



Fine Wine@The Club
Art & Wine Night with
Orin Swift Cellars
30th June 2022

六月號
薈絮

PACIFIC VIEWS

June 2022



Private Parties at The Island View

With further relaxation of social distancing measures, banqueting events are now able to hold up to 120 people from 19th May, 2022.

The Club's Island View Restaurant is the perfect venue for your next party... featuring a balcony and unrivalled views across the harbour, coupled with delicious food and excellent service. We are looking forward to welcoming you to your next event!

The Island View is available for private party bookings for Western Set Dinner or Buffet Dinner from Monday to Thursday evening, with a minimum food consumption of \$50,000.

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

The Island View餐廳宴會場地

隨著社交距離措施的進一步放寬，由2022年5月19日起，宴會活動的人數上限已提升至最多120人。

本會The Island View餐廳擁有無與倫比的維港美景，更設有一個戶外露台，是大家舉辦宴會的絕佳選擇！除了迷人的景色外，再加上我們為大家準備的美味餐點及優質服務，相信一定會令大家愛上這個宴會場地。

The Island View 餐廳可容納約120人，可供於週一至週四晚上預訂舉行私人宴會，安排西式晚餐或自助晚餐均可，最低食品消費僅為\$50,000。

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



*The maximum capacity for events will be subject to the latest Prevention and Control of Disease (Prohibition on Group Gathering) Regulations by the Hong Kong Government

活動的人數限制將會因應香港政府最新公佈的《預防及控制疾病（禁止羣組聚集）規例》而有所更改

Board of Governors

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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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Dear Members

June is traditionally the start of the summer, and with the further relaxation of Covid restrictions here in Hong Kong, we are delighted to offer a full Junior Summer Programme to keep our younger Members fully occupied throughout July and August. Please have a read through the enclosed 12-page insert and I do urge you to book as early as possible as the activities are sure to be popular.

We have many enticing food & beverage promotions happening this month. Wine lovers will not want to miss the Art & Wine Night with Orin Swift Cellars on the 30th - a wine brand currently setting the wine world alight with its incredible collection of Californian Napa Valley wines and unique labels. On Friday, 10th, join us for a complimentary Rioja Tasting Night at the Club Bar, and if you are looking to restock your cellar, don't miss the Club's Summer Wine Fair on the last

weekend of the month at the 1/F Corridor.

End your week in style at the Pacific Club with our Friday lunch and dinner buffets, which this month celebrate dishes featuring Spanish Iberico Pork, including hand carved Bellota Ham, Secreto, Tapas and so much more. If you are missing your usual summer travel plans, we invite you to join us on a culinary journey around the Mediterranean on Saturdays at The Island View Restaurant, for our very extensive lunch and dinner buffets, 'Cucina Mediterranea'. And looking forward to next month, we have a glamorous event at Pier 6 on 29th July with the Moët & Chandon Champagne Dinner and a curated menu by Chef Daniel. Initial details can be seen over the page.

If you are missing the European winter truffle season, the good news is, the Australian Black Truffle Season has now started and the quality of truffles is exceptional! Executive Chef Daniel is taking full advantage of this fabulous fungi with special menus available at Pier 6 and Capricci throughout the month.

And finally, after making sure our mothers were appreciated last month, June 19th is the turn of fathers with our Pacific Club Father's Day celebrations. Turn to pages 14 - 15 for menus and booking details.

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

親愛的會員，

慣常來說6月已經是夏季的開始，隨著香港新冠疫情的社交距離限制進一步放寬，我們很高興能再次舉辦全面的少年暑期活動課程，讓年少會員可以度過充實的7月及8月份。請參閱刊內共12頁的詳細內容，由於本會的暑期活動一向深受會員歡迎，欲免向隅，我極力建議大家儘早報名。

本月份，我們為會員帶來很多極具吸引力的餐飲活動。葡萄酒愛好者絕對不能錯過將於30日與Orin Swift Cellars合作舉辦的「藝術與美酒之夜」——這個葡萄酒品牌目前以其出色的加州Napa Valley葡萄酒系列及獨特的酒瓶標籤在葡萄酒世界中大放異彩。到了6月10日星期五晚上，歡迎參加於一樓酒吧舉行的Rioja葡萄酒免費品嚐晚會；此外，如果你想補購葡萄酒，便千萬不要錯過於本月最後一個週末在一樓走廊舉行的夏日美酒節。

前來太平洋會享用我們的週五自助午餐及晚餐來作一週的結束吧！本月份會送上以西班牙伊比利亞豬肉為主題的特色菜餚，包括手切橡子火腿、豬肩胛肉、西班牙小食等。此外，如果你未能如常實行你的夏季旅行計劃的話，我們邀請你於週六晚上前來The Island View參加以「地中海」為主題的美食之旅，享用菜式非常豐富的自助午餐及晚餐。期待下個月份，我們將於7月29日在Pier 6舉辦一場盛大的美酒活動，讓大家品嚐Moët & Chandon香檳以及由Chef Daniel精心烹調的菜式。有關詳情請參閱下一頁。

如果你錯過了歐洲冬季松露季節，現在為你帶來好消息！澳洲黑松露季節已經展開，而且松露的品質極佳！本會行政總廚Daniel將會充分利用這種珍貴美味的菌類，於整個6月份在Pier 6及Capricci烹調特別菜式，請萬勿錯過。

最後，繼我們於上個月完成母親節慶祝活動後，今個月下旬就輪到各位父親的大日子了！有關父親節慶祝活動的菜式及訂座詳情，請參閱第14-15頁。

我熱切期待大家於6月份光臨太平洋會。

Yours sincerely,

Ronald Loges
 General Manager
 羅納德 陸格 — 總經理



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Moët & Chandon Champagne Dinner



On 29th July, join us for an indulgent evening at Pier 6 Restaurant. Our Moët & Chandon Champagne Dinner will feature a selection of iconic Moët & Chandon Champagnes, paired with an exquisite dinner menu prepared by Chef Daniel Birkner.

Moët & Chandon香檳晚餐

歡迎大家於7月29日(星期五)晚上，前來Pier 6餐廳品嚐多款著名Moët & Chandon香檳，並同時享用特別為配搭各款佳釀而設計的美味晚餐。

訂座請致電2118 1878。

座位有限，欲免向隅，請儘早訂座。

Date : Friday, 29th July

Time : 6:30pm Cocktails

7:00pm Dinner

Venue : Pier 6 Restaurant

Reservations: 2118 1878

Please look forward to more details on the menu in our next issue of Pacific Views.

有關晚餐菜式的詳情，請留意下期“薈絮”。



By Tommy Ko, Membership Manager

撰文：會籍部經理 - Tommy Ko

The summer will soon be upon us and here at the Pacific Club, we have again prepared an extensive Junior Summer Programme to keep your little ones fully occupied. This year's programme includes classes, workshops and day camps in a whole range of disciplines, including sports, children's development, arts & crafts, cookery, play groups and much, much more...there really is something for everyone!

Due to a high demand for bookings, and in order to avoid the disappointment of finding your desired classes full, we do urge you to enroll as early as possible. You'll be pleased to learn that there is also an "Early Bird Discount" of five percent off for any bookings made before Wednesday, 15th June. Turn to the centre page insert in this magazine for full details.

炎熱夏日將至，本會也再次開始為會員子女安排一連串精彩的暑期活動，讓他們參與充實餘暇。今年的活動選擇依然豐富，包括各種主題的課程、工作坊及日間夏令營，內容包括體育、兒童啟發、美術、手工藝、烹飪、團體活動等不能盡數，必定適合你的小朋友參加！

由於會員對本會的暑期活動一向踴躍參與，欲免向隅，我們強烈建議大家儘早報名。如會員在6月15日(星期三)前報名，更可獲得95折“早鳥折扣優惠”。有關詳情請參閱本刊中間內頁的詳細內容。

Keep Your Belongings Safe

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

保障個人財物安全

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

Telephone Recording & Surveillance Cameras

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

電話錄音和監控攝錄系統

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



The Pacific Club Sunday Lunch Buffet

Enjoy a splendid selection of Western and Asian delicacies presented at The Island View's open kitchen with live cooking and carving stations.

From the freshest seafood, sashimi and sushi, to a variety of hot and cold appetisers and main courses, as well as fresh fruits, juice corner, Mövenpick ice cream and delightful desserts. There is also a dedicated Children's Corner offering all of the little one's favourites. This is a wonderful way to spend a Sunday afternoon with family or friends!

