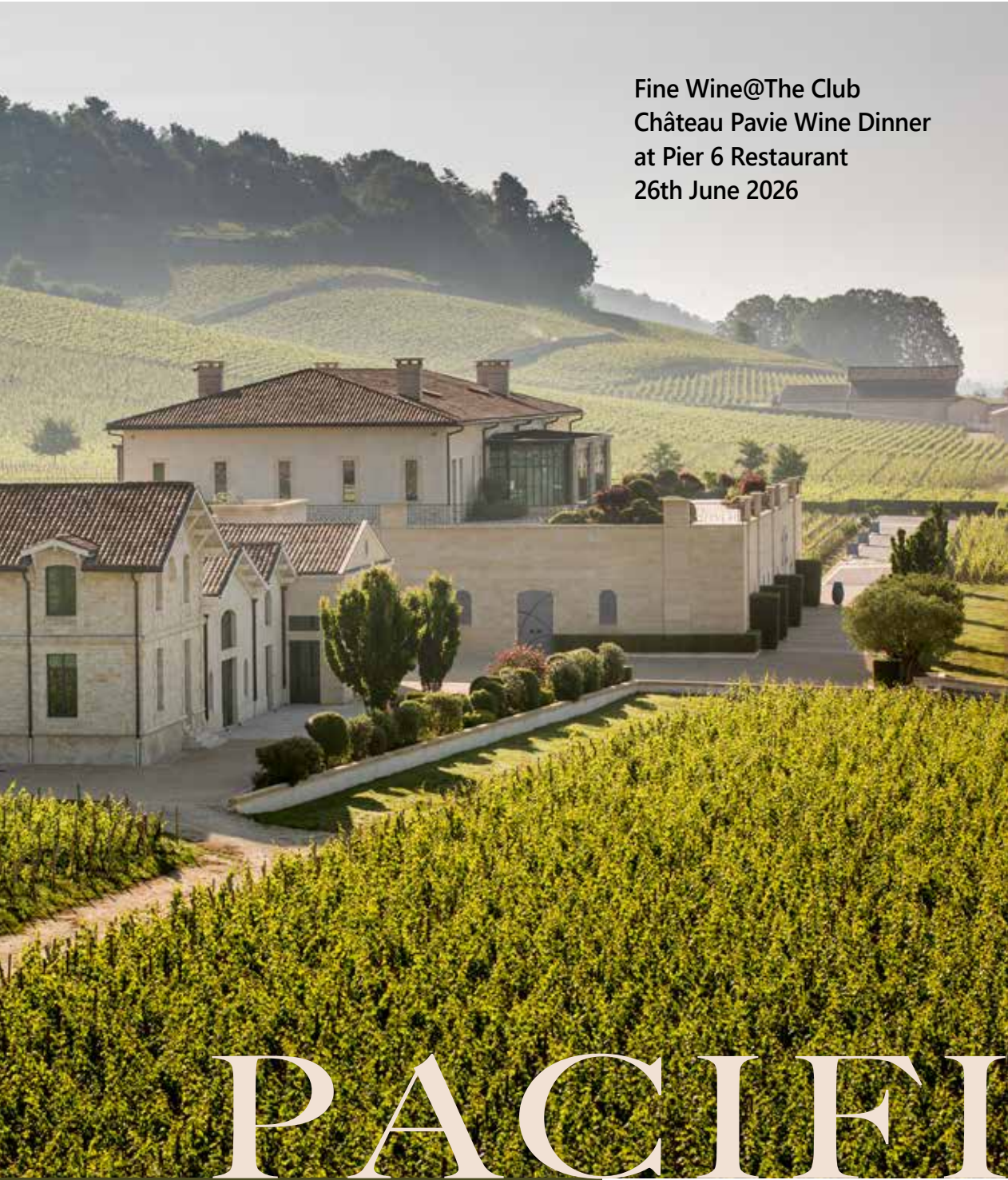


六月號

薈 如 系

Fine Wine@The Club
Château Pavie Wine Dinner
at Pier 6 Restaurant
26th June 2026



PACIFIC

JUNE 2026

VIEWS

CELEBRATE THE MOMENT YOUR BIRTHDAY, OUR TREAT!

慶祝你的大日子 享受你的生日優惠！



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

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

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

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

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

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

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

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

TO BOOK YOUR CELEBRATION 預約你的生日聚餐

Dining Reservation

於餐廳享用午餐或晚餐

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

Banqueting Enquiries

私人聚餐

2118 2851 or 2118 2295

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

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

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

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



Ronald Loges
General Manager
總經理 — 羅納德 陸格

Dear Members,

June marks the beginning of summer at the Club, with the arrival of school holidays, family gatherings and a full calendar of activities, dining experiences and events for Members of all ages to enjoy.

One of the major highlights this month is the launch of our Junior Summer Programme, with classes beginning from 22nd and 23rd June and continuing throughout July and August. Once again, our Recreation team has prepared an extensive range of classes, workshops and sports activities designed to keep younger Members active and engaged throughout the holidays. From Tennis, Pickleball and Swimming to STEM workshops, arts and crafts, languages and dance, there is an enormous variety of activities available over the summer. I encourage Members to review the centre pages of this issue and make bookings as early as possible.

We also have a wonderful selection of seasonal dining experiences across the Club. At The Island View, our themed Weekday Dinner Buffets continue with España Olé! from 1st to 11th before transitioning into our Australian Black Angus Beef and Summer Black Truffle Dinner Buffet from 14th to 30th. We are also pleased to present Culinary Treasures from New Zealand every Friday and Saturday throughout the month, including a special hosted evening with Misha and Andy Wilkinson of Misha's Vineyard on Friday, 12th. Please refer to pages 4 and 7 for full details.

Father's Day will be celebrated throughout the Club across the weekend of 20th and 21st, with a range of dining experiences and family activities for Members to enjoy together. Whisky and Chocolate Harmony on Saturday, 20th offers a relaxed and enjoyable Father's Day gift idea, while younger Members can look forward to our Father's Day Reptile Encounter on the same afternoon, promising discovery and family fun. Celebrations continue on Sunday, 21st across The Island View, Pier 6, Bauhinia and Capricci with a variety of Father's Day dining experiences for the whole family. Full details can be found on pages 10 to 11, and 13.

Later in the month, Members can also look forward to an exceptional Château Pavie Wine Dinner on Friday, 26th at Pier 6, hosted by Master Sommelier and Asia Pacific Vice-President, João Pires and featuring an outstanding selection of wines from one of Saint Émilion's most celebrated estates. If you haven't yet booked, please turn to page 9.

For Members focusing on health and wellbeing this summer, I am also pleased to share the arrival of our new Pilates Reformer in Aerobics Room II, now available with a special promotional price throughout the month. Tennis enthusiasts may also look forward to our Spirit of Wimbledon Tournament on Sunday, 28th, bringing a touch of traditional Wimbledon atmosphere to the Club with an afternoon of friendly competition, white attire and classic strawberries and cream.

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

尊敬的會員，

6月份是本會迎接夏日的開始，不論是學校假期、家庭聚會，還是為各年齡層會員準備的豐富精彩活動、餐飲體驗及運動比賽，都將為會所帶來無限歡樂。

本月份的一大亮點就是公佈今年兒童暑期活動的詳情，課程將於6月22日及23日起陸續舉行，並持續整個7月及8月份。本會康體部團隊再次精心準備了豐富多彩的課程、工作坊及體育活動，旨在讓年輕會員在整個假期中保持活力及充實的生活。從網球、匹克球及游泳，到STEM工作坊、手工藝、語言學習及舞蹈，活動種類繁多。我建議大家仔細閱讀今期刊中問內頁的詳細資料，並儘早報名。

此外，本會內各餐廳亦會送上選擇豐富的時令餐飲體驗。Island View餐廳將繼續於平日晚上舉行每週主題自助晚餐，包括於1日至11日期間帶來西班牙地道美食，以及於14日至30日期間推出的澳洲黑安格斯牛肉及夏季黑松露自助晚餐。此外，我們很高興在整個6月份的每個星期五及六舉行紐西蘭美食之夜，其中包括於12日星期五由Misha's葡萄園的主人Misha及Andy Wilkinson夫婦帶來的特別晚宴。詳情請參閱第4及7頁。

本會亦將於20日及21日這個週末裡舉行父親節慶祝活動，為會員準備了豐富的餐飲體驗及家庭活動，讓大家共享歡樂時光。於20日星期六舉行的「威士忌與朱古力和諧之美」活動將會成為一份輕鬆愉悅的父親節禮物。同日下午，年輕會員還可以參加父親節爬蟲類互動體驗，探索奇妙的動物世界，享受家庭樂趣。到了21日星期日，Island View、Pier 6、紫荊閣及Capricci餐廳將繼續舉辦慶祝活動，提供各式各樣適合全家人參與的父親節餐飲體驗。詳情請參閱第10、11及13頁。

到了本月底，會員還可以參加於26日星期五在Pier 6舉行，由侍酒大師及品牌的亞太區副總裁João Pires主持的Château Pavie美酒晚餐，屆時將介紹這間來自Saint Émilion產區最負盛名的酒莊的精選佳釀。如果你尚未訂座，請翻至第9頁了解詳情。

今個夏季，對於注重身心健康的會員，我很高興地宣布本會二號多用途房已添置了一部全新的普拉提器材，並將於本月份推出體驗課堂特別優惠。而各位網球愛好者也可以期待我們將於28日星期日舉行的溫布頓致敬賽，屆時網球場上將充滿溫布頓的傳統氛圍，為大家帶來一個由友誼比賽、傳統的白色網球服裝及經典草莓奶油組成的下午。

我期待於本月份在會所與大家相見。

Board of Governors

| | |
|----------------|------|
| Henry Tang | 唐英年 |
| Vincent Fang | 方剛 |
| William Fung | 馮國綸 |
| Kathryn Louey | 雷羅慧洪 |
| W. Gage McAfee | |
| David K.P. Li | 李國寶 |
| Stephen Tai | 戴德豐 |
| K.C. Chan | 陳家強 |
| Oscar Chow | 周維正 |
| Takeshi Sokai | 祖開健 |

Management 管理階層

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

Bookings 預約及查詢電話

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

Contents 內容簡介

| | | |
|----|-----------------|--------|
| 5 | Membership | 會員資訊 |
| 16 | Hit The Trail | 遠足小徑 |
| 21 | Chef's Page | 廚師心得 |
| 37 | The Spa | 美容情報 |
| 38 | In Full Bloom | 創意花坊 |
| 40 | Recreation | 悠閒活動 |
| 42 | Fitness | 健康情報 |
| 44 | Pickleball | 匹克球資訊 |
| 46 | Tennis | 網球資訊 |
| 48 | Bookworm | 開卷有益 |
| 49 | Golf News | 高球資訊 |
| 50 | In the Frame | 攝影知趣 |
| 51 | Hair | 髮式時尚 |
| 52 | Kids' Corner | 兒童天地 |
| 54 | Sudoku | 數獨 |
| 55 | Reciprocal Club | 海外聯繫會所 |

WEEKLY DINNER BUFFETS

AT THE ISLAND VIEW

ISLAND VIEW 餐廳每週精選主題自助晚餐

Our popular midweek Dinner Buffets continue throughout June at The Island View, with two very different themes featured across the month. The first brings the bold, generous flavours of Spain to the buffet, followed by an Australian inspired selection centred around premium produce and the rich aroma of freshly shaved Summer Black Truffle.

Island View 備受歡迎的每週精選主題自助晚餐將於整個 6 月份繼續舉行，帶來兩個截然不同的主題。第一個主題就是將豐盛的西班牙風味帶入自助餐中；而另一個主題則以澳洲特色菜餚為主，選用優質食材，並佐以新鮮刨下、香氣濃郁的夏季黑松露。



ESPAÑA OLÉ! 西班牙地道美食

A celebration of the generous spirit and sun the week, our Chefs will present a tempting spread centred around premium Ibérico Pork cuts including Pluma, Presa and Secreto, roasted over charcoal and served alongside individually prepared Paella Valenciana at your table. Expect Mediterranean Seafood, Serrano Ham and a wide selection of Spanish inspired favourites throughout the buffet. Sangria and non alcoholic refreshments will also be available from the Bar to complete the experience, at an additional charge.

盡情享受西班牙熱情好客和陽光燦爛的美味！於兩個星期裡，本會廚師團隊將為大家奉上以 Pluma、Presa 及 Secreto 等頂級伊比利亞豬肉為主的誘人盛宴；這些豬肉均以炭火烤製，並配搭現場烹煮的西班牙海鮮飯。自助餐桌上還將供應地中海海鮮、Serrano 火腿，以及各種西班牙風味美食。

屆時我們還將設有酒吧提供 Sangria 氣酒及無酒精飲品（需另外收費），讓你的用餐體驗更加完美。



1st to 4th June & 7th to 11th June
(excluding 10th)
6月1日至4日、7日至11日(10日除外)

Venue : The Island View Restaurant
地點 : Island View 餐廳

Adults 成人 Children 小童
\$288 \$188

Reservations 訂座 : 2118 1846

AUSTRALIAN BLACK ANGUS BEEF AND SUMMER TRUFFLE DINNER BUFFET

澳洲黑安格斯牛肉及夏季松露自助晚餐



Premium Australian Black Angus Beef takes centre stage at this Australian-inspired buffet, accompanied by fresh Australian Seafood, seasonal produce and a selection of hearty dishes prepared to showcase the exceptional ingredients. In addition, throughout the evening, Summer Black Truffle will be shaved generously over selected dishes at the buffet and carving station, adding its rich aroma and distinctive flavour to the experience.

在這充滿澳洲特色的自助晚餐中，頂級澳洲黑安格斯牛肉將成為主角，配搭新鮮的澳洲海鮮、時令蔬菜及一系列精心烹調的豐盛菜餚，充分展現食材的卓越品質。此外，在整個用餐過程中，自助餐桌及烤肉區上的美食都會加上夏季黑松露片，為你的用餐體驗增添濃郁的香氣及獨特的風味。



14th to 18th June, 22nd to 25th June & 29th to 30th June
6月14日至18日、22日至25日、29日及30日

Venue : The Island View Restaurant
地點 : Island View 餐廳

Adults 成人 Children 小童
\$288 \$188

Reservations 訂座 : 2118 1846



The long summer school holidays will soon be upon us, marking the beginning of many exciting adventures for your little ones here at the Pacific Club. Our Recreation team has prepared an extensive Junior Summer Programme featuring more than 200 exciting classes, workshops and day camps across sports, children's development, arts, crafts and much more. Please turn to the centre pages of this magazine for full details.

We are pleased to offer an Early Bird Discount of five percent off (excluding guest fees) for bookings made before Monday, 15th June. In addition, a further five percent discount is available when enrolling in three or more classes, excluding golf, tennis and swimming classes.

As the Pacific Club Summer Programme activities are always in very high demand, we strongly encourage Members to enroll as early as possible to avoid disappointment once classes reach capacity.

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

悠長的暑假將至，請大家記下本會為會員子女籌備的精彩暑期活動的日期，為他們安排一個精彩的暑假。我們已悉心安排了超過 200 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、手工藝等包羅萬有的課程，有關詳情請參閱本刊中間內頁的詳細內容。

會員只需於 6 月 15 日（星期一）前報名，即可獲得 5% 折扣「早鳥優惠」（不包括賓客費用）。此外，報名參加三項或以上課程（高爾夫球、網球和游泳課程除外）可享額外 5% 折扣優惠。

太平洋會的暑期活動課程歷來備受歡迎，我們強烈建議會員儘早報名，以免因名額已滿而錯過機會。

欲報名或查詢詳情，請致電 2118 1890 聯絡二樓接待處。



By Tommy Ko
Membership Manager
撰文：會籍部經理

T1 L3 8

Typhoon Policy

With the typhoon season approaching, we would like to remind Members of the Club's policy in this regard:

- The Club will operate as normal during Typhoon Signals No. 1 and No. 3.
- In the event that Typhoon Signal No. 8 is hoisted, all Club facilities and outlets will close.
- The Club will reopen two hours after Typhoon Signal No. 8 has been lowered, provided this occurs before 5:00pm. If the signal is lowered after 5:00pm, the Club will remain closed until the following morning.

Should the Government issue an announcement of "extreme conditions" caused by a super typhoon, indicating serious disruption to public transport services, extensive flooding, major landslides or large scale power outages, Club Staff will be advised to remain at their current location or another safe place for two hours following the lowering of Typhoon Signal No. 8, rather than reporting immediately to work.

Under such circumstances, the reopening time of the Club may be affected and certain facilities and services may remain limited temporarily.

颱風措施

隨著颱風季節的來臨，我們想提醒各會員注意本會於颱風襲港期間所實行的措施：

- 當 1 號或 3 號颱風訊號懸掛時，會所將照常營業。
- 當 8 號颱風訊號懸掛時，會所內所有部門及設施將會關閉。
- 若 8 號颱風訊號於當日下午 5 時前除下，會所將於訊號除下後兩小時後重新開放。若訊號於當日下午 5 時後除下，會所則會全日關閉。

若政府宣佈因超強颱風引發「極端情況」的信息，表示公共交通服務嚴重受阻、廣泛地區水浸、嚴重山泥傾瀉或大規模停電等，為確保人生安全，會所員工在 8 號颱風訊號取消兩小時內，應留在原來的地方或安全地點，毋須立即啟程上班。

在這種情形下，會所恢復開放的時間將會因而受到影響，並可能只開放部份設施及提供有限的服務。



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

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



JUNE 2026
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 wine from Misha's Vineyard for Members' enjoyment.

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

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

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

總額 HK\$_____ 將直接於閣下之太平洋會員月結賬戶內扣除。

.....

Member's Name (會員姓名): _____

Membership Number (會員編號): _____

Contact Telephone No. (聯絡電話): _____

Delivery Address (送貨地址): _____

Signature (會員簽名): _____

- For ordering, please present this form to the Club Bar, or fax to 2118 0207 or email to: paul-siu@pacificclub.com.hk
 訂購方法：請填妥此表格，並交回會所酒吧；或傳真至 2118 0207；或電郵至 paul-siu@pacificclub.com.hk。
- Please allow 5-7 working days lead time for wine collection at the Club Bar or free delivery service (Hong Kong, Kowloon and N.T. areas only)
 於會所酒吧領取訂購之葡萄酒，或安排免費送貨服務（只限香港島、九龍及新界地區），需時5-7個工作天。
- For further information, please call the Club Bar at 2118 1845.
 如有查詢，請致電會所酒吧：2118 1845。
- The personal data collected in this order form will be used for order confirmation and delivery arrangement only.
 本表格內所收集的個人資料只用作確認訂購及安排送貨之用途。



The Gallery Gewürztraminer 2023

Medium-bodied, with intense aromas of lychee, apricot and rose petals. Rich and textured on the palate, with an oily mouthfeel and lingering spicy finish.

| | | | |
|-------|--------------|------|---------------|
| 75 cl | \$190/bottle | Qty: | Total Amount: |
|-------|--------------|------|---------------|



The Starlet Sauvignon Blanc 2024

Medium-bodied, with bright citrus, white flowers, lemongrass and gooseberry aromas. Vibrant acidity balanced by a creamy, dry palate from partial wild oak fermentation.

| | | | |
|-------|--------------|------|---------------|
| 75 cl | \$190/bottle | Qty: | Total Amount: |
|-------|--------------|------|---------------|



Cantata Pinot Noir 2021

Medium-bodied, with delicate tannins and aromas of cherries, raspberries and rose petals. Dry, elegant and gently spiced on the finish.

| | | | |
|-------|--------------|------|---------------|
| 75 cl | \$240/bottle | Qty: | Total Amount: |
|-------|--------------|------|---------------|



The High Note Pinot Noir 2022

Medium-bodied, with silky tannins and bright aromas of wild raspberries, strawberries and citrus peel. Fine acidity and savoury spice add complexity to the palate.

| | | | |
|-------|--------------|------|---------------|
| 75 cl | \$320/bottle | Qty: | Total Amount: |
|-------|--------------|------|---------------|



CULINARY TREASURES FROM NEW ZEALAND WITH MISHA'S VINEYARD

Every Friday and Saturday in June at The Island View

6 月份逢星期五及六在 ISLAND VIEW 餐廳舉行
紐西蘭美食之夜 介紹 MISHA'S 葡萄園的佳釀

This June, The Island View showcases the incredible produce and wines of New Zealand, bringing together exceptional ingredients from land and sea alongside the acclaimed wines of Misha's Vineyard from Central Otago.

Throughout the promotion, diners can enjoy a generous Dinner Buffet showcasing some of New Zealand's most celebrated specialities, from freshly shucked New Zealand Oysters and Diamond Clams to Ora King Salmon, premium Lamb and Beef, and a tempting selection of classic desserts including Hokey Pokey Ice Cream and a fun DIY Pavlova Bar.

於 6 月份，Island View 餐廳將為大家介紹紐西蘭令人驚嘆的農產品及葡萄酒，匯集來自陸地及海洋的優質食材，以及來自奧塔哥中部 Misha's 葡萄園的著名佳釀。

於整個活動期間，大家可以享用豐盛的自助晚餐，品嚐紐西蘭最著名的特色美食，從新鮮即開的紐西蘭生蠔及鑽石蜆，到 Ora 帝王三文魚、優質羊肉及牛肉，以及一系列誘人的經典甜點，包括蜂巢脆糖雪糕及有趣的 DIY 百露華蛋糕。

Enhancing the experience are four carefully selected wines from Misha's Vineyard, chosen to complement the buffet and highlight the character of New Zealand winemaking. In addition, a selection of non-alcoholic drinks will be available too.

為了提升用餐體驗，我們還精心挑選了來自 Misha's 葡萄園的 4 款葡萄酒，旨在與自助餐美食相得益彰，並突顯紐西蘭葡萄酒釀造的特色。另外亦供應多款無酒精飲品選擇。

- The Gallery Gewürztraminer 2023
- The Starlet Sauvignon Blanc 2024
- Cantata Pinot Noir 2022
- The High Note Pinot Noir 2022

*Included wines and beverages are served in tasting-size quantities
所有葡萄酒及無酒精飲品均以品酒杯份量供應

Every Friday and Saturday in June
6 月份逢星期五及六

Venue : The Island View Restaurant
地點 : Island View 餐廳

Adults 成人 Children 小童
\$498 \$298

Reservations 訂座 : 2118 1846



Special hosted evening on Friday, 12th June with Misha and Andy Wilkinson of Misha's Vineyard, Central Otago

於 6 月 12 日 (星期五) 晚上，我們特別邀請了來自奧塔哥中部 Misha's 葡萄園的主人 Misha 及 Andy Wilkinson 夫婦出席晚餐。

On Friday, 12th June, The Island View welcomes Misha and Andy Wilkinson of Misha's Vineyard, Central Otago, for a special evening celebrating the outstanding food and wines of New Zealand. Four elegant wines from the estate will be presented by the owners themselves alongside an abundant buffet showcasing the exceptional produce, flavours and culinary traditions of New Zealand. Relax with a glass in hand and speak directly with the owners as you discover the character and charm of one of New Zealand's most celebrated wine regions.

於 6 月 12 日 (星期五)，Island View 餐廳很高興邀請到來自奧塔哥中部 Misha's 葡萄園的主人 Misha 及 Andy Wilkinson 夫婦親臨，與我們一同分享紐西蘭佳釀美酒的卓越之處。當晚，他們將親自為大家介紹 4 款精選葡萄酒，我們亦會奉上豐盛的自助餐，以展現紐西蘭的優質食材、獨特風味和烹飪傳統。屆時，大家可以手持一杯美酒，與葡萄園主人輕鬆交流，深入了解紐西蘭最負盛名的葡萄酒產區之一的獨特魅力。

JUNE 2026
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 Pavie Wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$1,800 and above (Hong Kong, Kowloon and N.T. areas only). Alternatively, pick-up the wines at the Club Bar.

本月為會員介紹多款 Château Pavie 葡萄酒，凡購滿 HK\$1,800 及以上可獲免費送貨服務（只限香港島、九龍及新界地區）；或者可於會所酒吧領取葡萄酒。

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

總額 HK\$_____ 將直接於閣下之太平洋會月結賬戶內扣除。

Member's Name (會員姓名):

Membership Number (會員編號):

Contact Telephone No. (聯絡電話):

Delivery Address (送貨地址):

Signature (會員簽名):

- For ordering, please present this form to the Club Bar, or fax to 2118 0207 or email to: paul-siu@pacificclub.com.hk
 訂購方法：請填妥此表格，並交回會所酒吧；或傳真至 2118 0207；或電郵至 paul-siu@pacificclub.com.hk。
- Please allow 5-7 working days lead time for wine collection at the Club Bar or free delivery service (Hong Kong, Kowloon and N.T. areas only)
 於會所酒吧領取訂購之葡萄酒，或安排免費送貨服務（只限香港島、九龍及新界地區），需時5-7個工作天。
- For further information, please call the Club Bar at 2118 1845.
 如有查詢，請致電會所酒吧：2118 1845。
- The personal data collected in this order form will be used for order confirmation and delivery arrangement only.
 本表格內所收集的個人資料只用作確認訂購及安排送貨之用途。



Nicolas Feuillatte, Réserve Exclusive Brut N.V.

