



七月號
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PACIFIC VIEWS

July 2024



Book Your Christmas Party at Pacific Club

在太平洋會舉行你的聖誕派對

It's never too early to plan ahead for your Christmas party! Beat the holiday rush and secure your December date now!

Whether it's for your company, friends, or a personal celebration, the Pacific Club is the perfect venue. Our rooms can accommodate 10 to 160 guests, complete with Christmas decorations, party favours, and festive menus.

Our expert Banqueting Team is ready to cater to your every need, ensuring a memorable festive celebration.

- 1/F Harbour Room: 10 to 72 persons
- 1/F Bowling Alley & Karaoke Room: 18 to 40 persons
- 3/F Pier 6 Restaurant: 35 to 64 persons
- 3/F Island View Restaurant: 76 to 160 persons
- 3/F Island View Balcony (with glass partition): 30 to 60 persons

For more details regarding availability and bookings, please call our Banqueting and Events team on 2118 2851 or 2118 2295.

無需等到最後一刻，任何時間都是籌備公司或私人聖誕派對的好時機！避開節日前的高峰時期，現在就為你準備在12月舉行的派對定下日子吧！

無論是舉行公司、朋友或個人慶祝活動，太平洋會都是一個理想的選擇。我們設有不同大小的場地，可容納10至160人，亦提供聖誕裝飾及派對小玩意助興。

我們的宴會團隊將提供合適的建議，以滿足你的需求。

- 一樓Harbour Room：可容納10至72人
- 一樓保齡球館及卡拉OK房：可容納18至40人
- 三樓Pier 6餐廳：可容納35 至 64 人
- 三樓Island View餐廳：可容納76至160人
- 三樓Island View露台（設玻璃幕牆）：可容納30至60人

查詢詳情，請致電2118 2851或 2118 2295與本會宴會及活動統籌部聯絡。

Board of Governors

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

Management 管理階層

Ronald Loges General Manager	羅納德 陸格 總經理 E-mail: ronaldloges@pacificclub.com.hk	Tel: 2118 1888 Fax: 2118 0204
Flora Lam Chief Accountant	林淑娟 總會計師 E-mail: flora-lam@pacificclub.com.hk	Tel: 2118 1830 Fax: 2118 0208
Tommy Ko Membership Manager	高文偉 會籍部經理 E-mail: tommy-ko@pacificclub.com.hk	Tel: 2118 1808 Fax: 2118 0209
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Grace Ng Banqueting & Events Manager	吳嘉華 宴會及活動統籌經理 E-mail: grace-ng@pacificclub.com.hk	Tel: 2118 1824 Fax: 2118 0207
Rachel Ko Human Resources Manager	高嘉慧 人力資源部經理 E-mail: rachel-ko@pacificclub.com.hk	Tel: 2118 1806 Fax: 2118 1832

Bookings 預約及查詢電話

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

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A NOTE FROM THE GM 總經理摘記



Dear Members

The month of July signals the start of our Junior Summer Programme, which can be viewed in its entirety in the middle 12 pages of this magazine. If you haven't yet signed up your children, be sure to enhance their summer with our enormous range of classes and workshops, covering all possible interests!

In Food & Beverage, spice up your Fridays at the Club Bar with our Namaste India Lunchtime Curry Buffet. Enjoy an authentic feast of Indian dishes prepared by our speciality chef. Turn to page 10 for details. Every Friday and Saturday evening at The

Island View Restaurant, join us for our Tour de France & Olympic Highlights Dinner Buffet - a culinary journey through France, inspired by the regions visited by the Tour de France and the 2024 Summer Olympics.

We invite you to celebrate the talents of our young chefs every Tuesday night this month at Pier 6 with Prodigy Nights. Each week, experience a unique three-course menu designed by our rising culinary stars under the guidance of their kitchen mentors. This is a fantastic opportunity to support our young talent while enjoying a superb dining experience. More information can be found on page 15. Also at Pier 6, from 8th July, savour the seasonal flavour of Australian Black Truffles with a special Black Truffle Menu.

It's not too late to book your table at our Bouchard Aîné & Fils Wine Dinner on 5th July at Pier 6. Indulge in an exclusive evening featuring the wines of this iconic Burgundy winery, expertly paired with a delicious menu. Turn to page 13 for booking details. And we have two more exceptional wine dinners lined up for Members' enjoyment... On 26th July, join us for an unforgettable evening as we explore Mendel wines. Renowned for capturing the essence of Argentina, these wines will be paired with an Argentinian-inspired menu. Then, on 16th August, experience one of Australia's most acclaimed wineries at our Torbreck Wine Dinner. More information about these two events can be found on pages 17 and 4, respectively.

For something totally different this month, are you ready for some mid-year holiday magic? Join us on 20th July at The Island View Restaurant for a unique Christmas in Summer Buffet. Indulge in a festive feast complete with all the traditional trimmings, and don't forget to wear your Christmas-themed jumper for a chance to win complimentary food and drinks for the evening.

Finally, as you may already be aware, the Swimming Pool is currently closed for essential repairs and maintenance until 21st July. During this period, we are replacing the ceiling, repairing tiles and grout, maintaining underwater lights, and servicing the filtration and pump systems. The Sunbathing Deck will remain open for your enjoyment. We appreciate your understanding and patience as we work to improve the Pacific Club facilities.

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

尊敬的會員，

踏入7月份意味著本會的兒童暑期活動正式展開，大家可以在本刊中間的12頁中查閱有關活動的全部內容。如果還未為孩子們報名，請立即行動，務必讓我們內容豐富、涵蓋所有趣味的課程及工作坊來充實他們的暑假！

在餐飲方面，歡迎大家於逢星期五前來會所酒吧享用印度咖喱自助午餐，品嚐由本會印籍廚師準備的正宗印度菜餚，詳情請參閱第10頁。至於每個星期五及六晚上，大家可以在Island View餐廳享用「環法及奧運美食」自助晚餐——一次穿越法國的美食之旅，其靈感源自參與「環法單車賽」及「2024年夏季奧運會」的各個地區的美食。

我們亦邀請大家於本月份逢星期二晚上前來Pier 6餐廳參加「天才廚師之夜」晚餐，體驗本會幾位年輕廚師的才華。每個星期，大家可以品嚐由這些烹飪新星在其廚房主管的指導下所設計的獨特三道菜單；這是一個絕佳的機會，可以支持我們的年輕人才，同時享受一流的用餐體驗，更多資訊請參閱第15頁。同時，由7月8日起，大家還可以在Pier 6享用特別推出的黑松露菜式，品嚐澳洲黑松露的時令風味。

此外，現在還趕及可以預訂於7月5日在Pier 6餐廳舉行的Bouchard Aîné & Fils美酒晚餐，前來盡情享受這個獨特的夜晚，品嚐這間標誌性勃艮地酒莊的葡萄酒，並搭配美味的菜式，請參閱第13頁以了解訂座詳情。另外，我們還準備了兩場非凡的葡萄酒晚宴供會員參與...於7月26日，與我們一起探索Mendel葡萄酒的特色，度過一個難忘的夜晚；他們的葡萄酒以充分展現阿根廷真正精髓而聞名，屆時還會配搭阿根廷風味菜式一同享用。隨後到了8月16日，歡迎參加Torbreck美酒晚餐，品嚐這間澳洲最受歡迎酒莊之一的佳釀。有關這兩場晚宴的詳情，請分別參閱第17頁及第4頁。

今個月我們將為大家帶來一些與別不同的體驗，準備好迎接年中假期的魔法了嗎？於7月20日，前來Island View餐廳參加獨特的夏日聖誕自助餐，盡情享用充滿傳統裝飾的節日盛宴，還有別忘記穿上你自己設計的聖誕主題毛衣，就有機會贏得當晚的免費餐飲安排。

最後，也許大家已經知道，游泳池現正關閉以進行必要的維修及保養工程，直至7月21日為止。在此期間，我們將會更換天花板、修復地磚及填縫，以及維修池底燈及過濾泵循環系統，而日光浴區將繼續開放供大家使用。我們致力改善太平洋會的設施，並感謝你的理解及體諒。

我期待今個月與大家在太平洋會見面。

Yours sincerely,

Ronald Loges

General Manager

羅納德 陸格 — 總經理



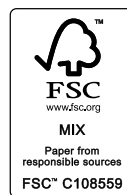
PACIFIC CLUB

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“善家”由 Harbour City Estates Ltd 旗下之太平洋會出版。
“善家”乃一月刊並只給予太平洋會會員及指定人士閱讀。
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Torbreck Wine Dinner

Torbreck 美酒晚餐



We invite Members to an exclusive evening of fine wine and gourmet dining at our Torbreck Wine Dinner. This extraordinary event promises to be a celebration of the rich and robust flavours from one of Australia's most acclaimed wineries.

Founded in 1994 in the heart of the Barossa Valley, Torbreck is renowned for its dedication to producing wines that reflect the unique terroir of this iconic region. With a commitment to traditional winemaking techniques and a passion for Rhone varietals, such as Shiraz, Grenache, and Mataro, Torbreck crafts wines of remarkable depth, intensity, and character.

Our evening will feature a selection of Torbreck's finest wines, expertly paired with a bespoke menu specially designed by our Executive Chef.

Date : Friday, 16th August
Time : 6:30pm Welcome Drink
7:15pm Dinner
Venue : Pier 6 Restaurant
Price : \$1,288 per person (for Food and Beverage Pairing)
Reservations : 2118 1878

我們邀請各位會員於8月16日(星期五)前來Pier 6餐廳參加一場結合美酒與佳餚的非凡晚宴。屆時，大家可以品嚐由澳洲最受讚譽的酒莊之一——Torbreck酒莊所出品，酒味豐富而濃郁的優質葡萄酒。

Torbreck酒莊於1994年在Barossa Valley的中心地區成立，以致力於生產能充分反映這標誌性地區獨特風土的葡萄酒而聞名。Torbreck一直堅持使用傳統釀酒技術，並對種植Rhône地區的葡萄品種（如Shiraz、Grenache及Mataro）充滿熱誠，釀造出具有非凡深度、濃郁度及特色的葡萄酒。

晚餐配葡萄酒收費：每位\$1,288。

Welcome Drink

Torbreck Woodcutter's Semillon 2022

Menu

Torbreck Cuvee Juveniles Blanc 2023

Oyster Variations

Fennel | Pink Grapefruit | Fine Herbs

Torbreck Old Vines Grenache Mourvedre Shiraz 2021

Josper Grilled Quail

Yabby | Celeriac

Torbreck Les Amis 2013 (Double Magnum)

Fillet of Cod Fish

Beetroot and Kristal Caviar

Torbreck The Struie 2020

Australian M9 Wagyu

Pepper Sauce | Mushroom Preparations | Potato Lamington

Torbreck Woodcutter's Shiraz 2022

Macadamia Delight

Caramelised Chocolate

Petits Fours

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

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



By Tommy Ko,
Membership Manager
撰文：會籍部經理 - Tommy Ko



In this issue, I wish to bring your attention to a Membership category with great value that is available exclusively to our Full Debenture Members – the Junior Membership. The objective of this Membership is to offer your children the opportunity to 're-join' and continue enjoying the Pacific Club facilities beyond their childhood years.

Details of the Junior Membership are listed below:

- This Membership programme is extended to the children of Individual/Corporate Nominee Members between the ages of 21 and 30 years.
- A Junior Member is entitled to full use of the Club facilities, seven days per week, with the exception of car parking privileges.
- The cost of a Junior Membership is currently \$34,000 per annum.
- This Membership category is subject to the approval from the Membership Committee and may be renewed annually, up until the applicant reaches 30 years-of-age.
- Junior Membership is a non-debenture Membership category and does not require the payment of prescribed fees.

Should you require more information about Junior Membership, or wish to obtain an Application Form, please feel free to contact our Membership Office on 2118 1802 or email: membership@pacificclub.com.hk.

This Membership programme offers a unique opportunity and I look forward to welcoming back some familiar faces

No Idling Engines Please!

In an effort to reduce greenhouse gas emissions, and to generally improve air quality, Members and their drivers are required to switch off vehicle engines when stationary on the Club premises. Failure to comply will result in being asked to leave the Club grounds. Should there be any further violation of such parking regulation; the Membership Committee will consider suspending the parking privileges of the relevant Member

Magazines & Newspapers at the Club

The Club continually expands its selection of magazines and newspapers available for Members' enjoyment in the Spas and various Club outlets. Please be aware that these publications are meant for use within the Club premises only and should not be removed. To maintain hygiene and cleanliness, kindly refrain from reading them in the toilets, Sauna, and Steam Rooms. Thank you for your cooperation.