To add an extra sparkle to your lunch buffet, order a bottle of Moët & Chandon Champagne at the special price of just \$388 per bottle*

* only applicable for Sunday Lunch Buffet

太平洋會 — 週日自助午餐

於6月份逢星期日的中午時段，歡迎前來The Island View餐廳享用自助午餐，品嚐即場烹煮及燒烤區的中西美食。

從最新鮮的海鮮、刺身及壽司，到冷熱開胃菜及主菜，還有新鮮水果、果汁、Mövenpick雪糕及美味甜點，一應俱全。此外還設有兒童美食專區，為所有小朋友提供他們最喜愛的美食。這是與家人朋友共度週日下午的最佳方式！

自助午餐收費：成人\$358，小童\$185；另外可以優惠價\$388* 享用著名Moët & Chandon香檳一支。

*只適用於週日自助午餐

訂座請致電2118 1846。

Date : Every Sunday in June
Time : 12:00noon to 2:30pm
Venue : The Island View Restaurant
Price : \$358 Adults, \$185 Children
Reservations: 2118 1846



Saturdays

Cucina Mediterranea

Come to The Island View this month on Saturdays, at lunch or dinner, for a culinary journey around the Mediterranean. Our extensive Buffet will feature highlights such as Moroccan Chicken Tagine, Turkish Delight and Kebabs, Spanish Red Prawns, Egyptian Shawarma, Israeli Shakshuka, Maltese Octopus, Libyan Hummus and Tabouleh, Tunisian Merguez and Couscous, Greek Moussaka, Stuffed Vine Leaves and Souvlaki, Italian Involtini and Pasta, Cypriot Coriander Pork and Fried Halloumi, as well as many more. Book your table now, this is not to be missed!

For an additional \$150, our Beverage Package includes Red & White Wines, Sake, Beer, Orange Juice and Soft Drinks.

週六自助午餐及晚餐

地中海美食

歡迎於6月份逢星期六前來The Island View享用自助午餐或晚餐，來一場環遊地中海的美食之旅。屆時將為大家帶來地中海各國的豐富美食，包括摩洛哥、土耳其、西班牙、埃及、以色列、馬耳他、利比亞、突尼斯、希臘、意大利等，還有更多其他菜式，實不容錯過！

自助午餐及晚餐收費：成人\$448，小童\$225。每位另加\$150可任飲紅白葡萄酒、清酒、啤酒、汽水及橙汁。

訂座請致電2118 1846。

Date : Every Saturday in June
Time : Lunch & Dinner
Venue : The Island View Restaurant
Price : \$448 Adults, \$225 Children
Reservations: 2118 1846



Fridays

Spanish Iberico Pork Lunch & Dinner Buffet

This month's Friday Lunch & Dinner Buffet highlights many dishes derived from the Black Iberian Pig. This acorn-fed Iberian gem produces meat that is juicy, and with a distinct and unique flavour. Don't miss our wide range of dishes on the Buffet including Hand-sliced Ham, Grilled Pork Secreto, Pluma Pork, Braised Cheeks and many more.

For an additional \$150, our Beverage Package includes Red & White Wines, Sake, Beer, Orange Juice and Soft Drinks.

週五自助午餐及晚餐

西班牙伊比利亞豬肉美食

於6月逢星期五晚上，在The Island View舉行的自助午餐及晚餐中，將重點介紹以黑伊比利亞豬肉為主題的多款美食。這種以橡子餵養的伊比利亞瑰寶以肉汁豐富，具有獨特風味而見稱。請勿錯過當晚為大家送上的各種菜式，包括手切火腿、秘製烤豬肉、梅子豬肉、紅燒豬臉頰肉等。

自助午餐及晚餐收費：成人\$398，小童\$198。每位另加\$150可任飲紅白葡萄酒、清酒、啤酒、汽水及橙汁。

訂座請致電2118 1846。

Date : Every Friday in June
Time : Lunch & Dinner
Venue : The Island View Restaurant
Price : \$398 Adults, \$198 Children
Reservations: 2118 1846



Chef Keung's Favourite Bites at Bauhinia

Head to Bauhinia Restaurant in June for a selection of treasured recipes, specially selected by Chef Keung. This month, the Chef features Pan-fried Oysters with Apple and Gravy served on an Iron Plate, and Stewed Chicken with Onion, Potato and Bell Pepper in Portuguese Sauce.

紫荊閣 — 強師傅舌尖上的美食

於6月份，強師傅將於紫荊閣為大家送上多款拿手好菜，包括鐵板蘋果燒汁美國生蠔、太平洋會葡國雞，以及其他精選菜式。訂座請致電2118 1892。

Date : 1st - 30th June
Venue : Bauhinia
Reservations: 2118 1892

This Month at Bā Ramen

The Dish of the Month at Bā Ramen is Pork Tsukemen Ramen – hot noodles served alongside an intensely rich broth for dipping with a hint of Yuzu. Be sure to come and try it!

拉麵閣 — 6月份精選推介

於6月份，拉麵閣為大家送上豚肉沾麵，絕對不能錯過！

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

Funky Dance

Funky Dance is a simple and easy aerobic dance workout. These extremely energetic classes aim to complete 7,000 dancing steps within each one hour session, burning many calories.

Funky跳舞班

Funky跳舞班是一種簡單又容易的有氧跳舞運動，接連地以不同的音樂和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。課程現更改至星期三及五舉行，適合16歲及以上會員參加。6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 8th, 15th, 22nd & 29th June
(B) Friday 10th, 17th & 24th June ***New Time**

Time : (A) 11:00am – 12:00noon
(B) 12:00noon – 1:00pm ***New Time**

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

Pilates Mat

Join the Club's Pilates Mat Classes for a weekly workout in a social environment. Pilates is an exercise system aimed at improving flexibility and strength for the total body, without building bulk. It is a series of controlled movements engaging your body and mind, and over the lessons, participants will focus on core training and improvement of body posture.

地墊式普拉提班

地墊式普拉提班將教授學員在地墊上利用獨特的伸展動作及力量練習來結實肌肉，改善身體的線條美、柔軟度及平衡感，增強身心協調，並利用普拉提球及阻力帶等小工具作輔助，讓學員有效地掌握普拉提的運動技巧。課堂於星期二舉行，適合16歲及以上會員參加，6月份4堂收費：會員\$720，非會員\$1,200。

註：課程以廣東話授課

Date : Tuesday 7th, 14th, 21st & 28th June

Time : 11:45am – 12:45pm

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 learn a variety of unique step-by-step Jazz Dance routines and get a total body workout with a lot of fun. Jazz Dance is great way to stay in shape and de-stress!

爵士舞班

歡迎參加本會的爵士舞班，循序漸進地學習爵士舞基本動作，配以音樂跳出各種舞步。課程於星期四舉行，適合16歲及以上會員參加，6月份5堂收費：會員\$900，非會員\$1,500。

Date : Thursday 2nd, 9th, 16th, 23rd & 30th June

Time : 3:00pm – 4:00pm

Venue : Aerobics Room

Price : Member \$900, Guest \$1,500 (for 5 lessons)

Age : 16 years and above



Zumba Fitness

Our Zumba classes are a great way to keep fit! Come and catch the fast and exhilarating tempo of Latin Dance Music, whilst dancing your way to fitness, burning fat and contouring your body. Zumba is easy to follow and highly addictive!

尊巴健體舞班

尊巴健身舞是一種配合音樂和舞蹈編排，充份展現拉丁風格的帶氧舞蹈鍛鍊。舞蹈和音樂類形主要是拉丁美洲風格，但課程中同時亦包含其他類形音樂，讓學員在享受動感舞蹈的同時，亦可燃燒身體脂肪，達至修身的效果。課程於星期日舉行，適合16歲及以上會員參加，6月份4堂收費：會員\$720，非會員\$1,200。

Date : Sunday 5th, 12th, 19th & 26th June

Time : 10:00am – 10:45am (45 minutes)

Venue : Aerobics Room

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

Age : 16 years and above

Holiday Notice

Please note that all junior and adult group classes will be cancelled during Tuen Ng Festival on 3rd June.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於6月3日端午節公眾假期暫停舉行。

Muscle Training

Flexibility and muscle strength training are complementary. This class aims enhance muscular endurance, torso stability and coordination of various joints through mat exercises, building physical fitness and improving body response and strength.

肌肉訓練班

身體的柔軟度與肌肉力量訓練，應該是相輔相成的，而本課程主要是透過一些簡單的墊上動作，鍛鍊身體的肌肉耐力、軀幹穩定性及協調性，提升體適能，改善身體的反應及力量。課程適合16歲及以上會員參加，6月份3堂收費：會員\$540，非會員\$900。

Date : Tuesday 14th, 21st & 28th June

Time : 3:30pm – 4:20pm

Venue : Aerobics Room

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

Age : 16 years and above

Fascia Exercise Training

During these fantastic Monday afternoon sessions, our expert instructor will help you feel incredibly relaxed, lighter in the body, standing taller and feeling stronger! 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. Participants will learn release techniques with exercise props to condition the fascia.