A blend of Chardonnay, Pinot Noir and Pinot Meunier offering elegance, structure and fruitiness. Pale gold with delicate bubbles, showing floral aromas, white fruits, almond and hazelnut. Fresh, smooth and balanced.

| | | | |
|-------|--------------|------|---------------|
| 75 cl | \$375/bottle | Qty: | Total Amount: |
|-------|--------------|------|---------------|



Esprit de Pavie 2019

Refined and fruit-driven, with blackberry, dark chocolate and gentle spice notes. Medium-bodied with fine tannins and a smooth, succulent finish.

| | | | |
|-------|--------------|------|---------------|
| 75 cl | \$185/bottle | Qty: | Total Amount: |
|-------|--------------|------|---------------|



Clos Lunelles 2018

Concentrated and intense, with ripe berry fruit, dried fruit notes and chewy oak-infused tannins. Full-bodied with a savoury, salty undertone. Built for ageing.

| | | | |
|-------|--------------|------|---------------|
| 75 cl | \$320/bottle | Qty: | Total Amount: |
|-------|--------------|------|---------------|



Arômes de Pavie 2019

Deep purple in colour with cassis, graphite, white flowers and tobacco leaf. Medium to full-bodied, round and seamless, showing both floral Cabernet Sauvignon character and generous Merlot richness.

| | | | |
|-------|--------------|------|---------------|
| 75 cl | \$730/bottle | Qty: | Total Amount: |
|-------|--------------|------|---------------|



Château Pavie 2013

Rich aromas of crème de cassis, mulberries and forest floor, supported by subtle spicy oak. Balanced and polished, with impressive purity, length and ageing potential.

| | | | |
|-------|----------------|------|---------------|
| 75 cl | \$2,340/bottle | Qty: | Total Amount: |
|-------|----------------|------|---------------|



Château Pavie 2014

Aromas of blueberries, violets, wild mushrooms and sandalwood. Full-bodied yet refined, with structured tannins, chalky minerality and excellent freshness.

| | | | |
|-------|----------------|------|---------------|
| 75 cl | \$2,480/bottle | Qty: | Total Amount: |
|-------|----------------|------|---------------|



CHÂTEAU PAVIE WINE DINNER

Hosted by Mr João Pires, Master Sommelier
and Asia Pacific Vice-President for Château Pavie

CHÂTEAU PAVIE 美酒晚宴

由侍酒大師及 Château Pavie 亞太區副總裁 Mr João Pires 主持

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

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

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

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

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

Friday, 26th June
6月26日 (星期五)

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

Venue : Pier 6 Restaurant
地點 : Pier 6 餐廳

\$1,688 Per person
每位

Reservations 訂座 : 2118 1878



WELCOME DRINK

Nicolas Feuillatte,
Reserve Exclusive Brut N.V.

MENU

Esprit de Pavie 2019

Crispy Egg Yolk with Salpicon of Girolles Mushrooms

Clos Lunelles 2018

Potpourri of Fine Vegetables and Herbs
with Foie Gras Mousse, Rye and Lardo

Arômes de Pavie 2019

Tranche of Confit Turbot and
Crayfish with Morels

Château Pavie 2013

Beef Crêpinette with Lardons,
Paris Mushrooms and Snails

Château Pavie 2014

Lamb Loin en Croûte in its own Jus
with Pâtisson farçi and Fondant Potato

Dune Blanche Hongkongaise

Canelé Bordelaise

*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

Sunday
21st June
6月21日
(星期日)

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

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

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

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

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

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

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

Venue :
地點 : The Island View and Pier 6

Reservations 訂座 : 2118 1846

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

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

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

Venue : Bauhinia
地點 : 紫荊閣

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

Reservations 訂座 : 2118 1892

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

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

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

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

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

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

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

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

父親節意式 半自助午餐及晚餐

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

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

Lunch from 12:00noon

午餐由中午12時開始

Adults 成人 Children 小童

\$388 \$258

Dinner from 6:00pm

晚餐由傍晚6時開始

Adults 成人 Children 小童

\$488 \$328

Venue :
地點 : Capricci

Reservations 訂座 : 2118 1803

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

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

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



FATHER'S DAY CAKE MILK CHOCOLATE AND PASSION FRUIT ENTREMET

父親節蛋糕訂購 - 牛奶朱古力百香果夾心蛋糕



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

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

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

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

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

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

\$440 | 2 lb
每個兩磅

SUMMER DRINKS

夏日特飲

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

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



Brazilian Lemonade
巴西檸檬特飲



French Lemon Curd Fizz
法式檸檬蛋黃醬氣泡飲



Italian Peach Spritz
意式蜜桃氣泡飲



Japanese Yuzu Espresso
日本柚子濃縮咖啡

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

\$60 | per glass (Mocktail)
每杯(無酒精)
\$90 | per glass (Cocktail)
每杯(有酒精)

RED PRAWN SPAGHETTI WITH PIENNOLO TOMATOES AND BASIL

意大利蕃茄羅勒紅蝦意大利麵

A true taste of Southern Italy... Delicious Red Prawns and prized Piennolo Tomatoes from the volcanic soil of Mount Vesuvius come together in a beautifully rich Spaghetti dish at Capricci this month. Finished with Extra Virgin Olive Oil, Basil and an intensely flavourful stock enriched with the natural juices from the Prawn heads.

Simple, generous and full of Mediterranean character, this is Italian summer cooking at its very best.

品嚐道地的意大利南部風味...本月份，Capricci 餐廳特別為大家送上一道美味濃郁的意大利麵，選用鮮味的紅蝦及產自維蘇威火山土壤的珍貴 Piennolo 蕃茄，精心烹製而成。最後淋上特級初榨橄欖油，撒上羅勒，再加入以蝦頭熬煮的天然濃郁高湯，令風味更佳。

簡單、豐盛，充滿地中海風情，這道菜式堪稱意大利夏季美食的典範。

Venue : Capricci
地點 : Capricci餐廳

\$599 per portion, perfect for sharing
(每份)，適合與人分享

Prepared in limited quantities each day.
每日限量供應



WHISKY & CHOCOLATE HARMONY

SECRET SPEYSIDE AND CHOCOLATE PAIRING SESSION

FATHER'S DAY
GIFT IDEA!

威士忌與朱古力的和諧之美

SECRET SPEYSIDE 威士忌與朱古力品嚐會

Are you looking for the perfect Father's Day gift? This guided tasting brings together four distinguished Secret Speyside whiskies with selected chocolates, exploring how richness, sweetness, spice and texture can enhance the character of each dram.

還在尋找一份完美的父親節禮物嗎？這次品嚐會將會介紹 4 款來自 Secret Speyside 產區的頂級威士忌與精選朱古力配搭品嚐，帶你探索不同的醇厚、甜度、香料味和口感，如何提升每款威士忌的獨特風味。

Saturday, 20th June
6月20日 (星期六)

Time : From 3:00pm
時間 : 下午3時活動開始

Venue :
地點 : Pier 6

\$690 Per person
每位

Reservations 訂座 : 2118 1878



Featured Whiskies 可品嚐的威士忌包括：

- 23 Year Old Longmorn
- 18 Year Old Caperdonich
- 16 Year Old Aberlour
- 21 Year Old Glen Keith



EUROPEAN STRAWBERRY SEASON COMES TO THE CLUB

歐洲草莓季節已經來到太平洋會！

Now in peak season, fresh European Strawberries are delivered to the Club several times each week, selected for their fragrance and natural sweetness. Our chefs present a collection of classic Strawberry favourites that highlight the fruit in its purest and most elegant form.

現正值歐洲草莓的時令季節，我們每個星期都會購買數次這款香氣濃郁、甜美可口的新鮮草莓。今月份，本會糕點師傅將會精心製作一系列經典草莓甜點，以最純粹、最優雅的方式展現這款草莓的美味。



- **STRAWBERRIES ROMANOFF**
European Strawberries with a touch of Grand Marnier and Sour Cream Chantilly, inspired by the celebrated creation of Chef Auguste Escoffier. 靈感源自名廚 Auguste Escoffier 的經典之作，以歐洲草莓配搭少許 Grand Marnier 橙酒和香緹酸奶油。
- **WIMBLEDON STYLE STRAWBERRIES**
Fresh European Strawberries served simply with chilled Double Cream. 新鮮歐洲草莓，佐以冰鎮濃郁忌廉，簡單而美味。
- **ETON MESS**
Marinated Strawberries and Strawberry Coulis layered with Crunchy Meringue and Crème Chantilly. 醃製草莓和草莓醬，層層疊疊，配搭蛋白脆餅和香緹奶油。
- **JAPANESE STYLE STRAWBERRY PARFAIT**
European Strawberries with Vanilla Ice Cream, Strawberry Coulis and Mochi. 歐洲草莓伴香草雪糕、草莓醬和麻糬。
- **SPARKLING LAMBRUSCO AND STRAWBERRY PUNCH**
A refreshing blend of chilled Lambrusco and ripe European Strawberries. 冰鎮 Lambrusco 葡萄酒與成熟歐洲草莓的清爽融合。

Available à la carte in all outlets and with the Afternoon Tea Set at the Oyster Bar.
於所有餐廳及酒吧單點供應，或可在 Oyster Bar 的下午茶套餐中享用。



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 19th June.

今年6月19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 | \$208 | | |
| Sweet Glutinous Rice Dumplings with Red Bean Paste 豆沙鹹水粽 | \$78 | | |
| Glutinous Rice Dumplings with Conpoy and Assorted Meats + Sweet Glutinous Rice Dumplings with Red Bean Paste 裹蒸粽 + 豆沙鹹水粽 | \$280 | | |

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 1st June, whilst stocks last.
預訂日期：由6月1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@pacifclub.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@pacifclub.com.hk。
- Collection may be made from 12th-19th June at Bauhinia Restaurant.
閣下訂購之粽子可於6月12日至19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。



KOREAN FRIED CAULIFLOWER

Available throughout June at the Club Bar

韓式炸椰菜花 於 6 月份在會所酒吧供應

Our KFC, Korean Fried Cauliflower, delivers everything you want from great comfort food. Crisp, crunchy bites coated in bold Korean inspired flavours that keep you reaching for more.

Delicious with an ice cold beer, a glass of wine, or simply on their own, each portion is freshly prepared and perfect for sharing.

本會新推出的韓式炸椰菜花絕對能滿足你對美食的期望。酥脆可口的炸椰菜花裹上多款濃郁的韓式風味醬，讓你回味無窮。

配搭冰涼啤酒、葡萄酒或單獨享用都美味無比。每份炸椰菜花都是新鮮製作，非常適合與朋友分享。

- **Honey and Garlic** 蜂蜜蒜蓉
- **Sour Cream and Onion** 酸忌廉洋葱
- **Spicy Chilli and Soy** 香辣醬油
- **Classic KFC** 經典口味

\$88 | per serving
每份

JAPANESE-STYLE SIZZLING CHEESY BURGER

日式鐵板芝士漢堡

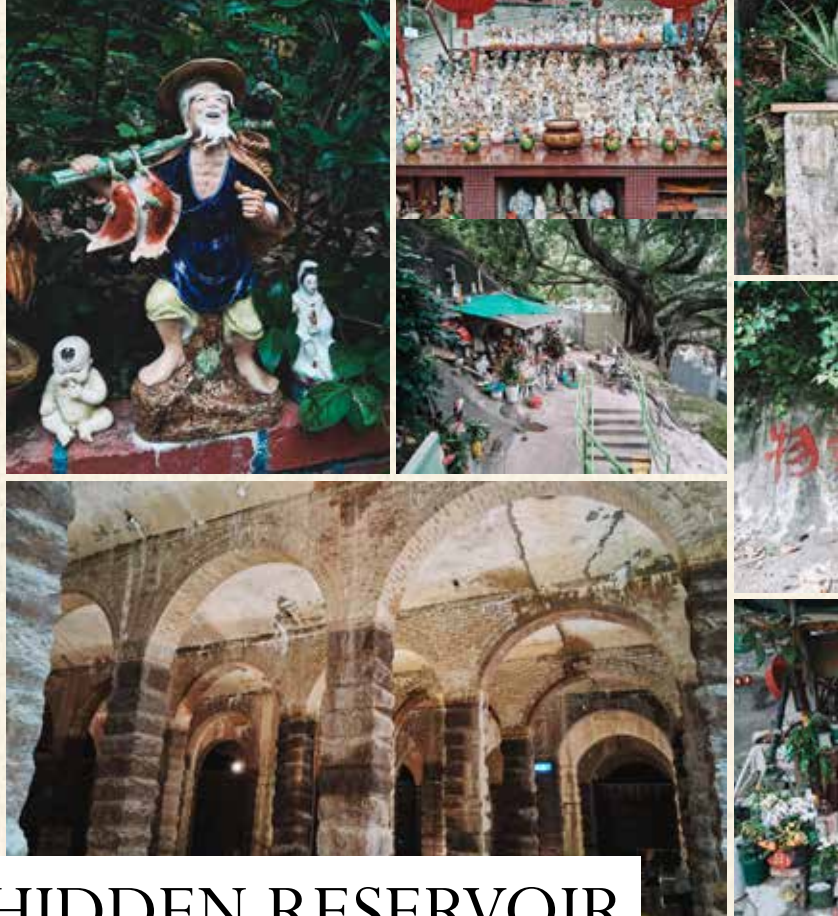
Inspired by the sizzling teppan style burgers popular in Japan, this indulgent creation features Grilled Black Angus Beef topped with caramelised and crispy Onions, served on a hot plate surrounded by bubbling melted Cheese and accompanied by crisp French Fries.

這款令人垂涎的美食靈感源自日本流行的鐵板燒漢堡，選用烤黑安格斯漢堡牛肉，再鋪滿焦脆香甜的洋葱，然後將整個漢堡放在滾燙的鐵板上，周圍環繞著熱騰騰的溶化芝士，並配以香脆的炸薯條享用。

Available at the Club Bar throughout June
於 6 月份在會所酒吧供應

\$178 | per serving
每份





WOH CHAI SHAN'S HIDDEN RESERVOIR

An impressive underground heritage site can be visited on this easy hike up a hill in the middle of Kowloon.

This trail involves a lot of steps up and down but it's quite short, and mostly shaded too. Walking time: 2 hours.

Travel by MTR to Shek Kip Mei and leave the station by Exit A. Walk straight ahead down the road, and turn left across the zebra crossing. Continue ahead down Shek Kip Mei Street, past the line of shops. Turn left at the St Francis of Assisi school to walk up the steep, narrow end of Berwick Street.



A set of stairs leads upwards on your left, lined by green railings. You're now on your way up Woh Chai Shan, also known as Mission Hill. A sign helpfully points to the "Ex-Sham Shui Po Service Reservoir" and these notices will lead you all the way up this leafy rise. First you pass an outdoor exercise area that was busy with people stretching on our weekday afternoon visit.

Another sign says "Do not intimidate dogs", rather mysteriously. Up steps from here, you find a large Buddhist shrine with hundreds of figurines. Some dogs are sleeping here so we leave them alone.

As you climb higher, a series of weathered ping pong tables appear on either side of the stairs, evidently carried here by table tennis fans. Behind one of them, a DIY outdoor gym has been built by morning walkers.

Soon afterwards you reach the gate to the reservoir. This underground storage facility was built in 1904 to supply water to the growing districts of Kowloon Tong and Sham Shui Po. It was constructed using graceful granite columns and arched roof supports, in a style similar to that used by the ancient Romans. And yet few people knew it existed until 2020, when the Water Services Department started to demolish it. There was an outcry, with some citizens blocking the path of the demolition workers, and the decision to destroy it was reversed. Now, it has been

preserved and given Grade I heritage status. It is open every day except Tuesdays, from 9am to noon and 2pm to 5pm.

Because it's a fragile structure, the department limits the number of people who are allowed inside it at any one time, and the vacancy number is listed outside on an electronic board. Walk up the steps to the top of the hill, and there you'll find stairs leading down into the cavern of the reservoir. Part of the roof was demolished by the workers, and it's this gap that you descend through.

Inside, spotlights aimed at the carved granite columns and brick arches create an atmospheric effect. On our visit, a group of young people are holding a fashion shoot. QR codes allow you to listen to an audio guide while you walk around.

Besides this architectural gem, the hill is also crowned with a number of mature trees including India rubber and banyan. When it's time to leave, follow the sign to the exit of the compound, but don't follow the signs pointing you back down to Berwick Street. Instead, turn right immediately upon exiting the gate, and follow this level path past a tree labelled "T188" to find another set of steps with green railings. These take you downhill, past many side paths, to another shrine nestled into a rockface.

Walk down to the rest garden opposite playing fields and turn left to walk through a passageway to Tai Hang Tung Recreation Ground. Turn right and follow the pleasantly tree-lined avenue, and then when you reach the gate on the left marked "Soccer Pitch No 3", walk across the field, aiming for the blue-and-yellow building on the far side. As you pass between the pitches, you can watch people playing football and rugby on either side.

After you exit the field, turn right and go straight over the zebra crossing. Flower Market Path then takes you to where Sai Yee Street meets Flower Market Road. If you want to take in some of the area's floral fragrance, you can turn left here and then make two right turns to double back on yourself. Back at Sai Yee Street, a tourist board sign points you to a choice of two MTR stations: Mong Kok East or Prince Edward.



Words and pictures 撰文及圖片 | Pete Spurrier



窩仔山[主教山]的隱密水庫

在九龍的中心地帶，沿著一條輕鬆的登山徑步行，即可前往參觀一處令人印象深刻的地下遺址。

這次行程雖然有許多上落梯級，但路程較短，大部分路段都有樹蔭遮蔽。步行時間：兩小時。

乘搭港鐵至石硤尾站，從 A 出口出站。沿路直行，過馬路後左轉。繼續沿著石硤尾街直行，經過一排商店。在聖方濟各學校左轉，沿著陡峭狹窄的巴域街行至盡頭。

左側有一道向上延伸的梯級，兩側是綠色的欄桿。你現在正沿著主教山（英文也稱為 Mission Hill）向上攀登，路標清楚地指向「前深水埗配水庫」，沿著這指示牌，你將一路沿著綠樹成蔭的小路向上攀登。首先你會經過

一個戶外健身區，我們在平日下午前往時，那裡有很多人在做伸展運動。

這裡有另一塊提示牌寫著「請勿恫嚇狗隻」，感覺頗為神秘。從這裡拾級而上，你會看到一座大型佛教神龕，裡面擺放著數百尊佛像。有些狗隻正在那裡睡覺，所以我們沒有打擾牠們。

沿著梯級往上走，兩側出現了一排斑駁的乒乓球桌，顯然是乒乓球愛好者搬過來的。其中一張球桌後面，擺放著由晨運人士搭建的簡易戶外健身器材。

不久之後，你便會到達水庫的入口。這座地下蓄水設施建於 1904 年，旨在為九龍塘和深水埗等新興地區供水。水庫採用優美的花崗岩柱和拱形屋頂支撐結構，風格與古羅馬建築相似。然而，直到 2020 年水務署開始拆除它之前均鮮為人知。此舉引發了強烈抗議，一些市民甚至阻止工作人員拆卸，最後水務署撤回了清拆的決定。如今，水庫已被保存下來，並被列為一級文物保護建築。除星期二外，水庫每天上午 9 時至中午 12 時及下午 2 時至 5 時開放參觀。

由於建築結構脆弱，管理部門限制了同一時間進入的人數，「可進人數」會顯示在外面的電子告示牌上。沿著梯級走到山頂，那裡有通往水庫洞穴的梯級。部分屋頂已被工人拆除，你需要從這個缺口下去。

洞穴裡，聚光燈照射在雕刻精美的花崗岩柱和磚砌拱門上，營造出獨特的氛圍。我們參觀時，一群年輕人正在進行時尚拍攝。掃描二維碼即可邊走邊聽語音導覽。

除了這座建築瑰寶，山上還生長著許多參天大樹，包括橡膠樹和榕樹。離開時，請跟隨指示牌前往建築的出口，但不要跟隨指示牌返回巴域街。走出出口後立即右轉，沿著這條平坦的小路走，經過一棵標有「T188」的大樹，即可找到另一道設有綠色欄桿的梯級。沿著這道梯級向下走，經過許多岔路，即可到達另一座依山而建的神龕。

走到運動場對面的休憩公園，左轉穿過一條通道，即可到達大坑東遊樂場。右轉沿著綠樹成蔭的林蔭大道前行，到達左側標有「3 號足球場」的大門後，穿過球場，朝著遠處藍黃相間的建築走去。穿過球場時，你可以觀看兩側的人們踢足球和打檯球。

走出球場後，右轉直行穿過斑馬線。沿著花墟道走會帶你到達洗衣街與花墟道的交匯處。如果你想感受一下這裡的花香，可以在這裡左轉，然後連續右轉兩次折返。回到洗衣街，你會看到旅遊指示牌上標示了兩個港鐵站：旺角東站和太子站。



OYSTER FRIDAYS

Every Friday is Oyster Night at the Club Bar!

會所酒吧

週五「盡享生蠔」之夜

Every Friday in June
6 月份逢星期五

Club Bar
會所酒吧

A plate of freshly shucked Oysters and a cold glass of Champagne remains one of life's great combinations. Throughout June, Friday evenings at the Club Bar are dedicated to exactly that.

Enjoy Oysters served freshly opened to order with classic Mignonette and Lemon, or with a Bloody Mary Shot. Selected Champagne will also be available at a special price of \$78 per glass throughout the evening.

一盤新鮮即開的生蠔，配上一杯冰鎮香檳，堪稱人生絕配。於 6 月份逢星期五晚上，會所酒吧將為你奉上這般美妙的體驗。

你可以享用即叫即開的生蠔，佐以經典的法式香草檸檬醬或辣味血腥瑪麗酒。而當晚的精選香檳也將以每杯 \$78 的優惠供應。

FROZEN YOGHURT PARFAIT

乳酪雪糕芭菲

The perfect way to cool down this summer! Our Frozen Yoghurt Parfaits are made with rich Greek Yoghurt and finished with fresh fruits, sweet sauces and crisp toppings for a smooth, refreshing treat full of flavour.

Choose your favourite and enjoy at The Island View and Oyster Bar in June.

今個夏天的完美消暑選擇！我們的乳酪雪糕芭菲選用濃郁的希臘乳酪製作，配搭新鮮水果、香甜醬料和酥脆配料，口感順滑清爽，風味十足。

於6月份前來 Island View 餐廳及 Oyster Bar，盡情享用你最愛的口味吧！

- **Mango and Passion Fruit** 芒果及百香果
- **Banana and Chocolate Drizzle** 香蕉及朱古力醬
- **Caramel Honeycomb Crunch** 焦糖及蜂巢脆片
- **Strawberry Delight** 草莓

\$88 | per serving
每份



STACKED SENSATION

Your New Favourite Sandwich

層層疊的美味
你全新的摯愛三文治

Extended Throughout
June Due to
Popular Demand
因深受會員歡迎
6月份將繼續送上

Maine-Style Boston Lobster Roll

Following its popularity in May, our Maine-Style Boston Lobster Roll returns for another month. Generous pieces of Boston Lobster are lightly dressed in a Lemon-Tarragon Sauce and served in a soft toasted Roll with French Fries on the side.

緬因風味波士頓龍蝦包

繼5月份大受歡迎後，我們將於6月份繼續送上緬因州風味波士頓龍蝦包。大塊的波士頓龍蝦肉淋上清爽的檸檬香草醬，夾在鬆軟的烤麵包中，再配搭炸薯條一同送上。

整個6月份在會所酒吧、Oyster Bar及Island View餐廳供應，同時亦歡迎使用外賣自取服務。

\$198 | per serving
每份

SIZZLING BANGERS AND BEATS POOLSIDE SAUSAGE PARTY

A deliciously fun afternoon...

熱辣辣的美食及節奏
池畔香腸燒烤派對 一個充滿樂趣的下午...

Join us at the Poolside BBQ Area for an afternoon of smoky flavours, cold drinks and laid back summer music by the water. With the very best Harbour views, sunshine and the enticing smell of sausages grilling over charcoal, it is the perfect way to spend a Saturday afternoon at the Club.