在今期薈絮中，我想為大家介紹一個特別為債券會員而設的優惠計劃——會員子女會籍。此項會籍計劃可為貴成年子女提供一個繼續享用本會設施的好機會，重拾童年時的歡樂。

子女會籍之詳情如下：

- 此會籍計劃提供予年齡介乎 21 至 30 歲之個人 / 公司會籍會員的子女。
- 子女會籍可於會所開放時間內使用所有設施，但不包括泊車待遇。
- 子女會籍現時收費為每年 \$34,000。
- 此項會籍之申請必須經由會籍委員會批核，申請人在年滿 30 歲之前可按每年重複申請。
- 子女會籍不須購入會所債券或支付有關費用。

如欲查詢更多詳情或索取申請表格，請致電 2118 1802 聯絡會籍部，或電郵至 membership@pacificclub.com.hk。請把握機會，並期待再次歡迎一些熟悉的面孔重臨太平洋會。

請關掉汽車引擎！

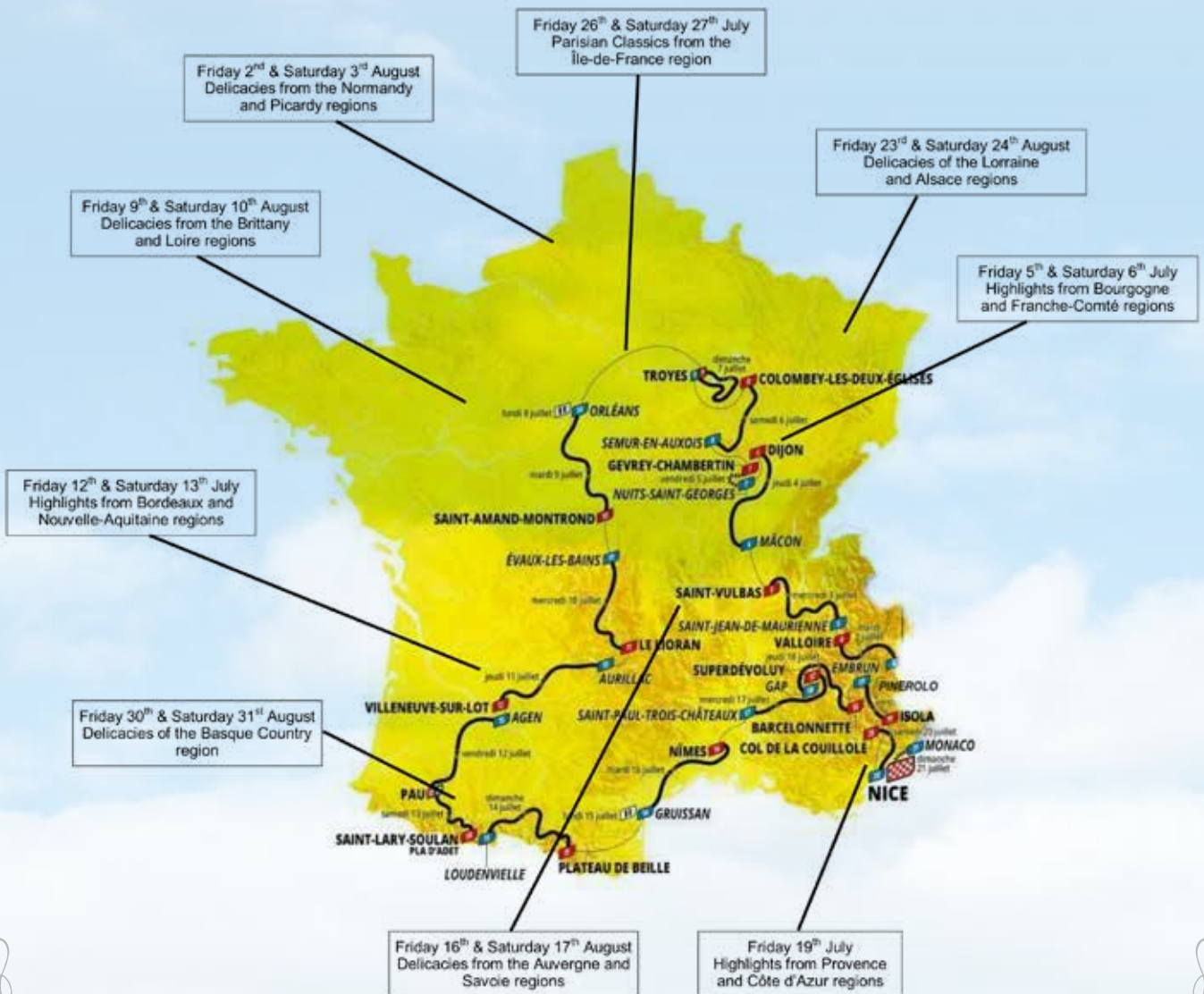
為了減少溫室氣體排放及提高停車場範圍的空氣質素，各位會員以及其司機在停車等候時必須關掉汽車引擎。如有任何人士不遵守指示，本會將會要求該車輛駛離會所。有關會員或其司機若再次違反此泊車守則，會籍委員會將考慮暫停該會員的泊車待遇。多謝大家對環境保護的關注及合作。

會所內的消閒雜誌及報章

一直以來，本會不斷搜羅不同類型的雜誌及報章，以供會員在各項康體及餐飲設施內閱覽。請注意，這些刊物只供在會所指定範圍內閱覽，因此請勿將刊物擅自帶走。同時為了保持清潔衛生，請不要在洗手間、桑拿浴室及蒸汽浴室內閱讀這些刊物。多謝大家合作！



PARIS 2024



Tour de France & Olympic Highlights Dinner Buffet at The Island View Restaurant

Culinary highlights from France's best regions...

Join us at The Island View Restaurant every Friday and Saturday evening in July and August for an unforgettable gastronomic journey celebrating the regions visited by the Tour de France and the 2024 Summer Olympics.

Our talented chefs have prepared a culinary tour of France, starting with the dishes of Bourgogne and Franche-Comté, moving on to the refined cuisine of Bordeaux and Nouvelle-Aquitaine, the fragrant specialties of Provence and Côte d'Azur, and the classic delights of Paris. The journey continues with delicious creations from Normandy and Picardy, offerings from Brittany and Loire, the rustic dishes of Auvergne and Savoie, the flavours of Lorraine and Alsace, and concluding with delicacies of the Basque Country. Each week features a new region, ensuring a fresh and exciting experience every time you visit.

Date : Every Friday & Saturday in July & August
Time : Dinner
Venue : The Island View Restaurant
Price : Adults \$498, Children 6-12 years \$328, 3-5 years \$128
Reservations : To book your table, please call The Island View on 2118 1846.

「環法及奧運美食之旅」 匯聚法國最著名地區的美食

於7月及8月份每個星期五及六（7月20日除外），在The Island View餐廳舉行的特色自助晚餐中，我們將帶領大家沿著舉行「環法單車賽」及「夏季奧林匹克運動會」的各個城市前進，盡情品嚐各式各樣的法國地區美食。

本會出色的廚師團隊將為大家準備法國美食之旅，從勃艮第及法蘭琪-康堤地區的菜餚開始，接下來是波爾多及新亞奎丹的精緻美食、普羅旺斯與蔚藍海岸的芳香特產，以及巴黎的經典菜式。然後再繼續旅程...品嚐諾曼第及皮卡第的美味佳餚、布列塔尼及羅亞爾的特產、奧弗涅及薩瓦的鄉村菜式、洛林及阿爾薩斯的風味菜，最後以巴斯克地區的美食作結。

每個星期都可以品嚐一個新區域的美食，確保讓你每次都能獲得新鮮而令人興奮的美食體驗。

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

訂座請致電2118 1846。

July 7月份

- **Friday 5th and Saturday 6th July**
Highlights from Bourgogne and Franche-Comté regions
- **Friday 12th and Saturday 13th July**
Highlights from Bordeaux and Nouvelle-Aquitaine regions
- **Friday 19th July**
Highlights from Provence and Côte d'Azur regions
- **Friday 26th and Saturday 27th July**
Parisian Classics from the Île-de-France region
- 7月5日星期五及6日星期六
勃艮第及法蘭琪-康堤地區菜餚
- 7月12日星期五及13日星期六
波爾多及新亞奎丹地區菜餚
- 7月19日星期五
普羅旺斯與蔚藍海岸地區菜餚
- 7月26日星期五及27日星期六
法蘭西島地區的巴黎經典菜餚

August 8月份

- **Friday 2nd and Saturday 3rd August**
Delicacies from the Normandy and Picardy regions
- **Friday 9th and Saturday 10th August**
Delicacies from the Brittany and Loire regions
- **Friday 16th and Saturday 17th August**
Delicacies from the Auvergne and Savoie regions
- **Friday 23rd and Saturday 24th August**
Delicacies of the Lorraine and Alsace regions
- **Friday 30th and Saturday 31st August**
Delicacies of the Basque Country region
- 8月2日星期五及3日星期六
諾曼第及皮卡第地區菜餚
- 8月9日星期五及10日星期六
布列塔尼及羅亞爾地區菜餚
- 8月16日星期五及17日星期六
奧弗涅及薩瓦地區菜餚
- 8月23日星期五及24日星期六
洛林及阿爾薩斯地區菜餚
- 8月30日星期五及31日星期六
巴斯克地區菜餚

Holiday Notice

Please note that all junior and adult group classes will be cancelled during Hong Kong Special Administrative Region Establishment Day on Monday, 1st July.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於7月1日香港特別行政區成立紀念日公眾假期暫停舉行。



Fascia Exercise Training

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

筋膜運動訓練

筋膜是跨越整個身體的複雜結締組織，為肌肉、骨骼和器官提供必要的穩定性和凝聚力。學員將以針對性的練習來改善筋膜的活動、增強肌肉力量、骨骼槓桿力及平衡力。課程適合16歲及以上的會員參加，7月份4堂收費 — 會員\$720，非會員\$1,200。

備註：課程以廣東話授課

Date : Monday 8th, 15th, 22nd & 29th July

Time : 1:30pm – 2:30pm

Venue : Aerobics Room

Price : Member \$720, Guest \$1,200 (for 4 lessons)

Age : 16 years and above

Instruction: Please note, this class is taught in Cantonese only



Jazz Dance

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



爵士舞班

前來本會探索爵士舞的節奏—樂趣與健身的融合！爵士舞融合了獨特、循序漸進的編舞，對初學及富經驗的舞者同樣帶來挑戰。學員不僅可以掌握新的動作和節奏，還可以體驗全面的鍛鍊，調整身體並改善情緒。課程於星期四舉行，適合16歲及以上的會員參加，7月份3堂收費 — 會員\$540，非會員\$900。

Date : Thursday 11th, 18th & 25th July

Time : 3:00pm – 4:00pm

Venue : Aerobics Room

Price : Member \$540, Guest \$900 (for 3 lessons)

Age : 16 years and above



Funky Dance

Join us on Wednesdays and Fridays at the Aerobics Room for Funky Dance - a simple aerobic dance workout. These extremely energetic classes aim to complete 7,000 dance steps within each one-hour session, burning an incredible amount of calories. Sign-up today!

Funky跳舞班

請即報名參加充滿活力的有氧跳舞運動Funky Dance，以不同的音樂及簡單容易的舞步形式來消耗體內的卡路里，在一小時的課堂內便可完成多達7,000個舞步。課程於星期三及五舉行，適合16歲及以上的會員參加。7月份3堂收費 — 會員\$540，非會員\$900；4堂收費 — 會員\$720，非會員\$1,200。

Date : (A) Wednesday 10th, 17th, 24th & 31st July

(B) Friday 12th, 19th & 26th July

Time : (A) 12:30pm – 1:30pm

(B) 12:00noon – 1:00pm

Venue : Aerobics Room

Price : (A) Member \$720, Guest \$1,200 (for 4 lessons)

(B) Member \$540, Guest \$900 (for 3 lessons)

Age : 16 years and above



Zumba Fitness

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

尊巴健體舞班

走進尊巴健體舞充滿活力的世界，每一課堂都充滿動感及音樂的快樂！尊巴舞不僅是一種鍛鍊，更是一項全球性的舞蹈熱潮，將世界各地令人興奮的節奏與易於遵循的動作融為一體，創造出充滿活力的健身體驗。課程於星期日舉行，適合16歲及以上的會員參加，7月份4堂收費——會員\$720，非會員\$1,200。

Date : Sunday 7th, 14th, 21st & 28th July

Time : 10:00am – 10:45am (45 minutes)

Venue : Aerobics Room

Price : Member \$720, Guest \$1,200 (for 4 lessons)

Age : 16 years and above

Stretching Exercise Class

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



伸展運動班

定期進行伸展運動不僅能預防受傷，亦是提高生活品質的全面方法。在課程中，大家可學習糾正姿勢、增強靈活性及促進血液循環，還可以緩解壓力及增強協調性，有助於提高整體運動表現並降低未來受傷的風險。課程於星期五舉行，適合16歲及以上的會員參加，7月份4堂收費——會員\$720，非會員\$1,200。

備註：課程以廣東話授課

Date : Friday 5th, 12th, 19th & 26th July

Time : 3:00pm – 4:00pm

Venue : Aerobics Room

Price : Member \$720, Guest \$1,200 (for 4 lessons)

Age : 16 years and above

Instruction: Please note, this class is taught in Cantonese only

Schedule in July 七月份課程

Monday

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

Afternoon Water Aerobics	3:00pm – 4:00pm (A)
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Wednesday

Tennis Team Training	10:00am – 12:00noon Ladies
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Funky Dance	12:30pm – 1:30pm (A)
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Thursday

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

Yoga	10:30am – 11:30am (D)
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Funky Dance	12:00noon – 1:00pm (B)
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Stretching Exercise	3:00pm – 4:00pm
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Saturday

Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
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Junior Taekwondo	3:30pm – 4:30pm (B) 4:30pm – 5:30pm (A)
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Sunday

Zumba Fitness	10:00am – 10:45am
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Yoga	11:00am – 12:00noon (E)
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Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
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Sunday Social Tennis	5:00pm – 7:00pm
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*Members can sign up various group classes at 2/F Sports Desk on or after the 25th of each month for the next month's classes.

康體部於每個月25日開始接受下個月份各類團體課程的報名。

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

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



Namaste India

NEW

Friday Lunchtime Curry Buffet at the Club Bar

Join us at the Club Bar on selected Friday lunchtimes for an array of authentic and aromatic curries on our Lunchtime Curry Buffet. Our Indian Speciality Chef will delight you with his offerings. Each week, indulge in a fresh variety of dishes that showcase the depth and richness of Indian cuisine.

The buffet is complemented by classic Basmati Rice, Parathas and Naans, Condiments, Sweet Lassi and Chai.

Make your Friday lunchtimes special with a feast of Indian flavours.