筋膜運動訓練

筋膜是結締組織的總稱，交織於整個身體上，以使肌肉、骨骼和器官穩定並結合在一起。在這筋膜訓練課堂中，我們會利用牆壁、地氈、小工具及各種運動模式去了解它及提升它的活動能力，幫助骨骼槓桿力、肌力和平衡感的認知，調節筋膜，從而感到放鬆、身體輕盈，站立時更高，感覺更有力。課程適合16歲及以上會員參加，6月份4堂收費：會員\$720，非會員\$1,200。

註：課程以廣東話授課

Date : Monday 6th, 13th, 20th & 27th June

Time : 1:30pm – 2:30pm

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

Age : 16 years and above

Venue : Aerobics Room

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



Schedule in June 六月份課程

Monday

Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate/ Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training	1:30pm – 2:30pm
Junior Badminton *NT	5:00pm – 6:00pm (A1) 6:00pm – 7:00pm (A2)
Men's Double Training	7:00pm – 9:00pm Men's (B)

Tuesday

Morning Water Aerobics	10:00am – 11:00am (A) 11:30am – 12:30pm (B)
Pilates Mat	11:45am – 12:45pm
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Evening Water Aerobics	7:30pm – 8:30pm

Wednesday

English Drama Academy	10:00am – 11:00am (C)
Tennis Team Training	10:00am – 12:00noon Ladies
Funky Dance	11:00am – 12:00noon (A)
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)

Thursday

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

Friday

Yoga	10:30am – 11:30am (D)
Morning Water Aerobics	11:00am – 12:00noon (C)
Funky Dance *NT	12:00nn – 1:00pm (B)
Stretching Exercise	3:00pm – 4:00pm (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Taekwondo	4:30pm – 5:30pm (A)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (B)

Junior Badminton	6:30pm – 7:30pm (B1) 7:30pm – 8:30pm (B2)
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Saturday

Junior Swimming School *	10:00am – 11:00am Elementary (A: 36-47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Green Art & Craft	3:00pm – 4:00pm (11th June)
Junior Taekwondo	3:30pm – 4:30pm (C) 4:30pm – 5:30pm (B)

Sunday

Zumba Fitness	10:00am – 10:45am
Yoga	11:00am – 12:00noon (E)
Tsum Tsum Color Painted *NC	2:00pm – 3:00pm (A) (12th June)
Gunny Bag Workshop	3:15pm – 4:15pm (B) (12th June)
Wall Climbing	2:00pm – 3:30pm
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Rope Skipping	4:30pm – 5:20pm
Sunday Social Tennis	5:00pm – 7:00pm

*NC - New Class *NT - New Time

*Members can sign up for the various group classes at 2/F Reception 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 a waiting list, as Members will have first priority for enrollment. 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。

*All classes are arranged under the latest Prevention and Control of Disease (Prohibition on Group Gathering) Regulations by the Hong Kong Government. 所有課程將會因應香港政府最新公佈的《預防及控制疾病（禁止羣組聚集）規例》必須採取的特定措施下舉行。

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。

Aperol Spritz Festival

at the Club Bar

6月份會所酒吧推介

意式Aperol Spritz氣泡調酒

於6月份，歡迎前來本會酒吧享用4款以香檳、Aperol調酒為基調，再配搭其他飲品調配而成的意式氣泡調酒！

- **CLASSIC** \$65
Aperol, Prosecco, Soda, Orange
- **BOTANICAL** \$88
30 botanicals Aperol, Prosecco, Soda, Rosemary
- **CHANDON GARDEN SPRITZ** \$88
Craft Orange Bitters, Chandon Sparkling Rosé
- **'FRENCH' SPRITZ** \$115
30 botanicals Aperol, Champagne, Elderflower, Soda



Rioja Tasting Night at the Club Bar

About Alvaro Palacios Wines

Exploring the unsought land and reviving the ruined vineyards, Alvaro Palacios, rewarded as Winemaker of the Year 2022 by Tim Atkin MW, is a fearless adventurer in the world of wine and covers every corner of Priorat, Bierzo and Rioja wine regions. Come and enjoy an evening Wine Tasting event at the Club Bar to sample a selection of exquisite Rioja wines from Alvaro Palacios.

西班牙Rioja葡萄酒品嚐晚會

介紹Alvaro Palacios葡萄酒

Alvaro Palacios探索荒無人煙的土地並重建被毀壞的葡萄園，被英國葡萄酒大師Tim Atkin MW 授予2022年度釀酒師大獎，他是葡萄酒世界中充滿冒險精神的大師，足跡遍及Priorat、Bierzo和Rioja葡萄酒產區的每個角落。

於6月10日星期五晚上，一樓會所酒吧將舉行西班牙Rioja葡萄酒品嚐晚會，為大家介紹多款著名Alvaro Palacios的Rioja葡萄酒，歡迎前來品嚐及訂購。

品嚐晚會收費全免。

Wines available to taste on this evening 當晚可品嚐的葡萄酒 -

- Palacios Remondo Placet Valtomelloso 2020
- Palacios Remondo La Vendimia 2020
- Palacios Remondo La Montesa 2018
- Palacios Remondo Propiedad 2017

And more wines will be available to order.

Date : Friday 10th June

Time : From 6:00pm – 8:00pm

Venue : 1/F Club Bar

Price : Free-of-charge



Lemon Posset

Today, I'd like to share the perfect dessert recipe for the coming hot summertime. Simple and super easy to prepare in no time at all, and so versatile to combine with any fruit, this is sure to become one of your new favourites!

The Lemon Posset will remind you of a chilled yoghurt, but it will be set in a couple of minutes and just needs to be refrigerated for a short time. It has a tangy and zesty flavour with a super smooth consistency. Let me know how you like it!

檸檬忌廉布甸

今天我想為大家介紹一個最適合迎接炎夏的甜點食譜，做法非常簡單，不需要太多時間準備，而且可以配搭任何水果，你一定會很喜愛它！

檸檬忌廉布甸會讓你想起冷凍乳酪，但它會在幾分鐘內凝固，冷凍時間很短。其味道濃郁而清爽，口感非常順滑。品嚐過後請讓我 know 你有多喜歡它！

1. Wash the lemons and roll them on the table top while applying pressure back and forth to pop the juicy segments inside to release more juice when squeezing them.
2. Carefully grate the yellow zest off the lemon, don't grate too far as you don't want the white pith under the skin as this would become too bitter.
3. After zesting the lemons, cut them in half and juice them. Two lemons, when rolled on the table, should give you exactly the amount of juice you need for this recipe.
4. Prepare your sieve over a measuring jug or glass jug for easier pouring. Also have your preferred serving glasses or container ready. You can perfectly serve this individually or in a large bowl to share. Note that once the boiling process is started, it all happens quite quickly, therefore being ready will help!
5. Bring the cream, lemon zest and sugar to a boil. Turn the heat off or take the pot off the heat. Pour the lemon juice into the mixture. Stir and then pass the mix through the sieve into the jug. From there you fill your serving container, let it set for a couple of minutes and then transfer to the fridge for an hour. If you like, you can keep the lemon zest in the mix, just be aware that it isn't as smooth then with all the little bits, but still amazingly tasty!



While the posset is chilling, wash and cut your strawberries, sugar them lightly and let them marinate till the posset is ready to serve. Add them to the posset or serve on the side.

1. 將檸檬洗淨，放在桌面上滾動以來回施加壓力，使裡面的汁液釋出，擠壓時便可取得更多的汁液。
 2. 小心地把檸檬上的黃皮刨掉，但不要刮得太深，因為不需要皮下的白色部分，否則會變苦。
 3. 檸檬去皮後，把它們切成兩半，盡力榨出所有果汁。兩個檸檬應該有足夠所需的份量。
 4. 將網篩放在量杯或玻璃壺上，以便倒入食材；另準備好你喜愛的杯子或容器，可以是幾個細杯子或一個大碗。請注意，一旦開始煮沸過程，便將會很快完成，因此先準備好容器會很有幫助！
 5. 將鮮奶油、檸檬皮和糖煮沸，熄火或把鍋移開，加入檸檬汁混合攪拌，然後將混合物透過網篩倒入壺中，待注滿容器之後，讓它凝固幾分鐘，然後放進冰箱裡冷藏1小時。如果你喜歡，亦可以把檸檬皮加入混合物中，只是它會變得不那麼順滑，但仍然非常美味。
- 當等待布甸冷卻時，清洗並切開草莓，加一點糖醃製，直到布甸可以食用。將草莓加在布甸上或放在一邊。



By Executive Chef, Daniel Birkner

撰文：行政總廚 — Daniel Birkner

Lemon Posset

Category : Dessert

Servings : 4

Level : Very Easy

Preparation Time: 1½ hours, including cooling time

Equipment and utensils needed:

- Medium-sized pot for boiling the ingredients
- Whisk
- Zest Grater
- Juice Press
- Meshed Sieve

Ingredients (for 4 persons):

- 600g liquid Whipping Cream
- 100g Sugar
- 2pc Lemons - zest and 75g fresh squeezed juice
- 250g Strawberries (or any other fruit you like, berries, mango, cherries etc.)

類別：甜點

級別：非常容易

準備時間：1½小時，包括冷凍時間

所需設備和用具：

- 中型鍋，用於煮沸食材
- 攪拌器
- 刨絲器
- 榨汁機
- 網篩

材料(2-3人用)：

- 600克 流質鮮奶油
- 100克 糖
- 2個 檸檬(檸檬皮和75克鮮榨果汁)
- 250克 草莓(或任何你喜歡的水果，莓類、芒果、櫻桃等)

June 2022

Wine Home Delivery Service

6月份餐酒送貨服務

Order Form 餐酒訂購表格

A special selection of Orin Swift Wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$1,700 and above, excluding Outlying Islands.

