefits? Ideally, incorporating stretching into your daily routine is recommended. Even just a few minutes of stretching each day can make a significant difference in your overall flexibility and well-being. Additionally, incorporating longer stretching sessions a few times a week can provide deeper muscle release and enhance overall flexibility further.

1



Hamstring Stretch:

Sit on the floor with one leg extended straight in front of you and the other bent with the sole of the foot against the inner thigh. Reach toward the extended leg, keeping your back straight, until you feel a stretch in the back of your thigh.

腿部後側伸展：

坐在地板上，一條腿伸直放在你面前，另一條腿彎曲，腳掌靠在內側大腿上。伸手向前觸摸伸直的腿，保持背部挺直，直到感覺到大腿後側有拉伸感。



伸展的好處：全面健康的關鍵

在日常生活的忙碌中，大家很容易忽視伸展的重要性。然而，這種簡單的做法卻是提供了多種好處，有助於我們的整體身心健康。從改善柔韌性到減少肌肉緊張，將伸展納入我們的日常活動中可以帶來顯著的效果。那麼，我們應該多久進行一次伸展，又有哪些有效的伸展練習呢？讓我們來深入探討伸展的好處、進行的頻率及次數，以及一些伸展練習的例子。

首先也是最重要的，伸展可以增強柔韌性。通過拉長肌肉並增加它們的彈性，定期伸展可以增加關節的活動範圍，這對於保持機動性和預防受傷至關重要。無論你是一個旨在提高表現的運動員，還是想要緩解長時間坐姿帶來僵硬感的人，通過伸展獲得的柔韌性都是無價的。

此外，伸展有助於改善姿勢和身體對齊。現代生活方式令我們經常使用電子設備，這涉及長時間的坐姿或俯身，導致肌肉失衡和姿勢問題。通過定期伸展來釋放緊張的肌肉並促進身體正確的對齊，有助於減少背部疼痛和姿勢偏差的風險。

伸展還有助於緩解壓力和放鬆身心。當我們伸展時，肌肉中積累的緊張逐漸消失，促進了全身的平靜和放鬆。這對處於高壓力或緊張的人士尤其有益，因為伸展可以作為一個自然的方法來放鬆和振作身心。

但是，我們應該多久進行一次伸展才能獲得這些好處呢？在理想的情況下，建議將伸展納入日常活動中，即使每天只進行幾分鐘的伸展都已經可以在你的整體柔韌性和心靈健康中產生顯著的影響。此外，每星期進行幾次更長時間的伸展練習可以提供更深層次的肌肉釋放，並進一步增強整體柔韌性。



2

Shoulder Stretch:

Stand tall and reach one arm across your body, using the opposite hand to gently press the arm towards your chest until you feel a stretch in the shoulder. Hold for 15-30 seconds and then switch sides.

肩部伸展：

站直，一隻手臂橫過身體，用另一隻手將手臂輕輕地壓向胸部，直至感到肩膀有拉伸感。保持 15-30 秒，然後換另一邊。



3

Quadriceps Stretch:

Stand upright and lift one foot behind you, bending the knee and gently pulling the foot towards the glutes until you feel a stretch in the front of the thigh. Hold onto a wall or chair for balance if needed.

四頭肌伸展：

站直，一隻腳向後抬起，彎曲膝蓋，輕輕地將腳拉向臀部，直至感到大腿前側有拉伸感。如有需要，可以扶住牆壁或椅子保持平衡。

Incorporating stretching into your daily routine is a small yet powerful investment in your overall health and well-being. By embracing its benefits and committing to regular practice, you can enhance flexibility, alleviate tension, and foster a greater sense of relaxation in both body and mind.

將伸展納入你的日常生活是對整體身心健康的一個小而強大的投資。欣然接受它的好處並承諾定期實踐，你便可以增強柔韌性，減輕緊張，並在身心上培養出更大的放鬆感。



By Personal Trainer, Ida Kam

撰文：私人健身教練 - Ida Kam

Hair Product Sale in June 6 月份頭髮產品優惠



Deuxer Medium Hard Wax 4

~~\$250~~ \$225

This fabulous styling and finishing product offers medium hold. With a smooth touch and light texture, it controls the movement of hair from the root to the tip, creating a design with a sense of shape. Macadamia nut oil, with repairing qualities, provides smoothness, gloss, and moisture to the hair. This product also provides high-efficiency styling and natural luster.

Deuxer 4 中硬度造型髮蠟

觸感柔滑，質感輕盈的中硬度造型髮蠟，從髮根到髮梢控制頭髮，整理出具層次及質感的造型。產品含有具修護成分的澳洲堅果油，賦予頭髮順滑、光澤、水潤及自然光澤感。



Techni Leave-in Hydrating Gel, 150ml

~~\$200~~ \$180

With a fine and smooth texture, and featuring the ingredient ginkgo biloba, this incredible product penetrates immediately for deep down hydration of the capillary cells, without weighing hair down. To revitalize dry, hard to manage hair, or lifeless curls, this easy to use gel will give you luscious locks!