Enjoy tasting portions of sausages from around the world, freshly prepared throughout the event and served straight from the grill. There will be plenty to try while relaxing with friends and family beside the pool.

Relax in the sun, play a round of Flamingo Croquet and Bean Bag Toss, enjoy the fully stocked Bar or show-off your dance moves to the music.

歡迎前來池畔燒烤區，享受一個充滿煙燻風味、冰涼飲品和輕鬆夏日音樂的午後時光。這裡有絕佳的海港景色、明媚的陽光，以及炭火烤香腸的誘人香氣，是你在會所度過週六下午的完美方式。

屆時，大家可以享用來自世界各地、在烤架上即場燒烤的香腸。在池畔與親朋好友放鬆身心的同時，盡情享用各種美食。

大家還可以沐浴在陽光下，玩紅鶴槌球和擲豆袋遊戲，在酒吧享用各種飲品，或隨著音樂翩翩起舞。

Saturday, 20th June
6月20日 (星期六)

Time : 4:00pm to 8:00pm
時間 : 下午4時至晚上8時

Venue : Poolside BBQ Area
地點 : 池畔燒烤區

\$99 per person aged 3 and above
3歲及以上會員 每位\$99

.....
Including unlimited sausages and entertainment
Beverages charged on consumption
包括無限量享用香腸和參與娛樂活動飲品另外收費。

For bookings, please contact The Island View Restaurant on 2118 1846
Booking deadline: Monday, 15th June

訂座請致電 Island View 餐廳: 2118 1846 截止訂座日期: 6月15日 (星期一)

Please note, the event will be cancelled in the case of insufficient bookings or adverse weather conditions.
請注意，如訂座人數不足或當日天氣惡劣，活動將被取消。



CHEF KEUNG'S FAVOURITE BITES AT BAUHINIA

紫荊閣 — 強師傅舌尖上的美食

This month, join us at Bauhinia Restaurant and enjoy a selection of Chef Keung's most cherished recipes. June's highlights include Cold Sliced Abalone with Asparagus and Jelly Fish and Deep-fried Prawns with Mango in Sweet and Sour Sauce.

今個月份，歡迎蒞臨紫荊閣品嚐強師傅最喜歡的招牌菜，包括蘆筍海蜆凍鮑魚、香芒篤篤蝦球，以及其他精選菜式。

1st - 30th June
6月1日至30日

Venue : Bauhinia
地點 : 紫荊閣

Reservations 訂座 : 2118 1892



OUR PASTRY CHEF'S MASTERPIECE

Milk Chocolate and Passion Fruit Entremet

牛奶朱古力百香果夾心蛋糕
太平洋會糕點師傅精心傑作

Layers of smooth Milk Chocolate and vibrant Passion Fruit come together in a beautifully balanced Entremet with rich, tropical flavours.

絲滑的牛奶朱古力和鮮豔的百香果層層交疊，成就了這款口感均衡、充滿濃郁熱帶風味的甜點。

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

\$68 | per portion
每件

STRAWBERRIES ROMANOFF

草莓羅曼諾夫

A summer classic that is perfectly in season and couldn't be easier to prepare, Strawberries Romanoff combines fresh strawberries, citrus, Grand Marnier and softly whipped cream in one of the season's most timeless desserts. This dish is also available at the Club throughout the month as part of our European Strawberries promotion.

草莓羅曼諾夫是一道經典美味的夏日甜品，做法極為簡單，將新鮮草莓、柑橘、Grand Marnier 橙酒和輕盈的忌廉完美融合，堪稱當季最歷久不衰的甜品之一。

於本月份，我們同時會在新推出的歐洲草莓推廣活動中加入這款甜點，歡迎大家前來品嚐



By Daniel Birkner

Head of Culinary & Restaurant Operations

撰文：廚藝及餐飲營運總監



Serves 4
4人份量

INGREDIENTS 材料

| | |
|---|----------------|
| • Strawberries, washed, hulled and quartered 草莓，洗淨、去蒂、切塊 | 450g 450克 |
| • Orange Juice 橙汁 | 30ml 30毫升 |
| • Lemon Juice 檸檬汁 | 30ml 30毫升 |
| • Sugar, to taste 糖，依口味調整份量 | 30g 30克 |
| • Grand Marnier (optional) Grand Marnier 橙酒 (可選) | 30ml 30毫升 |
| • Cold Heavy Whipping Cream 冷藏濃郁忌廉 | 240ml 240毫升 |
| • Sour Cream 酸奶油 | 40g 40克 |
| • Salt 鹽 | Pinch 少許 |

PREPARATION 製作步驟

1. Place the strawberries in a bowl. Add the Grand Marnier, orange juice, lemon juice, sugar and salt, then toss gently and leave to marinate briefly. 將草莓放入碗中，加入 Grand Marnier 橙酒、橙汁、檸檬汁、糖和鹽，輕輕拌勻，醃製片刻。
2. Whip the cold heavy cream with the sour cream until it forms soft peaks. 將冷藏的濃郁忌廉和酸奶油一起打至發泡，並呈現柔軟的彎勾狀。
3. Spoon the marinated strawberries into a glass and top with the whipped cream. 將醃好的草莓舀入杯中，加上發泡的奶油忌廉即可享用。

Junior Summer Programme 2026

CHILDREN'S DEVELOPMENT 兒童智能啟發

STEM SCIENCE LAB COMMANDER (6 – 12 YEARS)

STEM 科技實驗室指揮官 (6-12 歲)

Step into the role of a young science commander through a series of exciting experiments and hands-on science projects. Guided by instructors, children discover fascinating scientific ideas while learning more about the world around them.

本課程設有各種科學實驗涵蓋相關的科學知識，學員透過動手製作科學教材及導師的詳細解說，深入了解身邊的科學現象，還能啟發學員對科學的興趣。

課堂內容參考：災難求生警報器、自製手提吸塵機

| | |
|------------|---------------------------|
| DATE | Thursday, 30th July |
| TIME | 10:00am – 12:30pm |
| PRICE | Member \$850, Guest \$900 |
| CLASS CODE | CD01 |



STEM AI TECHNOLOGY INVENTOR (6 – 12 YEARS)

STEM AI 科技發明家 (6-12 歲)

This class introduces children to the principles behind robotics and artificial intelligence, including simple mechanics and electricity. Through model building and practical activities, participants develop problem-solving skills while learning how intelligent machines work.

本課程將向孩子們介紹這些技術背後的原理，包括基礎機械、電學以及簡單的人工智能系統如何做出決策。他們將建構模型，探索智能機器的工作原理，培養解決問題的能力，並更清楚地理解現代機器人技術背後的原理。

課堂內容參考：智能 Ai 聲控小檯燈、智能編程車

| | |
|------------|---------------------------|
| DATE | Monday, 20th July |
| TIME | 1:30pm – 4:00pm |
| PRICE | Member \$850, Guest \$900 |
| CLASS CODE | CD04 |



STEM MECHANICAL CREATIVITY WORKSHOP (6 – 12 YEARS)

STEM 機械創意工作坊 (6-12 歲)

This workshop introduces children to science through engaging experiments and simple circuit building. Through practical activities and observation, the programme encourages curiosity while strengthening creative thinking and confidence in learning.

本工作坊透過趣味實驗和簡單的電路搭建，引導孩子們探索科學世界。透過將實踐活動與觀察和驗證相結合，激發孩子們的好奇心，增強他們的創造性思維，並幫助他們培養更自信的學習態度。

課堂內容參考：自製迷你小風扇、行星儀模型製作

| | |
|------------|---------------------------|
| DATE | Friday 7th August |
| TIME | 10:00am – 12:30pm |
| PRICE | Member \$850, Guest \$900 |
| CLASS CODE | CD05 |



STEM CARTOON SCIENCE & ART DESIGN STUDIO (3 – 6 YEARS)

STEM 卡通科學藝術設計工作室 (3-6 歲)

Through cartoon-style projects and guided activities, children combine science and art in a fun and creative way. The programme encourages curiosity, builds confidence and introduces young learners to imaginative design and making.

透過不同的卡通科學作品，孩子們可以發揮想像力，將簡單的科學概念融入其中。在指導性活動和創意製作的引導下，激發他們的好奇心，增強自信，並體驗科學與藝術表達相結合的樂趣。

課堂內容參考：黏土卡通磁力實驗、太陽能小裝置、隨意門中的多啦 A 夢、Labubu 溫度計

| | |
|------------|---------------------------------------|
| DATE | Tuesday & Thursday 18th & 20th August |
| TIME | 2:00pm – 3:30pm |
| PRICE | Member \$980, Guest \$1,080 |
| CLASS CODE | CD06 |

STEM SCIENCE & ENGINEERING JUNIOR MASTER (6 – 12 YEARS)

STEM 科學機械小達人 (6-12 歲)

This course introduces children to the foundations of science and engineering through practical activities and model building. With a focus on experimentation and teamwork, the programme encourages curiosity while strengthening problem-solving and critical thinking skills.

本課程透過趣味實作活動，如搭建模型和驗證想法來探索 STEM 概念，介紹科學和工程的基礎知識及運作的原理。課程著重設計思考、實驗和團隊合作，旨在激發孩子的好奇心，同時增強解決問題和批判性思考的能力。

課堂內容參考：太陽能發電原理、電動星球模型、風力發電裝置實驗

| | |
|------------|---------------------------|
| DATE | Thursday, 30th July |
| TIME | 1:30pm – 4:00pm |
| PRICE | Member \$850, Guest \$900 |
| CLASS CODE | CD02 |



STEM MOTION MODEL LITTLE GENIUS (6 – 12 YEARS)

STEM 機動模型小奇才 (6-12 歲)

Through the theme of amusement parks, children design and build moving models while discovering simple scientific principles in a fun and engaging way. The course encourages creativity, coordination and an understanding of motion through hands-on learning.

課程以遊樂園為主題，讓孩子們設計充滿趣味的科學手工模型。在創造和測試的過程中，他們不僅能培養協調能力、創造力，還能更清晰地理解運動規律，並享受將想法轉化為實際設計的樂趣。

課堂內容參考：機動海盜船、電動閃避車

| | |
|------------|---------------------------|
| DATE | Monday, 20th July |
| TIME | 10:00am – 12:30pm |
| PRICE | Member \$850, Guest \$900 |
| CLASS CODE | CD03 |



STEM SCIENCE EXPLORERS DIY (3 – 6 YEARS) STEM 科學探索隊 DIY (3-6 歲)

This course inspires young children's interest in science through imaginative and hands-on projects. Guided by instructors, participants explore simple scientific ideas while developing logical thinking and problem-solving skills.

這課程旨在激發孩子們對科學的好奇心和探索精神。導師將會指導他們完成創意十足、而且實用的科學作品，在學習科學知識的同時，培養邏輯思維和解決問題的能力。

課堂內容參考：自製卡通時鐘、電動旋轉飛碟、Minions 不倒翁



| | |
|------------|---------------------------------------|
| DATE | Tuesday & Thursday 18th & 20th August |
| TIME | 3:30pm – 5:00pm |
| PRICE | Member \$980, Guest \$1,080 |
| CLASS CODE | CD07 |

FORMULA ONE FLASHING LIGHT RC CAR BUILDER (8 – 12 YEARS)

FORMULA ONE 閃燈積木遙控跑車 (8-12 歲)

Inspired by Formula One racing, this course introduces children to the design and mechanics of remote-controlled cars. As they assemble their own RC car models, they develop coordination, problem-solving skills and an understanding of motion and control.

這課程將帶領孩子們探索遙控車的構造和運作方式，從而清楚地理解背後的原理。在組裝自己的遙控車模型的過程中，孩子們可以培養協調和解決問題的能力。

課堂內容參考：教授遙控車原理、教授組合過程、遙控車控制技巧、摩打和電的運作、遙控車運作的科學原理

| | |
|------------|------------------------------------|
| DATE | Thursday & Friday 6th & 7th August |
| TIME | 1:30pm – 4:00pm |
| PRICE | Member \$1,080, Guest \$1,180 |
| CLASS CODE | CD08 |

MATHEMATICAL THINKING COMPETITION CHALLENGE (6 – 12 YEARS)

數學思維競賽大比拼 (6-12 歲)

This two-day course brings mathematics to life through games and puzzle-based challenges that encourage independent thinking. Children strengthen logical reasoning, problem-solving skills and spatial awareness while building confidence in mathematics.

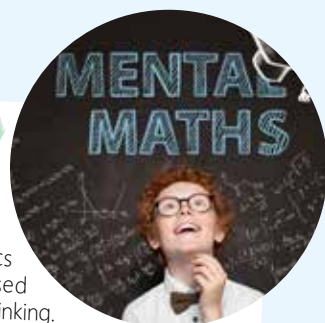
*This course will provide materials in Chinese only

這為期兩天的課程將透過趣味遊戲和益智挑戰，讓數學變得生動有趣，並鼓勵孩子們獨立思考，在解決各種問題的過程中，能夠增強邏輯推理能力，提升解決問題的技巧，培養空間感知能力。

註：本課程使用中文教材

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 | Tuesday & Wednesday 21st & 22nd July |
| TIME | (A) 12:00noon – 2:00pm / (B) 3:00pm – 5:00pm |
| PRICE | Member \$920, Guest \$1,020 |
| AGE | (A) 6 – 8 years / (B) 9 – 12 years |
| CLASS CODE | CD09A & CD09B |



OLYMPIAD MATH WORKSHOP (6 – 12 YEARS) 奧林匹克數學研習坊 (6-12 歲)

This workshop introduces children to more challenging mathematical problems that encourage creative thinking and logical reasoning. With guided support, participants strengthen analytical skills and build confidence in tackling advanced mathematics.

*This course will provide materials in Chinese only

課程將幫助孩子們投入豐富有趣的數學世界，開拓思路、訓練思維、提高分析力。通過推理分析，將繁複的題目予以條理簡化，逐一剖析，從而學習有效地解決問題，訓練專注力。

註：本課程使用中文教材

課堂內容參考：簡單推理、數列規律、速算與巧算、數字謎訓練、趣味思考數學謎題、數學推理遊戲、競賽試題研習

| | |
|------------|---|
| DATE | Thursday & Friday 13th & 14th August |
| TIME | (A) 10:00am – 12:00noon (B) 12:00noon – 2:00pm |
| PRICE | Member \$920, Guest \$1,020 |
| AGE | (A) 6 – 8 years (B) 9 – 12 years |
| CLASS CODE | CD10A & CD10B |



ABACUS MENTAL ARITHMETIC COURSE (6 – 12 YEARS) 珠心算腦力全開課程 (6-12 歲)

This course develops fast and accurate calculation skills through abacus techniques, while strengthening concentration, memory and visualisation skills. Each participant will receive their own abacus to continue practising at home.

*This course will provide materials in Chinese only

本課程運用算盤技巧，培養孩子們快速且準確的運算能力。隨著學習的深入，他們的專注力、記憶力和視覺化能力也會提升，進而養成更專注、更有效率的學習方法。每位學員將獲得一個算盤，以便在家中繼續學習。

註：本課程使用中文教材

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 | Thursday & Friday 13th & 14th August |
| TIME | 3:00pm – 5:00pm |
| PRICE | Member \$920, Guest \$1,020 |
| CLASS CODE | CD11 |

EARLY YEARS ABACUS MENTAL ARITHMETIC COURSE (3 – 6 YEARS)

幼兒珠心算課程 (3-6 歲)

This course introduces young children to numbers through simple and engaging abacus techniques. Children develop confidence with numbers while strengthening concentration, memory and imagination. Each participant will receive their own abacus to continue practising at home.

本課程以清晰有趣的方式，透過簡單的算盤技巧，引導幼兒認識數字。過程中，他們會逐漸建立起對數字的自信，同時增強專注力、記憶力和想像力。每位學員將獲得一個算盤，以便在家中繼續學習。

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；珠心算基礎；珠心算直加直減；湊數、補數、差數加減運珠原理

| | |
|------------|------------------------------------|
| DATE | Thursday & Friday 6th & 7th August |
| TIME | 10:00am – 12:00noon |
| PRICE | Member \$920, Guest \$1,020 |
| CLASS CODE | CD12 |

KOREAN COURSE (6 – 12 YEARS)

兒童韓文班 (6-12 歲)

An introduction to the Korean language that helps children recognise Hangul, form simple sentences and use everyday expressions through guided activities and interactive practice. The programme builds confidence while encouraging an interest in Korean language and culture.

孩子們將透過引導式活動和互動練習，學習辨識韓文、造簡單句子及使用日常用語。課程著重培養聽說能力，幫助孩子在輕鬆運用韓文的同時，培養對韓國文化和交流的濃厚興趣。



| | |
|------------|---|
| DATE | (A) Wednesday & Thursday 15th & 16th July (B) Thursday & Friday 20th & 21st August |
| TIME | 10:00am – 12:00noon |
| PRICE | Member \$1,000, Guest \$1,100 |
| CLASS CODE | CD17A & CD17B |

EARLY MATH THINKING EXPLORATION CAMP (3 – 4 YEARS)

幼兒數學小思維探索營 (3-4 歲)

This course introduces young children to early mathematical ideas through engaging activities designed to build confidence with numbers and patterns. The programme encourages logical thinking and problem solving while laying a strong foundation for future learning.

本課程以清晰有趣的方式向幼兒介紹早期數學概念，培養理解力和靈活思考能力。透過簡單的活動幫助幼兒識別模式、探索數字並建立自信，支持邏輯思維的發展，鼓勵他們快速、靈活地解決問題，為未來的學習奠定堅實的基礎。

課堂內容參考：幫助幼兒發展數學概念和技巧；具備思維、邏輯元素；規律與推理；數學思維練習；數學教學遊戲



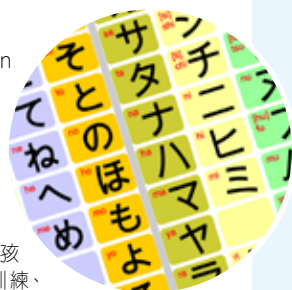
| | |
|------------|---------------------------------------|
| DATE | Monday & Wednesday 10th & 12th August |
| TIME | 12:00noon – 2:00pm |
| PRICE | Member \$920, Guest \$1,020 |
| CLASS CODE | CD13 |

JAPANESE COURSE (6 – 12 YEARS)

兒童日文班 (6-12 歲)

This engaging course introduces children to Japanese through interactive lessons covering pronunciation, Hiragana, Katakana and simple conversations. Through regular practice and activities, children build confidence and develop a natural interest in the language.

本課程以輕鬆愉快的互動形式授課，帶領孩子們學習掌握日文技巧，包括日文發音訓練、五十音及片假名的運用、簡單會話練習、角色扮演及情景對話等活動，讓孩子們積極參與，並在過程中增強學習的自信心與積極性，提升溝通能力，並培養對日文的濃厚興趣。



| | |
|------------|---|
| DATE | (A) Wednesday & Thursday 15th & 16th July (B) Thursday & Friday 20th & 21st August |
| TIME | 12:00noon – 2:00pm |
| PRICE | Member \$1,000, Guest \$1,100 |
| CLASS CODE | CD16A & CD16B |

PRIMARY SCHOOL MATH THINKING & OPERATIONS PREP CLASS (5 – 6 YEARS)

升小數學思維運算預備班 (5-6 歲)

Designed for children preparing to enter primary school, this course strengthens mathematical thinking and basic operations through engaging activities and games. The programme encourages logical reasoning and flexible problem solving while building confidence with numbers.

這課程專為準備升小學或數學能力較高的孩子設計，通過有趣的活動和遊戲，提升邏輯思維和數學運算能力。課程鼓勵他們運用不同方式解決問題，讓學習變得有趣，幫助建立自信。

課堂內容參考：分類思維技巧；加數練習；排序思維訓練；推理、思考訓練；認識時間



| | |
|------------|---------------------------------------|
| DATE | Monday & Wednesday 10th & 12th August |
| TIME | 10:00am – 12:00noon |
| PRICE | Member \$920, Guest \$1,020 |
| CLASS CODE | CD14 |

DATA THINKING STATISTICS ANALYST (6 – 12 YEARS)

數據思維統計學分析師 (6-12 歲)

This course introduces children to key statistical ideas in a clear and engaging way. Through practical examples and activities, students learn how to collect, interpret and present data while developing logical thinking skills.

*This course will provide materials in Chinese only

本課程以清晰易懂、引人入勝的方式向孩子介紹關鍵的統計概念。透過實際案例和活動，學生將學習如何收集、解讀和呈現數據，同時培養邏輯思考能力。

註：本課程使用中文教材

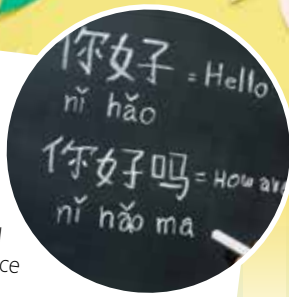
課堂內容參考：基本統計學；資料蒐集、整理、展示；概率分佈；統計推論；資料結果分析

| | |
|------------|------------------------------------|
| DATE | Monday & Thursday 20th & 23rd July |
| TIME | 2:00pm – 3:30pm |
| PRICE | Member \$820, Guest \$920 |
| CLASS CODE | CD15 |

MANDARIN COURSE (6 – 12 YEARS) 兒童普通話班 (6-12 歲)

This course builds a strong foundation in Mandarin through structured lessons focused on pronunciation, tones and essential vocabulary. Through guided practice and interactive activities, children develop confidence in speaking and listening.

本課程透過清晰、結構化的課程，著重講解發音、聲調和基礎詞彙，為孩子打下紮實的普通話基礎。孩子將學習如何運用聲母和韻母來構成發音，並將這些知識運用到簡單的對話和日常情境中。課程採用指導練習和互動活動相結合的方式，培養孩子聽說讀寫的能力。

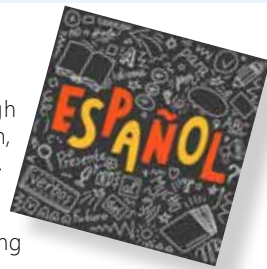


| | |
|------------|--|
| DATE | (A) Monday & Thursday 20th & 23rd July (B) Thursday & Friday 13th & 14th August |
| TIME | 1:00pm – 3:00pm |
| PRICE | Member \$920, Guest \$1,020 |
| CLASS CODE | CD18A & CD18B |

SPANISH COURSE (5 – 12 YEARS) 兒童西班牙文班 (5-12 歲)

Discover the Spanish language through engaging lessons that introduce pronunciation, vocabulary and simple sentence patterns. Through games, music and role play, children develop confidence in speaking while enjoying a fun and interactive learning experience.

課程透過生動有趣的學習體驗探索西班牙語，從發音入門，逐步學習顏色、數字、文具、動物和日常活動等主題。透過視覺輔助工具、遊戲和指導練習學習常用句型，並以音樂、節奏和角色扮演融入每一堂課，鼓勵孩子們自信地開口說西班牙語。



| | |
|-------|-------------------------------|
| DATE | Thursday & Friday |
| PRICE | Member \$1,100, Guest \$1,200 |

| CLASS CODE | Class | Age | Date | Time |
|------------|-------|------------|------------------|---------------|
| CD19A | A | 5-8 years | 25th & 26th June | 2:00pm-3:30pm |
| CD19B | B | 9-12 years | 25th & 26th June | 3:30pm-5:00pm |
| CD19C | C | 5-8 years | 2nd & 3rd July | 2:00pm-3:30pm |
| CD19D | D | 9-12 years | 2nd & 3rd July | 3:30pm-5:00pm |
| CD19E | E | 5-8 years | 9th & 10th July | 2:00pm-3:30pm |
| CD19F | F | 9-12 years | 9th & 10th July | 3:30pm-5:00pm |

FRENCH COURSE (5 – 12 YEARS OLD) 兒童法文班 (5-12 歲)

Children learn French through familiar topics, simple conversations and engaging activities designed to make learning enjoyable and easy to follow. Games, songs and stories help build confidence while introducing elements of French culture. Children learn through familiar topics, simple conversations and engaging activities designed to make learning enjoyable and easy to follow. Games, songs and stories help build confidence while introducing elements of French culture. Children learn through familiar topics, simple conversations and engaging activities designed to make learning enjoyable and easy to follow. Games, songs and stories help build confidence while introducing elements of French culture.



| | |
|-------|-------------------------------|
| DATE | Monday & Wednesday |
| PRICE | Member \$1,100, Guest \$1,200 |

| CLASS CODE | Class | Age | Date | Time |
|------------|-------|------------|------------------|---------------|
| CD20A | A | 5-8 years | 22nd & 24th June | 2:00pm-3:30pm |
| CD20B | B | 9-12 years | 22nd & 24th June | 3:30pm-5:00pm |
| CD20C | C | 5-8 years | 6th & 8th July | 2:00pm-3:30pm |
| CD20D | D | 9-12 years | 6th & 8th July | 3:30pm-5:00pm |

PLAY GROUP 趣味學習

CHINESE CHESS CHALLENGE (6 – 12 YEARS) 小小象棋王挑戰賽 (6-12 歲)

A game of strategy and quick thinking, Chinese Chess introduces children to core rules, movements and tactics. Friendly competition throughout the course helps strengthen analytical and problem-solving skills.