本月為會員介紹多款Orin Swift葡萄酒。凡購滿\$1,700及以上可獲免費送貨服務，離島除外。

Item		Per Bottle	Quantity	HK\$
Orin Swift Mannequin Chardonnay 2019	75cl	345		
Orin Swift Abstract Red Blend 2019	75cl	345		
Orin Swift California Machete 2018	75cl	490		
Orin Swift 8 Years In The Desert 2020	75cl	490		
Orin Swift Napa Valley Palermo Cabernet Sauvignon 2019	75cl	440		
Orin Swift Napa Valley Mercury Head Cabernet Sauvignon 2018	75cl	1,150		
Napa Valley Papillon 2018	75cl	650		
Slander Pinot Noir 2020	75cl	398		
Orin Swifts Collection Set –				
<ul style="list-style-type: none"> • Mannequin Chardonnay 2019 • Abstract Red Blend 2019 • California Machete 2018 • 8 Years In The Desert 2020 • Napa Valley Palermo Cabernet Sauvignon 2019 • Slander Pinot Noir 2020 		set	2,250	

For ordering please present this form to 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.

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

Please arrange delivery as per instruction below:

Name: (Please print) _____

Membership Number: _____

Contact Telephone No.: (Home) _____

(Office) _____

Delivery Address: _____

Signature: _____

Please allow 3-5 days' lead time for delivery 訂購以上美酒需時3-5天。

* 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



Art & Wine Night with Orin Swift Cellars

Come to The Island View Restaurant to explore a collection of art and storytelling that brings to life one-of-a-kind labels and wine styles from the mind of founder Dave Pinney. Napa Valley's Orin Swift Cellars is trailblazing Californian wine brands, going from a tiny production project to an empire of wines distributed across the world.

In addition to our extensive selection from the Buffet, explore the Live Cooking Station, especially paired with each Orin Swift Wine at the Balcony!

Orin Swift Cellars 藝術與美酒之夜

歡迎於6月30日星期五前來到The Island View餐廳，探索一系列藝術與故事，看看創始人Dave Pinney如何將其創作的獨特酒瓶標籤和葡萄酒風格帶入生活之中。位於Napa Valley的Orin Swift Cellars是加州葡萄酒品牌的先驅，從一個小型生產計劃發展成為遍及世界各地的葡萄酒帝國。

當晚，我們除了提供選擇豐富的自助美食外，還會於餐廳露台設置煮食站即場烹煮多款特色美食以配搭每款Orin Swift葡萄酒！

自助晚餐連美酒 — 收費：成人\$798，小童\$245。

訂座請致電2118 1846。

Date : Thursday 30th June

Time : From 6:00pm

Venue : The Island View Restaurant

Price : \$798 Adult, \$245 Children (Food and Wines)

Reservations: 2118 1846

* This event will be arranged under the latest Prevention and Control of Disease (Prohibition on Group Gathering) Regulations by the Hong Kong Government.

此活動將會因應香港政府最新公佈的《預防及控制疾病(禁止羣組聚集)規例》必須採取的特定措施下舉行。



Father's Day

Father's Day falls on Sunday, 19th June so be sure to treat your Dad to a delicious meal at the Pacific Club on his special day of the year.

在太平洋會慶祝父親節

歡迎大家於6月19日(星期日)父親節當天，與父親一同蒞臨本會各餐廳享用精選午餐或晚餐，以示慶祝。

Father's Day Lunch and Dinner

at Bauhinia

Indulge your father with a family get-together at Bauhinia on Father's Day, where he can select from the usual, extensive menu.

Reservations: Please call Bauhinia on 2118 1892

紫荊閣 — 父親節午餐及晚餐

歡迎與父親前來紫荊閣享用中式午餐及晚餐自選菜式，慶祝父親節。
訂座請致電2118 1892。

Father's Day Lunch and Dinner Buffets

at The Island View & Pier 6 Restaurant

Enjoy an extensive buffet feast for lunch and dinner this Father's Day, featuring a whole range of international favourites.

Time : Lunch – From 12:00noon (Island View & Pier 6)

Dinner – From 6:00pm (Island View)

Price : Lunch - \$448 Adults, \$225 Children

(including Sake, Red and White wines, beers, orange juice and soft drinks)

Dinner - \$498 Adults, \$245 Children

(including Sake, Red and White wines, beers, orange juice and soft drinks)

Reservations : Please call the Island View on 2118 1846



The Island View及Pier 6 — 父親節自助午餐及晚餐

父親節當日的自助午餐及晚餐中，將送上豐富美食以示慶祝。

自助午餐 — 收費(包括享用日本清酒、紅白葡萄酒、啤酒、橙汁及汽水)：

成人\$448，小童\$225。

自助晚餐 — 收費(包括享用日本清酒、紅白葡萄酒、啤酒、橙汁及汽水)：

成人\$498，小童\$245。

訂座請致電2118 1846。



Father's Day Semi-Buffer Lunch

at Capricci

For this special occasion, Capricci offers a semi-buffer lunch that includes lots of dad's culinary favourites!

Time : From 12:00noon

Price : \$298 Adults, \$150 Children

Reservations: Please call Capricci on 2118 1803

Capricci餐廳 — 父親節半自助午餐

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

收費：成人\$298，小童\$150。

訂座請致電2118 1803。

Capricci Dinner Menu

Marinated Beef Carpaccio

Black Truffle, Arugula, Parmesan Cheese

Seafood Cassoulet

Tomato and Tarragon Sauce, Puff Pastry

Balsamic Braised Short Ribs

Sage and Bacon Jus, Gratinated Onion Cannelloni

Dark Chocolate Verrine

Dulce de Leche, Apricot Compote

Pier 6 Dinner Menu

Homemade Pâté en Croûte

Duck Foie Gras, Pistachios, Madeira Jelly

Scottish Salmon Tartare, Horseradish, Fennel Tuile

Baked Purple Artichoke and Black Truffle Soup

French Yellow Chicken à la Cordon Bleu

Potato Beignets, Green Peas, Girolles Mushrooms

"Manjari"

64% Valrhona Chocolate Textures, Apricots, Cognac

Father's Day Set Dinner

at Pier 6

Make this Father's Day truly special by bringing your father to Pier 6 Restaurant for a memorable set dinner with the family.

Time : From 6:00pm

Price : \$698 per person (Set Menu)

Reservations: Please call Pier 6 on 2118 1878

Pier 6餐廳 — 父親節晚餐

Pier 6餐廳的美麗海景及溫馨氣氛，加上我們特別為父親節準備的精美晚餐，必定會為各位父親及家人帶來難忘的一夜。

晚間精選套餐 — 收費：每位\$698。

訂座請致電2118 1878。

Father's Day Set Dinner

at Capricci

Capricci serves up a perfect Father's Day Set Dinner Menu.

Time : From 6:00pm

Price : \$428 Adults, \$215 Children

Reservations: Please call Capricci on 2118 1803

Capricci餐廳 — 父親節意式晚餐

當晚Capricci也會準備精選晚餐以慶祝父親節。訂座請致電2118 1803。

晚間精選套餐 — 收費：成人\$428，小童\$215。

訂座請致電2118 1803。

* These events will be arranged under the latest Prevention and Control of Disease (Prohibition on Group Gathering) Regulations by the Hong Kong Government.

所有活動將會因應香港政府最新公佈的《預防及控制疾病(禁止羣組聚集)規例》必須採取的特定措施下舉行。

Special Offer for Father's Day

DUO WHISKY

父親節特別優惠 威士忌雙瓶禮品套裝

Item	in HKD	Quantity	Total Amount
DUO WHISKY Gift Set The Macallan Double Cask 12 Years, 700ml Highland Park 15 Years Old, 700ml *Only SET available in limited quantities, while stock lasts 只限禮品套裝，數量有限，售完即止	\$1,512 per set (每套)		

- This special offer is available in June only. The gift set should be picked up from the Club Bar.
此優惠只適用於6月份，並於會所酒吧領取禮盒套裝。
- For ordering, please present this form to Club Bar, or fax to 2118 0207 or email to: joey-ho@pacificclub.com.hk.
訂購威士忌，請填妥此表格並交回酒吧；或傳真至2118 0207；或電郵至joey-ho@pacificclub.com.hk。
- The charges of this confirmed order will be debited directly to your monthly account.
有關收費將直接於閣下之月結賬戶內扣除。
- Please allow 3-5 working days' lead time for pick up.
訂購以上香檳需時3-5個工作天。
- For further information, please call the Club Bar at 2118 1845.
欲查詢更多資料，請致電2118 1845與酒吧聯絡。
- The DUO WHISKY Gift Set is only available in limited quantities, whilst stock lasts.
以上威士忌雙瓶禮品套裝數量有限，售完即止。



Name: _____ Membership No.: _____

Email: _____

Daytime Tel. No.: _____ Fax No.: _____

Pick-up Date: _____ Pick-up Time: _____

Signature: _____ Date: _____

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

shake



Iced Tea Shake

at the Club Bar and Oyster Bar

Nothing is better on a hot summer's day than a cool, refreshing glass of Iced Tea "Shake"! We have created four unique and delicious flavour combinations for Members to enjoy throughout June at the Club Bar and Oyster Bar.