Techni 水份免沖護髮劑，150毫升

產品蘊含銀杏，能提高頭髮角質層內的水份連結，令頭髮保持濕潤，損壞、乾燥及糾結的頭髮可回復柔順及有光澤，亦能防止頭髮受到外在環境的傷害，撫平開叉。



American Crew Daily Shampoo (For Men), 250ml

~~\$220~~ \$200

This Daily Shampoo contains Vitamin B5 for intense moisturising and cleansing. This shampoo helps to break down excess oil in the hair, allowing it to be gently rinsed away. Sage Leaf and Chamomile extracts provide shine, reduce bacteria and protect hair colour. The hair becomes healthy and soft.

American Crew 日常洗髮水〔專為男士而設〕，250毫升

這日常洗髮水含有維生素 B5 保濕成份，配方使用天然物料，有助於分解頭髮中的多餘油脂並輕易沖洗。鼠尾草葉及洋甘菊有助提供頭髮光澤，減少細菌滋生及保護頭髮顏色，令頭髮更健康且感覺柔軟。

This Month's Promotion

10% Discount on Intensive Hair Care Treatments

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

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

微卷或曲髮電燙服務9折優惠

轉換一個潮流卷曲髮型來迎接夏日吧！會員於 6 月份到會所髮廊惠顧任何微卷或曲髮電燙服務，可享有 9 折優惠。查詢詳情及預約服務，請致電 2118 1893。



Spa Promotions in June 6月份美容療程優惠



Youth Intensive Treatment (1hr 45mins)

~~\$1,480~~ \$1,258

Indulge in our luxurious Youth Intensive Treatment, designed to address the visible signs of ageing such as wrinkles, diminished firmness, and slackened 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.

原肌修復再生療程 (1小時45分鐘)

本會的原肌修復再生療程能有效還原年輕肌膚，更具抗皺、收緊和修復作用，配合專業按摩手法及卓越產品，能全方位抵禦歲月痕跡。透過1小時45分鐘的療程享受極致放鬆，肌膚明顯煥發活力，即使在初次療程後效果也很明顯，綻放年輕美態。

Diana Dickson Beauty Secret Treatment Delight

(1hr 25mins)

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

Unveil the secrets to youthful skin with our Diana Dickson Beauty Secret Treatment Delight. This advanced 85-minute treatment is a breakthrough in skin revitalization, designed to enhance circulation and strengthen your skin's defenses against a variety of skin concerns. Experience the synergy of cutting-edge technology and groundbreaking science with our exclusive formula enriched with alginic acid, stem cells, and collagen.

This transformative treatment not only purifies and stimulates cellular renewal but also effectively reverses the signs of ageing. You'll see a noticeable reduction in lines and wrinkles, leaving your skin feeling silky smooth and radiantly luminous.

Diana Dickson原生幹細胞膠原療程〔1小時25分鐘〕

Diana Dickson 原生幹細胞膠原療程為大家揭開肌膚年輕的秘密！這項先進的 85 分鐘護理是皮膚再生的突破，旨在促進血液循環並增強皮膚對各種問題的防禦能力。透過我們富含海藻酸、幹細胞和膠原蛋白的獨特配方，體驗尖端技術和突破性科學的協同作用。

這種變革性的治療不僅可以淨化和刺激細胞更新，還可以有效逆轉老化跡象。完成療程後，膚質加倍細緻，幼紋悄然減退，讓肌膚感覺如絲般光滑，煥發光彩。



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

Fortune's Bazaar: The Making of Hong Kong by Vaudine England

A timely, well-researched, and vibrant new history of Hong Kong. Hong Kong has always been many cities to many people: a seaport, a gateway to an empire, a place where fortunes can be dramatically made or lost.

Renowned journalist Vaudine England delves into Hong Kong's complex history and its people - diverse, multi-cultural, cosmopolitan - who have made this one-time fishing village into the world port city it is today. Rather than a traditional history describing a town led by British Governors, Fortune's Bazaar is the first thorough examination of the varied peoples who made Hong Kong. Many of Hong Kong's most influential figures during its first century as a city were neither British nor Chinese - they were Malay or Indian, Jewish or Armenian, Parsi or Portuguese, Eurasian or Chindian - or simply, Hong Kongers.

England describes those overlooked in history including the opium-traders who built religious edifices, ship-owners carrying gold-rush migrants, property tycoons, and more. A story of empire, race, and sex, Fortune's Bazaar combines deep archival research and oral history to present a vivid history of a special place - a unique city made by diverse people of the world, whose part in its creation has never been properly told until now.



這是一本適時、經過深入研究、精彩的香港新歷史。對許多人來說，香港一直是擁有多種身份的城市：一個海港，一個大國的門戶，一個可以戲劇性地創造或失去財富的地方。

著名記者 Vaudine England 深入研究了香港複雜的歷史及其多種族、多元文化、來自世界各地的居民，正是他們令這個昔日的漁村變成了今日的世界港口城市。《Fortune's Bazaar》一書並不是描述一個英國政府領導下的城市的傳統歷史，而是對創造香港的不同民族的第一次徹底審視。在香港發展的第一個世紀中許多最具有影響力的人物既不是英國人也不是華人——而是馬來人或印度人、猶太人或亞美尼亞人、波斯人或葡萄牙人、歐亞人或中印人，或簡稱香港人。

作者描述了歷史上被忽視的人，包括建造宗教建築物的鴉片商人、運送淘金熱移民的船主、房地產大亨等。《Fortune's Bazaar》是一個關於帝國、種族和性的故事，結合了深入的檔案研究和口述歷史，呈現了一個特殊地方的生動歷史——一個由世界各地不同的人建造的獨特城市，而直到現在，他們在其創建過程中所扮演的角色卻從未被正確地談論過。

House of Kwa by Mimi Kwa

"House of Kwa" by Mimi Kwa is an engrossing family epic that unfolds over four generations, capturing the dramatic shifts of fate and fortune. The story begins when Mimi Kwa receives a startling letter — her father is suing her. Stunned and seeking understanding, Mimi plunges into her family's storied past to uncover the roots of this legal battle, which lie deep within the legacy left by her Aunt Theresa.