中國象棋是一項考驗策略、耐心和反應能力的智力遊戲，能為孩子帶來有益的腦力挑戰。本課程以介紹核心規則和棋子走位，引導學生學習更高階的戰術和決策技巧，有助增強學生的自信心，提升分析和解決問題的能力。

| | |
|------------|--|
| DATE | Monday & Wednesday (A) 27th & 29th July (B) 17th & 19th August |
| TIME | 1:00pm – 3:00pm |
| PRICE | Member \$950, Guest \$1,050 |
| CLASS CODE | PG01A & PG01B |



ENGLISH STORY PERFORMER (6 – 12 YEARS) 英語故事表演家 (6-12 歲)

This course develops confidence in spoken English through conversation, storytelling and role play. Students practise pronunciation, intonation and sentence structure while building natural communication skills.

本課程先透過簡單的對話，逐步提升到富有表現力的故事敘述，從而培養孩子英語口語的自信心。他們在指導性的口語活動中練習發音、語調和清晰的句式結構。角色扮演和日常情境的融入使每節課都生動有趣，幫助他們更自信地運用英語。

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 | Monday & Tuesday 20th & 21st July |
| TIME | (A) 10:00am – 11:30am (B) 11:30am-1:00pm |
| PRICE | Member \$820, Guest \$920 |
| AGE | (A) 6 – 8 years, (B) 9 – 12 years |
| CLASS CODE | PG02A & PG02B |

ART & MUSIC ENSEMBLE (3 – 6 YEARS) 幼兒藝術音樂大合奏 (3-6 歲)

This programme introduces young children to music and performance through singing, movement and simple instrument play. Guided sessions encourage expression, confidence and early musical awareness in a fun group setting.

本課程透過唱歌、律動和簡單的樂器演奏，向幼兒介紹音樂和表演。在指導下，他們可探索節奏和聲音，同時鼓勵他們表達自我，與他人互動，幫助建立自信，培養早期音樂意識，並享受在團體環境中合作的樂趣。

課堂內容參考：介紹基本音樂概念；拍子和旋律；製作自己的樂器；音樂、遊戲、歌唱和樂器試奏；音樂劇排練

| | |
|------------|------------------------------------|
| DATE | Thursday & Friday 16th & 17th July |
| TIME | 2:00pm – 4:00pm |
| PRICE | Member \$950, Guest \$1,050 |
| CLASS CODE | PG03 |

LITTLE ENGLISH MUSIC STARS (3 – 6 YEARS) 幼兒英語音樂明星小舞台 (3-6 歲)

Songs, storytelling and playful activities introduce young children to everyday English in a natural and enjoyable way. Through guided interaction, they build confidence while developing pronunciation and simple sentence patterns.

透過唱歌、說故事、遊戲和角色扮演，孩子們在無壓力的環境中學習發音、節奏和簡單的句型。引導式互動鼓勵他們傾聽、回應和表達，並逐漸建立自信，同時培養他們對英語的積極而持久的興趣。

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 | Thursday & Friday 6th & 7th August |
| TIME | 12:00noon – 1:30pm |
| PRICE | Member \$900, Guest \$1,000 |
| CLASS CODE | PG04 |

LITTLE YOUTUBER CHALLENGE (6 – 12 YEARS) 小小YOUTUBER 主持人 (6-12 歲)

Children learn how to speak naturally on camera, share stories and present with confidence. Through recordings and fun challenges, they develop expression, body language and communication skills.

*This course will provide materials in Chinese only
在課程中，孩子們將學習如何在鏡頭前自然地說話、分享故事並自信地展示出來。他們將練習語音語調、表情和肢體語言，同時錄製短片並完成有趣的挑戰。

註：本課程使用中文教材

課堂內容參考：說話技巧；身體語言；口才提升訓練；語言藝術；個人演講訓練



| | |
|------------|------------------------------------|
| DATE | Monday & Thursday 20th & 23rd July |
| TIME | 12:00noon – 2:00pm |
| PRICE | Member \$920, Guest \$1,020 |
| CLASS CODE | PG07 |

LITTLE MAGIC GENIUS CHALLENGE (6 – 12 YEARS) 魔術小天才挑戰賽 (6-12 歲)

Children explore the art of magic through engaging tricks and simple performances. With regular practice, they build confidence, presentation skills and enjoy the excitement of bringing illusions to life.

孩子們將探索充滿奇幻與驚喜的魔術世界，學習各種魔術技巧，並搭建簡易的「魔術舞台」進行表演。透過定期練習，孩子們能夠建立自信，提升表演技巧，並享受將每個魔術變為現實的樂趣。

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 | Monday & Wednesday (A) 27th & 29th July (B) 17th & 19th August |
| TIME | 10:00am – 12:00noon |
| PRICE | Member \$950, Guest \$1,050 |
| CLASS CODE | PG05A & PG05B |

LITTLE YOUTUBER STAR SPEECH TRAINING (3 – 6 YEARS) 小小YOUTUBER 小明星口才訓練成長班 (3-6 歲)

This course helps young children build confidence in speaking and self-expression through guided activities and simple performances. Participants develop pronunciation, rhythm and communication skills in a fun and supportive environment.

本課程旨在幫助幼兒培養說話和自我表達能力，自信地表達自己的想法。透過簡單的活動和指導練習，學習清晰自然地表達想法，練習發音、節奏和基本的肢體語言，而聆聽、回應和參與小型表演能讓他們更自在地表達自己。

課堂內容參考：訓練表達能力；訓練膽量及知識；增強會話的流暢及說話能力；訓練聆聽能力；對答訓練

| | |
|------------|------------------------------------|
| DATE | Thursday & Friday 6th & 7th August |
| TIME | 2:00pm – 4:00pm |
| PRICE | Member \$950, Guest \$1,050 |
| CLASS CODE | PG08 |

LITTLE ENGLISH MAGIC ACADEMY (3 – 6 YEARS) 幼兒英語魔法小學院 (3-6 歲)

Magic becomes a playful way to learn everyday English through songs, storytelling, role play and simple tricks. Children build confidence while developing listening and speaking skills in a fun and imaginative setting.

魔術也可成為學習日常英語的有趣方式。孩子們在參與歌曲、故事、角色扮演和互動遊戲的同時，探索簡單的魔術技巧，從而幫助提高他們的聽力和口語能力，建立自信，更自在地運用英語。

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 | Thursday & Friday 16th & 17th July |
| TIME | 12:00noon – 2:00pm |
| PRICE | Member \$950, Guest \$1,050 |
| CLASS CODE | PG06 |

LITTLE GLOBAL EXPLORERS (3 – 6 YEARS) 小小環球旅遊文化探索者 (3-6 歲)

Children discover different cultures through stories, activities and simple introductions to languages, traditions and the arts. The programme encourages curiosity and builds awareness of the world around them.

孩子們將透過故事、活動及對語言、傳統和藝術的簡單介紹，探索不同的文化。透過展示世界各地的生活，幫助他們自然地體認到異同，激發好奇心，提升認知，並培養對塑造全球社區的人民和文化的欣賞。

課堂內容參考：特色手工製作；知名地標故事及製作；認識世界各地文化；語言與問候學習；各國節慶介紹

| | |
|------------|------------------------------------|
| DATE | Thursday & Friday 16th & 17th July |
| TIME | 10:30am – 12:00noon |
| PRICE | Member \$900, Guest \$1,000 |
| CLASS CODE | PG11 |



LITTLE DREAMERS: CAREER EXPLORERS (3-6 YEARS)

幼兒職業體驗夢想家 (3-6 歲)

Curiosity takes the lead as children explore a range of everyday professions through guided role play and themed activities. Each session introduces simple tasks and ideas linked to different careers, helping them understand how people work and contribute in daily life.

在引導式角色扮演和主題活動中，孩子的好奇心將引領他們探索各種日常職業。每節課堂都會介紹與不同職業相關的簡單任務和概念，幫助他們了解人們如何在日常生活中工作和貢獻。

課堂內容參考：設計師 -- 職業介紹；機械工程師 -- 手工製作；老師 -- 發掘學生的夢想職業；醫生 -- 話劇表演；銀行家 -- 職業模擬遊戲

| | |
|------------|---------------------------------------|
| DATE | Monday & Wednesday 10th & 12th August |
| TIME | 2:00pm - 3:30pm |
| PRICE | Member \$950, Guest \$1,050 |
| CLASS CODE | PG12 |



ARTS & CRAFTS 美術及手工藝

STEAM NEON MOSAIC CLAY 3D ART (6-12 YEARS) STEAM 霓虹燈馬賽克黏土立體藝術畫 (6-12 歲)

Children create their own three-dimensional designs using mosaic pieces and flexible neon strips. As participants shape and arrange each element, they explore structure, design and creativity through hands-on art making.

鮮豔的色彩和閃亮的燈光交相輝映，孩子們用馬賽克碎片和柔韌的霓虹燈條創作出屬於自己的立體作品。在塑造、排列和連結每個元素的過程中，探索結構和設計在實踐中的運作方式，鼓勵孩子們進行原創性思考，培養精細的協調能力，並在作品成型時獲得成就感。

課堂內容參考：基本黏土操作技巧；設計自己的馬賽克圖案；霓虹燈的組合原理；廣告彩基本技法；構圖技巧

| | |
|------------|---|
| DATE | Tuesday & Wednesday (A) 21st & 22nd July (B) 4th & 5th August |
| TIME | 10:00am - 12:00noon |
| PRICE | Member \$1,000, Guest \$1,100 |
| CLASS CODE | AC01A & AC01B |

CREATIVE RADIO DRAMA VOICE ACTORS (6-12 YEARS) 創意趣味廣播劇配音師 (6-12 歲)

This imaginative course helps children develop expression, creativity and teamwork through voice acting. Participants use tone, rhythm and emotion to bring stories and characters to life while creating their own radio drama.

*This course will provide materials in Chinese only

本課程旨在培養孩子的表達能力與創造力，透過聲音演繹角色，打造生動有趣的故事情境，同時提升口語技巧，與同伴分享創意，共同製作專屬的廣播劇。

註：本課程使用中文教材

課堂內容參考：角色聲音創作；故事即興演繹；音效製作；對話練習；小劇場演出

| | |
|------------|---------------------------------------|
| DATE | Wednesday & Thursday 22nd & 23rd July |
| TIME | 10:00am - 12:00noon |
| PRICE | Member \$920, Guest \$1,020 |
| CLASS CODE | PG09 |

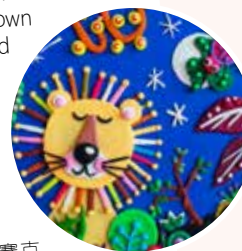


EARLY YEARS CLAY MOSAIC 3D ART (3-6 YEARS) 幼兒黏土馬賽克立體藝術畫 (3-6 歲)

This art course blends colour and structure to spark creativity in young children. Using soft clay and vibrant mosaic pieces, participants will design their own 3D artwork, exploring shapes, textures, and patterns in a fun, hands-on way.

這是一個結合色彩和三維結構的藝術創作課程，激發幼兒的創造力。他們將學習如何利用柔軟的黏土材質和鮮豔的馬賽克，創作出立體藝術作品，以趣味十足的動手實踐方式探索形狀、紋理和圖案。

課堂內容參考：基本黏土操作技巧；設計馬賽克圖案；構圖技巧；黏土混色技巧；黏土保存法



| | |
|------------|---|
| DATE | Tuesday & Wednesday (A) 21st & 22nd July (B) 4th & 5th August |
| TIME | 12:00noon - 1:30pm |
| PRICE | Member \$950, Guest \$1,050 |
| CLASS CODE | AC02A & AC02B |

CHINESE DEBATE & ELOQUENCE TRAINING (6-12 YEARS) 中文辯論口才對戰訓練班 (6-12 歲)

Children develop reading, writing, listening and speaking skills while learning how to structure arguments and express ideas clearly. Through guided debates, they strengthen logical reasoning and communication skills.

*This course will provide materials in Chinese only

孩子們將學習如何建構論點和清晰回應，提升閱讀、寫作、聽力和口語能力。透過指導練習和結構化的辯論，能夠增強邏輯推理能力，學會自信地表達觀點，並成為更有效的溝通者。

註：本課程使用中文教材

課堂內容參考：語言及聲控運用；辯論技巧；辯論經常出現的問題；辯論評判的角色；辯論比賽

| | |
|------------|---|
| DATE | Tuesday & Wednesday 4th & 5th August |
| TIME | (A) 10:00am - 11:30am (B) 11:30am - 1:00pm |
| PRICE | Member \$820, Guest \$920 |
| AGE | (A) 6-8 years, (B) 9-12 years |
| CLASS CODE | PG10A & PG10B |



NEON 3D ART INSTALLATION X ROTATING CLAY MUSIC BOX (6-12 YEARS)

霓虹燈立體藝術裝置 X 旋轉黏土音樂盒 (6-12 歲)

Children explore clay techniques as they create a glowing neon art installation and rotating music box. The course develops coordination, creativity and design skills through hands-on making.

本課程讓孩子探索各種黏土的技法，創作出屬於自己的設計，並鍛鍊協調性和控制力。他們用黏土捏出各種有趣的造型，並以此為靈感，為一件閃亮的霓虹藝術裝置和一個旋轉音樂盒進行個性化創作，將創造力與動態和光影完美融合。

課堂內容參考：卡通霓虹燈立體藝術裝置製作；《Chiikawa x Sanrio》音樂盒製作；顏色搭配技巧；黏土混色技巧；黏土保存法

| | |
|------------|---|
| DATE | Tuesday & Wednesday 4th & 5th August |
| TIME | 1:00pm - 3:00pm |
| PRICE | Member \$1,000, Guest \$1,100 |
| CLASS CODE | AC03 |

DIY SPARKLING CLAY CAPSULE MACHINE (6-12 YEARS) DIY 閃亮黏土扭蛋機專門店 (6-12 歲)

Children design and build their own capsule toy machine while learning how simple moving mechanisms work. Handmade clay creations and neon lighting add a fun finishing touch to the project.

本課程以扭蛋機為主題，帶孩子們親手製作屬於自己的專屬扭蛋機，並講解扭蛋機的安裝和操作原理，及霓虹燈所涉及的創作技巧。課程還安排了趣味十足的黏土創作環節，孩子們可以將完成的黏土作品放入扭蛋中。

課堂內容參考：扭蛋機安裝技巧及操作原理；《Labubu》黏土製作；《Chiikawa》黏土製作；扭蛋機裝飾；顏色搭配技巧及黏土保存法

| | |
|------------|-------------------------------------|
| DATE | Monday & Wednesday 13th & 15th July |
| TIME | 10:00am - 12:00noon |
| PRICE | Member \$1,000, Guest \$1,100 |
| CLASS CODE | AC04 |

KPOP DEMON HUNTERS X LABUBU CLAY & ART PARTY (3-12 YEARS) KPOP 獵魔女團 X LABUBU 黏土及繪畫派對 (3-12 歲)

Inspired by Kpop Demon Hunters and Labubu, children create clay macarons while learning shaping, detailing and decoration techniques. A drawing segment introduces line work, colour and basic forms.

受《Kpop 獵魔女團》的鮮明風格和 Labubu 的獨特個性啟發，這工作坊將黏土製作與繪畫相結合，讓孩子們親手製作黏土馬卡龍，學習塑形、細節刻畫和裝飾技巧；同時也將探索線條、色彩和基本形狀的運用。

課堂內容參考：《Kpop 獵魔女團》Rumi 黏土馬卡龍製作；Labubu 黏土馬卡龍製作；《Kpop 獵魔女團》Zoey 繪畫；《Labubu》Mokoko 繪畫

| | |
|------------|---|
| DATE | Wednesday & Thursday 15th & 16th July |
| TIME | (A) 10:00am - 12:00noon (B) 12:00noon - 2:00pm |
| PRICE | Member \$980, Guest \$1,080 |
| AGE | (A) 3 - 6 years, (B) 6 - 12 years |
| CLASS CODE | AC05A & AC05B |

CHIIKAWA X SANRIO CLAY & ART PARTY (3-12 YEARS) CHIIKAWA X SANRIO 黏土及繪畫派對 (3-12 歲)

Inspired by Chiikawa and Sanrio characters, children create clay pieces while learning shaping and decoration techniques. Drawing activities help build confidence with line work, colour and basic forms.

來自 Chiikawa 和 Sanrio 的經典卡通人物為這創意工作坊的主角。孩子們將親自製作黏土作品，學習塑形、細節刻畫和裝飾技巧，從而培養協調性和控制力，同時探索線條、色彩和基本形狀的運用，在發展創意和藝術興趣的過程中建立自信。

課堂內容參考：Chiikawa x My Melody 黏土製作；Chiikawa x Hangyodon 水怪黏土製作；Chiikawa x 布甸狗 - 繪畫；Chiikawa x Kuromi - 繪畫

| | |
|------------|---|
| DATE | Thursday & Friday 6th & 7th August |
| TIME | (A) 10:00am - 12:00noon (B) 12:00noon - 2:00pm |
| PRICE | Member \$980, Guest \$1,080 |
| AGE | (A) 3 - 6 years, (B) 6 - 12 years |
| CLASS CODE | AC06A & AC06B |

FUGGLER CLAY & ART PARTY (6-12 YEARS) 搞怪 FUGGLER「牙齒怪」黏土及繪畫派對 (6-12 歲)

Children sculpt and paint their own monster characters while learning clay moulding and colour mixing techniques. A drawing segment introduces line work, colour coordination and character design.

孩子們將親手製作並繪畫屬於自己的特別版 Fuggler「牙齒怪」，把古靈精怪的角色化為獨一無二的藝術品。同時孩子們將學習黏土混色技巧及塑形方法等。此外還有繪畫環節，教授線條運用、色彩搭配與角色設計，讓孩子們在紙上與立體作品中同時展現想像力。

課堂內容參考：飛天小女警 x 牙齒怪黏土製作；海綿寶寶 x 牙齒怪黏土製作；小丑 Joker x 牙齒怪繪畫；超人 Superman x 牙齒怪繪畫



| | |
|------------|---|
| DATE | (A) Monday & Wednesday 13th & 15th July (B) Tuesday & Wednesday 4th & 5th August |
| TIME | 3:00pm - 5:00pm |
| PRICE | Member \$980, Guest \$1,080 |
| CLASS CODE | AC07A & AC07B |

ZOOPTOIA X JELLYCAT CLAY & ART PARTY (3-12 YEARS) 優獸大都會 X JELLYCAT 繪畫及黏土派對 (3-12 歲)

Inspired by favourite Zootopia and Jellycat characters, children sculpt clay figures while learning shaping and preservation techniques. A drawing segment introduces line work, colour and character design.

孩子們將以《優獸大都會》和《Jellycat》中的經典角色為靈感，學習黏土的混合、塑形及簡單的保存技巧，雕塑和設計自己的角色。繪畫環節將介紹線條、色彩和基本角色設計。

課堂內容參考：《優獸大都會》兔仔朱迪黏土製作；《Jellycat》Bashful Bunny 黏土製作；《優獸大都會》狐狸阿力繪畫；《Jellycat》Cake / Fruits 繪畫

| | |
|------------|---|
| DATE | Thursday & Friday 30th & 31st July |
| TIME | (A) 10:00am - 12:00noon (B) 12:00noon - 2:00pm |
| PRICE | Member \$980, Guest \$1,080 |
| AGE | (A) 3 - 6 years, (B) 6 - 12 years |
| CLASS CODE | AC08A & AC08B |



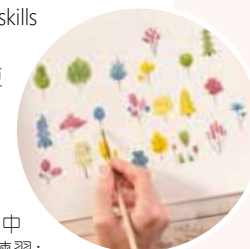
COLOURED SKETCH EXPLORATION (6-12 YEARS) 色彩的魔力 - 彩色素描探索 (6-12 歲)

This course introduces sketching techniques with a focus on colour, form and structure. Through observation and guided practice, children strengthen drawing skills and self-expression.

孩子們將學習如何有目的地運用色彩，從而更清晰地理解形體、深度和結構。透過觀察和指導練習，培養孩子的耐心，強化他們的繪畫技巧，並幫助他們更有信心地表達自我。

課堂內容參考：素描入門技巧；比例、構圖技巧；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 | Monday & Wednesday 13th & 15th July |
| TIME | 12:00noon - 2:00pm |
| PRICE | Member \$980, Guest \$1,080 |
| CLASS CODE | AC09 |



EARLY YEARS FUN PASTEL ART GALLERY (3-6 YEARS) 幼兒趣味和諧粉彩藝術館 (3-6 歲)

Soft pastels provide a gentle introduction to colour and mark making. Children explore simple techniques as they work with still life and basic landscapes, learning how to blend colours and create light and shadow.

柔和的粉彩筆能溫和地引導孩子認識色彩和繪畫技巧。在創作靜物和簡單的風景畫時，探索各種簡單的繪畫技法，學習如何調和色彩及如何表現光影效果。

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 13th & 15th July |
| TIME | 2:00pm - 3:30pm |
| PRICE | Member \$880, Guest \$980 |
| CLASS CODE | AC10 |

CHINESE HARD-PEN CALLIGRAPHY (6-12 YEARS) 中文硬筆書法家 (6-12 歲)

Children develop clear and balanced writing through hard pen calligraphy, learning stroke formation, character structure and layout. Regular practice helps strengthen coordination, patience and concentration.

孩子們將透過硬筆書法練習，培養清晰勻稱的書寫能力，學習筆畫構成、漢字結構和佈局的基礎知識，及正確的筆壓和筆順。透過定期練習，他們將提高協調性、耐心和專注力，同時培養對漢字文化和藝術價值的欣賞。

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 | Tuesday & Wednesday 21st & 22nd July |
| TIME | 10:00am - 12:00noon |
| PRICE | Member \$920, Guest \$1,020 |
| CLASS CODE | AC11 |

AROMATIC BATH BOMB WORKSHOP (4-12 YEARS) 香薰沐浴球工作坊 (4-12 歲)

Children create their own colourful bath bombs while learning how to mix, shape and combine ingredients. The workshop introduces different scents and simple aromatherapy concepts in a fun hands-on setting.

孩子們將透過親自製作色彩繽紛的沐浴球，學習如何混合、塑形和精心配搭各種原料。他們將探索不同的香氣，體驗芳香療法的舒緩功效，理解簡單的配方，同時享受親手製成品的成就感，並將成品帶回家。

報名截止日期：7月10日



| | |
|---------------------|---------------------------|
| DATE | Friday 24th July |
| TIME | 2:00pm - 3:30pm |
| PRICE | Member \$300, Guest \$350 |
| ENROLLMENT DEADLINE | 10th July |
| CLASS CODE | AC12 |

DECOUPAGE TABLE LAMP WORKSHOP (6-12 YEARS) 碟古巴特拾燈工作坊 (6-12 歲)

Children explore the decorative art of decoupage by creating colourful paper designs on a table lamp. The workshop encourages creativity through pattern, colour and design.

「碟古巴特」是一種拼貼裝飾藝術形式，利用剪紙圖案來改造日常物品，並塗上光滑的保護層。在這工作坊裡，孩子們將用色彩和創意裝飾一盞檯燈，探索如何將不同的元素組合起來，創造出美麗的圖案。

報名截止日期：7月15日

| | |
|---------------------|---------------------------|
| DATE | Wednesday 29th July |
| TIME | 2:00pm - 3:30pm |
| PRICE | Member \$300, Guest \$350 |
| ENROLLMENT DEADLINE | 15th July |
| CLASS CODE | AC13 |



MINI GARDEN CRYSTAL BALL WORKSHOP (6-12 YEARS) 園藝水晶球工作坊 (6-12 歲)

Using a clear crystal ball container, children arrange succulents and decorative elements to create their own miniature garden. The workshop encourages creativity while exploring colour, texture and composition.