逢星期五 會所酒吧最新午餐推介 — 印度咖喱自助餐

於7月份逢星期五（5日除外）下午12時30分至2時30分，會所酒吧為大家送上咖喱自助餐，由本會印度籍廚師烹調一系列香噴噴的正宗咖喱美食。每個星期，大家都可以盡情品嚐各種充分展現印度美食深度及多樣性的新鮮菜餚。

屆時，自助餐還提供印度香米、印度烤餅、各式伴菜、甜拉西及印度奶茶等經典美食。

享用印度風味盛宴，讓你的週五午餐變得與別不同。

印度咖喱自助餐 — 每位\$198。

Date : Friday 12th, 19th & 26th July

Time : 12:30pm - 2:30pm

Venue : Club Bar

Price : \$198 per person

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



Australian Black Truffles at Pier 6

To celebrate the Australian Black Truffle Season, Chef Daniel has prepared a very special Black Truffle Menu this month at Pier 6, showcasing these prized fungi.

Having the same robust flavour and aroma as the Italian Black Winter and French Perigord truffle, the Australian Black Truffle was developed from actual spores of the French Perigord truffle. These spores were inoculated into the roots of tree saplings that were then transplanted over to Australia in 1997. It was not until five years later that these trees bore any truffles.

Nowadays, chefs and gourmets around the globe are blessed with two truffle seasons of equal quality - one from Europe and one from Australia. Join us in July at Pier 6 to discover the "Black Gold from Down Under".

Date : From 8th July until season ends

Venue : Pier 6 Restaurant

Reservations : 2118 1878

Pier 6 餐廳 - 澳洲黑松露菜式

為慶祝澳洲黑松露季節的來臨，Chef Daniel將由7月8日起直到季節期完結期間，在Pier 6準備一份非常特別的黑松露菜單，以呈獻這款珍貴的菌類美食。

澳洲黑松露與意大利黑冬松露及法國Perigord松露具有相同的濃郁風味及香氣，是從法國 Perigord松露的實體孢子中培植出來的。這些孢子被接種到樹苗的根部，然後於1997年移植到澳洲。直到5年後，這些長大的樹上才結出松露。

時至今日，世界各地的廚師及美食家非常幸運擁有兩個質量相同的松露季節 — 一個來自歐洲，一個來自澳洲。

於7月份，歡迎大家前來Pier 6品嚐這“來自地下的黑黃金”美食。

訂座請致電2118 1878。



A Taste of Fusion

This month, I would like to introduce to you to a dish that combines Japanese flavours with Chinese cooking - Pan-Fried Shrimp Cakes with Unagi Sauce accompanied by Shredded Dried Bonito. The ingredients include fragrant shredded Japanese dried bonito and unagi (eel) sauce, and the shrimp cakes are cooked in a Chinese pan-fried method. I hope you will enjoy it.

風味的融合

今個月份，我想為大家介紹一道融合了日本味道及中式烹調的菜式—木魚燒汁煎蝦餅。材料包括香味撲鼻的日本木魚絲及鰻魚汁，以中式香煎的方法烹調蝦餅，希望大家喜歡。



By Chef Yip Tsang Keung
Executive Chef, Bauhinia Restaurant

撰文：紫荊閣總廚 — 葉增強師傅

Pan-Fried Shrimp Cakes with Unagi Sauce and Shredded Dried Bonito 木魚燒汁煎蝦餅



Method:

- 1. Form the Shrimp Cakes:** Use a spoon to scoop the shrimp mousse and place it into a preheated wok. Press the mousse into a small cake shape and pan-fry in hot oil for 4-5 minutes until both sides are golden brown. Set the shrimp cakes aside.
- 2. Prepare the Sauce:** In the same wok, sauté minced garlic in hot oil until fragrant. Add the mixed Unagi sauce and cornstarch water, stirring well to combine.
- 3. Combine and Cook:** Return the fried shrimp cakes to the wok. Drizzle with sesame oil for added fragrance and cook until the sauce has thickened.
- 4. Serve:** Transfer the shrimp cakes to a plate and garnish with shredded dried bonito flakes.
- 5. Side Dishes:** For a complete meal, consider serving with cooked vegetables such as honey beans and sliced carrots.

製作方法：

- 1. 煎蝦餅：**用匙羹挖出蝦膠放入鑊中，壓成細小餅狀，用熱油煎4-5分鐘至兩面金黃色。倒起備用。
- 2. 準備醬汁：**在同一隻鑊中，用熱油爆香蒜茸，然後加入配製好的鰻魚汁及生粉水，拌勻。
- 3. 混合蝦餅及醬汁：**將煎好的蝦餅放回鑊中，加少許麻油增添香味，然後煮至醬汁變稠。
- 4. 上碟：**將蝦餅放在碟上，在上面放一些木魚絲。
- 5. 伴菜：**你可以煮熟一些蔬菜，如蜜豆、紅蘿蔔片等作為伴菜，便即可享用。

Ingredients:

- | | |
|-------------------------------------|-------------------------------------|
| • Shrimp Mousse | 300g (for 8 pieces of shrimp cakes) |
| • Shredded Dried Bonito | As much as you like |
| • Sesame Oil | A Little |
| • Minced Garlic | A Little |
| • Corn Starch Water | A Little |
| • Honey Beans (or other vegetables) | A Little |

Mixture for Unagi Sauce:

- | | |
|------------------------|--------|
| • Japanese Unagi Sauce | 2 tbsp |
| • Water | 2 tbsp |
| • Sugar | 2 tbsp |
| • Honey | 1 tsp |
| • Oyster Sauce | ½ tsp |

材料：

- | | |
|--------------|-------------|
| • 蝦膠 / 蝦滑 | 300克 (8件蝦餅) |
| • 日本木魚絲 | 隨意 |
| • 麻油 | 少許 |
| • 蒜茸 | 少許 |
| • 生粉水 | 少許 |
| • 蜜豆 (或其他蔬果) | 少許 |

調製鰻魚汁：

- | | |
|---------|-----|
| • 日本鰻魚汁 | 2湯匙 |
| • 清水 | 2湯匙 |
| • 糖 | 2茶匙 |
| • 蜜糖 | 1茶匙 |
| • 蠔油 | 半茶匙 |

July 2024

Wine Home Delivery Service

7月份餐酒送貨服務

Order Form 餐酒訂購表格

A special selection of Bouchard Aîné & Fils wines for Members' enjoyment.

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

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

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

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
Bourgogne Chardonnay Reserve 2022	750ml	220		
Chablis 1er Cru "Mont de Milieu" 2021	750ml	320		
Meursault Blanc 2017	750ml	540		
Cote de Nuits Villages Rouge 2021	750ml	260		
Nuits Saint Georges Rouge 2020	750ml	420		
Pommard 1er Cru "Les Poutures" Rouge 2019	750ml	620		
Charmes Chambertin Grand Cru Rouge 2017	750ml	1,880		

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

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

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

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

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

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

Delivery Address: _____

Signature: _____ Date: _____

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



Bouchard Aîné & Fils Wine Dinner

Bouchard Aîné & Fils 美酒晚餐

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

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

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

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

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

晚餐配葡萄酒收費：每位\$890。

請把握盡情品嚐勃根地最優質葡萄酒的機會，立即致電2118 1878訂座。

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

Welcome Drink

Bourgogne Chardonnay Reserve 2022

Menu

Chablis 1er Cru "Mont de Milieu" 2021

Green Asparagus « Mimosa »

Non Pareilles Capers | Quail Egg | Chicken Skin

Meursault Blanc 2017

Gratinated Salmon à la Dijonnaise

Cote de Nuits Villages Rouge 2021

Nuits Saint Georges Rouge 2020

Baked Burgundy Snails with Garlic and Parsley Butter

Pommard 1er Cru "Les Poutures" Rouge 2019

Charmes Chambertin Grand Cru Rouge 2017

Boeuf Bourguignon à la Minute

Caramelised Onion Tarte | Paris Mushrooms

Lardons

Méli-Mélo of Pear, Saffron and Port Wine

Petits Fours



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

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

Croffles

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

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

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

\$88 per portion

7月份Oyster Bar為大家帶來最新美食 牛角酥窩夫

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

多款口味包括：

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

每份\$88。



Lobster Roll

at the Club Bar and Oyster Bar

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

會所酒吧及Oyster Bar供應 — 龍蝦包

於7月份，會所酒吧及 Oyster Bar 將為大家送上美味的緬因式龍蝦包，搭配香濃的檸檬香草醬及炸薯條一同享用。

每份只需 \$188。

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



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

Wine & Dine Wednesdays at Pier 6

Experience Elegance and Gastronomy Midweek

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

Every Wednesday in July at Pier 6

For : 2 Guests

Menu : 3 Courses and 2 Wine Pairings

Price : \$1,288 for 2

For reservations, please call Pier 6 on 2118 1878.

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

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

每個星期三在Pier 6餐廳供應

適合：兩位客人享用

菜單：三道菜式及兩杯葡萄酒

收費：\$1,288，二人用

訂座請致電Pier 6餐廳：2118 1878。



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

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

Hugo Spritz Promotion

Available at the Club Bar and Oyster Bar in July

Discover a new summer favourite tippie this July at the Club Bar and Oyster Bar!

Experience the refreshing Hugo Spritz this July, a fantastic cocktail from the mountains of South Tyrol in Northern Italy. Unlike traditional Italian spritzes, which use bitter aperitifs, the Hugo Spritz features a floral base of elderflower cordial.

We use St-Germain elderflower liqueur for convenience, preserving the authentic taste of fermented elderflowers and sugar. This unique blend highlights the natural lemon and citrus notes of Prosecco, offering a bright and crisp alternative to Aperol and Campari spritzes. Mint adds a cool, clean finish, making the Hugo Spritz irresistibly refreshing.

\$68 per glass

7 月份會所酒吧及 Oyster Bar 推介 Hugo Spritz 雞尾酒

於7月份，前來會所酒吧及Oyster Bar探索一款夏季最受歡迎的雞尾酒新寵兒！

冰涼清爽的Hugo Spritz雞尾酒是一款來自意大利北部南蒂羅爾山脈的著名雞尾酒。Hugo Spritz 是以接骨木花甜酒的花香為基調，與使用苦味開胃酒的傳統意大利雞尾酒有所不同。

我們將使用聖日耳曼接骨木花利口酒，以便保留發酵接骨木花及糖的真實風味。這種獨特的混合突出了Prosecco的天然檸檬及柑橘香調，提供了Aperol及Campari雞尾酒以外的另一款明亮、氣泡豐富的選擇。而薄荷亦增添了涼爽、清新的餘味，令Hugo Spritz帶來令人難以抗拒的提神感覺。

每杯\$68。

* Photograph of drink is for reference only. 飲品相片只供參考



Prodigy Nights at Pier 6

「天才廚師」之夜 — 7 月份逢星期二晚上在 Pier 6 餐廳舉行

Tuesday Nights
in July



At the Pacific Club, we take pride in developing our staff and nurturing young talent. Our young chefs in the Western Kitchen are advancing in their education, and to celebrate their achievements, they've each crafted their own unique menu.

Join us on Tuesday nights at Pier 6 throughout July to experience the culinary skills and ambitions of these rising stars. Each week features a new three-course prix-fixe menu, carefully designed by one of our talented young chefs under the guidance of their Section Heads and Executive Chef Daniel Birkner.

Come and support our young chefs while enjoying a fantastic dining experience.

Date : Tuesday nights in July

Venue : Pier 6

Price : \$438 per person for a 3- Course Prix-Fixe Menu (food only)

Reservations 2118 1878

Please note that substitutions or changes to the menu are not permitted.

在太平洋會，我們一直為培養員工及年輕人才而感到自豪。本會西廚房的年輕廚師們正在不斷進步，為了慶祝所學得的成就，他們每一位都精心製作了屬於自己的獨特菜單。

於整個7月份的逢星期二晚上，他們將會在 Pier 6 餐廳展示自己的美食創作，歡迎大家前來體驗一下這些後起之秀的烹飪技巧，感受他們對烹飪的抱負及追求。

每個星期我們都會推出不同的三道菜式固定價格菜單，全都是由我們其中一位才華洋溢的年輕廚師在部門主管及行政總廚 Daniel Birkner 的指導下精心設計。

請前來支持我們的年輕廚師，同時享受美好的用餐體驗。

晚餐收費（不包括餐飲）：

每位\$438 — 包括三道菜式的固定價格菜單

訂座請致電2118 1878。

請注意，指定菜單恕不更改。

July 2024

Wine Home Delivery Service

7月份餐酒送貨服務



Order Form 餐酒訂購表格

A special selection of Mendel wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$1,800 and above, excluding Outlying Islands.

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

本月為會員介紹多款 Mendel 葡萄酒，凡購滿\$1,800及以上可獲免費送貨服務，離島除外；或者可於會所酒吧領取葡萄酒。

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
Mendel Lunta Torrontes 2021	750ml	188		
Mendel Semillon 2020	750ml	238		
Mendel Malbec 2021	750ml	288		
Mendel Unus 2021	750ml	428		
Mendel Finca Remota 2018/2020	750ml	728		
Mendel Petit Manseng 2022	500ml	248		

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

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

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

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

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

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

Delivery Address: _____

Signature: _____ Date: _____

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

本表格內所收集的個人資料只用作確認訂購及安排送貨之用途

Mendel Wine Dinner at Pier 6

Mendel 美酒晚餐



Join us for an unforgettable evening as we explore the world of Mendel wines with an exclusive Wine Dinner event at Pier 6.

Mendel Winery, nestled in the heart of Mendoza, is renowned for producing wines that capture the true essence of Argentina. Combining a rich heritage with modern innovation, Mendel's vineyards benefit from the perfect climate and soil conditions at the foothills of the Andes mountains. Under the expert guidance of winemaker Roberto de la Mota, Mendel wines have earned international acclaim for their balance, depth, and complexity. Each bottle tells a story of dedication, passion, and a deep connection to the land.

Enjoy a selection of these fantastic wines, paired with a delicious Argentinian-inspired menu.