Mimi's father, Francis, was one of 32 children born to a prosperous silk merchant in Hong Kong during the Japanese occupation in World War II. Sent to Australia to study under the care of his successful sister, Theresa, Francis encounters and marries a young woman battling a chronic mental illness, who later becomes Mimi's mother. Born into this complex heritage, Mimi, dubbed the 'tiger', faces her own set of challenges as she grows up straddling cultural shifts and personal battles.

Through vivid, colourful storytelling laced with dark humor, "House of Kwa" is not just about family feuds and personal struggles. It is a story of how Mimi, inspired by her audacious Aunt Theresa, confronts the ghosts of her family's past. This journey is a quest for freedom and independence, where Mimi must reconcile with her heritage and forge her path, ultimately finding the courage to stand up to the daunting 'dragons' of her life.

Mimi Kwa 的新作《House of Kwa》是一部引人入勝的家庭史詩，講述了四代人的故事，捕捉了命運和財富的戲劇性轉變。故事開始於 Mimi Kwa 收到一封令人吃驚的信件——她的父親正在起訴她。Mimi 感到震驚並尋求理解，她深入了解了其家族的傳奇歷史，以揭開這場法律鬥爭的根源，而這場法律鬥爭深深地隱藏在她姑母 Theresa 留下的遺產中。

Mimi 的父親 Francis 是第二次世界大戰日本佔領香港期間一位富有絲綢商人所生的 32 個孩子之一，他在其獨立且成功的姐姐 Theresa 的照顧下被送到澳洲讀書。在那裡，他遇到了一位與慢性精神疾病作鬥爭的年輕女子，並與她結婚，然後成為 Mimi 的母親。出生在這種複雜的傳統中，Mimi 被稱為「老虎」，在跨越文化轉變和個人鬥爭的過程中，她面臨著自己的一連串挑戰。

透過生動、豐富多彩的故事敘述和黑色幽默，《House of Kwa》講述的不僅僅是家庭恩怨和個人鬥爭。這是一個關於 Mimi 如何受到她大膽的姑母 Theresa 的啟發，面對她家族過去的幽靈故事。這段旅程是對自由和獨立的追求，Mimi 必須與她的傳統和解，開闢自己的道路，最終找到勇氣對抗生活中令人畏懼的「龍」。



From now until 30th June, 2024, 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6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.
204 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場204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

By Craig Norris

www.momentsbycraig.com*Godox Lux Senior
folded away**Godox Lux Senior
rear view**Godox Lux Senior front view**Godox Lux Senior side view**Walz Flash Master
advertising*

A Flash from the Past

I have highlighted before in recent articles that many photography enthusiasts, including myself, are attracted to cameras that have “retro styling”. This means that they are modern cameras but their appearance emulates the look of classic film cameras made many decades ago. In my view, some of these vintage cameras are truly works of art.

I would like to expand on this trend by discussing its influence on modern photography accessories, specifically external flash units. I own several vintage flash guns from the 1950s, which utilize single-use flash bulbs. Although these bulbs are no longer produced, plenty remain available on online auction sites.

Despite the inefficiency of the old flash bulb technology, there is still something to be said in favour of the quality of the lighting produced by them. This is largely due to the large circular reflector behind the bulb, which softens shadows and creates appealing, round catchlights in a subject's eyes — ideal for portrait photography.

Godox, a company based in Shenzhen, has been making studio flash equipment for many years. As a long-time customer, I was intrigued to discover that they are also making a modern version of an antique, Japanese portable flash gun. It's a copy of the 1958 Walz Flash Master, of which I own several. Have a look at the new “Godox Lux Senior” if you are also a fan of retro styling.

復古閃光燈

我在最近的文章中曾經多次提到，有些攝影愛好者被「復古造型」的相機所吸引，包括我自己在內。其實它們都是現代相機，只是外觀模仿了幾十年前製造的菲林相機而已。對我來說，當中一些舊相機真的如美麗的藝術品。

今次我想進一步與大家討論這股復古風格新裝備的趨勢，因為它已經開始漫延至現代相機的其他裝備，特別是外置閃光燈。我有一些 1950 年代使用一次性閃光燈泡的舊閃光燈，雖然這款閃光燈已不再生產，但仍有大量舊庫存在網路拍賣網站上售賣。

儘管舊的閃光燈技術效率不佳，但對於它們產生的照明質量仍有一些值得稱讚的地方。這種良好的光品質大部分歸功於閃光燈泡後面的大圓形反射鏡，它發出的光線具有更柔和的陰影，在拍攝對象的眼睛中產生更好的圓形反射，尤其適合用於肖像拍攝。

Godox 是一間總部位於深圳的公司，多年來一直生產影樓閃光燈設備。作為他們的長期客戶，我發現他們也正在製造日本古董便攜式閃光燈的現代版本。這是 1958 年 Walz Flash Master 的仿製品，我也保留了幾個。如果你也是復古造型的愛好者，不妨看看新款的 “Godox Lux Senior”。

Sunday Social Tennis

Join us every Sunday for our Sunday Social Tennis — a lively two-hour session where Members of all skill levels come together for matches and friendly competition. This weekly event is the perfect blend of sport and socialising. Whether you're looking to improve your game or simply enjoy some leisure time on the courts, make Sunday Social Tennis a highlight of your week.