孩子將透過透明的水晶球容器，放入多肉植物與各種裝飾，打造屬於自己的迷你綠色世界。在創作過程中，孩子學會如何組織和平衡每個細節，以實踐的方式探索色彩、紋理和構圖。這種體驗有助於激發創造力，並培養更強的設計意識。

報名截止日期：7月16日

| | |
|---------------------|---------------------------|
| DATE | Thursday 30th July |
| TIME | 2:00pm - 3:30pm |
| PRICE | Member \$300, Guest \$350 |
| ENROLLMENT DEADLINE | 16th July |
| CLASS CODE | AC14 |



TURKISH MOSAIC CANDLE LAMP WORKSHOP (6-12 YEARS) 土耳其馬賽克蠟燭燈工作坊 (6-12 歲)

Inspired by Turkish mosaic art, children arrange coloured glass pieces onto a lampshade to create their own decorative candle lamp. The workshop introduces pattern, colour and design.

受土耳其馬賽克藝術悠久傳統的啟發，讓孩子們探索這種藝術風格獨特的圖案和色彩。他們將挑選彩色玻璃片，將其排列到燈罩上，學習如何在設計中營造平衡和細節。

報名截止日期：7月22日

| | |
|---------------------|---------------------------|
| DATE | Wednesday 5th August |
| TIME | 2:00pm - 3:30pm |
| PRICE | Member \$300, Guest \$350 |
| ENROLLMENT DEADLINE | 22nd July |
| CLASS CODE | AC15 |



FLUID BEAR WORKSHOP (4 – 12 YEARS) 流體熊工作坊 (4-12 歲)

Fluid art offers a distinctive way of painting, where colours are poured and guided to flow and blend without the use of brushes. In this workshop, children apply this technique to bear models, watching patterns form as the paint moves across the surface.

流體藝術是一種獨特的繪畫方式，無需畫筆，只需將顏料傾倒並引導其流動和融合。孩子們將運用這種技法在小熊模型上作畫，觀察顏料在小熊身上流動時所形成的圖案，過程中鼓勵孩子嘗試以不同的色彩和動態效果，最終創作出獨一無二的作品。

報名截止日期：7月24日



| | |
|---------------------|---------------------------|
| DATE | Friday 7th August |
| TIME | 2:00pm – 3:30pm |
| PRICE | Member \$300, Guest \$350 |
| ENROLLMENT DEADLINE | 24th July |
| CLASS CODE | AC16 |



BREAD CLOCK CLAY WORKSHOP (6 – 12 YEARS) 麵包時鐘輕黏土工作坊 (6-12 歲)

This class encourages children to shape soft clay into bread-inspired designs, transforming them into their own working clocks.

孩子們將利用軟黏土捏出各種麵包造型，並將它們變成自己親手製作的時鐘。在這過程中，他們不僅能鍛鍊精細動作技能，還能探索形狀和細節。最終的作品獨具匠心，兼具實用功能和創意思考。

| | |
|------------|---------------------------|
| DATE | Sunday 26th July |
| TIME | 2:00pm – 3:30pm |
| PRICE | Member \$220, Guest \$270 |
| CLASS CODE | AC19 |

NO-BAKE CLAY WORKSHOP (6 – 12 YEARS) 免燒陶泥工作坊 (6-12 歲)

No-bake clay offers an accessible way to explore sculpting, using a soft material that is easy to shape and hardens naturally without firing. In this workshop, children create their own designs, developing focus and fine motor control as they work through each stage.

「免燒陶泥」為探索雕塑藝術提供了一種便捷的方式，它質地柔軟，易於塑形，無需燒製即可自然硬化。在這工作坊裡，孩子們可以創作自己的作品，並在製作過程中培養專注力和精細動作技能。

報名截止日期：7月30日



| | |
|---------------------|---------------------------|
| DATE | Thursday 13th August |
| TIME | 2:00pm – 3:30pm |
| PRICE | Member \$300, Guest \$350 |
| ENROLLMENT DEADLINE | 30th July |
| CLASS CODE | AC17 |

DRIED FLOWER COASTER WORKSHOP (5 – 12 YEARS) 夏日乾花杯墊工作坊 (5-12 歲)

Capture the colours of summer in a piece to take home. Children select from a range of dried flowers and learn how to arrange them with care, creating balanced and eye-catching designs before setting them into coasters.

孩子們可以挑選各種乾燥花，學習如何精心佈置，創造出平衡而引人注目的設計，然後將它們放入杯墊中。每一件作品都是獨一無二的，體現了孩子們對色彩和構圖的選擇，同時培養他們對細節的關注和設計感。



| | |
|------------|---------------------------|
| DATE | Sunday 2nd August |
| TIME | 2:30pm – 3:30pm |
| PRICE | Member \$180, Guest \$230 |
| CLASS CODE | AC20 |

MINIATURE HOTPOT SET CLAY WORKSHOP (5 – 12 YEARS) 迷你黏土火鍋工作坊 (5-12 歲)

Children create their own miniature hotpot set using coloured clay, shaping familiar ingredients while developing coordination and attention to detail.

孩子們將利用彩色黏土製作屬於自己的迷你火鍋，捏出餃子、蔬菜和精緻的湯底等熟悉的食材。在這過程中，孩子不僅能鍛鍊協調能力和細節把控能力，還能探索形狀和質感。

| | |
|------------|---------------------------|
| DATE | Sunday 12th July |
| TIME | 2:30pm – 3:30pm |
| PRICE | Member \$200, Guest \$250 |
| CLASS CODE | AC18 |



EGG TART CLAY FRIDGE MAGNET WORKSHOP (5 – 12 YEARS) 蛋撻黏土冰箱貼工作坊 (5-12 歲)

A Hong Kong favourite, recreated in clay. Children shape the signature pastry shell and smooth custard centre, focusing on detail as they build each layer.

用黏土重現香港經典甜點「蛋撻」。孩子們將利用黏土捏出標誌性的酥皮和香滑蛋心，在製作每一步驟時都注重細節。成品會被做成冰箱貼，可以把這份有趣的禮物帶回家。

| | |
|------------|---------------------------|
| DATE | Sunday 16th August |
| TIME | 2:30pm – 3:30pm |
| PRICE | Member \$200, Guest \$250 |
| CLASS CODE | AC21 |

SPORTS 其他運動

POP JAZZ DANCE (6 – 12 YEARS) POP JAZZ 流行爵士舞 (6-12 歲)

Set to upbeat music, children learn coordinated routines that build rhythm, control and expression. This energetic class introduces the style and precision of jazz dance, while helping participants develop confidence and stage presence.

Pop Jazz 融合了流行音樂的活力與爵士舞的風格與美感，伴隨著歡快的旋律，孩子們可學習注重節奏、控制和表現的協調動作。這舞蹈為孩子們提供了一種自信而富有感染力的方式來提升他們的肢體協調能力和舞台表現力。

| | |
|------------|-----------------------------------|
| DATE | Monday & Tuesday 3rd & 4th August |
| TIME | 3:00pm – 4:30pm |
| VENUE | Aerobics Room, 1/F |
| PRICE | Member \$880, Guest \$980 |
| CLASS CODE | OS01 |



K-POP DANCE (6 – 12 YEARS) K-POP 舞蹈 (6-12 歲)

Inspired by popular K-Pop music, this workshop introduces children to energetic choreography and movement. With clear guidance, participants develop rhythm, coordination and confidence, while enjoying the excitement of dance.

伴隨著熱門的韓流歌曲，帶領孩子們體驗現代舞的風格和活力。在清晰且循序漸進的指導下，學習基本動作、節奏和協調性，同時培養表演自信及團隊合作。

| | |
|-------|---------------------------|
| DATE | Thursday |
| TIME | 3:00pm – 4:00pm |
| VENUE | Aerobics Room, 1/F |
| PRICE | Member \$380, Guest \$480 |

| CLASS CODE | Class | Date |
|------------|-------|----------------------|
| OS04A | A | 25th June & 2nd July |
| OS04B | B | 9th & 16th July |
| OS04C | C | 23rd & 30th July |
| OS04D | D | 6th & 13th August |
| OS04E | E | 20th & 27th August |



CHINESE DANCE (6 – 12 YEARS) 中國舞 (6-12 歲)

Children are introduced to the graceful movements and flowing gestures of Chinese dance in a fun and engaging setting. Sessions focus on rhythm, coordination and confidence, while offering a gentle introduction to the beauty and style of Chinese dance.

這是專為孩子們設計的舞蹈課程，將透過優美的身體動作，學習「手、眼、身、法」的表現方式，並掌握舞蹈中的節奏感與律動。在課堂中，導師會以趣味互動的方式，教授孩子們基本舞步、身體協調與表演技巧，讓他們在舞蹈中培養耐性、專注力與自信心。

| | |
|------------|--|
| DATE | Monday & Tuesday (A) 27th & 28th July (B) 10th & 11th August |
| TIME | 3:00pm – 4:30pm |
| VENUE | Aerobics Room, 1/F |
| PRICE | Member \$880, Guest \$980 |
| CLASS CODE | OS02A & OS02B |



EARLY YEARS BALLET (3 – 6 YEARS) 幼兒芭蕾舞 (3-6 歲)

Young children are guided through simple ballet positions and gentle steps in a structured and enjoyable way. As they move to music, they develop coordination, rhythm and confidence, while becoming more comfortable in dance.

本入門課程讓幼兒在系統性的指導下學習簡單的姿勢和輕柔舞步。伴隨著音樂律動，他們將培養協調性、節奏感和控制力，並建立對自身動作的自信。每節課堂都著重培養幼兒的優雅姿態和自然表達能力。

| | |
|------------|--|
| DATE | Monday & Tuesday (A) 13th & 14th July (B) 20th & 21st July |
| TIME | 3:00pm – 4:30pm |
| VENUE | Aerobics Room, 1/F |
| PRICE | Member \$880, Guest \$980 |
| CLASS CODE | OS03A & OS03B |



WALL CLIMBING (6 – 10 YEARS) 攀石班 (6-10 歲)

Children discover the challenge and enjoyment of Climbing in this four-session class. Guided by professional instructors, participants learn balance, coordination and climbing techniques, while building confidence and strength.

無論是初次接觸攀石，還是已有經驗的小小攀石高手，都能在課程中找到適合的挑戰。課程由專業攀石教練全程指導，透過生動有趣的方式教授攀石技巧，包括手腳協調、重心控制及路線規劃。孩子們將在安全的環境下培養力量、耐力和平衡感，享受攀石的樂趣與成就感。

| | |
|-------|--|
| TIME | 6 – 10 years |
| VENUE | Children's Playroom (Climbing Wall), 1/F |
| PRICE | Member \$1,000, Guest \$1,200 |

| CLASS CODE | Class | Day | Date | Time |
|------------|-------|------------|------------------------------|------------------|
| OS05A | A | Tues & Fri | 21st, 24th, 28th & 31st July | 11:30am – 1:00pm |
| OS05B | B | Tues & Fri | 21st, 24th, 28th & 31st July | 2:30pm – 4:00pm |
| OS05C | C | Mon & Thu | 3rd, 6th, 10th & 13th August | 11:30am – 1:00pm |
| OS05D | D | Mon & Thu | 3rd, 6th, 10th & 13th August | 2:30pm – 4:00pm |



BADMINTON CLINIC (7-16 YEARS) 羽毛球班 (7-16 歲)

This summer, we invite young players to spend time on court developing their Badminton skills with guidance from our experienced coach. Sessions combine practice with plenty of play, helping children improve their movement and skills on the court, whilst also making new friends.

今個暑假，我們誠摯邀請年少會員前來參加羽毛球班，在經驗豐富的教練指導下提升羽毛球技能。課程將練習與大量的比賽相結合，幫助學員提高場上移動和技巧，同時也能結交新朋友。

註：學員須穿著運動服和運動鞋上課



DATE Thursday
VENUE Aerobics Room, 1/F

| CLASS CODE | Class | Age | Date | Time | Price |
|------------|-------|-------------|----------------------|-----------------|---------------------------|
| OS08A | A | 7-11 years | 2nd, 9th & 16th July | 4:30pm - 5:30pm | Member \$810, Guest \$960 |
| OS08B | B | 12-16 years | 2nd, 9th & 16th July | 5:30pm - 6:30pm | Member \$810, Guest \$960 |
| OS08C | C | 7-11 years | 23rd & 30th July | 4:30pm - 5:30pm | Member \$540, Guest \$640 |
| OS08D | D | 12-16 years | 23rd & 30th July | 5:30pm - 6:30pm | Member \$540, Guest \$640 |
| OS08E | E | 7-11 years | 6th & 13th August | 4:30pm - 5:30pm | Member \$540, Guest \$640 |
| OS08F | F | 12-16 years | 6th & 13th August | 5:30pm - 6:30pm | Member \$540, Guest \$640 |
| OS08G | G | 7-11 years | 20th & 27th August | 4:30pm - 5:30pm | Member \$540, Guest \$640 |
| OS08H | H | 12-16 years | 20th & 27th August | 5:30pm - 6:30pm | Member \$540, Guest \$640 |

JUNIOR TABLE TENNIS COURSE (6-13 YEARS) 乒乓球訓練班 (6-13 歲)

Fast and engaging, Table Tennis helps children sharpen their reactions and develop control at the table. Guided by our professional coach, participants learn techniques and tactics in a fun environment.

乒乓球運動節奏快、強度高、趣味性強，能讓孩子有機會提高反應速度，並在球桌上真正掌握控制力。在專業教練的指導下，孩子們將在輕鬆愉快的氛圍中學習技巧和戰術。

註：學員須穿著運動服和運動鞋上課



DATE Tuesday
(A) 14th & 21st July
(B) 28th July & 4th August
TIME 1:30pm - 3:00pm
VENUE Gym Activities Room, 1/F
PRICE Member \$480, Guest \$580
CLASS CODE OS07A & OS07B

BASKETBALL CLINIC (9-15 YEARS) 籃球班 (7-16 歲)

Players are introduced to the fast paced game of Basketball through fun and active sessions. Guided by our experienced coach, participants practise key skills such as dribbling, shooting and defensive play, while enjoying game situations on court.

課程適合不同程度的學員參加，由經驗豐富的教練指導，教授運球、投籃和防守等關鍵技巧。訓練內容包括對抗賽，讓學員有機會學以致用。

註：學員須穿著運動服和運動鞋上課



TIME 6:00pm - 7:00pm
VENUE Outdoor Tennis Court, 4/F

| CLASS CODE | Class | Day | Date | Price |
|------------|-------|------------------|--------------------------|---------------------------|
| OS09A | A | Mon & Weds & Fri | 6th, 8th & 10th July | Member \$720, Guest \$870 |
| OS09B | B | Tues & Thurs | 7th & 9th July | Member \$480, Guest \$580 |
| OS09C | C | Mon & Weds & Fri | 13th, 15th & 17th July | Member \$720, Guest \$870 |
| OS09D | D | Tues & Thurs | 14th & 16th July | Member \$480, Guest \$580 |
| OS09E | E | Mon & Weds & Fri | 20th, 22nd & 24th July | Member \$720, Guest \$870 |
| OS09F | F | Tues & Thurs | 21st & 23rd July | Member \$480, Guest \$580 |
| OS09G | G | Mon & Weds & Fri | 27th, 29th & 31st July | Member \$720, Guest \$870 |
| OS09H | H | Tues & Thurs | 28th & 30th July | Member \$480, Guest \$580 |
| OS09I | I | Mon & Weds & Fri | 3rd, 5th & 7th August | Member \$720, Guest \$870 |
| OS09J | J | Tues & Thurs | 4th & 6th August | Member \$480, Guest \$580 |
| OS09K | K | Mon & Weds & Fri | 10th, 12th & 14th August | Member \$720, Guest \$870 |
| OS09L | L | Tues & Thurs | 11th & 13th August | Member \$480, Guest \$580 |
| OS09M | M | Mon & Weds & Fri | 17th, 19th & 21st August | Member \$720, Guest \$870 |
| OS09N | N | Tues & Thurs | 18th & 20th August | Member \$480, Guest \$580 |

ROPE SKIPPING CLASS (7-12 YEARS) 花式跳繩班 (7-12 歲)

This course helps children improve their Rope Skipping through clear and progressive training. Participants develop coordination, timing and stamina, while building confidence as their skills improve.

在專業教練的指導下提供清晰循序漸進的訓練，學員將逐步提升技術，重點培養協調性、時機掌握與控制力。隨著技能的穩定提高，定期練習有助於增強耐力、敏捷性和自信心。

註：學員須穿著運動服和運動鞋上課

DATE Sunday
TIME 4:30pm - 5:20pm
VENUE Aerobics Room, 1/F
PRICE Member \$400, Guest \$500

| CLASS CODE | Class | Date |
|------------|-------|--------------------|
| OS06A | A | 5th & 12th July |
| OS06B | B | 19th & 26th July |
| OS06C | C | 2nd & 9th August |
| OS06D | D | 16th & 23rd August |



TENNIS & PICKLEBALL 網球及匹克球班

MINI TENNIS CLINIC (3½ – 6 YEARS) 迷你網球班 (3½-6 歲)

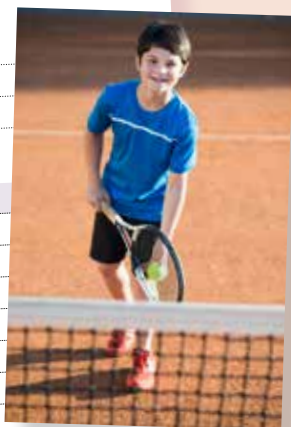
Designed for young children, these summer sessions introduce Tennis through movement, simple techniques and game-based activities.

這專為幼兒設計的暑期網球課程，將透過運動、簡易技巧和遊戲活動，向幼兒介紹網球運動。

註：學員須穿著運動服和運動鞋上課

| | |
|--------------|---------------------------|
| DATE | Tuesday – Thursday |
| TIME | 11:00am – 12:00noon |
| VENUE | Indoor Tennis Court, 4/F |
| PRICE | Member \$720, Guest \$870 |

| Class | Date |
|-------|---------------------------|
| A | 23rd, 24th & 25th June |
| B | 30th June, 1st & 2nd July |
| C | 7th, 8th & 9th July |
| D | 14th, 15th & 16th July |
| E | 21st, 22nd & 23rd July |
| F | 28th, 29th & 30th July |
| G | 4th, 5th & 6th August |
| H | 11th, 12th & 13th August |
| I | 18th, 19th & 20th August |
| J | 25th, 26th & 27th August |



MINI PICKLEBALL CLINIC (3½ – 6 YEARS) 迷你匹克球班 (3½-6 歲)

Pickleball offers an easy and enjoyable introduction to racquet sports, combining elements of tennis, badminton and table tennis. Designed for young children, these fun sessions introduce simple skills and movement, fostering an early interest in the game.

匹克球融合了網球、羽毛球和乒乓球的元素，為孩子們提供一種輕鬆有趣的球拍運動入門方式。這專為兒童設計的趣味課程，透過簡單的技巧和動作，培養他們對這項運動的早期興趣。

註：學員須穿著運動服和運動鞋上課

| | |
|--------------|---------------------------|
| DATE | Wednesday – Friday |
| TIME | 9:00am – 10:00am |
| VENUE | Aerobics Room, 1/F |
| PRICE | Member \$720, Guest \$870 |

| Class | Date |
|-------|--------------------------|
| A | 24th, 25th & 26th June |
| B | 1st, 2nd & 3rd July |
| C | 8th, 9th & 10th July |
| D | 15th, 16th & 17th July |
| E | 22nd, 23rd & 24th July |
| F | 29th, 30th & 31st July |
| G | 5th, 6th & 7th August |
| H | 12th, 13th & 14th August |
| I | 19th, 20th & 21st August |



TENNIS CLINIC (7 – 14 YEARS) 網球班 (7-14 歲)

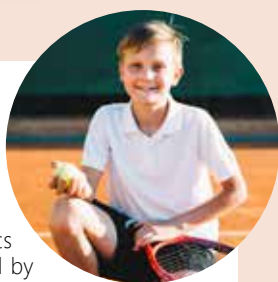
This summer, children are invited to spend time on the Pacific Club tennis courts developing their skills. Guided by our professional coaches, participants work through the fundamentals in a clear progression, building confidence in their strokes, movement and overall control.

今個暑假，我們邀請孩子們到太平洋會網球場上學習及提升球技。在專業教練的指導下，孩子們將循序漸進地學習基本功，逐步增強擊球、移動和整體控制的自信心。

註：學員須穿著運動服和運動鞋上課

| | |
|--------------|-------------------------------|
| DATE | Tuesday – Thursday |
| TIME | 2:00pm – 4:00pm |
| VENUE | Indoor Tennis Court, 4/F |
| PRICE | Member \$1,380, Guest \$1,530 |

| Class | Date |
|-------|---------------------------|
| A | 23rd, 24th & 25th June |
| B | 30th June, 1st & 2nd July |
| C | 7th, 8th & 9th July |
| D | 14th, 15th & 16th July |
| E | 21st, 22nd & 23rd July |
| F | 28th, 29th & 30th July |
| G | 4th, 5th & 6th August |
| H | 11th, 12th & 13th August |
| I | 18th, 19th & 20th August |
| J | 25th, 26th & 27th August |



PICKLEBALL CLINIC (7 – 16 YEARS) 匹克球班 (7-16 歲)

Pickleball brings together the pace of tennis, the control of badminton and the quick reactions of table tennis. In these sessions, players aged 7 to 16 build their skills under the guidance of our coach, developing technique, footwork and confidence on court.

匹克球融合了網球的快節奏、羽毛球的控球技巧和乒乓球的快速反應。在這課程中，7 - 16 歲的學員將在教練的指導下提升技能，發展技術、步法和球場上的自信心。

註：學員須穿著運動服和運動鞋上課

| | |
|--------------|-------------------------------|
| DATE | Wednesday – Friday |
| TIME | 10:00am – 12:00noon |
| VENUE | Outdoor Pickleball Court, 4/F |
| PRICE | Member \$1,380, Guest \$1,530 |

| Class | Date |
|-------|--------------------------|
| A | 24th, 25th & 26th June |
| B | 1st, 2nd & 3rd July |
| C | 8th, 9th & 10th July |
| D | 15th, 16th & 17th July |
| E | 22nd, 23rd & 24th July |
| F | 29th, 30th & 31st July |
| G | 5th, 6th & 7th August |
| H | 12th, 13th & 14th August |
| I | 19th, 20th & 21st August |



GOLF 高爾夫球班

PARENT-CHILD GOLF (4 YEARS AND ABOVE, WITH PARENT) 高爾夫球親子班 (4 歲及以上)

Designed for parents and children to enjoy together, these sessions introduce the basics of golf in a relaxed and welcoming setting, under the guidance of the Club's golf professional.

此課程以親子形式進行，專業教練將會指導學員基礎技巧，讓家長與小孩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：學員須穿著運動服和運動鞋上課

DATE

Saturday
(A) 4th & 11th July
(B) 18th & 25th July
(C) 1st & 8th August
(D) 15th & 22nd August

TIME

4:00pm – 5:00pm

VENUE

Golf Driving Range, 4/F

PRICE

Member \$1,540, Guest \$1,740 per pair



JUNIOR GOLF CLINIC (3 – 17 YEARS) 高爾夫球班 (3-17 歲)

This summer, children take to the range to discover the game of golf. With guidance from the Club's golf professional, participants build their swing step-by-step, learning how to strike the ball with confidence.