- Pineapple-Mint
- Grapefruit-Rosemary
- Mango-Raspberry
- Lime-Yuzu

\$42 per glass

會所酒吧及Oyster Bar — 夏日冰搖水果茶

在炎炎夏日，沒有什麼比起享用一杯冰涼清爽的冰“搖”水果茶更好了！於6月份，會所酒吧及Oyster Bar將為大家帶來4款口味獨特的冰“搖”水果茶 — 菠蘿薄荷、西柚迷迭香、芒果覆盆子、青檸柚子，每杯\$42。



The MACALLAN



The Macallan Old Fashioned

A classic recreated by The Macallan, featuring Double Cask 12 Years Old.

It is our oak casks that make the greatest contribution to the quality, natural colour and distinctive aromas and flavours that lie at the heart of The Macallan single malt. The perfect harmony of sherry seasoned American and European oak casks are captured in the flavour of this traditional style of whisky cocktail.

Available at the Club Bar and Oyster & Wine Bar throughout June.

\$150 / glass

Crafted without compromise. Please savour The Macallan responsibly.

Grazing Platters at the Club Bar



Tuck-in to our lavish Grazing Platters while sipping on your favourite cocktail or glass of beer at the Club Bar. Our Platters are the perfect accompaniment to your drinks with friends.

6月份會所酒吧美食推介 —

“豪華”小食拼盤

於6月份，歡迎大家前來會所酒吧品嚐最喜愛的調酒或啤酒，並同時享用我們特別準備的“豪華”小食拼盤，絕對是與朋友共聚暢飲的完美配搭。

Date : 1st - 30th June

Venue : Club Bar

Summer Wine Fair

at the 1/F Corridor

This year's Summer Wine Fair will feature a wonderful selection of wines from around the world. The range of wines span from Old World classics to wines from boutique New World wineries.

This is a great opportunity to stock-up on your wine supplies!

夏日美酒節

今年的夏日美酒節將於6月24日(星期五)、25日(星期六)及26日(星期日)在一樓走廊舉行，屆時大家可以即場訂購多款來自世界各地的精選紅、白葡萄酒及香檳，機會難逢，絕對不能錯過。活動收費全免。

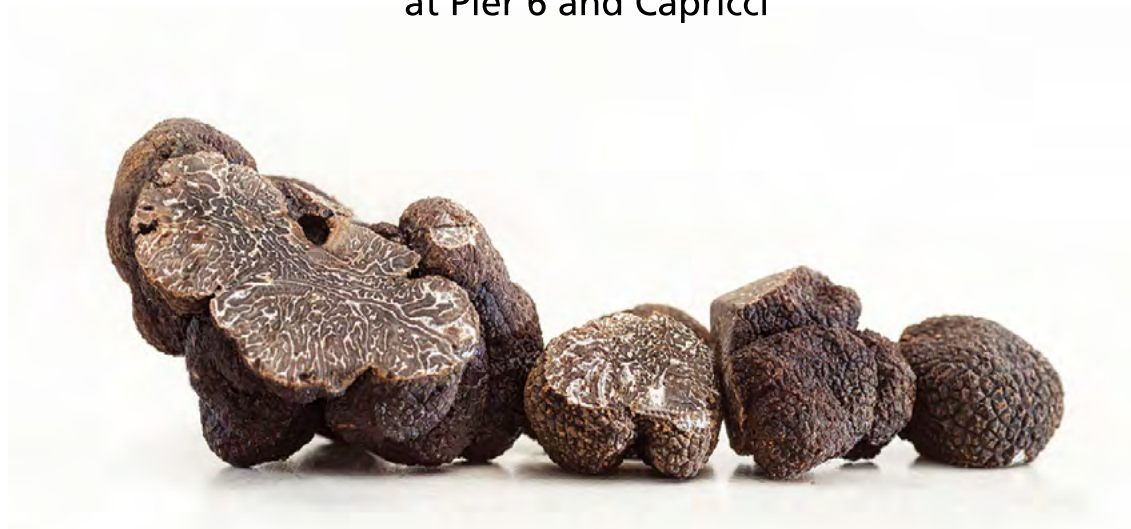
Friday 24th June: 6:00pm to 9:00pm

Saturday 25th June: 12:00noon to 7:00pm

Sunday 26th June: 12:00noon to 7:00pm

Australian Black Truffles

at Pier 6 and Capricci



To celebrate the Australian Black Truffle Season, Chef Daniel has prepared two very special Black Truffle Menus this month at Pier 6 and Capricci, 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 throughout the month of June at Pier 6 and Capricci to discover the "Black Gold from Down Under".

Pier 6及Capricci餐廳 6月份特別推介 — 澳洲黑松露菜式

為慶祝澳洲黑松露季節的來臨，Chef Daniel將同時在Pier 6及Capricci準備兩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6月份，歡迎大家前來Pier 6及Capricci品嚐這“來自地下的黑黃金”美食。

訂座電話：Pier 6: 2118 1878

Capricci: 2118 1803

Date : 1st - 30th June

Venue : Pier 6 Restaurant & Capricci

Reservations: Please call Pier 6 on 2118 1878
or Capricci on 2118 1803

Junior Summer Programme

Children's Development 兒童智能啟發

Japanese Communication Course (6 – 12 years)

This course introduces students to Japanese language tips, teaching basic speaking, listening, reading and writing abilities in a relaxed and interactive environment. Children will learn formal grammar, while strengthening an interest in learning a foreign language.

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 : (A) Monday 11th, 18th & 25th July
(B) Tuesday 16th, 23rd & 30th August

Time : 2:00pm – 3:10pm

Venue : (A) Room TWO, 1/F (B) Room ONE, 1/F

Price : Member \$900, Guest \$1,050

Child Social and Group Cooperation Training (3 – 6 years)

Through interesting activities and games, your child will learn correct etiquette and how to be patient with others. The classes can help to develop children's social skills, language skills and presentation skills, whilst also cultivating a culture of sharing and appreciation, and managing their emotions.

幼兒社交及團體合作培訓課程 (3 – 6歲)

課程讓孩子透過有趣的活動及遊戲，學習有耐性地與人相處、交友技巧及禮儀，並培養社交能力、語言能力、表達技巧、學習分享和欣賞，以及管理自己的情緒。

Date : Thursday 18th & 25th August

Time : 10:00am – 10:55am

Venue : Playroom Library, 1/F

Price : Member \$450, Guest \$550

Korean Communication Course (6 – 12 years)

This course is designed to give children a head-start in learning Korean, taught in a fun and interactive way. Students will learn pronunciation, sentence structure and vocabulary to help master simple, daily conversation.

韓文基礎溝通用語 (6 – 12歲)

課程旨在引起小朋友學習韓文的興趣，以活動教學形式授課，使學生更能投入學習。主要教導發音、句子結構和詞彙，協助學生掌握日常會話，提升學習韓文的興趣。

課程內容：掌握韓語發音；日常生活常用詞彙；常用日常表達；時態語法；一些簡單會話；認識韓國文化、傳統及一般禮儀；情景會話；角色扮演以增加會話的流暢及說話能力

Date : (A) Monday 11th, 18th & 25th July
(B) Tuesday 16th, 23rd & 30th August

Time : 3:15pm – 4:25pm

Venue : (A) Room TWO, 1/F (B) Room ONE, 1/F

Price : Member \$900, Guest \$1,050

Story Drawing Course (3 – 6 years)

This course combines art and story-telling skills. Through different interesting story themes, the instructor will inspire children's interest in drawing.

幼兒聽故事學畫畫 (3 – 6歲)

本課程以說故事的形式啟發兒童的思考，課程透過不同主題，以故事形式讓孩子更容易接受及投入角色，引起聯想啟發兒童對繪畫的興趣。

Date : Friday 19th & 26th August

Time : 3:00pm – 3:55pm

Venue : Room ONE, 1/F

Price : Member \$450,
Guest \$550

Play Groups 趣味學習

STEM Doraemon Science Inventor (3 – 6 years)

STEM education originated in the United States in the 1990s. It is an interdisciplinary teaching method combining Science, Technology, Engineering and Mathematics. It aims to combine the expertise of the four fields to strengthen the gap between different disciplines and combine the curriculum with real-life situations to stimulate students' originality. This 3-lesson course combines STEM teaching with Doraemon.