週日網球聯誼聚會

歡迎前來參加於星期日傍晚舉行的週日網球聯誼聚會，透過兩小時的課程學習各種網球技能，與其他會員及教練切磋球技，同時認識新的志同道合，度過悠閒的週末。收費每位\$170（設茶點招待），查詢及報名，請致電2118 1707。此聚會只供成年會員參加。

Date : Sunday 2nd, 9th, 16th, 23rd & 30th June
Time : 5:00pm – 7:00pm
Venue : Outdoor Tennis Courts
Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)
Age : Adults Only

Ladies' Morning Tennis

Elevate your game with our exclusive Ladies' Morning Tennis sessions! Join us for two hours of focused training where you can refine your techniques and sharpen your tactical play under the guidance of our expert coaches.

Please note, each clinic is limited to just 10 players to ensure personalised attention and optimal improvement.

女子早上網球練習

透過參加本會於星期一舉行的女子早上網球練習班，提升你的網球技術！這兩小時課程由我們的專業教練指導，旨在完善你的技術並增強戰術知識，此外為了確保提供個人化的指導，每班僅限10名學員參加。課程收費：每位\$310（包括場租，並設茶點招待）。

Date : Monday 3rd, 17th & 24th June
Time : 10:00am – 12:00noon (Intermediate / Advanced Level)
Venue : Indoor Tennis Courts
Price : \$310 (for 2 hours, including court charges and selected refreshments at the Tennis Lounge)



Tennis League Teams' Schedule Home Matches in June

網球聯賽 — 6月份主場賽事

DATE	TEAM	MATCH
Wednesday, 5th June	Men's (Division C)	Pacific Club vs Heng Fa Chuen Club
Wednesday, 19th June		Pacific Club vs American Club

Holiday Notice

Please note that all junior and adult group classes will be cancelled during Tuen Ng Festival on 10th June.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於6月10日端午節公眾假期暫停舉行。



Junior Tennis Academy

Is your child eager to learn tennis? Enroll them in the Pacific Club Junior Tennis Academy, designed specifically for young players aged 3½ to 16.

Our weekly sessions provide expert coaching in a fun environment, where every child can develop their skills and passion for the game. Sign-up now and watch your young tennis stars shine on the court! Please note, classes are billed monthly.

青少年網球訓練

想增加孩子們對打網球的興趣？於星期六上午前來本會參加專為3½ - 16歲會員而設的青少年網球訓練班吧！在經驗豐富的教練帶領下，他們可以得到一個發展網球技能並充分發揮潛力的環境，從掌握基礎知識到提升技術，幫助他們成長和超越自己。6月份課程收費 — A班（3½ - 6歲，5堂）：會員\$1,050，非會員\$1,650；B班（6 - 16歲，5堂）：會員\$1,400，非會員\$2,000。

Date : Saturday 1st, 8th, 15th, 22nd & 29th June
Time : (A) 10:00am – 11:00am
(B) 11:00am – 1:00pm
Venue : Indoor Tennis Courts
Price : (A) Member \$1,050, Guest \$1,650 (for 5 lessons)
(B) Member \$1,400, Guest \$2,000 (for 5 lessons)
Age : (A) 3½ – 6 years
(B) 6 – 16 years



New Pickleball Coach – Ryan Lam

新任匹克球教練 Ryan Lam

We are happy to welcome Ryan Lam to our Pickleball coaching team at the Pacific Club! A seasoned player and a full-time coach, Ryan has rapidly ascended to the top ranks of Pickleball and is currently the No. 1 men's doubles player in Hong Kong and ranks within the top 15 in Asia.

In 2024, Ryan showcased his skills at the World Pickleball Championship series, securing multiple titles in both Men's and Mixed Doubles (with his partners Jack Wong and Rachel Lam).

Ryan's passion for Pickleball shines through in his coaching, where he emphasises the joy of the game and its community spirit. He offers private and semi-private lessons for all skill levels.

Should you wish to book lessons with Ryan, please contact the 4/F Tennis Reception or call 2118 1707.

我們很高興歡迎新任匹克球教練 Ryan Lam 加入太平洋會的教練團隊。Ryan 是一位全職匹克球教練和球員，短短幾年已經迅速地攀升排名，成為香港男子雙打匹克球排名第一的球員，目前更在亞洲排名前15位。於2024年，Ryan 參加了世界匹克球錦標賽系列賽，儘管競爭激烈，Ryan 和拍檔（Jack Wong 和 Rachel Lam）依然表現出色，贏得了多個男子雙打和混合雙打冠軍。

Ryan 最喜歡匹克球的趣味性，以及這項運動如何將他與朋友和社區連繫在一起。Ryan 將為不同水平的學員提供私人及半私人課程。

如果你想與他一起上課，請致電 2118 1707 與四樓網球接待處聯絡。



Pickleball Private Lessons

Unlock your full potential on the Pickleball court with personalized, one-on-one private lessons at the Pacific Club with our expert Pickleball Coaches, Rachel Lam and Ryan Lam. Receive individual attention and tailored coaching designed to meet your specific goals and skill level.