Date : Friday, 26th July
Time : 6:30pm Welcome Drink
7:15pm Dinner
Venue : Pier 6 Restaurant
Price : \$890 per person (for Food and Beverage Pairing)
Reservations : 2118 1878

本會誠邀大家於7月26日（星期五）前來 Pier 6 餐廳品嚐由 Mendel 酒莊出品的優質葡萄酒。

Mendel 酒莊坐落在 Mendoza 市中心，以釀造能充分展現阿根廷真正精髓的葡萄酒而聞名。Mendel 的葡萄園將豐富的傳統與現代創新互相結合，並受益於安地斯山脈山麓完美的氣候及土壤條件，在釀酒師 Roberto de la Mota 的專業指導下，Mendel 葡萄酒以其平衡、具深度及複雜性贏得了國際讚譽。每一瓶佳釀都講述著奉獻、激情以及與土地的深厚聯繫的故事。

當晚，大家可以品嚐多款精選 Mendel 葡萄酒，並搭配美味的阿根廷風味菜式。

晚餐配葡萄酒收費：每位 \$890

Welcome Drink

Mendel Lunta Torrontes 2021

Menu

Mendel Semillon 2020

Tartar³

Beef | Veal | Prawns

Peppers and Avocado

Mendel Malbec 2021

Seared Sweetbreads

Brown Butter and Malbec Vinaigrette | Honey Bean Seeds

Mendel Unus 2021

Goulash Spiced Argentinian Prawns

Mendel Finca Remota 2018

Charred Picanha

Flavours of Chimichurri | Allium Purée

Smoked Potato Mousseline

Mendel Petit Manseng 2022

Flan Dulce de Leche | Chocolate Sorbet

Petits Fours

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

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



Summer Fruits Afternoon Tea at the Oyster Bar

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

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

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

\$148 per person, inclusive of tea or coffee

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

7 月份 Oyster Bar 下午茶美食 — 夏日水果

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

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

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

下午茶美食收費：每位\$148，包括紅茶或咖啡

另加\$168，可享用一瓶375毫升的氣泡柚子玄米茶



Oyster Fridays Every Friday night is Oyster Night at the Club Bar

Make Friday night extra special with Oyster Night at the Club Bar! Enjoy freshly-shucked Oysters, available by the piece and served with your choice of Mignonette & Lemon or a tantalizing, spicy Bloody Mary Shot.

In addition, enjoy a special offer for selected Champagnes at \$78 per glass.

Date : Every Friday in July

Venue : Club Bar

週五「盡享生蠔」之夜

每個星期五晚上都是會所酒吧的「盡享生蠔」之夜！

於7月份逢星期五晚上前來會所酒吧品嚐即叫即開的新鮮生蠔，搭配香草檸檬醬或辣味血腥瑪麗酒一同享用，令這個晚上變得不一樣！

多加一重享受…同時享用精選香檳，每杯只需\$78。

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

Summer Cold Appetisers 夏季冷盤菜式

1st - 31st July
由7月1日至31日供應



Start your meal in style with Chef Keung's special Cold Appetisers this month at Bauhinia.

- Marinated Black Fungus with Balsamic Vinegar and Lemon
- Cold Bean Curd with Dried Minced Pork and Preserved Egg

To make your reservation, please call Bauhinia on 2118 1892

本月份，歡迎大家前來紫荊閣餐廳用餐，品嚐由總廚強師傅特別準備的冷盤菜式。

- 意大利黑醋鮮檸小雲耳
- 皮蛋肉鬆凍豆腐

訂座請致電2118 1892。

Christmas in Summer Buffet

夏日聖誕自助餐

Can't wait for Christmas? Neither can we!

Join us for our **Christmas in Summer Buffet** - a festive feast that will make you feel like it's already December! With only 25 weeks to go until Christmas, let's celebrate the magic early on 20th July!

Indulge in a fully decorated Christmas setup featuring Egg Nog and Mulled Wine, roasted Turkey and Ham, Truffles and Foie Gras, Red Cabbage and Brussels Sprouts, Parsnips, Pumpkins, premium Seafood, Mince Pies, Cinnamon Ice Cream and much more.

Get creative and design your own Christmas-themed jumper. Wear it proudly all night, and the most creative sweater wins complimentary food and drinks for the evening!

And as an added treat, Santa Claus has promised to drop by from his summer holidays for some festive photos with Members!

等不及聖誕節的到來？我們也不能！

前來享用我們的夏日聖誕自助晚餐 — 一場讓你感覺已經進入12月的節日盛宴吧！
距離聖誕節只剩下25週了，讓我們於7月20日（星期六）提早一些慶祝這個令人期待的節日！
請盡情享用充滿節日氣氛的傳統聖誕美食，包括蛋奶酒及熱紅酒、烤火雞及火腿、松露及鵝肝、紅椰菜及孢子甘藍、芹菜蘿蔔、南瓜、優質海鮮、餡餅、肉桂雪糕等。

當晚，大家還可以發揮創意，設計自己的聖誕主題毛衣！自豪地穿著自創毛衣一整晚，
同時又贏得「最具創意毛衣大獎」的得獎者，可以免費享用當晚的晚餐及飲品！

為了增添大家的過節感覺，正在放暑假的聖誕老人還承諾會抽空前來與會員合照留念！

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

訂座請致電2118 1846

Date : Saturday, 20th July
Time : Dinner
Venue : The Island View Restaurant
Price : Adults \$498, Children 6-12 years \$328, 3-5 years \$128
Reservations : 2118 1846



Junior Summer Programme 2024

Children's Development 兒童智能啟發

STEM Einstein Technology Exploration Curriculum (6 – 12 years)

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

STEM愛因斯坦科技探索課程 (6–12歲)

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

課堂內容參考：智能感應追蹤車；風車模型裝置

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



STEM Electric Ride Theme Park (6 – 12 years)

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



STEM電動機動遊戲主題公園 (6–12歲)

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

課堂內容參考：機動飛天鞦韆製作；機動摩天輪製作；科學原理講解

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

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

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

STEM AI 人工智能科技學院 (6–12歲)

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

課堂內容參考：電子聲控小檯燈；升降機裝置製作

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



STEAM Fun Cartoon Science Park (3 – 6 years)

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

STEAM玩轉卡通科學園 (3–6歲)

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

課堂內容參考：角落小夥伴溫度計；三眼仔萬花筒

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

STEM Science Electric Mecha Master (8 – 12 years)

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

STEM科學電動機甲大師 (8–12歲)

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

課堂內容參考：電動智能聲控車；電動八足機械人；試玩及比賽；科學原理講解

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



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



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

STEM探索科學世界之旅 (3–6歲)

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

課堂內容參考：電路積木小實驗；神奇電動吹泡泡機

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

Effective Image Memory Learning Workshop (6 – 12 years)

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



高效圖像記憶學習坊 (6–12歲)

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

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

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

兒童暑期活動 2024

Children's Development 兒童智能啟發

Magic Math Competition (6 – 12 years)

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



魔法數學大比拼 (6–12歲)

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

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

Date : Monday & Wednesday 29th & 31st July

Time : 12:00noon – 1:55pm

Venue : Harbour Room, 1/F

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

Concentration Strengthening Training (3 – 6 years)

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

幼兒專注力加強訓練 (3–6歲)

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



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

Date : Tuesday & Thursday 13th & 15th August

Time : 10:00am – 11:55am

Venue : Playroom Library, 1/F

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

Abacus Mental Arithmetic Comprehensive Course (6 – 12 years)

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



珠心算腦力全開課程 (6–12歲)

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

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

Date : Tuesday & Thursday 6th & 8th August

Time : 10:00am – 11:55am

Venue : Room TWO, 1/F

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

Mandarin Communication Course (6 – 12 years)

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



標準普通話溝通用語 (6–12歲)

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

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

Date : Tuesday & Thursday 6th & 8th August

Time : 2:00pm – 3:55pm

Venue : Room TWO, 1/F

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

Story Drawing Course (3 – 6 years)

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



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

幼兒聽故事學畫畫 (3–6歲)

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

課堂內容參考：小紅帽的故事；三隻小豬的故事；醜小鴨的故事

Date : Tuesday & Thursday 13th & 15th August

Time : 1:00pm – 2:55pm

Venue : Playroom Library, 1/F

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

Japanese Communication Course (6 – 12 years)

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



日文溝通用語 — 初級 (6–12歲)

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

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

Date : Monday & Wednesday 29th & 31st July

Time : 2:00pm – 4:25pm

Venue : Harbour Room, 1/F

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

Chess Academy (5 years and above)

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

國際象棋課程 (5歲及以上)

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

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



English Drama Academy (3 – 12 years)

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

英語話劇訓練班 (3–12歲)

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

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



Social Leadership Training Camp (6 – 12 years)

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

社交領袖才能訓練營 (6–12歲)

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

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

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



English Story Performer (6 – 12 years)

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

Key elements of the class content include:

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

英語故事表演家 (6–12歲)

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

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

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



English Playgroup (3 – 6 years)

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

Class content reference:

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

幼兒英語Playgroup (3–6歲)

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

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

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



English Singing Tour (3 – 6 years)

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

幼兒英語Sing唱唱唱 (3–6歲)

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

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

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





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

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

Class content includes:

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

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

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

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

Date : Tuesday & Thursday 6th & 8th August

Time : 12:00noon – 1:55pm

Venue : Room TWO, 1/F

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

Little YouTuber Training (6 – 12 years)

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

小小YouTuber聽說訓練班 (6–12歲)

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

Date : Tuesday & Thursday 13th & 15th August

Time : 3:00pm – 4:55pm

Venue : Room ONE, 1/F

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

Be a Little YouTuber (3 – 6 years)

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



做個小小YouTuber (3–6歲)

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

Date : Tuesday & Thursday 6th & 8th August

Time : 10:00am – 11:55am

Venue : Playroom Library, 1/F

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

Little Banker Experience Workshop (3 – 6 years)

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

小小銀行家遊戲體驗坊 (3–6歲)

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

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

Date : Tuesday & Thursday 23rd & 25th July

Time : 10:00am – 11:55am

Venue : Playroom Library, 1/F

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



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

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

Class content includes:

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



一分鐘魔術表演挑戰賽 (6–12歲)

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

課堂內容參考：穿越魔術；硬幣魔術；骰子魔術；刺穿魔術；各款撲克牌魔術

Date : Tuesday & Thursday 13th & 15th August

Time : 1:00pm – 2:55pm

Venue : Room TWO, 2/F

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

English Magic Academy (3 – 6 years)

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

Class content includes:

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

幼兒英語魔術學院 (3–6歲)

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

課堂內容參考：復原魔術；餐桌魔術；魔術骰子；神奇魔術筆；英語詞彙教授

Date : Tuesday & Thursday 23rd & 25th July

Time : 1:00pm – 2:55pm

Venue : Playroom Library, 1/F

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



Dried Flower Wind Chimes Workshop (5 years and above)

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

夏日乾花風鈴工作坊 (5歲及以上)

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

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



Succulent Candle Workshop (5 – 12 years)

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

多肉植物蠟燭工作坊 (5–12歲)

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

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



Hot Air Balloon Lamp Workshop (5 – 12 years)

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

熱氣球檯燈工作坊 (5–12歲)

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

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



DIY Canvas Bag Workshop (5 – 12 years)

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

手作帆布袋工作坊 (5–12歲)

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

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



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

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

Class content includes:

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

STEAM卡通霓虹燈繪畫美術世界 (6–12歲)

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

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

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

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

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

Class content includes:

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

STEAM 3D筆立體模型製作班 (6–12歲)

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

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

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



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

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

Class content includes:

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

閃耀霓虹燈卡通黏土扭蛋機 (6–12歲)

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

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

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



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

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

Class content includes:

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

LED閃燈迪士尼立體黏土擠擠相框 (6–12歲)

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

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

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



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

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

Class content includes:

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

夢幻旋轉黏土音樂盒x LED花燈罩 (6–12歲)

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

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

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

Accessories Fashion Designer (6 – 12 years)

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

Class content includes:

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

小小飾物潮流設計師 (6–12歲)

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

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

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



CoComelon & Babybus Clay Crafting (3 – 6 years)

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

幼兒CoComelon x Babybus黏土大本營 (3–6歲)

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

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

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



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

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

幼兒Peppa Pig x Baby Shark黏土小劇場 (3–6歲)

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

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

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

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

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

角落小夥伴x Sanrio黏土遊樂場 (3–12歲)

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

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

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



Duffy and Friends Clay Playground (3 – 12 years)

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

Duffy與好友暢遊黏土樂園 (3–12歲)

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

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

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

July 2024

EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Junior Summer Programme in July & August 2024</p>	Public Holiday Lunch & Dinner Buffet at Island View Croffies at Oyster Bar From 1st Onwards Lobster Roll at Club Bar and Oyster Bar From 1st Onwards Summer Fruits Afternoon Tea at Oyster Bar From 1st Onwards Korean Fried Chicken Bites at Club Bar From 1st Onwards Summer Cold Appetisers at Bauhinia 1st – 31st Hugo Spritz at Club Bar & Oyster Bar 1st – 31st Cold Brew Coffee Special Offer at Club Bar & Oyster Bar 1st – 31st Milkshakes at Club Bar & Oyster Bar 1st – 31st Wine by the Glass Special Offer at Pier 6 and Caprice 1st – 31st	Semi-buffet Dinner at The Island View Prodigy Nights at Pier 6 Tennis Team Training Semi-buffet Dinner at The Island View Wine & Dine Wednesdays at Pier 6	Tennis Team Training Semi-buffet Dinner at The Island View Wine & Dine Wednesdays at Pier 6 Tennis Team Training Semi-buffet Dinner at The Island View Wine & Dine Wednesdays at Pier 6	Yoga Jazz Dance Tennis Team Training Semi-buffet Dinner at The Island View	Stretching Exercise Yoga Culinary Tour de France and Olympic Highlights Dinner Buffet at The Island View Oyster Fridays at Club Bar Bouchard Aine & Fils Wine Dinner at Pier 6	Junior Tennis Academy Junior Taekwondo Culinary Tour de France and Olympic Highlights Dinner Buffet at The Island View
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Sunday Lunch & Dinner Buffet at Island View	2	3	4	5	6	6
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Sunday Lunch & Dinner Buffet at Island View	7	9	10	11	12	13
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Sunday Lunch & Dinner Buffet at Island View	14	16	17	18	19	20
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Sunday Lunch & Dinner Buffet at Island View	15	23	24	25	26	27
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Sunday Lunch & Dinner Buffet at Island View	21	29	30	31	Culinary Tour de France and Olympic Highlights Dinner Buffet at The Island View Every Fri & Sat (except 20th)	