STEM多啦A夢神奇的法寶 (3 – 6歲)

STEM已成為全球的教育趨勢，以裝備學生應對社會及全球因急速的經濟、科學及科技發展所帶來的轉變和挑戰。這個課程會以多啦A夢為主題，讓小朋友透過STEM科學變成一位出色的科學發明家，令到科學變得更有意思。

Date : (A) Thursday 4th & 11th August
(B) Tuesday 16th, 23rd & 30th August

Time : (A) 11:00am – 11:55am
(B) 10:00am – 10:55am

Venue : Room ONE, 1/F

Price : (A) Member \$450, Guest \$550
(B) Member \$600, Guest \$750



Mirror Go Summer Competition (6 – 12 years)

Join the Mirror Go summer fun at the Pacific Club! Participants need to use their talent and bravery to complete Mirror's different missions.

Mirror Go Summer遊大決戰 (6 – 12歲)

今個暑假，我們把Mirror的電視節目遊戲帶到課室，讓小朋友通過各種刺激和主題學習遊戲，放鬆心情大玩特玩，更可以增強小朋友的智能和學習動機！

Date : (A) Monday 18th & 25th July
(B) Thursday 4th & 11th August
Time : (A) 2:00pm – 3:25pm
(B) 2:00pm – 2:55pm
Venue : Room ONE, 1/F
Price : (A) Member \$550, Guest \$650
(B) Member \$450, Guest \$550

2022 兒童暑期活動

Running Man Competition (6 – 12 years)

Running Man is a South Korean variety show. Participants in this exciting summer course will use their talent and bravery to complete different missions in order to win the various Running Man challenges.

Running Man玩轉世界 (6 – 12歲)

《Running Man》是很韓國非常受歡迎的電視節目，當中成員分組進行競賽遊戲，大考智力及體力。本課程將讓兒童體驗這些競賽，以才能、勇氣和發揮運動神經展開對決。

內容包括：以畫傳畫、猜謎、接龍、畫圖類、計時、腦筋急轉彎、抽鬼牌、硬幣比賽、急口令等遊戲。

Date : (A) Monday 18th & 25th July
(B) Thursday 4th & 11th August
Time : (A) 3:30pm – 4:55pm (B) 3:00pm – 3:55pm
Venue: Room One, 1/F.
Price : (A) Member \$550, Guest \$650
(B) Member \$450, Guest \$550

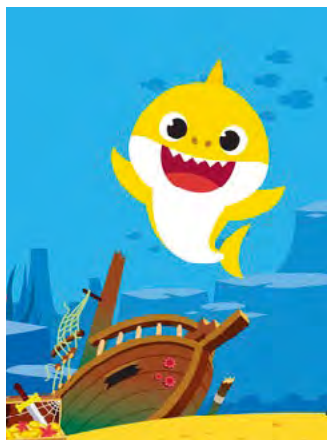
Baby Shark Music Concert (3 – 6 years)

Designed for younger children aged 3 to 6 years, students will practice English with popular Pinkfong educational songs including Baby Shark. This class includes story-telling, singing, games and role-playing, and is designed to improve children's interest in learning English.

幼兒Baby Shark英語大合唱 (3 – 6歲)

課程以歌曲引導幼兒練習英語，以生動、活潑的形式訓練聽說英語日常用語：以唱遊形式（故事、唱兒歌、遊戲、角色扮演等）及以英語與導師的對答、唱歌、講故事、認字卡及各種遊戲，讓幼兒自然地掌握英語的語法、發音和聲調之變化，使幼兒可以在輕鬆的環境下學習日常英語。

Date : Thursday 18th & 25th August
Time : 11:00am – 11:55am
Venue: Playroom Library, 1/F
Price : Member \$400, Guest \$500



English Drama Academy (3 – 12 years)

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

英語話劇訓練班 (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，來激發學員對學習英語的興趣。

Date : Wednesday (A) 6th & 13th July (B) 20th & 27th July
(C) 3rd & 10th August (D) 17th & 24th August
Time : (A1)(B1)(C1)(D1) 5:30pm – 6:30pm
(A2)(B2)(C2)(D2) 4:30pm – 5:30pm
(A3)(B3)(C3)(D3) 10:00am – 11:00am
Venue: Gym Activities Room, 1/F
Price : Member \$400, Guest \$500
Age : (A1)(B1)(C1)(D1)(A3)(B3)(C3)(D3) 3 – 5 years
(A2)(B2)(C2)(D2) 6 – 12 years



STEM Disney Science Inventor (3 – 6 years)

STEM education originated in the United States in the 1990s. It is an interdisciplinary teaching method combining Science, Technology, Engineering and Mathematics. It aims to combine the expertise of the four fields to strengthen the gap between different disciplines. This 3-lesson course combines STEM teaching with Disney.

STEM迪士尼卡通科學發明家 (3 – 6歲)

STEM已成為全球的教育趨勢，以裝備學生應對社會及全球因急速的經濟、科學及科技發展所帶來的轉變和挑戰。這個課程會在STEM科學中加入美術元素，讓小朋友變成一位出色的卡通科學發明家，令到科學變得更有意思。

Date : (A) Tuesday 19th & 26th July
(B) Thursday 4th & 11th August
Time : 10:00am – 10:55am
Venue: Room One, 1/F.
Price : Member \$450, Guest \$550

English Music Playgroup (3 – 6 years)

This course teaches English through songs, stories and games, improving participants' ability to read and speak English.

幼兒英語Music Playgroup (3 – 6歲)

課程以生動、活潑的唱遊形式（故事、兒歌、唱歌、遊戲、角色扮演等），在輕鬆的環境下訓練幼兒聽說英文日常用語，提高學習的興趣。

Date : Thursday 18th & 25th August
Time : 12:00nn – 12:55pm
Venue: Playroom Library, 1/F.
Price : Member \$450, Guest \$550

Harry Potter Mysterious Magic School (6 – 12 years)

Our Harry Potter Magic School for 6 to 12-year-olds teaches a variety of exciting magician skills in a relaxed and fun learning environment.

神秘魔法師學徒 (6 – 12歲)

哈利波特魔法世界學院為小朋友提供一個輕鬆、愉快的環境學習魔術，從而培養對魔術的興趣，透過反覆的練習，增強自信心，創造出屬於自己的魔法舞台。課程內容：移位魔術；控物力魔術；各款撲克牌魔術。

Date : Thursday 4th & 11th August
Time : 4:00pm – 4:55pm
Venue: Room ONE, 1/F
Price : Member \$620, Guest \$720



For enrollment, please contact the 2/F Reception on 2118 1890 報名請致電 2118 1890

Memory Training Course (3 – 12 years)

This course uses image memory and board game training methods to teach young children to recognize and read new Chinese and English words. Children can be inspired to create methods of memorizing words, enhance the development of multiple intelligences such as images, creation, emotion and music of the right brain.

圖像記憶遊戲訓練 (3 – 12歲)

課程以圖像記憶和桌遊的訓練方法，教授幼兒認讀中文及英語詞彙，藉此啟發幼兒創造記憶文字的方法，提升他們右腦圖像、創作、情感及音樂等多元智能發展，讓幼兒有信心地學習及表達他們的想法。

Date : Tuesday 16th, 23rd & 30th August

Time : (A) 11:00am – 11:55am (B) 12:00noon – 12:55pm

Venue : Room ONE, 1/F

Price : Member \$600, Guest \$750

Age : (A) 3 – 6 years (B) 6 – 12 years

STEM National Geographic (6 – 12 years)

Through high-level thinking interaction, students are taught about geography and explore the development history of the Earth. Through volcanic model and archaeological excavation processes, students can learn about the Earth's crust and the development of the Jurassic period and ultimately human civilization.

STEM國家地理頻道知識 (6 – 12歲)

課程讓學員以活動教學的方式學習地理學、探索地球的發展歷史，如透過火山模型或考古挖掘的過程去了解地球的地殼以至侏羅紀的發展和最終到達人類文明。在人類文明的背後，大自然的發展令人感到好奇和未知，讓我們從火山爆發開始走進地球的最底層。

Date : Monday 15th, 22nd & 29th August

Time : 3:00pm – 3:55pm

Venue : Room ONE, 1/F

Price : Member \$780, Guest \$930

Little Harry Potter Magic school (3 – 6 years)

This course, for very young children, will teach participants a variety of magic tricks to impress family and friends.

小小哈利波特 — 奇幻魔術學園 (3 – 6歲)

哈利波特學堂為小朋友提供一個輕鬆、愉快的環境學習魔術，從而培養對魔術的興趣，創造出屬於自己的魔法舞台。課程內容：魔術杯；魔術骰子；魔術卡。

Date : (A) Monday 18th & 25th July

(B) Tuesday 19th & 26th July

(C) Thursday 4th & 11th August

Time : (A) 10:00am – 10:55am

(B) 11:00am – 11:55am

(C) 12:00noon – 12:55pm

Venue : Room ONE, 1/F

Price : Member \$620, Guest \$720



Little Magic King (6 – 12 years)

Little Magic King teaches children the basic skills and concepts of magic and how to use ordinary objects around us as tools to perform tricks.