Private Lessons (1pax)

1-hour	\$630 per person
Package of 10, 1-hour lessons	\$6,100 per person

Semi-Private Lessons (2pax)

1-hour	\$335 per person
Package of 10, 1-hour lessons	\$3,250 per person

匹克球私人課程

預約由本會專業匹克球教練 Rachel Lam 及 Ryan Lam 指導的一對一私人匹克球課程，釋放你在匹克球場上的全部潛能。Rachel 及 Ryan 可以為你的特定目標和技能水平而設計個人化的課程。

私人課程（一人）

一小時課程	：每位\$630
10 堂一小時課程	：每位\$6,100

半私人課程（二人）

一小時課程	：每位\$335
10 堂一小時課程	：每位\$3,250

預約課程請致電 2118 1707。

Pickleball Group Lessons

Experience the thrill of Pickleball with our dynamic group classes at the Club, tailored for all ages! Whether you're a young beginner or a seasoned adult, our classes are perfectly designed to match your enthusiasm and skill level.

匹克球團體課程

歡迎參加本會匹克球課程，體驗這項受大眾歡迎的新興運動。無論你是渴望嘗試新事物的青少年，還是運動經驗豐富的成年人，這課程都適合各年齡和程度的會員參加！6月份將增加至3班課程，歡迎5歲-18歲及以上的會員參加，上課時間亦更改至星期二，3堂收費：會員\$540，非會員\$900。

Date	: Tuesday 11th, 18th & 25th June
Time	: (A) 4:00pm – 5:00pm (B) 5:00pm – 6:00pm (C) 6:00pm – 7:00pm
Venue	: Outdoor Pickleball Court
Price	: Member \$540, Guest \$900 (for 3 lessons)
Age	: (A) 5 – 8 years (B) 9 – 14 years (C) 18 years and over



For Tennis or Pickleball enquiries and bookings, please contact the 4/F Tennis Reception on 2118 1707.

預約網球及匹克球課程，請致電2118 1707聯絡四樓網球部

A Floral Picture Decoration

- 1. Prepare the Box Lid:** Cut out the top panel and one side panel from the box lid.
- 2. Modify the Box Base:** Create an opening resembling a door at one bottom corner of the box base. Ensure the opening is large enough to insert the flower jar.
- 3. Coordinate Placement for the Water Plant:** Cut a small hole in the box lid, positioned slightly higher than the base opening, tailor-made for the water plant to be inserted into the flower jar behind it.
- 4. Decorate with Maple Leaves:** Stick the maple leaves across the inner surface of the box lid, arranging them in your preferred pattern while ensuring the small hole remains unobstructed.
- 5. Arrange the Dried Flowers:** Individually glue the preserved dried flowers onto the leaves, varying their height and placement to create a personalised pictorial effect.
- 6. Add Decorative Accents:** Craft bows from the pipe cleaner sticks and attach them to the dried flowers for additional embellishment.
- 7. Install the Flower Jar:** Position the flower jar filled with water just in front of the opening inside the box.
- 8. Secure the Box Lid:** Cover and secure the box lid using glue.
- 9. Insert the Water Plant:** Insert the water plant through the hole in the lid into the flower jar.
- 10. Maintenance Access:** Utilise the opening at the base as a "back door" to easily remove the flower jar for water changes.

花卉圖畫擺設

1. 在盒蓋上：剝走頂部及一側的蓋邊。
2. 在盒身上：在底部的一角剝開一個“門口”。大小要足夠將花瓶穿過。
3. 放入植物：在盒蓋上相同的位置界出一個小孔，但要比開口稍為高一些。大小及高度要適合將植物穿過插入後面的花瓶中。
4. 楓葉裝飾：將楓葉按照你喜歡的圖案貼在盒蓋的內部，但不要遮蓋小孔。
5. 乾燥花裝飾：將各種永生乾燥花以不同的高度及位置，一朵一朵地貼在葉子上，創造出你的專屬畫作。
6. 加入其他裝飾：你可以用絨毛條製作一些蝴蝶結，並將它們固定在永生乾燥花上作為裝飾。
7. 放入花瓶：將裝有清水的花瓶放在盒內的開口前面。
8. 固定盒蓋：將盒蓋蓋上並用膠水固定。
9. 插入植物：將水種植物穿過盒蓋上的小孔插入花瓶中。
10. 保養植物：你可以利用盒身底部的開口作為“後門”，輕鬆地把花瓶取出來更換清水。



What You'll Need:

- A large two-piece rigid box (e.g., a shoe box)
- An assortment of preserved dried plants, here we have used maple leaves, asparagus, hydrangeas, golden balls, and rabbit tail grass
- A water plant
- Colourful pipe cleaner sticks
- A small flower jar
- Glue
- Scissors
- A cutter

材料：

- 一個大的兩片式硬盒〔例如鞋盒〕
- 多種永生乾燥植物：文中選用楓葉、毛芒、秀球、黃金球、兔尾草
- 一盆水種植物
- 多種顏色的絨毛條
- 細的窄口花瓶
- 膠水
- 剪刀
- 剝刀



Mastering the Mental Game

掌握比賽心態



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

Maintaining the correct mindset during both practice and competitive play is essential for success. It's crucial to enter each practice session with intense focus and commitment. For instance, before each swing on the field, a preparatory practice swing can help establish the rhythm and trajectory needed. Every shot demands your full concentration and a serious approach, as visualizing real-game scenarios can significantly enhance performance.