August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Culinary Tour de France and Olympic Highlights Dinner Buffet at The Island View Every Fri & Sat	 Torbreck Wine Dinner at Pier 6 16th					
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Pickleball Team Lesson	Tennis Team Training	Jazz Dance	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training	Semi-buffet Dinner at The Island View	Funky Dance	Tennis Team Training	Junior Swimming School	Junior Taekwondo
Rope Skipping / Wall Climbing	Men's Double Training		Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Junior Badminton	Culinary Tour de France and Olympic Highlights Dinner Buffet at The Island View
Sunday Lunch & Dinner Buffet at Island View	Semi-buffet Dinner at The Island View	5	7	8	Culinary Tour de France and Olympic Highlights Dinner Buffet at The Island View	3
4		6			Oyster Fridays at Club Bar	
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Pickleball Team Lesson	Tennis Team Training	Jazz Dance	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training	Semi-buffet Dinner at The Island View	Funky Dance	Tennis Team Training	Junior Swimming School	Junior Taekwondo
Rope Skipping / Wall Climbing	Men's Double Training		Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Junior Badminton	Culinary Tour de France and Olympic Highlights Dinner Buffet at The Island View
Sunday Lunch & Dinner Buffet at Island View	Semi-buffet Dinner at The Island View	12	14	15	Culinary Tour de France and Olympic Highlights Dinner Buffet at The Island View	10
11		13			Torbreck Wine Dinner at Pier 6	
					Oyster Fridays at Club Bar	17
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Pickleball Team Lesson	Tennis Team Training	Jazz Dance	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training	Semi-buffet Dinner at The Island View	Funky Dance	Tennis Team Training	Junior Swimming School	Junior Taekwondo
Rope Skipping / Wall Climbing	Men's Double Training		Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Junior Badminton	Culinary Tour de France and Olympic Highlights Dinner Buffet at The Island View
Sunday Lunch & Dinner Buffet at Island View	Semi-buffet Dinner at The Island View	19	21	22	Culinary Tour de France and Olympic Highlights Dinner Buffet at The Island View	24
18		20			Oyster Fridays at Club Bar	
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Pickleball Team Lesson	Tennis Team Training	Jazz Dance	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training	Semi-buffet Dinner at The Island View	Funky Dance	Tennis Team Training	Junior Swimming School	Junior Taekwondo
Rope Skipping / Wall Climbing	Men's Double Training		Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Junior Badminton	Culinary Tour de France and Olympic Highlights Dinner Buffet at The Island View
Pacific Club Annual Junior Swimming Gala 2024	Semi-buffet Dinner at The Island View	26	28	29	Culinary Tour de France and Olympic Highlights Dinner Buffet at The Island View	31
Sunday Lunch & Dinner Buffet at Island View	25	27			Oyster Fridays at Club Bar	

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

Super Mario Clay Nintendo Workshop (3 – 12 years)

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

Super Mario黏土任天堂 (3–12歲)

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

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

Date : Tuesday & Thursday 6th & 8th August

Time : (A) 12:00noon – 1:55pm

(B) 2:00pm – 3:55pm

Venue : Playroom Library, 1/F

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

Age : (A) 3 – 6 years

(B) 6 – 12 years

Anpanman Clay Creation Workshop (3 – 6 years)

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

麵包超人黏土拯救行動 (3–6歲)

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

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

Date : Wednesday & Friday 14th & 16th August

Time : 2:00pm – 3:55pm

Venue : Playroom Library, 1/F

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



Pottery Sculptor (6 – 12 years)

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

Class content includes:

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



陶泥雕刻工藝師 (6–12歲)

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

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

Date: Monday & Wednesday 15th & 17th July

Time: 1:30pm – 3:55pm

Venue: Room ONE, 1/F

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

Frozen Arendelle Painting Kingdom (6 – 12 years)

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

新魔雪奇緣阿德爾繪畫王國 (6–12歲)

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

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

Date : Thursday & Friday 18th & 19th July

Time : 2:00pm – 4:25pm

Venue : Room One, 1/F

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



Disney Friends Painting Paradise (3 – 12 years)

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

Class content includes:

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

迪士尼好友暢遊繪畫樂園 (3–12歲)

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

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

Date : Thursday & Friday 18th & 19th July

Time : (A) 10:00am – 11:55am

(B) 12:00noon – 1:55pm

Venue : (A) Playroom Library, 1/F

(B) Room ONE, 1/F

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

Age : (A) 3 – 6 years

(B) 6 – 12 years



Disney Princess Drawing Castle (3 – 12 years)

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

Class content reference:

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

迪士尼繪畫公主夢城堡 (3–12歲)

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

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

Date : Tuesday & Thursday 23rd & 25th July

Time : (A) 10:00am – 11:55am

(B) 12:00noon – 1:55pm

Venue : Room One, 1/F

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

Age : (A) 3 – 6 years

(B) 6 – 12 years



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

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

幼兒Peppa Pig x Baby Shark繪畫小劇場 (3–6歲)

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

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

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



CoComelon & Babybus Painting Camp (3 – 6 years)

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

幼兒CoComelon x Babybus繪畫大本營 (3–6歲)

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

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

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

Superhero Drawing Class (6 – 12 years)

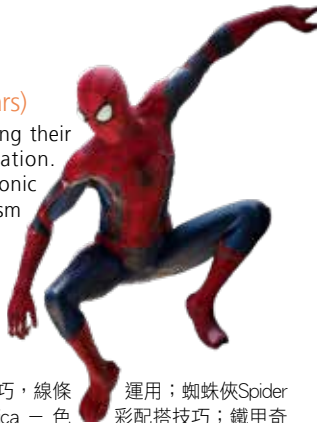
This course captivates young minds by using their favourite superhero characters as inspiration. Students will learn how to draw these iconic figures, capturing the essence and dynamism that make them stand out.

超級英雄繪畫神盾局 (6–12歲)

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

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

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



Colour Sketching Drawing Studio (6–12 years)

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

彩色素描研習畫室 (6–12歲)

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

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

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

Pastel Art Gallery (3 – 6 years)

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

幼兒趣味和諧粉彩藝術館 (3–6歲)

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

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

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



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

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

Class content reference:

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

小小畢加索創作夢工場 (3–6歲)

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

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

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



Chinese Calligraphy (6–12 years)

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

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

傳統毛筆書法家 (6–12歲)

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

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

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



Mirror Dance (3 – 12 years)

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

Mirror 組合舞蹈 (3-12歲)

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

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



Little Dancers (3 – 6 years)

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

幼兒周身郁勁舞團 (3-6歲)

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

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

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

Modern Dance (6-12 years)

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

現代舞班 (6-12歲)

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

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

Broadway Singing and Dancing Class (6 – 12 years)

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

百老匯歌舞班 (6-12歲)

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

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



Free-style Dance Class (6 – 12 years)

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

舞出真我Free-style (6-12歲)

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

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

Wall Climbing (6 – 10 years)

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



攀石運動班 (6-10歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

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

Junior Table Tennis Course (6 – 13 years)

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



乒乓球訓練班 (6-13 歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

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



Junior Kendo Workshop (6 years and above)

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

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

兒童劍道班 (6 歲及以上)

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

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

註：- 學員請於報名時提供身高資料，並需穿著舒適的運動服及運動鞋上課

- 學員可獲借竹劍一把

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

Venue : Aerobics Room, 1/F

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

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

Rope Skipping Class (7 – 12 years)

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

花式跳繩班 (7–12 歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

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

Time : 4:30pm – 5:20pm

Venue : Aerobics Room, 1/F

Price : Member \$720, Guest \$920

Remark : Please wear sports clothes and shoes to the class



Badminton Summer Clinic (6 – 16 years)

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

暑假羽毛球班 (6–16 歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

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

Venue : Aerobics Room, 1/F

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

Remark : Please wear sports clothes and shoes to the class

Pickleball Summer Clinic (4 – 10 years)

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

匹克球班 (4–10 歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

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

Date : Tuesday & Friday

Venue : Outdoor Tennis Court, 4/F

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

Remark : Please wear sports clothes and shoes to the class





Junior Golf Clinic (3 – 17 years)

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

兒童高爾夫球 (3-17歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

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

Venue : Golf Driving Range, 4/F

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

Remark : Please wear sports clothes and shoes to the class

Parent-Child Golf Course (4 years and above with parent)

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

高爾夫球親子班 (4歲及以上小童，聯同一位家長)

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

註：學員需穿著舒適的運動服及運動鞋上課

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

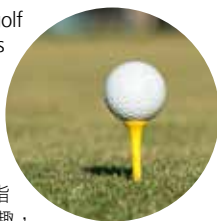
(B) Saturday 3rd, 10th, 17th & 24th August

Time : 4:00pm – 5:00pm

Venue : Golf Driving Range, 4/F

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

Remark : Please wear sports clothes and shoes to the class



Tennis Summer Clinic (7 – 14 years)

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

網球班 (7-14歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

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

Date : Tuesday – Thursday

Venue : Indoor Tennis Court, 4/F

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

Remark : Please wear sports clothes and shoes to the class

Mini Tennis Clinic (3½ – 6 years)

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

迷你網球班 (3½-6歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

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

Date : Tuesday – Thursday

Venue : Indoor Tennis Court, 4/F

Price : Member \$630, Guest \$780

Remark : Please wear sports clothes and shoes to the class



Summer Swimming School 暑期游泳班



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

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

ENROLLMENT

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

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

報名

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

課程報名，可親臨二樓接待處或致電2118 1890。

What You Are Looking for is in the Library

by Michiko Aoyama

An inspirational tale of the love, comfort and growth you can find in the pages of a good book. What are you looking for? So asks Tokyo's most enigmatic librarian, Sayuri Komachi. But she is no ordinary librarian. Sensing exactly what someone is searching for in life, she provides just the book recommendation to help them find it. In this uplifting book, we meet five of Sayuri's customers, each at a different crossroads: The restless retail assistant eager to pick up new skills, the mother faced with a demotion at work after maternity leave, the conscientious accountant who yearns to open an antique store, the gifted young manga artist in search of motivation, and the recently retired salaryman on a quest for newfound purpose. Can she help them find what they are looking for?

What You Are Looking For is in the Library is about the magic of community libraries and the discovery of connection. Already loved by thousands of readers all over the world, this inspirational tale shows how, by listening to our hearts, seizing opportunity and reaching out, we too can fulfill our long-held dreams. Which book will you recommend?

你可以在一本好書中找到關於愛、安慰和成長的勵志故事。你要找什麼？東京最神秘的圖書管理員小町小百合如此詢問。但她不是普通的圖書管理員。她可以準確地感覺到諮詢者們在生活中想要尋找什麼，因此只推薦書籍來幫助他們找到真正需要的東西。在這本振奮人心的書籍中，我們遇到了小百合的五位顧客，他們各自處於不同的十字路口：焦躁不安、渴望學習新技能的零售助理；休完產假後面臨降職的母親；勤勉認真、渴望開一間古董店的會計員；尋找新動力的天才年輕漫畫家；還有最近退休，正在尋找新目標的白領職員。她能幫助他們找到想要的東西嗎？

《What You Are Looking For is in the Library》講述了社區圖書館的魔力和發現聯繫的過程。這個鼓舞人心的故事已經受到世界各地成千上萬讀者的喜愛，它展示了如何透過傾聽我們的內心、抓住機會並伸出援手，我們也可以實現長期以來的夢想。那麼你還會推薦哪一本書？



Tom Lake

by Ann Patchett

There's more to every love story than what we choose to tell... In this beautiful and moving novel about family, love, and growing up, Ann Patchett once again proves herself one of America's finest writers.

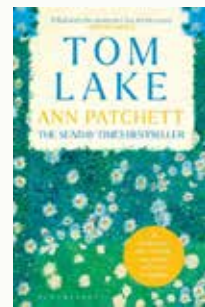
In the spring of 2020, Lara's three daughters return to the family's orchard in Northern Michigan. While picking cherries, they beg their mother to tell them the story of Peter Duke, a famous actor with whom she shared both a stage and a romance years before at a theatre company called Tom Lake. As Lara recalls the past, her daughters examine their own lives and relationship with their mother, and are forced to reconsider the world and everything they thought they knew.

Tom Lake is a meditation on youthful love, married love, and the lives parents have led before their children were born. Both hopeful and elegiac, it explores what it means to be happy even when the world is falling apart. As in all of her novels, Ann Patchett combines compelling narrative artistry with piercing insights into family dynamics. The result is a rich and luminous story, told with profound intelligence and emotional subtlety, that demonstrates once again why she is one of the most revered and acclaimed literary talents working today.