今個暑假，讓孩子們前來練習場，探索高爾夫球的樂趣。在本會專業教練的指導下，孩子們可循序漸進地練習揮桿，學習如何自信地擊球。

註：學員須穿著運動服和運動鞋上課

VENUE

Golf Driving Range, 4/F

PRICE

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

AGE

3 – 7 years & 8 – 17 years

| Class | Age | Day | Date | Time |
|-------|--------------|-------------|--------------------------------|-----------------|
| A | 3 – 7 years | Mon & Thurs | 6th, 9th, 13th & 16th July | 2:00pm – 3:00pm |
| B | 8 – 17 years | Mon & Thurs | 6th, 9th, 13th & 16th July | 3:00pm – 4:00pm |
| C | 3 – 7 years | Tues & Fri | 7th, 10th, 14th & 17th July | 2:00pm – 3:00pm |
| D | 8 – 17 years | Tues & Fri | 7th, 10th, 14th & 17th July | 3:00pm – 4:00pm |
| E | 3 – 7 years | Mon & Thurs | 20th, 23rd, 27th & 30th July | 2:00pm – 3:00pm |
| F | 8 – 17 years | Mon & Thurs | 20th, 23rd, 27th & 30th July | 3:00pm – 4:00pm |
| G | 3 – 7 years | Tues & Fri | 21st, 24th, 28th & 31st July | 2:00pm – 3:00pm |
| H | 8 – 17 years | Tues & Fri | 21st, 24th, 28th & 31st July | 3:00pm – 4:00pm |
| I | 3 – 7 years | Mon & Thurs | 3rd, 6th, 10th & 13th August | 2:00pm – 3:00pm |
| J | 8 – 17 years | Mon & Thurs | 3rd, 6th, 10th & 13th August | 3:00pm – 4:00pm |
| K | 3 – 7 years | Tues & Fri | 4th, 7th, 11th & 14th August | 2:00pm – 3:00pm |
| L | 8 – 17 years | Tues & Fri | 4th, 7th, 11th & 14th August | 3:00pm – 4:00pm |
| M | 3 – 7 years | Mon & Thurs | 17th, 20th, 24th & 27th August | 2:00pm – 3:00pm |
| N | 8 – 17 years | Mon & Thurs | 17th, 20th, 24th & 27th August | 3:00pm – 4:00pm |

SUMMER SWIMMING SCHOOL 暑期游泳班 2026

| Class | Date | Day | Time | Coach | Fees | |
|--|----------------------------------|-------------|--------------------|-------|--------|-------|
| | | | | | Member | Guest |
| Pre-school Swimming (3 - 4 years) | | | | | | |
| I1 | 7/7, 9/7, 14/7, 16/7 | Tues, Thurs | 9:00am - 10:00am | ILK | 720 | 920 |
| I2 | 21/7, 23/7, 28/7, 30/7 | Tues, Thurs | 9:00am - 10:00am | ILK | 720 | 920 |
| I3 | 4/8, 6/8, 11/8, 13/8 | Tues, Thurs | 9:00am - 10:00am | ILK | 720 | 920 |
| I4 | 18/8, 20/8, 25/8, 27/8 | Tues, Thurs | 9:00am - 10:00am | ILK | 720 | 920 |
| P1 | 2/7, 9/7, 16/7, 23/7, 30/7 | Thurs | 12:00noon - 1:00pm | PHL | 900 | 1150 |
| P2 | 6/8, 13/8, 20/8, 27/8 | Thurs | 12:00noon - 1:00pm | PHL | 720 | 920 |
| F1 | 6/7, 13/7, 20/7, 27/7 | Mon | 2:00pm - 3:00pm | FCY | 720 | 920 |
| F2 | 3/8, 10/8, 17/8, 24/8, 31/8 | Mon | 2:00pm - 3:00pm | FCY | 900 | 1150 |
| Elementary (4 - 14 years) | | | | | | |
| I1 | 7/7, 9/7, 14/7, 16/7 | Tues, Thurs | 10:00am - 11:00am | ILK | 740 | 940 |
| I2 | 21/7, 23/7, 28/7, 30/7 | Tues, Thurs | 10:00am - 11:00am | ILK | 740 | 940 |
| I3 | 4/8, 6/8, 11/8, 13/8 | Tues, Thurs | 10:00am - 11:00am | ILK | 740 | 940 |
| I4 | 18/8, 20/8, 25/8, 27/8 | Tues, Thurs | 10:00am - 11:00am | ILK | 740 | 940 |
| I5 | 6/7, 13/7, 20/7, 27/7, 3/8, 10/8 | Mon | 9:00am - 10:00am | ILK | 1110 | 1410 |
| P1 | 2/7, 9/7, 16/7, 23/7, 30/7 | Thurs | 2:00pm - 3:00pm | PHL | 925 | 1175 |
| P2 | 6/8, 13/8, 20/8, 27/8 | Thurs | 2:00pm - 3:00pm | PHL | 740 | 940 |
| P3 | 8/7, 15/7, 22/7, 29/7 | Weds | 5:00pm - 6:00pm | PHL | 740 | 940 |
| P4 | 5/8, 12/8, 19/8, 26/8 | Weds | 5:00pm - 6:00pm | PHL | 740 | 940 |
| F1 | 7/7, 10/7, 14/7, 17/7 | Tues, Fri | 3:00pm - 4:00pm | FCY | 740 | 940 |
| F2 | 21/7, 24/7, 28/7, 31/7 | Tues, Fri | 3:00pm - 4:00pm | FCY | 740 | 940 |
| F3 | 4/8, 7/8, 11/8, 14/8 | Tues, Fri | 3:00pm - 4:00pm | FCY | 740 | 940 |
| F4 | 18/8, 21/8, 25/8, 28/8 | Tues, Fri | 3:00pm - 4:00pm | FCY | 740 | 940 |



| Class | Date | Day | Time | Coach | Fees | |
|---------------------------------------|----------------------------------|-------------|----------------------|-------|--------|-------|
| | | | | | Member | Guest |
| Intermediate (4 - 14 years) | | | | | | |
| I1 | 6/7, 13/7, 20/7, 27/7, 3/8, 10/8 | Mon | 10:00am -11:00am | ILK | 1140 | 1440 |
| I2 | 7/7, 9/7, 14/7, 16/7 | Tues, Thurs | 11:00am - 12:00noon | ILK | 760 | 960 |
| I3 | 21/7, 23/7, 28/7, 30/7 | Tues, Thurs | 11:00am - 12:00noon | ILK | 760 | 960 |
| I4 | 4/8, 6/8, 11/8, 13/8 | Tues, Thurs | 11:00am - 12:00noon | ILK | 760 | 960 |
| I5 | 18/8, 20/8, 25/8, 27/8 | Tues, Thurs | 11:00am - 12:00noon | ILK | 760 | 960 |
| P1 | 2/7, 9/7, 16/7, 23/7, 30/7 | Thurs | 1:00pm - 2:00pm | PHL | 950 | 1200 |
| P2 | 6/8, 13/8, 20/8, 27/8 | Thurs | 1:00pm - 2:00pm | PHL | 760 | 960 |
| F1 | 4/7, 11/7, 18/7, 25/7 | Sat | 3:00pm - 4:00pm | FCY | 760 | 960 |
| F2 | 1/8, 8/8, 15/8, 22/8, 29/8 | Sat | 3:00pm - 4:00pm | FCY | 950 | 1200 |
| Advanced (4 - 14 years) | | | | | | |
| I1 | 6/7, 13/7, 20/7, 27/7 | Mon | 11:00am - 12:30pm | ILK | 1120 | 1320 |
| I2 | 3/8, 10/8 | Mon | 11:00am - 12:30pm | ILK | 560 | 660 |
| I3 | 3/7, 10/7, 17/7, 24/7, 31/7 | Fri | 9:00am - 10:30am | ILK | 1400 | 1650 |
| I4 | 7/8, 14/8, 21/8, 28/8 | Fri | 9:00am - 10:30am | ILK | 1120 | 1320 |
| P1 | 8/7, 15/7, 22/7, 29/7 | Weds | 2:00pm - 3:30pm | PHL | 1120 | 1320 |
| P2 | 5/8, 12/8, 19/8, 26/8 | Weds | 2:00pm - 3:30pm | PHL | 1120 | 1320 |
| P3 | 8/7, 15/7, 22/7, 29/7 | Weds | 3:30pm - 5:00pm | PHL | 1120 | 1320 |
| P4 | 5/8, 12/8, 19/8, 26/8 | Weds | 3:30pm - 5:00pm | PHL | 1120 | 1320 |
| F1 | 7/7, 14/7, 21/7, 28/7 | Tues | 4:00pm - 5:30pm | FCY | 1120 | 1320 |
| F2 | 4/8, 11/8, 18/8, 25/8 | Tues | 4:00pm - 5:30pm | FCY | 1120 | 1320 |
| Intensive (8 years or above) | | | | | | |
| I5 | 3/7, 10/7, 17/7, 24/7, 31/7 | Fri | 10:30am - 12:30pm | ILK | 1850 | 2100 |
| I6 | 3/7, 10/7, 17/7, 24/7, 31/7 | Fri | 4:00pm - 6:00pm | ILK | 1850 | 2100 |
| I7 | 7/8, 14/8, 21/8, 28/8 | Fri | 10:30am - 12:30pm | ILK | 1480 | 1680 |
| I8 | 7/8, 14/8, 21/8, 28/8 | Fri | 4:00pm - 6:00pm | ILK | 1480 | 1680 |
| P1 | 4/7, 11/7, 18/7, 25/7 | Sat | 1:00pm - 3:00pm | PHL | 1480 | 1680 |
| P2 | 1/8, 8/8, 15/8, 22/8, 29/8 | Sat | 1:00pm - 3:00pm | PHL | 1850 | 2100 |
| F1 | 2/7, 4/7, 9/7, 11/7 | Thurs, Sat | 4:00pm - 6:00pm | FCY | 1480 | 1680 |
| F2 | 16/7, 18/7, 23/7, 25/7, 30/7 | Thurs, Sat | 4:00pm - 6:00pm | FCY | 1850 | 2100 |
| F3 | 1/8, 6/8, 8/8, 13/8, 15/8 | Thurs, Sat | 4:00pm - 6:00pm | FCY | 1850 | 2100 |
| F4 | 20/8, 22/8, 27/8, 29/8 | Thurs, Sat | 4:00pm - 6:00pm | FCY | 1480 | 1680 |
| Competition (8 years or above) | | | | | | |
| I1 | 3/7, 10/7, 17/7, 24/7, 31/7 | Fri | 12:30pm - 2:30pm | ILK | 1850 | 2100 |
| I2 | 7/8, 14/8, 21/8, 28/8 | Fri | 12:30pm - 2:30pm | ILK | 1480 | 1680 |
| S1 | 7/7, 9/7, 14/7, 16/7 | Tues, Thurs | 10:00am - 12:00noon | ST | 1480 | 1680 |
| S2 | 21/7, 23/7, 28/7, 30/7 | Tues, Thurs | 10:00am - 12:00 noon | ST | 1480 | 1680 |
| S3 | 4/8, 6/8, 11/8, 13/8 | Tues, Thurs | 10:00am - 12:00 noon | ST | 1480 | 1680 |
| S4 | 18/8, 20/8, 25/8, 27/8 | Tues, Thurs | 10:00am - 12:00 noon | ST | 1480 | 1680 |



ENROLLMENT 報名

- 5% Early Bird Discount on class fees (excluding guest fees) is available for enrollments made on or before Monday, 15th June 2026. This offer applies to all classes.
- 5% discount is available for enrolling in 3 or more classes (not applicable to golf, tennis, or swimming classes).
- Tuition fees will be debited from the Member's account.
- The Club will notify members 10 days before the class begins whether the minimum enrollment has been reached (except for classes with a specially noted registration deadline).
- Unless cancelled by the Member, all classes that have reached the minimum enrollment will be automatically confirmed on the registration deadline and cannot be cancelled or changed thereafter.
- Guest prices include the entry fee for the Children's Playroom but exclude other sports facilities.
- All participants must adhere to the Club's rules and regulations.
- Pacific Club and its coaches/instructors are not responsible for any accidents, injuries, or personal losses incurred by participants or others.
- 會員於6月15日(星期一)或之前報名,可獲課程費用95折「早鳥優惠」(不包括嘉賓費用)。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10天通知會員課程是否達到開班人數(除特別註明截止報名日期的課程外)。
- 除非會員自行取消,所有已達到開班人數的課程將於截止報名日自動確認,並在截止日期後不得取消或更改。
- 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。

For enquiries or registration for Tennis, Golf, Pickleball, and Basketball classes, please contact the 4/F Tennis Reception or call 2118 1707.

For enquiries or registration of Other Classes, please contact the 2/F Reception or call 2118 1890.

網球、高爾夫球、匹克球及籃球課程的查詢或報名,請與四樓網球接待處聯絡,或致電 2118 1707。

其他課程的查詢或報名,請與二樓接待處聯絡,或致電2118 1890。

BASKETBALL PRIVATE LESSONS 私人籃球課堂

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

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

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

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

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

預約私人籃球課堂, 請致電 2118 1707 向四樓網球部查詢。

PRIVATE LESSONS (1 PAX) 私人課程 (一人)

1-hour
一小時課程 **\$650 per person**
每位 \$650

1½ hour lessons
1½小時課程 **\$900 per person**
每位 \$900

PRIVATE LESSONS (2 PAX) 半私人課程 (二人)

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



SPA HAPPY HOUR FOR GENTLEMEN 男士水療歡樂時光

This June, take time to unwind with our Gentleman's Weekday Escape at the Spa.

Available Monday to Friday from 3:00pm to 6:00pm
(excluding Public Holidays)

於 6 月份, 不妨抽出時間前來本會水療中心享受
專為男士打造的水療歡樂時光。

逢星期一至五 (公眾假期除外) 下午 3 時至 6 時

**55-minute
Body Massage**
55 分鐘深層身體按摩



**25-minute
Foot Reflexology**
25 分鐘活力足部護理

This 80-minute treatment experience is designed to ease muscle tension, improve circulation and help restore tired muscles after a busy day.

這 80 分鐘護理療程旨在舒緩肌肉緊張, 促進血液循環, 幫助你在忙碌一天後放鬆疲憊的身體, 恢復活力。

Monday to Friday in June (excluding Public Holidays)
6 月份逢星期一至五 (公眾假期除外)

Happy Hour Time : 3:00pm – 6:00pm (Last appointment: 4:30pm)
優惠時間 : 下午 3 時至 6 時 (最後預約時間: 下午 4 時 30 分)

55-min Body Massage with 25-min Foot Reflexology
55 分鐘深層身體按摩 + 25 分鐘活力足部護理

\$620 per person
每位

FRUIT FOOT REFLEXOLOGY 水果足底按摩

Refresh tired feet this summer with our Fruit Foot Massage, a cooling treatment designed to help you relax and recharge. The experience begins with a fruit infused foot soak, followed by a soothing pressure point massage focused on easing tension and improving circulation.

Light, refreshing and restorative, this treatment leaves your feet feeling revitalised and your body refreshed.

今個夏天, 不妨體驗本會的水果足底按摩, 舒緩疲憊的雙腳。這項清涼的護理旨在幫助你放鬆身心, 並煥發活力。體驗從浸泡在水果中的足浴開始, 隨後進行舒緩的穴位按摩, 重點在於緩解緊張和促進血液循環。

這款輕柔、清爽、煥發的天然護理, 讓你的雙腳重獲活力, 身心舒暢。

\$360
(55mins) (55分鐘)



BEAUTY PRODUCT SALE 美容產品優惠

PURCHASE ANY ALQVIMIA
BODY MASSAGE OIL AND ENJOY **10% OFF**
購買任何ALQVIMIA身體按摩油可享 9折優惠

RECOMMENDED PRODUCTS 推介產品

COMFORT LEGS BODY OIL 舒緩腿部身體油

A premium aromatherapy body oil specially formulated to soothe tired and heavy legs. Blended with 100% natural essential oils and botanical extracts, it helps improve circulation while reducing the sensation of swelling and fatigue.

一款專為舒緩疲勞沉重腿部而特別配製的高級芳香療法身體油，它採用100%純天然精油和植物萃取物調配而成，有助於促進腿部血液循環，同時減輕腫脹和疲勞感。



CHAMOMILE, ROSEMARY, JUNIPER BODY OIL 甘菊迷迭香杜松果護膚油

A revitalising blend designed to relax the body and refresh the mind. Combining the calming qualities of Chamomile with the purifying and energising properties of Rosemary and Juniper, this body oil is particularly suitable after exercise or for easing muscular tension.

這款有助煥發活力的護理精油旨在放鬆身心，提神醒腦。它融合了洋甘菊的舒緩功效，及迷迭香和杜鬆的淨化提神作用，尤其適合運動後恢復或緩解肌肉緊張。



SPA PROMOTIONS IN JUNE

6月份美容療程優惠

GUINOT LIFT SUMMUM TREATMENT

煥顏緊膚修護療程

Rediscover youthful vitality with the Lift Summum Treatment, a luxurious experience tailored for mature skin. This specialised firming treatment rejuvenates the face, neck, and chest with unique massage techniques and unique masks. Designed to smooth wrinkles, redefine facial contours, and restore firmness, the Lift Summum Treatment offers unparalleled care for a radiant, lifted appearance.



煥發青春活力，享受專為熟齡肌膚打造的奢華體驗 — 煥顏緊膚修護療程。這項專業的緊緻護理運用獨特的按摩手法和特製面膜，讓臉部、頸部和胸部肌膚重煥年輕光彩。煥顏緊膚修護療程旨在撫平皺紋、重塑臉部輪廓、恢復肌膚緊緻，帶來無與倫比的呵護，讓肌膚煥發光彩，緊緻提升。

\$1,520 **\$1,216**

(1hr 25mins) (1小時25分鐘)

SOTHYS GLOW DEFENSE INTENSIVE TREATMENT

SOTHYS 蛋白科研光感療程

Experience a deeply restorative facial treatment combining the signature Digi-Esthétique® massage technique with the advanced skincare expertise of Sothys. Designed to help repair the visible effects of daily stress and environmental damage, this intensive treatment leaves the complexion looking brighter, smoother and refreshed after just one session.

這款面部護理融合了 Sothys 的先進配方及具標誌性的 Digi-Esthétique 技術，深層療程旨在對抗日常壓力的影響，幫助肌膚恢復平衡、舒適及活力。只需一次護理，膚色即可更加明亮、光滑、均勻，煥發健康清爽的光澤。



\$1,520 **\$1,216**

(1hr 25mins) (1小時25分鐘)



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

A DECORATIVE LIVING PLANT FRAME

生動的植物畫框擺設



WHAT YOU'LL NEED 所需材料

- Various Plants:
2 Maxillaria Tenuifolia,
3 Sansevieria, 3 Sedum
多種植物：
2 盆咖啡蘭、3 盆虎尾蘭、
3 盆黃金萬年草
- A Long, Curved Dried Branch
長、彎曲的乾白樹枝
- Dried Moss
乾苔蘚
- A White Wooden Frame
白色木畫框
- Thick Wire
粗鐵絲
- Hemp Rope
麻繩
- Glue
膠水
- An Electric Drill
電鑽

INSTRUCTIONS 步驟

1. Drill a hole in the top corner of the wooden frame. 在木畫框的上方一角鑽一個小孔。
2. Insert thick wire through the hole and make a circle ring. 將一根粗鐵絲穿過小孔，繞成一個圓環。
3. Place the long dried branch through the circle ring and secure it firmly. 將長的乾樹枝穿過圓環將其固定。
4. Remove the Maxillaria Tenuifolia plants from their pots. 將咖啡蘭從盆中取出。
5. Drill several holes along the upper section of the wooden frame, thread the wire through and secure the Maxillaria Tenuifolia in place. 在木畫框的上方位置鑽幾個小孔，用鐵絲穿過將咖啡蘭固定在上面。
6. Remove the Sansevieria plants from their pots and wrap the roots with hemp rope. 將虎尾蘭從盆中取出，用麻繩包裹其根部。
7. Drill holes along the middle section of the wooden frame, thread the wire through and secure two pots of Sansevieria plants. 在木畫框中間位置鑽幾個小孔，用鐵絲穿過將兩盆虎尾蘭固定在上面。
8. Secure one pot of Sansevieria on the top end of the dried branch with wire. 再用鐵絲將一盆虎尾蘭固定在乾樹枝的頂端。
9. Cover the exposed roots of all plants with dried moss and secure it with glue. 用膠水將乾苔蘚遮蓋所有露出來的植物根部。
10. Remove the Sedum from their pots and attach them at the lower section of the wooden frame. 將黃金萬年草從盆中取出，固定在木畫框的底部位置。

NEW PILATES REFORMER

NOW AVAILABLE in Aerobics Room II

全新普拉提機 - 在多用途室開放使用

Discover a more refined approach to strength, balance and body conditioning with our new Pilates Reformer in Aerobics Room II.

Suitable for both beginners and experienced practitioners, Reformer Pilates uses controlled movement and precision resistance training to improve posture, flexibility and core stability while developing long, balanced muscle tone. Each session is individually guided by our experienced Pilates Coach and tailored to your fitness level and personal goals.

在本會二號多用途室現已新增設一部全新的普拉提器材，將為大家帶來更精準的力量、平衡和體能訓練體驗。

普拉提器材訓練適合初學者和資深練習者使用，它運用精準的運動控制和阻力訓練，幫助改善體態、改善姿勢、增加柔軟度和強化核心穩定性，同時塑造修長勻稱的肌肉線條。每節課堂都由本會經驗豐富的普拉提教練親自指導，並將根據你的健身水平和個人目標度身定制最適合的訓練計劃。

Special June Promotional Price for Pacific Club Members

6月份太平洋會會員特別優惠

Venue : Aerobics Room II

地點 : 二號多用途室

~~\$780~~ **\$680** Modern Reformer Experience -
Pilates Coaching (1-hr Session)
新器材體驗 — 普拉提私人課堂 (一小時)

To book, please call the Gym on 2118 1863.

報名請致電健身室 : 2118 1863



FATHER'S DAY REPTILE ENCOUNTER

父親節爬蟲類 互動體驗

Celebrate Father's Day one day early with an exciting family adventure as fathers and children come face to face with a fascinating world of reptiles. Discover more than 10 different species, from brightly coloured lizards and giant snakes to gentle tortoises and other creatures from around the world.

Throughout the event, families can enjoy interactive feeding sessions and introductions to each reptile's unique habits and habitats, with plenty of surprising facts and memorable moments along the way. Reptile themed arts and craft activities add even more fun for younger guests, making this a very memorable Father's Day experience for the whole family.

提前一天慶祝父親節，讓父親與孩子一起踏上刺激的家庭冒險之旅，近距離接觸迷人的爬蟲動物世界。活動將展出超過10種不同的爬蟲類，從色彩鮮豔的蜥蜴、令人驚嘆的蛇類，到溫順的陸龜及來自世界各地的其他生物。

活動期間，各家庭成員可以參與互動式餵食環節，了解每種爬蟲類的獨特習性和棲息地，收穫令人驚喜的知識和難忘的瞬間。以爬蟲類為主題的藝術手工藝活動更添樂趣，讓小朋友們樂在其中，為全家打造一個難忘的父親節體驗。

| | |
|--------------------|---|
| DATE 日期 | Saturday, 20th June 6月20日 (星期六) |
| TIME 時間 | 4:00pm - 5:00pm 下午4時至5時 |
| VENUE 地點 | Harbour Room II 二號海景房 |
| PRICE 收費 | Member \$240, Guest \$360 會員\$240、非會員\$360 |
| AGE 年齡 | All Ages 所有年齡 |

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



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 (A) | 1:30pm – 2:30pm |
| Men's Double Training | 7:00pm – 9:00pm Men's (B) |
| English Drama Academy | 4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A) |

TUESDAY

| | |
|--------------------------|-----------------------|
| Yoga | 10:30am – 11:30am (B) |
| Afternoon Water Aerobics | 3:00pm – 4:00pm (A) |

WEDNESDAY

| | |
|------------------------------|----------------------------|
| Tennis Team Training | 10:00am – 12:00noon Ladies |
| Adult Swimming Course | 11:00am – 12:00noon |
| Fascia Exercise Training (B) | 11:00am – 12:00noon |
| Funky Dance | 12:00noon – 1:00pm (A) |
| Pickleball Night | 8:00pm – 10:00pm |

THURSDAY

| | |
|------------------------------------|---------------------------|
| Yoga | 10:30am – 11:30am (C) |
| Holistic Aquatic Exercise Training | 11:00am – 12:00noon (B) |
| Stretching Exercise | 12:00noon – 1:00pm (B) |
| Jazz Dance | 3:00pm – 4:00pm |
| Tennis Team Training | 7:00pm – 9:00pm Men's (A) |

FRIDAY

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

SATURDAY

| | |
|---------------------------|---|
| Junior Swimming School | 10:00am – 11:00am Elementary (A: 36-47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+) |
| Junior Tennis Academy | 10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years) |
| Junior Taekwondo | 4:00pm – 5:00pm (All Levels) |
| Junior Pickleball Academy | 2:00pm – 3:00pm (A: 3½-6 years) 3:00pm – 4:00pm (B: 7-11 years) |

SUNDAY

| | |
|----------------------|---|
| Zumba Fitness | 10:00am – 10:45am |
| Yoga | 11:00am – 12:00noon (E) |
| Sunday Junior Tennis | 2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years) |
| Wall Climbing | 11:30am – 1:00pm |
| Rope Skipping | 4:30pm – 5:20pm |
| Sunday Social Tennis | 5:00pm – 7:00pm |

* Members can sign up various group classes at 2/F Sports Desk on or after the 25th of each month for the next month's classes. 康體部於每個月25日開始接受下個月各團體課程的報名。

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

HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled on Dragon Boat Festival on 19th June.

請注意，所有兒童及成人團體課程將於6月19日端午節公眾假期暫停舉行。

JAZZ DANCE

爵士舞班

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

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



| | |
|----------|--|
| DATE 日期 | Thursday 4th, 11th & 18th June 6月4日、11日及18日 (星期四) |
| TIME 時間 | 3:00pm – 4:00pm 下午 3時至4時 |
| VENUE 地點 | Aerobics Room |
| PRICE 收費 | Member \$570, Guest \$930 (for 3 lessons) 會員\$570·非會員\$930 (3堂) |
| AGE 年齡 | 16 years and above 16歲及以上 |

FUNKY DANCE

FUNKY舞蹈班

High energy music and fun choreography come together in this lively dance class inspired by street dance and modern pop styles. Participants will improve rhythm and coordination while enjoying an exciting and active workout. In just one hour, participants can complete up to 7,000 dance steps.