In competitive matches, mastering your emotions is key. Before every shot, it's vital to foster a positive mindset, imagining the ball hitting your target and following the intended flight path. Avoid swinging between extreme optimism and pessimism. Instead, adopt a calm and objective approach to your performance. Managing pressure effectively is essential for success on the field.

The key to practice and execution mentality is to stay focused, take every ball seriously, and keep your emotions in check. This mentality will help you perform your best on the course and improve your game as a golfer. Remember, practice is the key to progress, and the right mindset will lead you to success.

在練習與實踐中，保持正確的心態對於成功至關重要。大家必須要以高度的專注和投入來進行每一次練習，例如，在球場上每次揮桿之前，都應該用空桿揮動幾次來練習，以幫助建立揮桿的節奏和軌跡；每一次擊球都需要全神貫注和認真對待，因為將真實的球場比賽場景視覺化可以顯著提高表現。

當進入球場比賽時，控制情緒非常重要。每次擊球之前，需要培養積極的心態，想像自己將球準確地打到目標位置，同時設定球的飛行路線；避免在過於樂觀和悲觀之間搖擺，相反，要對表現採取冷靜和客觀的態度。有效管理壓力絕對是在球場上取得成功的致勝之道。

練習和實踐心態的關鍵在於保持專注、認真對待每一球，並好好控制情緒。這樣的心態將幫助球手在球場上發揮出最佳水準，並提高比賽表現。請記住，實踐是取得進步的關鍵，而正確的心態將引導你走向成功。

Golf Private Lessons

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

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

高爾夫球私人課堂

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

Private Lessons (1 pax)

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

Semi-Private Lessons (2 pax)

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

Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約及查詢，請致電2118 1707。

Water Aerobics

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

水中健康舞班

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



Morning Water Aerobics

Date : (A) Tuesday 11th, 18th & 25th June
(B) Friday 7th, 14th, 21st & 28th June
Time : (A) 10:00am – 11:00am
(B) 11:00am – 12:00noon
Venue : Swimming Pool
Price : (A) Member \$525, Guest \$885 (for 3 lessons)
(B) Member \$700, Guest \$1,180 (for 4 lessons)
Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 11th, 18th & 25th June
(B) Friday 7th, 14th, 21st & 28th June
Time : 3:00pm – 4:00pm
Venue : Swimming Pool
Price : Member \$175 daily / \$1,650 per 10 classes
Guest \$295 daily
Age : 14 years and above

Evening Water Aerobics

Date : Tuesday 11th, 18th & 25th June
Time : 7:00pm – 8:00pm
Venue : Swimming Pool
Price : Member \$525, Guest \$885 (for 3 lessons)
Age : 14 years and above

Yoga at the Club

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

瑜珈班

本會瑜珈團體課程由專業教練教授，逢星期一、四、五及日舉行（公眾假期除外）。

收費：會員每堂\$180，10堂套票\$1,620
非會員每堂\$300

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

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

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

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





Bowling Parties at Pacific Club

太平洋會保齡球派對

Are you in search of the perfect venue for your child's birthday bash, a memorable family reunion, or a unique corporate team-building event? Look no further! Celebrate in style with a Bowling Party at the Pacific Club.

Our exclusive Bowling Alley is open for private event reservations, offering a vibrant atmosphere for groups of up to 40 guests. And in the evenings, experience the excitement of our special Neon Night Mode—an electrifying setting that transforms your event into an unforgettable bowling extravaganza under the glow of neon lights!

For further information on availability, pricing, and tailored event packages, please contact our dedicated Banqueting & Events Department on 2118 2851 or 2118 2295.

你正在尋找舉行兒童派對，家庭聚會或公司聯誼的理想地點嗎？

不妨考慮到太平洋會舉辦保齡球派對。

本會的保齡球場於星期一至日及公眾假期均可預訂私人派對，可容納人數多至40位，到了晚上，更可以體驗我們特殊的霓虹燈夜間模式，令派對場地變得氣氛十足！

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



Jellyfish Crystal Ball Workshop

Join us for this afternoon workshop where participants will craft a distinctive jellyfish crystal ball using sea urchin shells paired with LED lights. This hands-on session, guided by our expert instructor, promises to be a fun crafting experience, resulting in a unique jellyfish-inspired creation, which can be taken home after the class.