近距離魔術表演訓練課程 (6 – 12歲)

課程教導魔術的基本手法及概念，以及如何就地取材，利用身邊的物件變出各種魔術。

課程內容：奇妙骰子魔術；硬幣和繩子魔術；項鍊和戒指魔術；各款撲克牌魔術。

Date : Monday 15th, 22nd & 29th August

Time : 2:00pm – 2:55pm

Venue : Room ONE, 1/F

Price : Member \$720, Guest \$870

Arts & Crafts 美術及手工藝

STEAM LED Light & Drawing World (6 – 12 years)

This two-lesson class uses a combination of LED light strips and paints to design a beautiful artwork that can be taken home after the class.

STEAM卡通霓虹燈繪畫美術世界 (6 – 12歲)

本課程以近年流行的LED霓虹燈條，扭出想要的文字或圖案並配合繪畫，培養小朋友的創作力和藝術觸覺，引領他們探索繪畫的技巧與手法運用。讓小朋友將腦海中的想法變為現實，一齊來設計並製作專屬自己的霓虹燈作品！

課程內容：包括霓虹燈、廣告彩、畫板及所有課堂所需要的物料

Date : (A) Friday 22nd & 29th July

(B) Wednesday 17th & 24th August

Time : 2:00pm – 3:25pm

Venue : Room One, 1/F

Price : Member \$880, Guest \$980

Sumikko Gurashi Crystal Ball Course (6 – 12 years)

This workshop will teach children to make a special Sumikko Gurashi Crystal Ball, which can be taken home after the class.

角落生物水晶球製作班 (6 – 12歲)

《角落生物》是日本很有名的卡通，深受很多小朋友的喜愛。這課程將教授小朋友製作可愛的角落生物水晶球，讓小朋友帶回家中擺放。

Date : Sunday 10th July

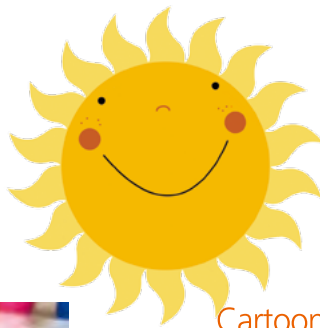
Time : (A) 2:00pm – 3:30pm

(B) 3:45pm – 5:15pm

Venue : Children's Playroom Library, 1/F

Price : Member \$250,
Guest \$300





junior summer programme

兒童暑期活動



Acrylic Pour Painting (6 – 12 years)

This workshop will teach children to mix and pour different acrylic paints to make a unique artistic creation that can be taken home after the class.

抽象流體畫 (6 – 12歲)

流體畫是最近十分流行的一種藝術畫，將液體顏料混合並倒於畫紙上的方式來完成一幅既有個性，又具創意的畫作。

Date : Sunday 21st August

Time : (A) 2:00pm – 3:30pm (B) 3:45pm – 5:15pm

Venue : Children's Playroom Library, 1/F

Price : Member \$250, Guest \$300

3D Pen Creation World (6 – 12 years)

This course will teach students how to use 3D Pens to draw and create objects such as a butterfly and aeroplane. Students can learn 3D painting skills, geometric cognition, directionality and logical thinking.

3D立體筆創作世界 (6 – 12歲)

你有沒有想過可以畫出立體的畫作？本課程將教授學員如何使用 3D立體繪圖筆製作出簡單物件（如蝴蝶、小飛機），從學習過程中，讓學員能夠提升立體繪畫技巧、幾何認知、方向性及邏輯性思維。

課程內容：趣怪卡通製作、可愛昆蟲製作、交通工具製作

課程提供：3D立體筆及所有

課堂所需要的物料

Date : Friday 5th & 12th August

Time : 3:30pm – 4:55pm

Venue : Room ONE, 1/F

Price : Member \$780,
Guest \$880



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

This course teaches children to make their own music box and LED flower lampshade with clay and other materials.

閃亮卡通黏土旋轉音樂盒xLED花燈罩 (6 – 12歲)

課程教授學員各種黏土手法，透過觸摸、抓、握、推、拍、捏、壓等動作，刺激腦力控制與肌肉的發展。以黏土塑造一系列的立體花及植物和不同的卡通造型來裝飾花燈罩和音樂盒，並可將已完成的作品放在家中作擺設，隨時欣賞自己的藝術作品之餘，同時亦得到一份滿滿的成功感！

Date : Wednesday 3rd & 10th August

Time : 2:00pm – 3:25pm

Venue : Room ONE, 1/F

Price : Member \$750, Guest \$850

Cartoon 3D Modeling Clay Photo Frame (6 – 12 years)

This course teaches children to draw on glass and decorate a photo frame with clay and other art materials.

卡通玻璃彩繪立體造型黏土相框 (6 – 12歲)

課程採用混合創意藝術的教導方式，除了以玻璃顏料繪畫外，還可以學習製作黏土的各種技巧和親手設計手工相框。製作過程富有趣味，極具原創性，可以提高學員的個人自主能力、創造力，培養學員對藝術的知識和濃厚興趣。

Date : (A) Friday 22nd & 29th July

(B) Wednesday 17th & 24th August

Time : 3:30pm – 4:55pm

Venue : Room ONE, 1/F

Price : Member \$680, Guest \$780

STEAM Archaeology Dinosaur Clay Adventurer (6 – 12 years)

Dig dinosaur fossils, regenerate dinosaur bones and assemble them together, and then use clay to recreate the original appearance of dinosaurs. This course not only allows students to understand the progress of dinosaur history, but also integrates STEAM into teaching, so that children can learn more comprehensively.

STEAM考古恐龍黏土冒險家 (6 – 12歲)

課程讓學員成為小小考古學家，透過親身挖掘恐龍化石、重新組裝恐龍骨及運用黏土重塑恐龍的原貌，以了解有關恐龍歷史的進展，同時更將STEAM融入教學當中，讓小朋友得到更全面的學習。

課程提供：一盒侏羅紀考古模型、輕黏土、泥批

Date : Friday 5th & 12th August

Time : 2:00pm – 3:25pm

Venue : Room ONE, 1/F

Price : Member \$880, Guest \$980

Sumikko Gurashi Clay Studio (3 – 6 years)

This course teaches children how to make little Sumikko Gurashi with clay. Participants will learn clay toning and colour mixing and matching techniques.

幼兒角落小夥伴黏土繽紛樂 (3 – 6歲)

課程教授小朋友用黏土製作可愛的角落小夥伴，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，同時訓練他們的大小肌肉運動及提升對藝術的美感。小朋友來一起動動手指，啟發無限創意！

課堂內容參考：《角落小夥伴》北極熊/企鵝製作、《角落小夥伴》貓咪/藍色蜥蜴製作

Date : Wednesday 20th & 27th July

Time : 11:00am – 11:55am

Venue : Room ONE, 1/F

Price : Member \$450,
Guest \$550



For enrollment, please contact the 2/F Reception on 2118 1890 報名請致電 2118 1890

Creative Cartoon Music Box (6 – 12 years)

Come and learn how to use clay to creatively decorate a music box, which can be taken home after the class. Our expert instructor will guide the children in the awareness of colour usage and shape to develop personal style and creativity.



角落小夥伴黏土音樂盒DIY (6 – 12 歲)

課程教授兒童利用黏土裝飾音樂盒，透過觸摸、抓、握、推、拍、捏、壓等動作，刺激腦力控制與肌肉的發展，如何運用色彩搭配、比例配置及形狀的控制能力，進而發展個人風格及創作力。

Date : Tuesday 19th & 26th July
Time : 3:30pm – 4:55pm
Venue : Room ONE, 1/F
Price : Member \$600, Guest \$700

Princess in the Forest - Clay Lantern Workshop (6 – 12 years)

This course teaches participants to create 3D flowers and plants made of clay to build a beautiful forest scene. The finished scene will be equipped with lighting for children to take home and display as a lantern.

森林系公主 — 黏土花燈製作班 (6 – 12歲)

本課程將教授小朋友運用黏土製作一系列的立體花和植物，拼砌出恬靜舒適的森林，讓公主穿梭其中。完成品內會配置燈飾，讓小朋友帶回家中擺放。

課程內容：Elsa公主黏土花燈製作、立體花藝創作技巧

Date : Monday 18th & 25th July
Time : 12:00noon – 12:55pm
Venue : Room ONE, 1/F
Price : Member \$600, Guest \$700

Animal Crossing Drawing Festival (6 – 12 years)

Animal Crossing Festival is a popular game, featuring characters that are cute and unique. This course will teach drawing skills to create dynamic characters on paper

集合啦！動物森友會快樂家繪畫樂園 (6 – 12歲)

動物森友會遊戲中的動物造型得意可愛，各有獨特性格。課程會教授小朋友繪畫動森中的人物，並將完成品帶回家中！

Date : Wednesday 3rd & 10th August
Time : 3:30pm – 4:25pm
Venue : Room ONE, 1/F
Price : Member \$450, Guest \$550

Pokémon Clay Making Class (6 – 12 years)

This fun, afternoon class, held over two sessions, allows participants to make Pokémon characters from clay, including a background scene for display.