動感十足的音樂和充滿趣味的舞蹈編排，融合了街舞和現代流行舞蹈的風格，打造出這項活力四射的舞蹈課程。學員將於短短一小時內，就能完成多達 7,000 個舞步，在享受暢快淋漓的鍛鍊時，亦能提升節奏感和協調性。



| | |
|----------|--|
| DATE 日期 | (A) Wednesday 3rd, 10th, 17th & 24th June (B) Friday 5th, 12th & 26th June A班 6月3日、10日、17日及24日 (星期三) B班 6月5日、12日及26日 (星期五) |
| TIME 時間 | 12:00noon – 1:00pm 中午 12時至下午1時 |
| VENUE 地點 | Aerobics Room |
| PRICE 收費 | (A) Member \$760, Guest \$1,240 (for 4 lessons) (B) Member \$570, Guest \$930 (for 3 lessons) A班 會員\$760·非會員\$1,240 (4堂) B班 會員\$570·非會員\$930 (3堂) |
| AGE 年齡 | 16 years and above 16歲及以上 |

ZUMBA FITNESS

尊巴健體舞班

Turn up the music and enjoy a fast paced Zumba workout filled with energetic dance routines inspired by Latin rhythms. Designed to keep the body moving from start to finish, this exciting class helps improve fitness while making exercise fun.

Suitable for all fitness levels, Zumba is a great way to burn energy, stay active and enjoy the atmosphere of group dance fitness.

調高音樂，盡情享受充滿活力的尊巴舞課程吧！這課程融合了拉丁節奏，讓你的舞步動感十足。從頭到尾，身體都保持運動狀態，不僅能幫助你提升體能，還能讓運動充滿樂趣。尊巴舞適合所有健身程度的人士，是燃燒能量、保持活力、享受團體舞蹈健身氛圍的最佳方式。



| | |
|--------------------|--|
| DATE 日期 | Sunday 7th, 14th, 21st & 28th June 6月7日、14日、21日及28日（星期日） |
| TIME 時間 | 10:00am – 10:45am (45 minutes) 上午 10時至10時45分〔45分鐘〕 |
| VENUE 地點 | Aerobics Room |
| PRICE 收費 | Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760·非會員\$1,240 (4堂) |
| AGE 年齡 | 16 years and above 16歲及以上 |



STRETCHING EXERCISE CLASS

伸展運動班

Take time to reset the body with our relaxing Stretching Exercise Class, focused on lengthening muscles and improving everyday movement. Slow and steady exercises help reduce the risk of injury, increasing range of motion and leaving the body feeling lighter and more refreshed.

Ideal for all fitness levels, this class is especially beneficial for those looking to unwind, recover after exercise or maintain better flexibility and balance.

來參加本會伸展運動班放鬆身心，感受煥然一新的感覺吧！課程專注於伸展肌肉，改善日常活動能力，緩慢而穩定的練習有助於降低受傷風險，增加活動範圍，讓身體感覺更輕盈、更清爽。

本課程適合所有健身程度的人士，尤其是想要放鬆身心、運動後恢復或保持身體柔韌性和平衡的人士。

FASCIA EXERCISE TRAINING

筋膜運動訓練

Movement becomes easier and more efficient when the body is able to move freely. Fascia Exercise Training focuses on improving mobility, flexibility and body awareness through a series of flowing stretches and controlled movements, designed to release tension throughout the body's connective tissues.

This low impact class helps improve posture, coordination and overall movement quality while encouraging better balance and circulation. Suitable for a wide range of fitness levels.

當身體能夠自由活動時，動作會變得更輕鬆、更有效率。筋膜運動訓練透過一系列流暢的伸展和控制動作，放鬆全身拉緊的結締組織，從而提升活動能力、柔軟性和身體感知。這項低衝擊課程有助於改善姿勢、協調性和整體運動質量，同時促進平衡和血液循環，適合各種健身程度的人士參加。

| | |
|--------------------------|---|
| DATE 日期 | (A) Monday 1st, 8th, 15th, 22nd & 29th June (B) Wednesday 3rd, 10th, 17th & 24th June A班 6月1日、8日、15日、22日及29日（星期一） B班 6月3日、10日、17日及24日（星期三） |
| TIME 時間 | (A) 1:30pm – 2:30pm (B) 11:00am – 12:00noon A班 下午 1時30分至2時30分 B班 上午 11時至中午12時 |
| VENUE 地點 | Aerobics Room |
| PRICE 收費 | (A) Member \$950, Guest \$1,550 (for 5 lessons) (B) Member \$760, Guest \$1,240 (for 4 lessons) A班 一會員\$950·非會員\$1,550 (5堂) B班 會員\$760·非會員\$1,240 (4堂) |
| AGE 年齡 | 16 years and above 16歲及以上 |
| INSTRUCTION 語言 | Please note this class is taught in Cantonese only 廣東話 |

| | |
|--------------------------|--|
| DATE 日期 | (A) Friday 5th, 12th & 26th June (B) Thursday 4th, 11th, 18th & 25th June A班 6月5日、12日及26日（星期五） B班 6月4日、11日、18日及25日（星期四） |
| TIME 時間 | (A) 3:00pm – 4:00pm (B) 12:00noon – 1:00pm A班 一下午 3時至4時 B班 中午 12時至下午1時 |
| VENUE 地點 | Aerobics Room |
| PRICE 收費 | (A) Member \$570, Guest \$930 (for 3 lessons) (B) Member \$760, Guest \$1,240 (for 4 lessons) A班 會員\$570·非會員\$930 (3堂) B班 會員\$760·非會員\$1,240 (4堂) |
| AGE 年齡 | 16 years and above 16歲及以上 |
| INSTRUCTION 語言 | (A) Instructor: Max, Cantonese Speaking only (B) Instructor: Tree, Cantonese & English A班 教練：Max·廣東話 B班 教練：Tree·廣東話及英語 |





UNDERSTANDING YOURSELF THROUGH EXERCISE

The fitness world is full of different training styles. Some people love high intensity interval training (HIIT), pushing themselves through fast paced workouts and finishing soaked in sweat. Others prefer yoga, focusing on control, balance, and mobility. Some enjoy long distance running, while others would rather spend an hour in the weights room. Everyone trains differently, but one thing stays the same: progress only comes when you are honest about where you are starting from.



By Max Ng
Personal Trainer
撰文：私人健身教練

A lot of people train hard, but not many train honestly

If you want to keep improving, the first step is learning to recognise your weak points instead of avoiding them. Exercise has a way of exposing everything. Tight hips. Poor mobility. Weak core strength. Bad recovery habits. Lack of discipline. You can hide these things for a while, but sooner or later they show up in your training.

Some people focus only on lifting heavy weights. They get stronger, but ignore flexibility, mobility, and stability. Eventually the body stiffens up, posture suffers, and injuries start appearing. Others focus only on cardio. They build endurance and stay lean, but struggle with strength and everyday physical tasks. Then there are people who push through intense workouts day after day without enough recovery, wondering why their energy drops and their progress stalls.

These are common mistakes in the gym. Most people already know what they need to improve. The problem is that they keep training around their weaknesses instead of working on them.

The people who make long term progress are usually the ones willing to admit things like:

- “My mobility is terrible.”
- “My recovery is poor.”
- “My upper body strength is weak.”
- “My conditioning needs work.”

Once you accept those things, you can actually start improving them.

You see it all the time. Runners with constant knee pain improve their mobility and glute strength, and suddenly their running form improves. People who were intimidated by weights start strength training properly and become stronger and more confident. Others who constantly feel exhausted realise they need better sleep, nutrition, and recovery instead of simply adding more training sessions.

Exercise is not just about building muscle or losing weight. It teaches you a lot about yourself. It shows how you deal with discomfort, frustration, discipline, and consistency. The gym exposes bad habits quickly, but it also rewards people who are willing to improve step by step.

The strongest people are not the ones who never struggle. They are the ones willing to recognise what is holding them back and work on it consistently. Good training is not about pretending to be perfect. It is about paying attention to what your body needs, adjusting when necessary, and continuing to improve over time. That mindset applies outside the gym as well. Real progress, whether physical or personal, usually comes from being honest with yourself, making adjustments, and staying consistent long enough to see results.

透過運動認識真實的你

在運動的世界裡充滿了各種訓練的方式。有些人喜歡高強度間歇訓練 (HIIT)·挑戰自我·在汗水淋漓中追求極限快感。有些人則偏好平靜的瑜伽·專注於控制·平衡及活動性。有些人喜歡長跑·有些人則喜歡在健身室內待上一個小時。每個人的訓練方式都不同·但有一點始終不變: 只有誠實面對自己的起點·才能進步。

很多人願意刻苦地訓練·但真正認真地訓練的人卻不多

如果你想持續進步·第一步就是學會正視自己的弱點·而不是逃避它們。運動會暴露一切。腕部僵硬·活動範圍受限·核心力量薄弱·恢復習慣不良·缺乏自律。這些問題你可以暫時掩蓋·但遲早會在訓練中顯露出來。

有些人只專注於重量訓練。他們的力量確實增強了·但卻忽略了柔軟性·靈活性和穩定性。最終·身體僵硬·姿勢走樣·開始容易受傷。另一些人只專注於有氧運動。他們耐力增強·體脂率也保持了較低水平·但在力量和日常體力活動方面卻遇到了困難。還有一些人日復一日地進行高強度訓練·卻恢復不足·最終發現自己的精力下降·進步停滯不前·這讓他們百思不得其解。

這些都是健身室中常見的錯誤。大多數人其實都知道自己需要改進的地方·問題在於·他們總是圍繞著自己的弱點進行訓練·而不是針對弱點本身進行針對性訓練。

那些取得長期進步的人通常都願意承認以下問題:

「我的靈活性很差。」

「我的恢復能力不足。」

「我的上肢力量很弱。」

「我的體能需要加強。」

一旦你接受了這些事實·你就可以開始改進它們了。



你常常會看到這樣的例子。膝蓋疼痛的跑步者透過改善靈活性和臀部力量·跑步姿勢也隨之改善。那些曾經對舉重望而卻步的人·開始進行正規的肌力訓練後·變得更強壯·更有自信。而那些總是感到疲憊不堪的人·則意識到他們需要的是更好的睡眠·營養和恢復·而不是簡單地增加訓練次數。

運動不只是為了增肌或減肥·它還能讓你更了解自己。它能展現你如何面對不適·挫折·如何保持自律和堅持。在健身室內會迅速暴露你的壞習慣·但也會獎勵那些願意循序漸進改善的人。

最強大並非那些從未經歷過掙扎的人·而是願意正視阻礙自身前進的因素並持之以恆地努力克服的人。好的訓練並非追求完美·而是專注於身體的需求·在必要時進行調整·並隨著時間的推移而不斷進步。這種心態同樣適用於健身室以外。真正的進步·無論是身體上的還是精神上的·通常都源於對自己誠實·做出調整·並堅持不懈地努力·直至看到成效。





JUNIOR PICKLEBALL ACADEMY 少年匹克球訓練

Come and play Pickleball with Coach Nico! Combining elements of tennis, badminton and table tennis, this fast growing sport is easy to learn and great fun to play.

Held every Saturday afternoon in June, this class is designed for children aged 3½ to 11 and introduces the basics through simple drills, games and guided play in a relaxed and enjoyable setting. Young players will build confidence on court, develop coordination and discover a love for Pickleball, while having a great time.

前來與教練 Nico 一起享受匹克球運動吧! 匹克球融合了網球、羽毛球和乒乓球的元素, 這項運動發展迅速, 易於上手, 樂趣無窮。

本課程於 6 月份每個星期六下午舉行, 專為 3½ - 11 歲的兒童設計, 透過簡單的練習、遊戲和指導, 在輕鬆愉快的氛圍中介紹匹克球的基本技巧。小球員將在球場上建立自信, 提高協調能力, 並愛上這項運動, 同時享受運動的樂趣。

| | |
|--------------------|--|
| DATE 日期 | Saturday 6th, 13th, 20th & 27th June 6月6日、13日、20日及27日 (星期六) |
| TIME 時間 | (A) 2:00pm – 3:00pm (B) 3:00pm – 4:00pm A班 下午 2時至3時 B班 下午 3時至4時 |
| VENUE 地點 | Gym Aerobics Room, 1/F 一樓健身室Aerobics Room |
| PRICE 收費 | (A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,120, Guest \$1,600 (for 4 lessons) A班 會員\$880·非會員\$1,360 (4堂) B班 會員\$1,120·非會員\$1,600 (4堂) |
| AGE 年齡 | (A) 3½ – 6 years / (B) 7 – 11 years A班 3½至6歲 / B班 7至11歲 |

PICKLEBALL PRIVATE LESSONS 匹克球私人課程

Whether you are picking up a paddle for the first time or looking to sharpen your game, Pickleball Private Lessons offer an effective way to improve.

Each one-on-one session is tailored to your level, helping you build confidence and consistency on court. With the coach's full attention, you will work on key techniques at a pace that suits you, while developing a clearer understanding of the game and a more natural feel for every shot.

無論你是初次拿起球拍, 還是希望增進球技, 匹克球私人課程都能為你提供簡單有效的提升途徑。

每堂一對一課程都會根據你的程度度身定制, 重點在於培養你在球場上的自信心、控球能力和穩定性。在教練的悉心指導下, 你將以適合自己的步調學習關鍵技術, 更深入地了解這項運動, 並逐漸培養出更自然流暢的擊球感覺。



Private Lessons 私人課程 (1 pax/人)

1-hour \$650 per person
一小時課程 每位\$650

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

Semi-Private Lessons 半私人課程 (2 pax/人)

1-hour \$345 per person
一小時課程 每位\$345

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

To join our Junior Pickleball Academy please contact the 4/F Tennis Reception on 2118 1707.
報名參加少年匹克球訓練, 請致電四樓網球接待處: 2118 1707。

SWIMMING AT THE CLUB

太平洋會游泳課程

ADULT SWIMMING COURSE

成人游泳課程

Build confidence in the water through this structured swimming programme for adults aged 18 and above. Whether you are learning for the first time or looking to improve your technique, lessons are designed to help you progress at a comfortable pace with clear guidance from our coach.

Classes focus on essential swimming skills including breathing control, floating, body position and stroke development. With individual attention throughout each session, participants will develop stronger technique and feel more relaxed and confident in the water.

參加本會為 18 歲及以上成人設計，指導嚴謹的游泳課程，增強你在水中的自信。無論是初學者還是希望提升游泳技巧，課程都將在教練的清晰指導下，幫助你以舒適的節奏循序漸進地學習。

課程重點在於基本的游泳技能，包括呼吸控制、浮水、泳姿和划水動作的改進。在每節課堂中，教練都會給予個人化的關注，幫助提升游泳技巧，讓你在水中感到更放鬆和自信。

| | |
|--------------------|--|
| DATE 日期 | Wednesday 3rd, 10th, 17th & 24th June 6月3日、10日、17日及24日 (星期三) |
| TIME 時間 | 11:00am – 12:00noon 上午 11時至中午12時 |
| VENUE 地點 | Swimming Pool 游泳池 |
| PRICE 收費 | Member \$1,040, Guest \$1,520 (for 4 lessons) 會員\$1,040·非會員\$1,520 (4堂) |
| AGE 年齡 | 18 years and above 18歲及以上 |



JUNIOR SWIMMING CLASSES

少年游泳課程

Held every Friday and Saturday, our Junior Swimming Classes provide structured training for children of different ages and ability levels. From developing water confidence and basic techniques to refining strokes and endurance, each class is guided by our experienced coach, Ip Lai Kuen.

本會少年游泳課程於每個星期五及六舉行，為不同年齡和能力程度的兒童提供系統化的訓練。從培養水性、學習基本技巧到精進泳姿、提升耐力，每節課堂都由經驗豐富的葉教練指導。



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

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

HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled on Dragon Boat Festival on 19th June.

請注意·所有兒童及成人團體課程將於6月19日端午節公眾假期暫停舉行。

SPIRIT OF WIMBLEDON TOURNAMENT 2026

溫布頓致敬賽 2026

This month, the Club brings the atmosphere of Wimbledon to our Indoor Tennis Courts with an afternoon of friendly competition inspired by one of tennis' most celebrated tournaments. While the famous Championships are played on grass, Members will take to our hard courts dressed in traditional white attire, embracing the style and traditions that have defined Wimbledon for generations.

And for added English summer charm, players can enjoy refreshing drinks and the classic Wimbledon favourite of Strawberries and Cream between matches. Sign up for this wonderful opportunity to celebrate the game in true Wimbledon fashion at the Pacific Club.

於6月份·我們將會把溫布頓網球賽的氛圍帶到本會的室內網球場上·並舉辦一場為了向這個網球界最負盛名的賽事致敬的友誼賽。雖然著名的溫布頓賽事是在草地上進行·但屆時各位會員將會穿著傳統的白色運動服裝·在我們的硬地球場上揮灑汗水·感受溫布頓世代相傳的風格和傳統。

為了增添英式夏日風情·大家還可以在比賽間期間享用清涼的飲品和溫布頓的經典甜點——草莓奶油。快來太平洋會報名參加這場精彩的活動·親身體驗屬於我們的「溫布頓精神」!



TOURNAMENT DETAILS 比賽詳情

| | |
|----------------------------|---|
| DATE 日期 | Sunday, 28th June 6月28日 (星期日) |
| TIME 時間 | 2:00pm – 5:00pm 下午2時至5時 |
| VENUE 地點 | Indoor Tennis Courts, 4/F 四樓室內網球場 |
| FORMAT 比賽形式 | Mixed Doubles 混合雙打 |
| ELIGIBILITY 參賽資格 | Open to players aged 14 and above 年滿14歲及以上 |
| DRESS CODE 服裝要求 | White sports attire 白色運動服裝 |

Registration Information 報名資訊

Deadline : Saturday, 20th June
截止日期 : 6月20日 (星期六)

Entry Fee 費用
\$300 per pairing
每對組合

How to Register: Please visit the Tennis Reception on the 4th Floor to collect and submit the Registration Form.
報名方式: 請親臨四樓網球接待處索取及遞交報名表格



JUNIOR TENNIS ACADEMY 青少年網球訓練

Held every Saturday, the Junior Tennis Academy gives young players the opportunity to build strong fundamentals and develop greater confidence on court through structured weekly training sessions under the guidance of our Tennis Coaches. Please note that the fee will be charged on a monthly basis.

本會的青少年網球訓練班於星期六上午舉行·為年輕球員提供機會·每星期透過網球教練的結構性指導下·打造紮實的基本功·增強球場上的自信心。請注意·課程以按月收費。

| | |
|--------------------|--|
| DATE 日期 | Saturday 6th, 13th, 20th & 27th June 6月6日、13日、20日及27日 (星期六) |
| TIME 時間 | (A) 10:00am – 11:00am (B) 11:00am – 1:00pm A班 上午 10時至11時 B班 一上午 11時至下午1時 |
| VENUE 地點 | Indoor Tennis Courts 室內網球場 |
| PRICE 收費 | (A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,400, Guest \$1,880 (for 4 lessons) A班 會員\$880·非會員\$1,360 (4堂) B班 會員\$1,400·非會員\$1,880 (4堂) |
| AGE 年齡 | (A) 3½ – 6 years / (B) 6 – 16 years A班 3½-6歲·B班 6-16歲 |

SUNDAY SOCIAL TENNIS

週日網球聯誼聚會

Enjoy a relaxed afternoon on the courts with Sunday Social Tennis. Open to players of different levels, these sessions offer casual doubles and friendly match play in an easygoing atmosphere.

A relaxed Sunday gathering for Members who simply enjoy spending time on court together.

本會的週日網球聯誼聚會讓你在球場上享受輕鬆愉快的下午時光。這個週日休閒聚會提供輕鬆的雙打和友誼賽，氣氛輕鬆自在，共度美好時光，歡迎不同程度的會員參加。



| | |
|--------------------|---|
| DATE 日期 | Sunday 7th, 14th, 21st & 28th June 6月7日、14日、21日及28日 (星期日) |
| TIME 時間 | 5:00pm – 7:00pm 下午5時至晚上7時 |
| VENUE 地點 | Indoor Tennis Court 室內網球場 |
| PRICE 收費 | Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverage at the Tennis Lounge) 會員\$320, 非會員\$440 (兩小時, 包括場租及飲品招待) |
| AGE 年齡 | 14 years and above 14歲及以上 |

SUNDAY JUNIOR TENNIS

週日青少年網球班

Make Sundays more active with Sunday Junior Tennis, where young players can enjoy time on court while developing their technique. Led by our Tennis Coaches, classes focus on improving consistency and helping children become more comfortable with the game. Please note that the fee will be charged on a monthly basis.

讓週日變得更精彩! 參加週日青少年網球班, 讓小球員在球場上盡情揮灑汗水, 提升網球技術。課程由本會專業網球教練指導, 旨在提高球員的穩定性, 幫助他們更好地發揮及熟練球技。請注意, 課程以按月收費。



| | |
|--------------------|--|
| DATE 日期 | Sunday 7th, 14th, 21st & 28th June 6月7日、14日、21日及28日 (星期日) |
| TIME 時間 | (A) 2:00pm – 3:00pm (B) 3:00pm – 5:00pm A班 一下午 2時至3時 B班 一下午 3時至5時 |
| VENUE 地點 | Indoor Tennis Courts 室內網球場 |
| PRICE 收費 | (A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,400, Guest \$1,880 (for 4 lessons) A班 會員\$880, 非會員\$1,360 (4堂) B班 會員\$1,400, 非會員\$1,880 (4堂) |
| AGE 年齡 | (A) 4 – 7 years (B) 8 – 16 years A班 4-7歲, B班 8-16歲 |

LADIES' MORNING TENNIS

女子早上網球練習

Spend the morning on court refining your technique and sharpening your match tactics with our Ladies' Morning Tennis sessions. Led by our experienced Tennis Coaches, these two-hour clinics combine focused drills with practical match play to improve tennis skills.

Each session is limited to 10 players only. Early enrollment is recommended.

參加本會的女子早上網球練習, 在球場上磨練技術, 提升比賽策略。這兩小時課程由經驗豐富的網球教練指導, 將針對性練習與實戰相結合, 旨在提升你的網球技能。每堂僅限 10 名學員參加, 請儘早報名。



| | |
|--------------------|--|
| DATE 日期 | Monday 1st, 8th, 15th, 22nd & 29th June 6月1日、8日、15日、22日及29日 (星期一) |
| TIME 時間 | 10:00am – 12:00noon (Intermediate / Advanced Level) 上午10時至中午12時 (中級/高級班) |
| VENUE 地點 | Indoor Tennis Courts 室內網球場 |
| PRICE 收費 | Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverages at the Tennis Lounge) 會員\$320, 非會員\$440 (兩小時, 包括場租及飲品招待) |
| AGE 年齡 | 14 years old and above 14歲及以上 |

TENNIS LEAGUE TEAMS' SCHEDULE HOME MATCHES IN JUNE

網球聯賽 — 6月份主場賽事

| DATE | TEAM | MATCH |
|---------------------|--------------------|---|
| Monday, 1st June | Men's (Division A) | Pacific Club vs Club De Recreio |
| Monday, 15th June | | Pacific Club vs Hong Lok Yuen Country Club |
| Tuesday, 9th June | Men's (Division B) | Pacific Club vs The Hong Kong Jockey Club 2 |
| Wednesday, 3rd June | Men's (Division C) | Pacific Club vs Fairview Park Country Club |

How to Talk to AI: (And How Not To)

by Jamie Bartlett

Knowing how to speak to AI (and how not to) is a skill that everyone now needs. This book will help the reader understand how to make the most of these incredible new technologies, without succumbing to new powers of manipulation and control. Hundreds of millions of people now talk to AI every day.

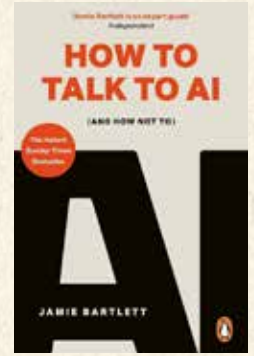
They organise their finances and holidays, ask advice, seek therapy and find love - via machines. Almost overnight, chatbots are transforming society, politics and business. This is one of the biggest and fastest technological changes in history - but most people still don't really understand how AI works, how to make the most of it, or what the dangers are. As some people use it to turbo-charge their productivity at work, others are falling into dangerous conspiracies, delusions and psychosis.