水母水晶球工作坊

在這個工作坊中，導師將會指導會員利用海膽殼配搭LED燈，製作出自己喜愛且獨一無二的水母造型水晶球。這個水晶球很容易製作，完成後可擺放在家中，為家裡帶來一點生氣。工作坊將於6月23日（星期日）舉行，適合6歲及以上的會員參加，一堂收費——會員\$220，非會員\$340（包括課程當日的兒童遊戲室入場費）。

Date : Sunday, 23rd June
Time : (A) 2:00pm – 3:15pm
(B) 3:30pm – 4:45pm
Venue : Children's Playroom Library
Price : Member \$220, Guest \$340
(including Children's Playroom entrance fee)
Age : 6 years and above



Holiday Notice

Please note that all junior and adult group classes will be cancelled during Tuen Ng Festival on 10th June.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於6月10日端午節公眾假期暫停舉行。

Kids' Open Fun Session Timetable in June

6月份兒童樂趣活動時間表

SESSION	DATE	TIME	AGE
Green Arts & Crafts	Saturday 22nd June	3:00pm – 4:00pm	4 – 10

Father-Child Reptile Experience Day

Celebrate Father's Day with an unforgettable adventure! Join us for a special day dedicated to dads and kids, packed with excitement and learning. Dive into the fascinating world of reptiles through question time and interactive feeding sessions. It's the perfect way to create lasting memories while exploring the intriguing lives of these amazing creatures.

父子爬蟲體驗日

為了慶祝父親節，本會將舉行父子爬蟲體驗日，讓爸爸和孩子們可以探索 and 了解更多爬蟲類動物，屆時大家亦可以參與問答和餵食環節，讓大家庭度過輕鬆愉快的一天。

活動將於6月8日星期六舉行，歡迎5歲及以上的會員參加，收費——會員\$260，非會員\$380。

Date : Saturday, 8th June
Time : 3:00pm – 4:15pm
Price : Member \$260, Guest \$380
Age : 5 years and above
Venue : 1/F Room ONE & TWO



Find the Animals

Search for and count the Crab, Seahorses and Jellyfish. Write the number found next to the corresponding picture.

請找出圖中蟹、海馬、水母的數量。

Win a Fabulous Prize

Fax your answer to the Editor at Fax No. 2118 0209 or pass your entry to the 2/F Reception. All correct entries will be placed into a draw to be held on Sunday, 30th June. The winner will receive a fabulous prize.

贏取精美禮品

請將答案傳真至2118 0209或交回二樓接待處。所有答中的小朋友均可參加於6月30日（星期日）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

Junior Taekwondo

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!



少年跆拳道

本會跆拳道班將教授套拳、對策、搏擊等技巧以及體能訓練，學員更可經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上的會員參加，6月份4堂收費 — 會員\$720，非會員\$760。歡迎新學員參加！

Date : Saturday, 1st, 8th, 22nd & 29th June
Time : (A) 4:30pm – 5:30pm
(B) 3:30pm – 4:30pm (Advanced Level)
Venue : Aerobics Room
Price : Member \$720, Guest \$760 (for 4 lessons)
Age : 4 years and above

Rope Skipping Class

Come and join the fun at our weekly Rope Skipping Class! Children are coached in individual rope skipping skills, as well as partner skipping. The classes emphasize fitness, self-esteem, leadership, personal accomplishment and teamwork.



花式跳繩班

參加本會的花式跳繩班，除了可以學習跳繩技巧、增強身體四肢的運動量及靈敏度、訓練個人反應外，還可以學習自我肯定、領導力和團隊合作。課程於星期日舉行，適合7–12歲會員參加，6月份4堂收費 — 會員\$720，非會員\$760。

Date : Sunday, 9th, 16th, 23rd & 30th June
Time : 4:30pm – 5:20pm (50 mins)
Venue : Aerobics Room
Price : Member \$720, Guest \$760 (for 4 lessons)
Age : 7 – 12 years

Wall Climbing

Achieve new heights at our fun Wall Climbing Workshop! Climbing improves physique and flexibility, as well as strengthening body alignment and encouraging agility. In addition, your child will learn about facing and overcoming challenges.

運動攀石訓練班

接受更高的挑戰，參加運動攀石訓練班吧！這項運動有助提升個人運動質素、強化體質、增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。課程於星期日舉行，適合6–10歲會員參加，6月份兩堂收費 — 會員\$450，非會員\$570（包括課程當日的兒童遊戲室入場費）。



Date : Sunday, 16th & 23rd June
Time : 11:30am – 1:00pm
Venue : Children's Playroom (Climbing Wall)
Price : Member \$450, Guest \$570 (for 2 lessons, including Children's Playroom entrance fee)
Age : 6 – 10 years

English Drama Academy

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.



英語話劇訓練班

本會經驗豐富的導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，來激發學員對學習英語的興趣。課程於星期三舉行，適合3–12歲的會員參加，6月份3堂收費 — 會員\$600，非會員\$630。

Date : Wednesday, 12th, 19th & 26th June
Time : (A) 5:30pm – 6:30pm
(B) 4:30pm – 5:30pm
Venue : Gym Activities Room
Price : Member \$600, Guest \$630 (for 3 lessons)
Age : (A) 3 – 5 years
(B) 6 – 12 years

Junior Badminton Lessons

Enroll your child in our Junior Badminton Programme, designed specifically for players aged 6 to 16 years. Our expert coach provides fantastic instruction in a fun environment. Whether your child is a beginner or looking to hone their skills, our programme offers the perfect opportunity to learn, grow, and excel in badminton.