我們要講述的愛情故事比其他的都更豐富...藉由這本探討家庭、愛情和成長的小說，Ann Patchett 再次證明自己是美國最優秀的作家之一。

2020年春天，Lara 的三個女兒回到位於密西根州北部的老家果園居住。在摘櫻桃的時候，他們懇求母親講述 Peter Duke 的故事。Peter Duke 是一位著名演員，多年前，Lara 在一間名為 Tom Lake 的劇院曾與他同台演出且相戀。當 Lara 回憶過去時，她的女兒們亦審視了自己的生活及與母親的關係，並不能不重新思考這個世界和她們認為自己知道的一切。

《Tom Lake》是對青春愛情、婚姻及孩子出生前父母生活的省思。它既充滿希望又哀傷，探討了即使世界分崩離析，幸福有什麼意義。就像 Ann Patchett 所有的小說一樣，作者將引人入勝的敘事方式與對家庭的深刻洞察結合在一起。以深刻的智慧和微妙的情感講述一個豐富而明亮的故事，再次證明了她是當今最受尊敬和讚譽的文學天才之一。



From now until 31st July, 2024, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount.

由現在至7月31日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
204 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場204號舖

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

香港圖書文具有限公司
中環德輔道中25號



Celebrate the Moment

慶祝你的大日子

Join us at the Pacific Club for an unforgettable birthday celebration! Members are invited to gather with friends during their birthday month to indulge in a delectable lunch or dinner at our designated Club restaurants.

Spend over \$1,888 and enjoy a complimentary celebratory cake and a bottle of Prosecco courtesy of the Pacific Club.
Make your birthday truly memorable with us!

1st July 2024 - 30th June 2025
Available every day for Lunch & Dinner
at The Island View, Pier 6, Capricci & Bauhinia restaurants

會員可以在其生日月份內與親朋好友前來太平洋會的指定餐廳舉行一個難忘的生日聚餐，享用美味的午餐或晚餐！
凡聚餐消費滿\$1,888，即可免費獲贈由本會送出的慶祝蛋糕一個及Prosecco氣泡酒一瓶，
為你的生日添上難忘的回憶！

2024年7月1日 - 2025年6月30日
每日的午餐及晚餐時段
在The Island View、Pier 6、Capricci 及紫荊閣餐廳享用

Terms and Conditions 條款及細則

- To qualify for the complimentary one bottle of Prosecco and one pound birthday cake, a minimum food and beverage spend of \$1,888 for 6 persons or fewer (with a minimum food spend of \$1,200) is required at The Island View, Pier 6, Capricci or Bauhinia restaurants.
在 The Island View、Pier 6、Capricci或紫荊閣餐廳舉行6人或以下聚餐，餐飲消費滿\$1,888（食品消費最少\$1,200），方可獲贈Prosecco氣泡酒一瓶及一磅生日蛋糕一個。
- This promotion is valid during the Member's birthday calendar month from 1st July 2024 to 30th June 2025.
此推廣活動的有效日期：2024年7月1日至2025年6月30日期間的會員生日月份內。
- There is no limit to the number of visits a Member can make during their birthday calendar month.
However, the offer can only be redeemed once per meal and must be applied to a single bill.
會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。
- Blackout dates: 2024: 1/7, 17-18/9, 1/10, 21/12 & 24-31/12; 2025: 1/1, 28-31/1, 14/2, 11/5 & 15/6.
優惠不適用日期：2024年：1/7、17-18/9、1/10、21/12及24-31/12；2025年：1/1、28-31/1、14/2、11/5及15/6。
- A table reservation is required at the appropriate 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，所有蛋糕必須至少提前48小時預訂。
- This offer is not applicable for banqueting events.
此優惠不適用於宴會活動。
- This offer is not transferrable or exchangeable to other promotional offers.
此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to change the terms & conditions and the decision shall be the 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。



Kwun Tong's hills

Like many districts of Hong Kong, Kwun Tong is sandwiched on a narrow strip of land between sea and mountains, so it doesn't take you long to get up into the hills.

This trail is mostly level and quite easy. Walking time: 3 hours.

Leave Kwun Tong MTR station by Exit A1 and walk along the road to the bus stop. Board bus 98A. Ride it for half a dozen stops, and alight at the place named Anderson Road. You're already on the hillside between Kwun Tong and Tseung Kwan O.

Walk ahead, cross the road and turn into Ma Yau Tong village. Keeping the pagoda on your left, follow the village road as it bends leftwards. You're following the Wilson Trail for this first section, and you may see its signs stencilled on walls.

The village straggles on for quite a distance, but soon the road ends and you step onto a pedestrian trail that leads into the forest. Steep, stony stream courses cross the path on their mission to carry water down the hillside. When you come to Wilson Trail steps that lead up to your left, ignore them, and instead keep going straight ahead, in a direction marked for Lam Tin.

This path actually follows the route of the aforementioned Anderson Road, which was built more than 100 years ago to send supplies to British Army forts on the hilltops. This was before the days of motorised transport, and the 'road' only needed to be wide enough for mule carts.



You pass some makeshift shrines to porcelain deities, and then, after the path loops right to skirt the upper reaches of Lam Tin Park, you come to a row of small temples to gods including Kwun Yam and Wong Tai Sin. You're up in the trees here, but you can still see the city's tower blocks below.

Keep following the path, sticking to a level contour; whenever there is a fork, just keep hugging the hillside to your left. The trail becomes narrower and less walked. Eventually you reach a wide clearing in the forest, and from here, the path goes downhill to meet O King Road, a rather odd private road that connects Kowloon with Tiu Keng Leng.

There's not much traffic. Cross over, turn right and then left to follow the Wilson Trail up the hill on the other side. Through gaps in the foliage you can see the summit of Devil's Peak to the south, and the high ridgeline of Hong Kong Island behind it. Large expanses of open rockface on the side of Devil's Peak are sometimes used by climbers. When you arrive at a breezy pass, the view to your left opens up and suddenly you can look down, past the numerous terraces of the Chinese permanent cemetery, to the blue bay of Tseung Kwan O and the new bridge that crosses it.

A signpost now points you downhill to Yau Tong. As you descend, you pass ruined buildings that once served the long-vacated fortifications on the hilltops above. When you meet a road, keep going downhill, and signs will soon direct you to Yau Tong MTR.



Words and pictures: Pete Spurrier

撰文及圖片：Pete Spurrier

位於觀塘的山嶺

與香港許多地區一樣，觀塘被夾在海與山之間的狹長地帶中，因此很快就可以攀上附近的山嶺上。

今次的路段大部分都是平路，很容易行走。
步行時間：3 小時。

由觀塘港鐵站 A1 出口離開，沿馬路步行至巴士站，搭乘 98A 巴士。乘坐 6 個站在安達臣道下車，你已經到了觀塘與將軍澳之間的山坡上。

向前走，橫過馬路，轉入馬游塘村。保持著寶塔在左側的方向，沿著向左彎曲的村莊行走。

你正沿著衛奕信徑的第一段路行走，可能會看到印在牆壁上的標誌。

村莊綿延了一段頗長的距離，但很快路就到了盡頭，你會踏上一條通往樹林的行人路。陡峭的石溪橫穿小路，其作用是將水帶下山坡。當你到達左側的衛奕信徑梯級時，請越過它們，繼續朝藍田標記的方向直行。

這條路實際上是沿著前面提到的安達臣道伸延下去，於 100 多年前為了向山頂上的英國陸軍軍堡運送物資而建造。那是在機動運輸時代之前，「道路」只需要有足夠供騾車通行的寬度即可。



在經過一些用來放置瓷器神像，作臨時使用的神龕後，沿著小路向右繞著藍田公園的上游走一圈，你會看到一排供奉著觀音及黃大仙等神明的小寺廟。你雖然身處樹林上，但仍然可以看到下方的城市高樓。

繼續沿著路徑前行，保持著水平的路線；每當有分岔路口時，只要緊貼左邊的山坡走即可。路徑變得更窄，人跡罕至。最終你會到達樹林中一片寬闊的空地，從這裡開始，沿小路上坡到達澳景路，這是一條連接九龍與調景嶺，相當奇怪的私家路。

這裡人車流量不多。穿過馬路，右轉，然後左轉，沿著衛奕信徑到另一邊的山上。透過樹葉的縫隙，你可以看到南邊的魔鬼山頂峰，以及後面香港島高聳的山脊線。有時候有些登山者會從魔鬼山一側大片開闊的岩面攀上山。當你到達一個微風徐徐的山口時，左邊的視野豁然開朗，你可以俯視山下，越過華人永遠墳場的眾多台階，看到將軍澳的蔚藍海灣及橫跨海灣的新橋樑。

有一個路標指示你下坡前往油塘的方向。當你下山時，你會經過一些廢棄的建築物，都曾經是山頂上長期空置的防禦設施。到達馬路，繼續下坡，路標很快就會指引你到達油塘港鐵站。



Essential Repair and Maintenance at the Swimming Pool 游泳池天花緊急維修工程



As you may already be aware, the Swimming Pool is closed for essential repairs and maintenance from 11th June to 21st July, 2024. However, the sunbathing deck will remain open for your enjoyment during this time.

During this period, the following works will be carried out:

- Ceiling Replacement
- Tile and Grouting Repairs
- Underwater Lights Maintenance
- Filtration and Pump System Servicing

We appreciate your understanding and patience as we work to improve the Pacific Club facilities.

大家可能已經得悉，本會游泳池會於6月11日至7月21日期間，因需要進行緊急維修工程而關閉，而戶外日光浴區將保持開放。

在這段期間我們將會進行以下工作：

- 更換天花板
- 泳池地磚及填縫修復
- 池底燈維修及保養
- 過濾泵循環系統維修及保養

我們致力改善太平洋會的設施，並感謝你的理解及體諒。

Spa Promotions in July 7月份美容療程優惠



Youth Intensive Treatment (1hr 45mins)

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

Indulge in our luxurious Youth Intensive Treatment, designed to address the visible signs of ageing such as wrinkles, diminished firmness, and slackened skin. This treatment combines ultra-targeted products with expert application techniques. Spend 1 hour and 45 minutes in sublime relaxation and emerge with visibly rejuvenated skin, noticeable even after the initial session.

原肌修復再生療程 (1小時45分鐘)

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



New

Guinot Hydra Summum Treatment (1hr 25mins)

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

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

活肌水凝療程 (1小時25分鐘)

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

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



Key Points to Increase Drive Distance in Golf

增加高爾夫球擊球距離的關鍵

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

Improving your drive distance in golf requires a comprehensive approach that considers various physical attributes, swing mechanics, and the balance between power and control.

Physical Attributes

Height and weight influence leverage and power in your golf swing. Taller players benefit from a longer reach, which increases swing speed. Maintaining a healthy weight and muscle mass enhances swing power, while core strength provides stability and generates power from the torso. Flexibility in the shoulders, hips, and spine allows for a fuller backswing and smoother swings, reducing the risk of injury. A smooth, rhythmic swing maximizes power, and strength training in the legs, core, and upper body boosts drive distance, contributing to a consistent, powerful swing.

Swing Mechanics

Correct swing angle and grip are crucial. A slightly upward angle of attack and a firm, relaxed grip ensure control and fluid motion. Maintain a controlled and balanced swing, avoiding excessive wrist bending during the backswing to keep stability and the correct swing plane. Ensure the club doesn't cross the horizontal line at the top of the swing for consistency and accuracy. Proper extension during the follow-through maximizes distance and shot direction, indicating controlled power and accuracy.

Power and Control Balance

Generating power involves effective leg and hip rotation. Start the downswing with a strong lower body push and use hip rotation to transfer energy to the club, increasing swing speed. Maintain control with a steady swing tempo. Focus on grip, stance, and posture for a solid foundation, balancing power with technique for the best results.

提高高爾夫運動中的開球距離需要採用綜合方法，考慮各種身體條件、揮桿力學，以及力量與控制之間的平衡。

身體條件

身高及體重會影響高爾夫揮桿的槓桿作用及力量。較高的球員可受益於更長的揮桿距離，從而提高揮桿速度。維持健康的體重及肌肉質量可以增強揮桿力量，而核心力量則可以提供穩定性並從軀幹產生力量。肩膀、臀部及脊椎的靈活性可以令上桿更完整，揮桿更平穩，從而降低受傷的風險。平穩、有節奏的揮桿可以最大限度地提高力量，而腿部、核心及上半身的力量訓練可以增加擊球距離，從而實現一致、有力的揮桿。

揮桿力學

正確的揮桿角度及握力至關重要。略微向上的擊球角度，及牢固、放鬆的握把可確保控制及流暢地移動。保持受控及平衡的揮桿，避免在後揮桿過程中手腕過度彎曲，以保持穩定性及正確的揮桿平面。確保球桿在揮桿最高點時不會越過水平線，以達到一致性及準確性。擊球後讓球桿完成順勢動作的過程中要適當地伸展，可以使距離及擊球方向達到最大限度，顯示控制的力量及準確性。

力量與控制之間的平衡

有效的腿部及臀部旋轉可以產生力量。透過下半身強力推動開始下桿，並利用臀部旋轉將能量傳遞到球桿，從而提高揮桿速度。以穩定的揮桿節奏保持控制。專注於握力、站姿及姿勢，打下堅實的基礎，平衡力量與技術，以獲得最佳效果。

Golf Private Lessons

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

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

高爾夫球私人課堂

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

Private Lessons (1 pax)

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

Semi-Private Lessons (2 pax)

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

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

A Serene Indoor Garden

1. Insert a long, thick wire inside the hemp rope to create a sturdy stick.
2. Insert the hemp rope stick into the glass vase through the narrow mouth.
3. Carefully place the Serissa Japonica into the glass vase through the wide opening.
4. Add soil to the glass vase to partially cover the roots of the Serissa Japonica.
5. Add clay pebbles on top of the soil to secure the Serissa Japonica.
6. Pour a small amount of water into the glass vase.
7. Spread soil evenly on the glass plate and cover it with flat moss.
8. Arrange the cactus plants around the edge of the flat moss, covering their roots with soil and moss.
9. Position the glass vase arrangement in the centre of the flat moss.
10. Bend the hemp rope stick for decorative effect.