In *How to Talk to AI*, tech commentator Jamie Bartlett takes the reader inside the machine: showing how we can stay in control of our powerful new companions, even as they are changing the way we live, feel, and think.

了解如何與 AI 對話（及如何不）是如今每個人都必須掌握的技能。本書將幫助讀者理解如何充分利用這些令人驚嘆的新技術，同時避免落入其操控和控制的陷阱。如今，每天都有數億人與 AI 進行溝通。

他們透過機器管理財務、安排假期、尋求建議、接受心理治療，甚至尋找愛情。幾乎在一夜之間，聊天機器人改變了社會、政治和商業。這是歷史上規模最大、最快的技術變革之一，但大多數人仍然不真正了解 AI 的工作原理、如何充分利用它，以及它帶來的危險。有些人利用 AI 大幅提升工作效率，然而有些人卻陷入了危險的陰謀論、妄想和精神錯亂之中。

在《How to Talk to AI》一書中，科技評論員 Jamie Bartlett 帶領讀者走進機器內部：揭示了即使這些強大的新夥伴正在改變我們的生活、感受和思考方式，我們仍然可以掌控它們的方法。



The Asset Class: How Private Equity Turned Capitalism Against Itself

by Hettie O'Brien

Their names are rarely known, yet private equity firms influence many parts of everyday life, from housing and healthcare to media and employment. Operating largely behind the scenes, they have become some of the most powerful players in the global economy. Business is fiercely competitive, and success is often measured by growth, efficiency and returns. But what happens when the pursuit of profit begins to reshape entire industries?

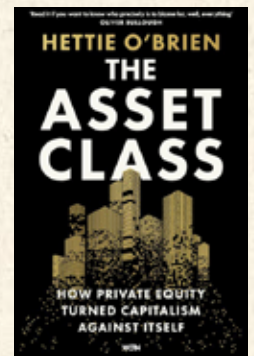
In recent decades, private equity has expanded into almost every sector, using debt and restructuring strategies to acquire and transform companies. Supporters argue this approach drives innovation and growth, while critics believe it can place increasing pressure on businesses and public services alike. In *The Asset Class*, journalist Hettie O'Brien explores this complex and often opaque world of high finance. From Copenhagen to San Francisco, Barcelona to the Yorkshire Dales, she traces the money, the ideas and the global reach of private equity.

What emerges is a portrait of an industry quietly reshaping economies and institutions around the world, often with consequences far beyond the boardroom.

他們的名字鮮為人知，但私募股權公司卻影響著日常生活的各個層面，從住房和醫療保健到媒體和就業。這些公司大多在幕後運作，卻已成為全球經濟中最具影響力的參與者之一。商業競爭異常激烈，成功往往以成長、效率和回報來衡量。但當對利潤的追求開始重塑整個產業時，又會發生什麼事呢？

近幾十年來，私募股權幾乎滲透到所有行業，利用債務和重組策略收購並改造企業。支持者認為這種模式能夠推動創新和成長，而批評者則認為它會對企業和公共服務造成愈來愈大的壓力。在《The Asset Class》一書中，記者 Hettie O'Brien 深入調查了高淨值金融領域中這個複雜且往往不透明的世界。從哥本哈根到舊金山，從巴塞隆拿到約克郡山谷，她追溯了私募股權的資金流向、理念和全球影響力。

由此展現的是一個產業正在悄悄重塑世界各地的經濟和制度，其影響力往往遠遠超出董事會的範疇。



From now until 30th June, 2026, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount. 由現在至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.
216 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場216號舖

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

香港圖書文具有限公司
中環德輔道中25號



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

HOW TO HIT POWERFUL, STRAIGHT AND LONG GOLF DRIVES 如何打出強勁、筆直且遠距離的發球

To produce powerful, straight, and long drives, one of the most important fundamentals is maintaining your body tilt throughout the swing. The spine angle established at address should remain stable through to impact, allowing the body to rotate efficiently and generate maximum power.

A common fault among golfers is incorrect hip movement during the downswing. Many players push their hips too far forward toward the ball, causing the body to rise up prematurely through impact. When this happens, power is lost and the swing becomes dominated by the arms rather than driven by the body's natural rotation.

The correct technique is to begin the downswing by rotating the hips toward the target first, for a right handed golfer, instead of thrusting them forward. Maintaining your spine tilt and posture through impact helps transfer energy more effectively from the ground, through the body, and into the clubhead.

When the body stays connected and balanced in this way, the result is a more efficient swing that delivers greater distance, improved accuracy, and a more solid strike off the tee.

要打出強勁、筆直且遠距離的發球，最重要的基本功之一就是在整個揮桿過程中保持身體正確的傾斜角度。在準備姿勢與觸球瞬間，身體的傾斜角度應該保持一致，這樣才能充分發揮身體旋轉的力量，達到最佳擊球效果。

高爾夫球手常見的錯誤之一是下桿時髖部動作不正確。他們將髖部向前推得太遠，導致身體在擊球瞬間過早站直。當這種情況發生時會損失旋轉力量，揮桿動作會被手臂主導，而非由身體的自然旋轉驅動。

對於使用右手的高爾夫球手來說，正確的下桿技巧是將髖部轉向目標方向，而非向前猛推。在擊球過程中保持脊椎傾斜姿勢角度穩定，這有助於更有效地將能量從地面傳遞到身體，最終傳遞到桿頭。

當身體保持這種連結和平衡狀態時，就能產生更有效率的揮桿，從而帶來更遠的距離、更高的準確性和更紮實的發球擊球。

Golf Private Lessons 高爾夫球私人課堂

Refine your game with one-on-one instruction tailored to your individual goals and playing style. Whether you are new to golf or aiming to sharpen specific aspects of your technique, our Golf Professional will provide focused guidance to help you progress with confidence.

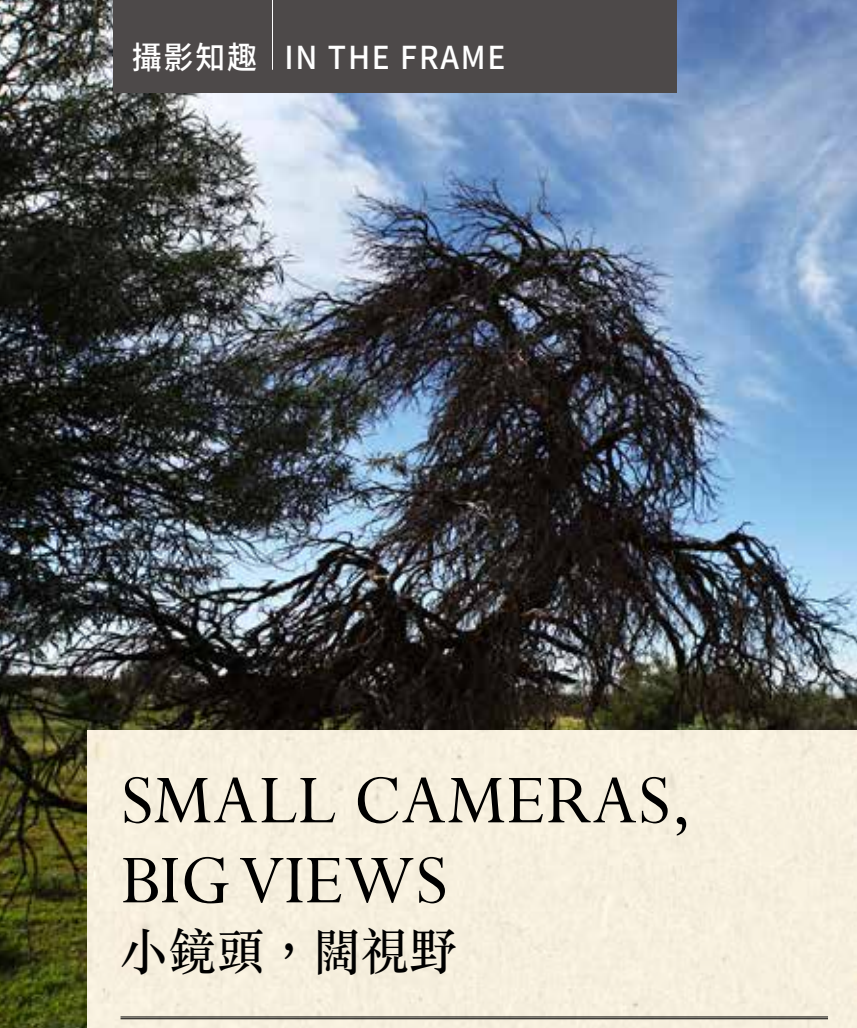
在本會接受個人化一對一課程高爾夫球指導，提升你的球技。我們的專業教練將與你密切合作，幫助你提高揮桿技巧、穩定性以及整體表現。無論你是高爾夫球新手，還是希望精進某方面球技，我們都會幫助你建立自信，更好地掌控技術。

PRIVATE LESSONS (1 PAX) 私人課程(一人)

| | |
|---|----------------------------------|
| 1-hour 一小時課程 | \$770 per person 每位 \$770 |
| Package of 4, 1-hour lessons 4堂一小時課程 | \$3,000 per person 每位 \$3,000 |

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

| | |
|---|----------------------------------|
| 1-hour 一小時課程 | \$435 per person 每位 \$435 |
| Package of 4, 1-hour lessons 4堂一小時課程 | \$1,650 per person 每位 \$1,650 |



SMALL CAMERAS, BIG VIEWS 小鏡頭，闊視野

One of the things most smartphone cameras do exceptionally well is capture a very wide angle of view. A typical smartphone wide angle image is roughly equivalent to what a 24mm lens captures on a full frame camera, or around 16mm on an APS-C camera. Some modern smartphones can go even wider, approaching the equivalent of a 20mm full frame lens or beyond. It is quite remarkable.

Photography culture has clearly changed when we consider that 50 years ago the average SLR film camera was supplied with only a 50mm lens. Then, around 30 years ago, new film cameras commonly arrived with a zoom lens offering a 28mm to 70mm range. The drawback of those zoom lenses at the time was their larger size and additional weight.

I will admit that as I get older, my preference in a new camera leans increasingly towards something smaller and lighter. In my search for a compact camera that can still capture a very wide angle view, reducing the need to rely so often on my smartphone, I have found a strong candidate in the new Fujifilm X-T30 III.

The kit lens for the X-T30 III provides a zoom range of 13mm to 33mm on the APS-C sensor, equivalent to approximately 20mm to 50mm on a full frame camera. Combined with the X-T30 III body, this creates a compact and lightweight package that may well be an ideal replacement for the smartphone camera.

大多數智慧型手機相機的一大優勢在於能夠捕捉到非常廣闊的視角。典型的智慧型手機廣角照片大致相當於全片幅相機上 24 毫米鏡頭的視角，或是 APS-C 片幅相機上 16 毫米鏡頭的視角。而一些現代智慧型手機的視角甚至更廣，接近或超過全片幅相機 20 毫米鏡頭的視角，這著實令人驚嘆。

攝影文化顯然已經改變了。於 50 年前，普通的單反菲林相機通常只配備 50 毫米鏡頭；而大約 30 年前，新款菲林相機開始普遍配備焦距範圍為 28 毫米至 70 毫米的變焦鏡頭。當時這些變焦鏡頭的缺點是體積較大、重量較重。

我承認，隨著年齡增長，我對新相機的偏好愈來愈傾向於更小巧輕便的機型。為了找到一款既能拍攝廣角照片又能保持便攜性的相機，從而減少對智慧型手機的依賴，我發現新款 Fujifilm X-T30 III 是一個不錯的選擇。

X-T30 III 的套機鏡頭在 APS-C 片幅感光元件上提供 13 毫米至 33 毫米的焦距範圍，相當於全片幅相機上的 20 毫米至 50 毫米。配搭 X-T30 III 機身，整體輕型小巧，堪稱是智慧型手機相機的理想替代品。



■ Fujifilm X-T30 III angle view



■ Fujifilm X-T30 III rear view



■ Fujifilm X-T30 III top view

HAIR PRODUCT SALE IN JUNE 6月份頭髮產品優惠



~~\$250~~ \$225

DEUXER MEDIUM HARD WAX 4 DEUXER 4中硬度造型髮蠟

Offering medium hold with a smooth, lightweight texture, this versatile styling wax helps shape and control hair from root to tip while maintaining a natural finish. Enriched with Macadamia Nut Oil to help smooth and moisturise the hair, it adds soft shine and definition without stiffness, making it ideal for effortless everyday styling.

這款多功能造型髮蠟質地輕盈柔滑，提供中等定型力，可從髮根到髮梢輕鬆打造理想造型，同時保持自然光澤。富含澳洲堅果油，有助於柔順滋潤頭髮，賦予柔和光澤和清晰紋理，而不會使頭髮變硬，是日常打造自然造型的理想之選。

TECHNI STYLING HYDRATING GEL, 150ML TECHNI水份免沖護髮劑，150毫升

With a fine, smooth texture and Ginkgo Biloba extract, this lightweight gel absorbs quickly to help hydrate the hair without weighing it down. Ideal for dry, hard-to-manage hair or curls that need a little extra definition, it leaves hair feeling softer, fresher and easier to style.

這款質地細膩柔滑的輕盈啫喱蘊含銀杏葉萃取物，能迅速吸收，為秀髮補充水分，而不會使其扁塌。它特別適合乾燥、難以處理的頭髮，或需要增強捲度的卷髮，使用後頭髮變得更柔軟、清爽，也更容易造型。



~~\$200~~ \$180



~~\$260~~ \$230

JAPANESE REAL NOTIO OIL 日本REAL NOTIO礦物油

Formulated with pure mineral oil, Japanese Real NOTIO Oil helps create a protective layer on the hair to lock in moisture and restore dry or permed hair. Lightweight and non-greasy, it provides hydration while helping to smooth and style the hair, finished with a fresh grapefruit fragrance.

Part of the Repair Styling Series, it combines skincare-grade moisturising ingredients including Ceramides and CMC with plant-based repair agents. Gentle on both the hair and scalp, it is suitable for all hair types.

Real NOTIO 採用純礦物油配製而成，可在頭髮表面形成保護層，鎖住水分並為乾燥、電燙過的髮絲注入活力。其成分天然，質地輕盈，不油膩，既可用於頭髮造型，令頭髮柔順，又同時提供保濕滋潤，還帶有清新的葡萄柚香味。

作為修護造型系列的一部分，產品混合了神經醯胺和 CMC 等高效保濕因子，以及植物性修護成分，再加上經 IFRA 國際認證的香料，有效護髮之餘亦可減少對肌膚的刺激，適合各類型髮質使用。

THIS MONTH'S PROMOTION

10% DISCOUNT OFF HAIR CURL/WAVE PERMING TREATMENTS

Refresh your look for summer with soft curls or natural waves at the Hair Salon this June. Throughout the month, Members can enjoy 10% off all Hair Curl and Wave Perming Treatments, perfect for adding effortless style to your hair.

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

轉換一個輕柔或自然波浪的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。



HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled on Dragon Boat Festival on 19th June.

請注意，所有兒童及成人團體課程將於6月19日端午節公眾假期暫停舉行。

JUNIOR TAEKWONDO 少年跆拳道

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

本會跆拳道班教授套拳、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。課程歡迎新學員參加！



| | |
|-----------------|--|
| DATE 日期 | Saturday 6th, 20th & 27th June 6月6日、20日及27日 (星期六) |
| TIME 時間 | 4:00pm – 5:00pm (All levels) 下午4時至5時 (所有級別) |
| VENUE 地點 | Aerobics Room |
| PRICE 收費 | Member \$570, Guest \$600 (for 3 lessons) 會員\$570·非會員\$600 (3堂) |
| AGE 年齡 | 4 years and above 4歲及以上 |

ROPE SKIPPING CLASS 花式跳繩班

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

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



| | |
|-----------------|--|
| DATE 日期 | Sunday 7th, 14th, 21st & 28th June 6月7日、14日、21日及28日 (星期日) |
| TIME 時間 | 4:30pm – 5:20pm (50 mins) 下午4時30分至5時20分 (50分鐘) |
| VENUE 地點 | Aerobics Room |
| PRICE 收費 | Member \$760, Guest \$800 (for 4 lessons) 會員\$760·非會員\$800 (4堂) |
| AGE 年齡 | 7 – 12 years 7-12歲 |

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, 27th June | 3:00pm – 4:00pm | 4 – 10 |

WALL CLIMBING

運動攀石訓練班

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

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。



| | |
|-----------------|--|
| DATE 日期 | Sunday 14th & 21st June 6月14日及21日 (星期日) |
| TIME 時間 | 11:30am – 1:00pm 上午11時30分至下午1時 |
| VENUE 地點 | Children's Playroom (Climbing Wall) 兒童遊戲室 (攀石牆) |
| PRICE 收費 | Member \$460, Guest \$580 (for 2 lessons, including Children's Playroom entrance fee) 會員\$460·非會員\$580 (兩堂，包括課程當日的兒童遊戲室入場費) |
| AGE 年齡 | 6 – 10 years 6-10歲 |

ENGLISH DRAMA ACADEMY

英語話劇訓練班

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

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



| | |
|-----------------|--|
| DATE 日期 | Monday 8th, 15th, 22nd & 29th June 6月8日、15日、22日及29日 (星期一) |
| TIME 時間 | (A) 5:30pm – 6:30pm (B) 4:30pm – 5:30pm A班 下午 5時30分至晚上6時30分 B班 下午 4時30分至5時30分 |
| VENUE 地點 | Gym Activities Room |
| PRICE 收費 | Member \$840, Guest \$880 (for 4 lessons) 會員\$840·非會員\$880 (4堂) |
| AGE 年齡 | (A) 3 – 5 years (B) 6 – 12 years A班 3-5歲·B班 6-12歲 |



JUNIOR BADMINTON LESSONS (PRIVATE) 少年羽毛球 — 私人課程

Help your child develop their Badminton skills through one-on-one coaching tailored to their individual level and goals. Available by prior booking, our Private Junior Badminton Lessons provide focused instruction in technique, footwork, shot control and game awareness.

本會的少年羽毛球私人課程可幫助孩子透過一對一的教導提升羽毛球技能。課程內容將根據學員的水平和目標度身定制，著重於技術、步法、擊球控制和比賽意識上的訓練。課程需提前預約。

PRIVATE LESSONS 私人課程收費

| |
|---|
| 1pax : \$720/hour (including court hire) 一人 : \$720/每堂一小時 (包括場租) |
| 2pax : \$920/hour (including court hire) 二人 : \$920/每堂一小時 (包括場租) |

JUNIOR BADMINTON GROUP LESSONS

少年羽毛球 — 團體訓練班

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

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

| | |
|--------------------|--|
| DATE 日期 | Friday 5th, 12th & 26th June 6月5日、12日及26日 (星期五) |
| TIME 時間 | (A) 6:30pm – 7:30pm (B) 7:30pm – 8:30pm A班 晚上6時30分至7時30分 B班 晚上7時30分至8時30分 |
| VENUE 地點 | Aerobics Room |
| PRICE 收費 | Member \$810, Guest \$840 (for 3 lessons) 會員\$810·非會員\$840 (3堂) |
| AGE 年齡 | (A) 6 – 10 years (B) 11 – 16 years A班 6-10歲·B班 11-16歲 |



TABLE TENNIS LESSONS (PRIVATE)

乒乓球 — 私人課程

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

歡迎所有年齡和程度的學員參加本會的專業乒乓球課程，課程由經驗豐富的教練執教，他們在技術和比賽策略方面皆擁有豐富的專業知識。無論你是希望掌握基本功的初學者，還是渴望提升競技水平的高階選手，我們的教練都會根據你的個人目標度身定制訓練計劃，幫助你快速進步，並享受乒乓球運動的樂趣。

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

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

SUDOKU© PUZZLES BY PAPPOCOM

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

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

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

Submit your answer to the Editor by fax at 2118 0206 or email to:

vivian-ng@pacificclub.com.hk by latest Friday, 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/Bufferet for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in July. Good Luck!

請於 6月19日 (星期五) 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！

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

May Solution
5月份遊戲答案

.....
Congratulations to the winner of last month's puzzle

恭喜上期得獎者

Mr Ng Siu Fung

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

WINES OF THE MONTH

in June in all Outlets

6 月份會所精選美酒 - 在所有餐廳及酒吧供應

MISHA'S VINEYARD

THE STARLET SAUVIGNON BLANC 2024

Bright and expressive with notes of citrus, white flowers, lemongrass and gooseberry. Partial wild oak fermentation brings gentle texture and a rounded, creamy finish, balanced by vibrant acidity and a crisp dry palate.

這款葡萄酒色澤明亮，清晰地展現其產區風土及特色，帶有柑橘、白花、檸檬草和醋栗的香氣。在局部野生橡木桶中發酵賦予其柔和的口感和圓潤順滑的餘韻，與活潑的酸度和清爽的乾型口感完美平衡。



\$88 | glass
每杯
\$390 | bottle
每瓶

MISHA'S VINEYARD

CANTATA PINOT NOIR 2022

Elegant and finely balanced with aromas of cherry, raspberry and rose petals. Delicate tannins and subtle spice carry through the palate, leading to a smooth dry finish with excellent freshness.

優雅而平衡，散發著櫻桃、覆盆子和玫瑰花瓣的香氣。細膩的單寧和微妙的香料氣息貫穿始終，帶來順滑乾爽的餘韻，並帶有極佳的清新感。



\$98 | glass
每杯
\$428 | bottle
每瓶



THE ROCKWELL CLUB

Manila, Philippines

Located in the heart of Makati within the Rockwell community, The Rockwell Club offers Pacific Club Members a welcoming retreat in one of Manila's most established residential and lifestyle districts. Combining leisure, dining and sports facilities under one membership, the Club provides a calm and comfortable escape from the pace of the city.

Dining remains one of the highlights of the Club experience. Chef Jessie continues to be one of Rockwell's signature dining venues, serving refined Mediterranean fusion and classic French cuisine under the direction of renowned chef Jessie Sincioco. Overlooking the garden and pool, the restaurant is known for its elegant setting and polished service. For more casual dining, Rocky's Café and Bar offers a relaxed atmosphere with a menu featuring Filipino favourites alongside popular Western and Spanish dishes. The Lounge also provides poolside dining together with freshly prepared Neapolitan pizzas.

The Club's leisure facilities remain a central part of its appeal. The swimming pool complex includes a 25-metre lap pool, leisure areas and spaces designed for both relaxation and family use. Sports enthusiasts can enjoy tennis, basketball, badminton and squash courts, together with several modern gym facilities. The Club also offers spa and wellness services, creating a well rounded environment for recreation and relaxation. Members may also enjoy the Club's bowling lanes and children's play areas, adding to its appeal as a destination for both families and visitors to Manila.

If you will be travelling to Manila in the near future, please obtain a Letter of Introduction to enjoy the facilities of The Rockwell Club, where Pacific Club Members are warmly welcomed.

The Rockwell Club 位於馬尼拉市中心馬卡蒂的 Rockwell 社區內，為太平洋會會員在馬尼拉其中一個最完善的住宅和生活區域裡提供了一處舒適的休憩之所。會所將休閒、餐飲和運動設施融為一體，讓你在都市的喧囂中找到一片寧靜舒適的綠洲。

餐飲一直是會所的一大亮點。Chef Jessie 是 Rockwell 的招牌餐廳之一，在名廚 Jessie Sincioco 的帶領下，為會員供應精緻的地中海融合菜餚和經典法式料理。餐廳俯瞰花園和泳池，以其優雅的環境和周到的服務而聞名。若想享受更輕鬆的用餐氛圍，Rocky's Café and Bar 提供休閒的用餐環境，菜單上既有菲律賓特色美食，也有廣受歡迎的西式和西班牙菜餚。此外，酒廊還提供池畔用餐服務，供應新鮮出爐的拿坡里薄餅。

休閒設施始終是會所的主要特色。整個游泳池設施由一個 25 米長的標準泳池、休閒區，以及專為放鬆身心和提供家庭活動而設計的空間結合而成。運動愛好者亦可以盡情享受網球、籃球、羽毛球和壁球運動，以及多個現代化的健身設施。會所也提供水療和護理服務，營造出全方位的休閒放鬆環境。會員還可以使用會所的保齡球館和兒童遊樂區，這進一步提升了當地家庭和到訪馬尼拉的旅客前來會所的吸引力。

若你即將計劃前往馬尼拉，請務必向本會索取一封介紹信，體驗 The Rockwell Club 提供的休閒娛樂設施——一間熱情款待太平洋會會員的會所。



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

LPG

INNER POWER.
BETTER LIFE.

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

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.