少年羽毛球 – 團體訓練班

參加本會專為6–16歲少年會員而設的羽毛球班，透過練習、遊戲和專業導師的指導，學習正確的羽毛球技術、步法和策略，將球技提升到一個新的水平。訓練班於星期五晚上舉行，6月份4堂收費 — 會員\$1,040，非會員\$1,080。

Date : Friday, 7th, 14th, 21st & 28th June
Time : (A) 6:30pm – 7:30pm
(B) 7:30pm – 8:30pm
Venue : Aerobics Room
Price : Member \$1,040, Guest \$1,080 (for 4 lessons)
Age : (A) 6 – 10 years
(B) 11 – 16 years



Junior Badminton Lessons (Private)

Elevate your child's badminton skills with personalized instruction from our expert coach. Book a private session today and watch your child's interest and skills in badminton soar!

Private Lessons

1pax: \$700/hour (including court hire)
2pax: \$900/hour (including court hire)

少年羽毛球 — 私人課程

想學習羽毛球知識及提升個人技巧，歡迎前來參加私人羽毛球班，本會經驗豐富的專業羽毛球教練將為每位學員度身設計適合他們的課程。查詢及預約時間請致電2118 1890。

私人課程收費（包括場租）

一人：\$700/每堂一小時，二人：\$900/每堂一小時



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

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

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Wednesday, 19th June. 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 July. Good Luck!

請於6月19日(星期三)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7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

May
Solution
五月份
遊戲答案

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

Congratulations to the winner
of last month's puzzle

恭喜上期得獎者

Mr Patrick Ma



June at Bā Ramen

Fully-loaded Pork Ramen

6 月份拉麵推介 — 豚肉拉麵

The Dish of the Month at Bā Ramen is Fully-loaded Pork Ramen, - a bowl of steaming hot noodles in our rich, pork bone broth, topped with char siu, braised pork cheek, roasted pork belly and bacon bits.

\$158 per bowl

本月份的拉麵推介為大家送上滿滿的豚肉拉麵。一碗熱氣騰騰的麵條，配上濃鬱的豬骨湯，上面放上叉燒、紅燒豬頸肉、烤豬腩肉和煙肉粒。

每碗\$158。

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



Live Sports at the Club Bar

Keep up to date on the live sports action at our vibrant Club Bar!

With numerous screens and a dynamic atmosphere, it's the place to be for catching this month's thrilling global sporting events.

Call the Club Bar on 2118 1845 for more details.

Club Bar Opening Hours: Daily, from 11:00am – 11:00pm

精彩體育賽事 酒吧現場直播

本會酒吧設有多部電視屏幕，是讓大家在熱鬧的氣氛下，觀看本月份全球各項刺激體育賽事的最佳場所。

查詢詳情請致電 2118 1845。

酒吧營業時間：星期一至日：上午 11 時至晚上 11 時

Club Financiero Génova, Madrid, Spain

Nestled in the heart of Madrid's financial and historic district, Club Financiero Génova spans 3,000 square metres and offers a wealth of amenities. The club features meeting rooms, a social area, a first-class restaurant, and a comprehensive sports facility. This facility includes a gym, solarium, swimming pool, and various health and beauty treatments. The club boasts one of the finest views in Madrid, providing a stunning panorama of the entire city.



The restaurant at Club Financiero Génova is celebrated for its exquisite cuisine, capturing the essence and personality of the greatest European clubs. Under the culinary direction of Nino Redruello, the restaurant offers a unique menu of dishes inspired by traditional recipes and the freshest seasonal produce. Diners can enjoy unparalleled 360° views of central Madrid.



The sports area is equipped with the latest facilities, including a breathtaking rooftop pool that offers incredible views of Madrid. The pool is open from June to mid-September. Additional amenities include a sauna, Jacuzzi, and Turkish bath for further relaxation. For those seeking a bit of pampering, the Beauty Salon provides a full range of treatments and hairdressing services.

If you're planning a trip to the Spanish capital, be sure to obtain a Letter of Introduction for the exclusive Club Financiero Génova — a place that warmly welcomes Pacific Club Members.



位於西班牙馬德里市金融及著名歷史地段中心區的Club Financiero Génova佔地3,000多平方米，擁有大量設施，包括會議室、社交場地、頂級餐廳，以及綜合體育設施，包括健身室、日光浴室、游泳池和各類型健康及美容療程。會所地理條件優越，能飽覽全馬德里市內壯麗醉人的景色。



Club Financiero Génova 的餐廳以精緻美食而聞名，展現了歐洲最佳會所的精髓及個性。在大廚Nino Redruello的領導下，餐廳提供獨特的菜餚，靈感來自傳統食譜，並以最新鮮的時令食材烹調。用餐人士可以同時欣賞馬德里市中心無與倫比的360度景觀。

在體育運動方面，會所配備了最先進的設施，包括令人讚嘆、可欣賞馬德里美麗景色的屋頂游泳池。游泳池於6月至9月中旬開放。更多其他設施包括桑拿浴室、按摩浴池及土耳其浴室，讓你能進一步放鬆身心。對於那些尋求舒適服務的客人，會所的美容院提供全方位的護理及美髮服務。

若你將計劃前往西班牙馬德里，請緊記攜同 Club Financiero Génova 的介紹信，親身體驗這間可以令太平洋會會員感到賓至如歸的地方。



For further information on reciprocal clubs, please contact the Membership Office on 2118 1802.
如欲查詢有關海外聯繫會所的資料，請致電2118 1802聯絡會籍部。

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

LPG

INNER POWER.
BETTER LIFE.

LPG endermologie®

「動能活化」
啟動內源力量



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

Made in **France**

CELLU M6 ALLIANCE®

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