優雅的室內花藝擺設

1. 將一支長的粗鐵絲插入麻繩裡面，變成一支挺直的麻繩棒。
2. 將麻繩棒從細窄的瓶口插入玻璃花瓶中。
3. 將六月雪穿過寬大的圓窿放入玻璃花瓶中。
4. 將泥土放入玻璃花瓶中，覆蓋部分根部。
5. 在泥土上鋪蓋一些粘土卵石，以固定六月雪。
6. 在玻璃花瓶中注入少量清水。
7. 將一些泥土均勻鋪蓋在玻璃盤中，並用扁地衣覆蓋著。
8. 將仙人掌植物排列在扁地衣的邊緣位置，用泥土及扁地衣覆蓋根部。
9. 將玻璃花瓶擺設放在扁地衣的中央。
10. 將麻繩棒彎曲帶來裝飾效果。



What You'll Need:

- Various plants (here we have used Serissa Japonica, Cactaceae and Eggplant Cactus)
- Large Glass Plate
- Large Glass Vase with small mouth and big hole on the vase
- Flat Moss
- Soil
- Clay Pebbles
- Hemp Rope
- Thick Wire
- Small Shovel

材料：

- 多種植物：
文中選用六月雪、迷你仙人掌、雞蛋仙人掌
- 大玻璃盤
- 細瓶口大玻璃花瓶，瓶身有一個大圓窿
- 扁地衣
- 泥土
- 粘土卵石
- 一條麻繩
- 粗鐵絲
- 小泥鏟



Fujifilm X-HS2 body



Fujifilm X-HS2 with lens



Panasonic S9 body



Panasonic S9 with lens



TikTok content

The Impact of Screen Aspect Ratios on Video Production

Before I was a photographer, I worked for 18 years in the television production industry. For the first 12 years, there was only one format for all TV screens in the world, and that was the standard definition screen with an aspect ratio of 4:3.

But then in the 1990s, the flat-screen LCD and plasma TV sets came onto the market, and they all had an aspect ratio of 16:9. This new widescreen format was adopted because the global television industry's technology researchers had conducted numerous experiments, which proved that 16:9 was the most comfortable aspect ratio for viewing a large high definition screen in a typical domestic living room environment.

Today, with social media as the dominant platform for video content, there is chaos because the social media industry doesn't want to agree on any kind of standard for the screen formats of smartphones, tablet devices, or computers.

The current most popular video-sharing platform, TikTok, uses a vertically oriented screen format. This presents a big problem for the camera manufacturers, and for the video producers who are using their traditional widescreen cameras to shoot content for the vertical screen format.

To make video production easier, some digital cameras now use what they call "open gate" recording mode. This mode uses the entire sensor of the camera to record the master video, and the videographer can then set the camera to crop the master video to spawn any aspect ratio file required to fit the target distribution platform. It means you can shoot once, but then crop many times to suit all of the video-sharing platforms that you want to use, including Tik Tok.

You will see this new term "open gate" in the publicity for new cameras such as the Panasonic Lumix S9 and the Fujifilm X-H2S.

螢幕寬高比對影片製作的影響

在成為攝影師之前，我曾經在電視製作行業工作了18年。在最初的12年裡，世界上所有電視螢幕都只有一種格式，就是寬高比為4:3的標清螢幕。

但到了1990年代，市場上出現了寬高比為16:9的平面液晶電視和等離子電視。

採用這種新的寬螢幕格式是因為全球電視產業的技術研究人員進行了大量的實驗，證明16:9是在典型的家庭客廳環境中觀看高清大螢幕的最舒適寬高比。

如今，社交媒體成為影片內容的主導平台，但由於社交媒體產業不想就智慧型手機、平板裝置或電腦的螢幕格式達成任何標準，因此出現了混亂。

目前最受歡迎的影片分享平台Tik Tok採用垂直方向的螢幕格式，這對於相機製造商以及使用傳統寬螢幕相機拍攝垂直螢幕格式內容的影片製作人來說是一個大問題。

為了使影片製作更容易，一些數碼相機現在使用所謂的"open gate"錄製模式。此模式使用攝影機的整個感測器來記錄主視頻，然後攝影師可以設置攝影機來裁剪主視頻，以產生適合目標分發平台所需的任何寬高比檔案。這意味著你可以拍攝一次，然後進行多次裁剪，以配合你想要使用的所有影片共享平台，包括Tik Tok。

你將會在Panasonic Lumix S9和Fujifilm X-H2S等新相機的宣傳中看到"open gate"這個新術語。



Sunday Social Tennis

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

週日網球聯誼聚會

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

Date : Sunday 7th, 14th, 21st & 28th July

Time : 5:00pm – 7:00pm

Venue : Outdoor Tennis Courts

Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)

Age : Adults Only



Ladies' Morning Tennis

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

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

女子早上網球練習

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

Date : Monday 8th, 15th, 22nd & 29th July

Time : 10:00am – 12:00noon (Intermediate / Advanced Level)

Venue : Indoor Tennis Courts

Price : \$310 (for 2 hours, including court charges and selected refreshments at the Tennis Lounge)



Junior Tennis Academy

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

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

青少年網球訓練

想增加孩子們對打網球的興趣？於星期六上午前來本會參加專為3½-16歲會員而設的青少年網球訓練班吧！在經驗豐富的教練帶領下，他們可以得到一個發展網球技能並充分發揮潛力的環境，從掌握基礎知識到提升技術，幫助他們成長和超越自己。7月份課程收費 — A班（3½ - 6歲，4堂）：會員\$840，非會員\$1,320；B班（6 - 16歲，4堂）：會員\$1,120，非會員\$1,600。

Date : Saturday 6th, 13th, 20th & 27th July

Time : (A) 10:00am – 11:00am

(B) 11:00am – 1:00pm

Venue : Indoor Tennis Courts

Price : (A) Member \$840, Guest \$1,320
(for 4 lessons)

(B) Member \$1,120, Guest \$1,600
(for 4 lessons)

Age : (A) 3½ – 6 years

(B) 6 – 16 years

Holiday Notice

Please note that all junior and adult group classes will be cancelled during Hong Kong Special Administrative Region Establishment Day on Monday, 1st July.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於7月1日香港特別行政區成立紀念日公眾假期暫停舉行。



Pickleball Private Lessons

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

Private Lessons (1pax)

1-hour : \$630 per person

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

Semi-Private Lessons (2pax)

1-hour : \$335 per person

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

匹克球私人課程

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

私人課程（一人）

一小時課程：每位\$630

10 堂一小時課程：每位\$6,100

半私人課程（二人）

一小時課程：每位\$335

10 堂一小時課程：每位\$3,250

預約課程請致電 2118 1707。

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

預約網球及匹克球課程，請致電2118 1707聯絡四樓網球部

Parent-Child Reptile Experience Day at the Club

The Pacific Club successfully hosted the "Parent-Child Reptile Experience Day" in June, where families had the chance to interact with a variety of reptiles under the guidance of expert handlers. The event provided an educational and engaging opportunity for parents and children to learn about these fascinating creatures and foster a deeper appreciation for the natural world.

太平洋會「親子爬蟲體驗日」

本會特別為父親節而舉辦的「親子爬蟲體驗日」活動已經於6月份圓滿結束，每個參加的家庭在專家的指導下，都有機會與各種爬蟲動物近距離接觸。今次活動為家長及孩子們提供了一個很好的教育及互動機會，讓他們對自然世界有了更深入的了解及欣賞。





Types of Muscle Strength

Muscle strength is vital for performing various daily activities, from lifting objects to maintaining posture. Understanding the different types of muscle strength can help tailor your fitness routine to meet specific goals and improve overall health. Here are some key categories of muscle strength:

Maximal Strength

Maximal strength is the peak force your muscles can generate in a single effort. This type of strength is essential for activities requiring explosive power, such as weightlifting. Enhancing maximal strength involves lifting heavy weights with low repetitions, gradually increasing the load over time.

Examples: Dumbbells, barbells, or machine equipment with multiple sets of low repetitions.



Muscular Endurance

Muscular endurance is the ability of muscles to sustain repeated contractions over an extended period. It is crucial for activities like long-distance running, swimming, and aerobics. Training for endurance focuses on exercises that can be performed for longer durations with moderate resistance.

Examples: Burpees, squats, press-ups, planks.

Power

Power combines strength and speed, allowing muscles to exert maximum force in the shortest possible time. This type of strength is vital for sports requiring quick, explosive movements, such as basketball and tennis. Power training often includes speed drills and plyometric exercises.

Examples: Speed running, jump training, weight training, skipping rope, HIIT.

Muscular Strength

Muscular strength refers to the ability of muscles to produce force consistently over a longer duration. It supports activities that involve prolonged physical effort, such as manual labour or standing for extended periods. This strength can be improved through consistent, moderate-intensity resistance training.

Examples: Press-ups, circuit training, resistance training with appropriate repetitions and timing.

Core Strength

Core strength is the foundation of body stability and includes the muscles in your abdomen, lower back, and pelvis. Strong core muscles help prevent injuries, improve posture, and enhance overall movement.

Examples: Planks, side planks, balance training.

Developing Comprehensive Muscle Strength

Each type of muscle strength serves a unique purpose and contributes to overall fitness. A balanced training regimen that incorporates all these types can help you better adapt to various physical demands and improve your general well-being. Here are some tips to consider:

- **Correct Posture:** Maintaining proper form enhances exercise effectiveness and reduces injury risk.
- **Guidance:** Whether you are a beginner or looking to advance your training, professional guidance ensures correct technique and effective training methods.
- **Moderation and Consistency:** Regular, moderate exercise is key to progress. Avoid overtraining and ensure consistent effort to see gradual improvements.

Training should be tailored to your fitness level and goals. For personalised advice and guidance, consult the Club's Gym staff or Personal Trainers to ensure your training methods are safe and effective. By understanding and incorporating these various types of muscle strength into your fitness routine, you can achieve a well-rounded physical foundation, ready to meet any challenge.



By Personal Trainer, Yan Lau

撰文：私人健身教練 – Yan Lau

力量的類型

肌肉力量對於人們執行各種日常活動，從舉起物件到保持姿勢，都至關重要。了解不同類型的肌肉力量可以幫助你制定適合的健身計劃，以實現特定目標並改善整體健康。以下是幾種常見的肌肉力量類型：



最大肌肉力量

最大肌肉力量是指肌肉在進行單一動作時所能產生的巔峰力量。這種力量對於需要瞬間爆發力的活動，例如舉重，是非常重要的。通過不斷重複舉起重物，逐漸增加次數及重量負荷，便可以增強最大肌肉力量。

例如：啞鈴、杠鈴或器械設備訓練，配合多組低次數進行。

肌肉耐力

肌肉耐力是指肌肉在較長時間內維持重複收縮的能力，對於長跑、游泳及有氧運動等至關重要。訓練重點在於可以進行持續較長時間、中等阻力的練習。

例如：波比跳、深蹲、俯臥撐、平板支撐。

爆發力

爆發力結合了力量和速度，讓肌肉在最短的時間內發揮最大的力量。這種力量對於需要快速反應及爆發力的活動非常重要，如籃球、網球等，訓練通常包括速度訓練及增強式訓練。

例如：速度跑、跳躍訓練、重量訓練、跳繩、HIIT。

肌肉力量

肌肉力量是指肌肉在較長時間內持續產生力量的能力，可支持需要長時間體力勞動或站立的活動。這種力量可以透過持續、中等強度的阻力訓練來提高。

例如：俯臥撐、循環式訓練、阻力訓練，配合適當的重複次數及時間進行

核心力量

核心力量是身體穩定性的基礎，包括腹部、下背部及骨盆的肌肉。強壯的核心肌肉有助預防受傷、改善姿勢並增強整體運動能力。

例如：平板支撐、側平板支撐、平衡訓練。

發展綜合肌肉力量

每種類型的肌肉力量在不同的活動及訓練中都有其獨特的重要作用，並可提高身體的整體功能及健康。因此，包含所有類型的均衡訓練可以幫助你更好地適應各種身體需求並改善整體健康。

此外，不論是哪種運動，都須要注意以下事項：

- 正確的姿勢：保持正確的姿勢可以提高運動的效果，同時減少受傷的風險。
- 指導：不論是初學者或是需要更進階的訓練，都應該尋求專業教練的指導，以確保學習正確的技巧及訓練方法。
- 適量及定期性：定期、適量的訓練是進步的關鍵，避免過度訓練並持續進行，以循序漸進的方式取得進步。

每種訓練都應該要根據個人的體能及目標來制定，如需個人化的建議，可諮詢本會健身室的員工或私人教練的意見及指導，以確保學習正確、適合及安全的訓練方法。透過了解這些不同類型的肌肉力量並將其融入你的健身計劃中，便可讓身體打好全面性的基礎，準備好迎接任何挑戰。



Hair Product Sale in July 7 月份頭髮產品優惠



Be Color Shampoo (pH5.5)

~~\$200~~ \$225

Enhance your hair care routine with Be Color Shampoo, a luxurious formula designed for colour-treated and chemically-treated hair. Infused with caviar extract, keratin, and collagen, this shampoo deeply moisturises, cleanses, and protects your hair, leaving it stronger and healthier.

This fantastic shampoo moisturises and cleanses with rich ingredients that nourish your hair thoroughly. It effectively fights frizz, leaving your hair smooth and manageable, and strengthens hair to reduce breakage and prevent split ends. Additionally, it maintains hair fullness, protects its natural quality, and enhances the vibrancy and longevity of your hair colour.

Be Color 魚子精華角蛋白洗髮水 (pH5.5)

使用 Be Color 魚子精華角蛋白洗髮水，優化你的護髮程序。這是一款專為經過染色和化學處理的頭髮而設計的奢華配方，富含魚子萃取物、角蛋白和膠原蛋白，可深層滋潤、清潔和保護頭髮，使其更強韌、更健康。

這款神奇的洗髮水含有豐富的成分，可滋養和清潔頭髮，能有效對抗毛躁，讓頭髮光滑易打理，強韌頭髮，減少斷裂，防止髮尾開叉。此外，它還能保持頭髮豐滿，增加髮質自然彈性，並增強髮色的色彩和持久性。

Revlon Style Masters Creator Memory Spray, 150ml

~~\$200~~ \$180

This is a reactivating styling spray with a memory effect that creates volume, pliable texture and flexible hold with a natural finish. Apply, create your style and reshape or change during the day with your hands.

露華濃造型系列：靈活造型噴霧，150毫升

一款適合所有髮質使用的定型噴霧。每天只需使用噴霧一次，便可隨時重新整理頭髮造型，或靈活改變不同的髮型，同時能保持髮質的彈性，創造豐盈感覺。



Orofluido Heat Protector Spray, 150ml

~~\$250~~ \$225

A styling spray with UV filters and an exquisite blend of Argan, Linseed and Almond Oil. This fabulous spray provides protection against styling damage caused by high heat up to 230°C.

Orofluido 高溫保護噴霧，150毫升

這款造型噴霧含有紫外線過濾劑和摩洛哥堅果油、亞麻籽油和杏仁油等精緻混合物，可防止高達 230°C 高溫造型所造成的傷害。

This Month's Promotion

10% Discount on Full Head Highlight Treatments

In July at the Hair Salon, treat your hair to complete highlights to brighten your style for the summer.

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

全頭顏色挑染9折優惠

以全新色彩迎接夏日！會員於7月份到會所髮廊惠顧全頭顏色挑染服務，可享有9折優惠。查詢詳情及預約服務，請致電 2118 1893。



Taekwondo Competition Success

跆拳道學員奪得佳績

The Pacific Club's Taekwondo students recently showcased their skills at the 5th Derek Fist Sports Taekwon-Do invitational tournament. Their exceptional performances were a testament to their dedication and hard work. Congratulations to the Club's Junior Taekwondo Team on their remarkable achievements!

本會多位跆拳道學員於較早前參加了「第五屆拳毅社跆拳道邀請賽」，並且表現出色，獲得多項佳績。在此恭喜各位得獎學員。



Individual Achievements (Teenager) 個人賽成績 (青少年)

Second Dan Patterns
黑帶二段套拳
1st Runner-Up 亞軍 : Edward Ho

Blue Belt Patterns
藍帶套拳
1st Runner-Up 亞軍 : Bosco Chan

Individual Achievements (Junior) 個人賽成績 (兒童)

Male Blue-Red Belt Patterns Age 12
男子兒童藍紅帶套拳 (12歲)
Winner 冠軍 : Jeremy Yau

Male Red-Black Belt Patterns Age 11-12
男子兒童紅黑帶套拳 (11-12歲)
1st Runner-Up 亞軍 : Ean Chen
2nd Runner-Up 季軍 : Cesar Chan

Male Patterns Age 9
男子兒童套拳 (9歲)
1st Runner-Up 亞軍 : Javan Jim

Male Green Belt Patterns Age 5-6
男子兒童綠帶套拳 (5-6歲)
1st Runner-Up 亞軍 : Ho Yik Sum

Female Patterns Age 11-12
女子兒童套拳 (11-12歲)
1st Runner-Up 亞軍 : Jessie Chan

Female Green Belt Patterns Age 8-9
女子兒童綠帶套拳 (8-9歲)
Winner 冠軍 : Ho Pui Yi



Annual Junior Swimming Gala 2024

Get ready to make a splash at this year's Pacific Club Annual Junior Swimming Gala 2024! Join us on Sunday, 25th August, for an unforgettable day of excitement, competition, and fun at the pool.

- **Date:** Sunday, 25th August
- **Time:** 1:00pm to 6:00pm
- **Location:** Pacific Club Swimming Pool

Enrollment forms are now available at the 2/F Reception. Please ensure you submit your completed forms by latest Sunday, 11th August. Unfortunately, late registrations will NOT be accepted, so act fast!

Please note, in order to accommodate this fantastic event, the Swimming Pool will be exclusively reserved for our junior competitors from 1:00pm to 6:00pm on the event day. We appreciate your understanding and support as we cheer on our young swimmers.

少年游泳比賽2024

現在就開始作好準備參加本年度「太平洋會少年游泳比賽」吧！這個令人興奮、好玩又刺激的比賽將於8月25日（星期日）舉行，歡迎所有年輕會員參加。

- **日期：**8月25日（星期日）
- **時間：**下午1時至6時
- **地點：**太平洋會游泳池

報名表格現可於二樓接待處索取。截止報名日期為8月11日（星期日）。比賽程序一經確定及通知參賽者後，本會將不會再接受任何報名。

請注意，比賽當日游泳池將於下午1時至6時暫停開放予其他會員使用，我們在此感謝大家的體諒。請為各位年輕參賽者打氣！

Holiday Notice

Please note that all junior and adult group classes will be cancelled during Hong Kong Special Administrative Region Establishment Day on Monday, 1st July.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於7月1日香港特別行政區成立紀念日公眾假期暫停舉行。

Time Change for Swimming Pool Cleaning During the Summer Holidays

Please note that during the months of July and August, the Swimming Pool cleaning time will be temporarily changed to every Monday and Thursday, from 9:30pm to 10:30pm. This means that on Mondays and Thursdays the Swimming Pool will close at 9:30pm.

暑期游泳池清潔時間更改

請注意，於7月及8月份暑假期間，本會游泳池之清潔時間將暫時由星期一及星期四下午2時至4時，更改至星期一及星期四晚上9時30分至10時30分。屆時游泳池將於晚上9時30分開閉。



Spot the differences

Please find 7 differences between the two pictures.
請找出兩圖中7個不同之處。

Win a Fabulous Prize

Fax your answer to the Editor at Fax No. 2118 0209 or pass your entry to the 2/F Reception. All correct entries will be placed into a draw to be held on Wednesday, 31st July. The winner will receive a fabulous prize.

贏取精美禮品

請將答案傳真至2118 0209或交回二樓接待處。所有答中的小朋友均可參加於7月31日（星期三）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

New Tech, More Fun: Check Out the Playroom's Latest Additions!

Great News! The Children's Playroom has recently been upgraded with an exciting array of new entertainment devices! Now featuring the latest PlayStation 5, Nintendo Switch, and a brand-new computer, our Playroom is more fun and engaging than ever before.

These new additions infuse the playroom with excitement and energy, providing children with fresh and engaging experiences.

They can enjoy endless hours of play, all while honing various skills in a fun and interactive setting.

Be sure to come and see!

新科技，帶來更多樂趣：兒童遊戲室的新增遊戲設備！

好消息！兒童遊戲室最近添置了一系列令人興奮的遊戲設備！

現在，本會的兒童遊戲室已配備了最新的 PlayStation 5 及任天堂 Switch 電子遊戲機，以及全新的電腦，變得更加有趣吸引。

這些新增設備為兒童遊戲室注入了更多歡樂和活力，

為孩子們帶來新鮮且引人入勝的體驗，玩得更盡興！

他們可以享受無盡的遊戲時光，同時在有趣的互動環境中磨練各種技能。

快來進入精彩的遊戲世界！



Junior Taekwondo

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

少年跆拳道

本會跆拳道班將教授套拳、對策、搏擊等技巧以及體能訓練，學員更可經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上的會員參加，7月份3堂收費——會員\$540，非會員\$570。歡迎新學員參加！

Date : Saturday 6th, 13th & 27th July

Time : (A) 4:30pm – 5:30pm

(B) 3:30pm – 4:30pm

(Advanced Level)

Venue : Aerobics Room

Price : Member \$540, Guest \$570

(for 3 lessons)

Age : 4 years and above



Junior Badminton Lessons (Private)

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

Private Lessons

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

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

少年羽毛球 — 私人課程

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

私人課程收費〔包括場租〕

一人：\$700/每堂一小時，二人：\$900/每堂一小時



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

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

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

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Thursday, 18th July. Alternatively, you may pass your entry to the 2/F Reception Desk. All correct entries will be placed into a draw. The winner will receive a Set Dinner/Buffer for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in August. Good Luck!

請於7月18日(星期四)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8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		5
				4				2
5	6		9		7			1
	1				2		3	
		5				8		
	9		7				1	
6			4		9		2	3
3				6				
7		1					9	

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

June
Solution
六月份
遊戲答案

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

Congratulations to the winner
of last month's puzzle

恭喜上期得獎者

Mr Ng Siu Fung

Korean Fried Chicken Bites at the Club Bar 7 月份會所酒吧特色美食 韓式一口炸雞

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

\$98 per portion

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

美味的韓式炸雞——每份只需\$98。

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



Live Sports at the Club Bar

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

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

Call the Club Bar on 2118 1845 for more details.

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

精彩體育賽事 酒吧現場直播

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

查詢詳情請致電 2118 1845。

酒吧營業時間：星期一至日：上午 11 時至晚上 11 時

The Country Club Johannesburg, South Africa

The Country Club Johannesburg (CCJ) is one club with two incredible venues. The properties are a 20-minute drive apart. Located in the heart of Johannesburg, Auckland Park is the original home of CCJ and is a registered heritage site with 14 hectares of majestic gardens. The beautiful grounds are host to a number of outstanding sporting facilities including a cricket pitch, tennis and squash courts, bowling greens, croquet, gym, swimming pool and mountain bike trail.

There is also beautiful accommodation. On the other hand, the Woodmead property is situated just north of Johannesburg, spread across 236 hectares and is home to two superb golf courses: Woodmead and Rocklands. It is recognised among the most prestigious venues for golf in South Africa.



The CCJ offers a wide range of dining options. At Auckland Park, enjoy the Club favourite dishes and watch the game on the big screen at The Club Room. Select from the extensive menu with meals available all day in The Gallery. Indulge in the renowned Friday lunchtime buffet at The Rainbow Room. For meals by the pool and the delicious not-to-be-missed Sunday spit, at Under the Oak. Over at Woodmead, grab a sumptuous meal at any time at the Members' Restaurant and Bar where you can also enjoy the beautiful view from the patio. On the course, don't miss a hard-earned light breakfast or lunch at the celebrated halfway house, The Sandwedge. Or head up the hill and enjoy a Sunday spit with the family at The Pool Pavilion with exquisite views of the city



Across both locations you'll find two world-class championship golf courses, a mashie (par-3) course, cricket oval, tennis courts, squash courts, bowling greens, croquet lawns, outdoor running tracks, gyms and swimming pools. The Club's two exceptional championship golf courses offer two golfing experiences that are both world-class, yet refreshingly different.

Woodmead golf course, opened in 1968, is an exceptional parkland course with tall trees, immaculate greens and a sense of history. Adjacent to Woodmead, the newer Rocklands golf course offers a challenging, rolling course with sweeping views over northern Johannesburg.



And if you are looking for somewhere to stay in Johannesburg, the CCJ offers exclusive accommodation in The Dormy House, a tranquil and historic boutique hotel in the heart of the Auckland House grounds.

So, the next time you are traveling to Johannesburg, be sure to obtain a Letter of Introduction for The Country Club, a place that warmly welcomes Pacific Club Members.

約翰內斯堡鄉村俱樂部 (CCJ) 由兩個提供高級設施的會所組成，兩者相距約20分鐘車程。Auckland Park位於約翰內斯堡的中心地帶，是CCJ的原址，也是一處已註冊的文化遺產，擁有14公頃的雄偉花園。美麗的園內提供許多一流體育設施，包括板球場、網球場和壁球場、草地滾球場、槌球、健身室、游泳池及越野單車路段。

俱樂部還會提供優質的住宿設施。另一方面，位於Woodmead的會所座落於約翰內斯堡北部，佔地 236 公頃，擁有兩個一流的高爾夫球場：Woodmead球場及Rocklands球場，被公認為南非最負盛名的高爾夫球場之一。

CCJ亦為會員提供多種餐飲選擇。在位於Auckland Park的會所內，大家可以在The Club Room一邊享用深受歡迎的菜餚，一邊觀看屏幕上播放的比賽節目；The Gallery餐廳全日供應選擇豐富的菜式；在The Rainbow Room內可享用著名的週五自助午餐；而設於泳池旁的Under the Oak則供應各式餐點及不可錯過的週日燒烤美食。而在Woodmead，大家可以隨時到會員餐廳及酒吧享用一頓豐盛的晚餐，還可以在露台上欣賞美麗的景色；在高爾夫球場上，大家可以到設於賽道中途的The Sandwedge享用簡單的早餐或午餐；或者於週日與家人一起上山，到The Pool Pavilion享受燒烤之樂，並欣賞城市美景。

橫跨兩個地點，大家會發現兩個擁有世界級錦標賽標準的高爾夫球場、一個鐵桿(3桿)球場、板球場、網球場、壁球場、草地滾球場、槌球草坪、戶外跑步徑、健身室及游泳池。俱樂部的兩個錦標賽高爾夫球場分別提供兩種世界級的高爾夫體驗，但同樣令人耳目一新。



Woodmead高爾夫球場於1968年啟用，是一個獨特的公園球場，擁有高大的樹木、完美的果嶺及歷史感。毗鄰Woodmead，較為新的Rocklands高爾夫球場則是一個具有挑戰性、地形略為起伏的球場，可將約翰內斯堡北部的景色一覽無遺。

此外，如果大家想在約翰內斯堡尋找住宿之處，CCJ亦設有一間位於Auckland House庭園中心地區，寧靜且歷史悠久的精品酒店The Dormy House，提供專屬的住宿服務。

因此當大家下一次前往約翰內斯堡時，請攜同本會的介紹信，親身體驗CCJ的各項優質設施及殷勤款待。

For further information on reciprocal clubs, please contact the Membership Office on 2118 1802.

如欲查詢有關海外聯繫會所的資料，請致電2118 1802聯絡會籍部。

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

LPG

**INNER POWER.
BETTER LIFE.**

LPG endermologie®

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啟動內源力量



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

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