Pokemon黏土神探Pikachu (6 – 12歲)

今個暑假我們就利用黏土將寵物小精靈變成實體，並製作出一個競技場場景，讓每位黏土精靈訓練員帶著自己的寵物小精靈進行一場真實競技吧！

Date : Friday 19th & 26th August
Time : 4:00pm – 4:55pm
Venue : Room ONE, 1/F
Price : Member \$550, Guest \$650

Demon Slayer & Marvel Drawing & Clay Making Workshop (6 – 12 years)

The popular cartoon "Demon Slayer" is a story about Tanjiro starting his journey of ghost hunting. The Avengers in "Marvel" are also the brave heroes who save the world. Students can learn the skills of drawing these characters and using clay to make models in this workshop.

鬼滅之刃與Marvel超級英雄 — 繪畫及黏土班 (6 – 12歲)

著名動畫「鬼滅之刃」的故事描述主角炭治郎的斬鬼之旅；而《復仇者聯盟Marvel》的各位主角都是拯救地球的勇敢英雄。

課程內容：炭治郎 — 繪畫入門技巧，線條運用、鐵甲奇俠Iron Man — 繪畫練習，構圖技巧

Date : Wednesday 20th & 27th July
Time : 3:30pm – 4:25pm
Venue : Room ONE, 1/F
Price : Member \$450, Guest \$550

Pokemon & Baby Shark Clay Studio (3 – 6 years)

This course teaches children how to make Pokemon and Baby Shark characters with clay.

幼兒寵物小精靈xBaby Shark黏土圖鑑 (3 – 6歲)

課程以寵物小精靈《Pokemon GO》和Baby Shark為主題，教授小朋友學習製作黏土的要訣，既可以體驗手作的樂趣又可以學習黏土調色和色彩混色配搭，同時訓練他們的大小肌肉運動及提升對藝術的美感。小朋友來一起動動手指，啟發無限創意！

課堂內容參考：精靈球/小火龍製作、Baby Shark製作

Date : Friday 22nd & 29th July
Time : 10:00am – 10:55am
Venue : Room ONE, 1/F
Price : Member \$450, Guest \$550



Disney Princess Drawing Studio (4 – 7 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!

幼兒迪士尼公主畫室 (4 – 7歲)

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

課程內容：公主Elsa — 繪畫入門技巧，線條的運用；《小美人魚》貝兒 — 色彩配搭技巧

Date : (A) Monday 18th & 25th July (B) Friday 22nd & 29th July
Time : (A) 11:00am – 11:55am (B) 11:15am – 12:10pm
Venue : Room ONE, 1/F
Price : Member \$450, Guest \$550



junior summer programme

兒童暑期活動

Sumikko Gurashi & Pui Pui Molcar Clay Studio

(6 – 12 years)

This course teaches children how to make Sumikko Gurashi & Pui Pui Molcar characters with clay. All creations can be taken home after the class.

角落小夥伴x天竺鼠車車黏土遊樂場 (6 – 12歲)

課程以角落小夥伴和天竺鼠車車為主題，教授小朋友學習製作黏土的要訣，既可以體驗手作的樂趣又可以學習黏土調色和色彩混色配搭，同時訓練他們的大小肌肉運動及提升對藝術的美感。小朋友來一起動動手指，啟發無限創意！

課堂內容參考：《角落小夥伴》北極熊/企鵝製作、《角落小夥伴》貓咪/藍色蜥蜴製作、《天竺鼠車車》馬鈴薯/阿比製作

Date : Wednesday 20th & 27th July
Time : 2:00pm – 3:25pm
Venue: Room ONE, 1/F
Price : Member \$650, Guest \$750



Animal Crossing Festival Drawing & Clay Making Workshop (3 – 12 years)

Animal Crossing Festival is a popular game, featuring characters that are cute and unique. This course will teach children how to draw and use clay to create these characters, which can be taken home after the class.

集合啦！動物森友會 — 繪畫及黏土班 (3 – 12歲)

動物森友會遊戲中的動物造型得意可愛，各有獨特性格。此課程將會教授小朋友如何繪畫及用黏土製作各動物，並將完成品帶回家中。

課程內容：賣大頭菜的可愛小豬 — 曹賣黏土製作、狸克(商人) — 繪畫技巧

Date : (A) Tuesday 19th & 26th July
(B) Friday 19th & 26th August
Time : (A) 2:00pm – 3:25pm
(B) 2:00pm – 2:55pm
Venue : Room ONE, 1/F
Price : (A) Member \$750, Guest \$850
(B) Member \$650, Guest \$750
Age : (A) 6–12 years
(B) 3–6 years

Cooking 烹飪

Please inform our staff in advance if your child suffers from a food allergy
如小朋友有食物敏感問題，請預先告知本會員工



Stormy Chefs – Asian Theme (5 – 12 years)

Living in Hong Kong, in the heart of Asia, you must have tried a lot of delicious food! This summer, join Stormy Chefs to journey through many of the different and amazing dishes found in Asia and learn how to make some of these dishes, from Okonomiyaki to Dim Sum to Curry Samosas, your child will become the Asian Star Chef at home!

神風小廚師 — 亞洲篇 (5 – 12歲)

生活在香港這個亞洲重要的城市，你必定嘗遍過不少東南亞美食。今年暑假，讓孩子參加我們的神風廚師夏令營學習烹調簡單的亞洲美食，如大阪燒、點心、印度咖哩餃等，成為家中的亞洲小廚神！

Date : Wednesday 6th, 13th, 20th & 27th July
Time : 2:00pm–4:00pm
Venue: Harbour Room, 1/F
Price : Member \$2,800, Guest \$3,000

Stormy Chefs - Travel Around the World (5 – 12 years)

Come join the exciting Stormy Chefs programme this Summer - as we Travel Around the World in four afternoon sessions! From Moussaka to Greek Butter Cookies, the recipes are endless! Your child will learn about the food and culture of different countries.

神風小廚師 — 環遊世界篇 (5 – 12歲)

這個夏天齊來加入我們的神風廚師行列，跟隨美食環遊世界吧！小朋友不僅可學習到食物上的知識和各地的飲食文化，更讓他們化身為米芝蓮星級小廚師，親手製作國際美食，如希臘茄盒、牛油曲奇，幸福滿滿地帶回家中，與最愛的親朋一起分享，同時享受烹飪的樂趣。

Date : Thursday 4th, 11th, 18th & 25th August
Time : 2:00pm–4:00pm
Venue: Harbour Room, 1/F
Price : Member \$2,800, Guest \$3,000

Stormy Chefs - European Theme (5 – 12 years)

This summer, enroll your child on our Stormy Chefs European Themed Camp to learn about different Western cuisines! From Apple Pies to Corn Lollipops, there will be a wide variety of delicious dishes to explore. Your child will definitely be proud to bring home his/her creation and share the happiness with the family!

神風小廚師 — 歐洲篇 (5 – 12歲)

這個暑假，讓孩子參與我們的神風廚師夏令營學習烹調西式美食吧！讓他們把親手製作的美食，如蘋果批及棒棒玉米，滿足地帶回家中與最愛的親朋一起分享，同時享受烹飪的樂趣。

Date : Thursday 7th, 14th, 21st & 28th July
Time : 2:00pm–4:00pm
Venue: Harbour Room, 1/F
Price : Member \$2,800, Guest \$3,000

For enrollment, please contact the 2/F Reception on 2118 1890 報名請致電 2118 1890

EVENT CALENDAR 活動日誌

*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。

July 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>  <p>Junior Summer Programme in July & August 2022</p> <p>Please contact the 2/F Reception on 2118 1890 for details.</p> </div>						
Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	 <p>Moët & Chandon Champagne Dinner at Pier 6 29th</p>	Public Holiday Lunch Buffet at The Island View	Saturday Dinner Buffet at The Island View
Zumba Fitness / Yoga	Yoga	Pilates Mat Class	English Drama Academy		Friday Dinner Buffet at The Island View	Junior Taekwondo
Wall Climbing / Rope Skipping	Fascia Exercise Training		Funky Dance			Junior Swimming School
Sunday Junior Tennis	Men's Double Training				1	Junior Tennis Academy
Sunday Social Tennis	Junior Badminton	5				2
Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	Yoga	Friday Dinner Buffet at The Island View	Saturday Dinner Buffet at The Island View
Zumba Fitness / Yoga	Yoga	Pilates Mat Class	English Drama Academy	Jazz Dance	Yoga / Water Aerobics	Junior Taekwondo
Wall Climbing / Rope Skipping	Fascia Exercise Training		Funky Dance	Tennis Team Training	Stretching Exercise / Funky Dance	Junior Swimming School
Sunday Junior Tennis	Men's Double Training				Junior Taekwondo / Junior Badminton	Junior Tennis Academy
Sunday Social Tennis	Junior Badminton	12		7	Junior Swimming School	9
Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	Yoga	Friday Dinner Buffet at The Island View	Saturday Dinner Buffet at The Island View
Zumba Fitness / Yoga	Yoga	Pilates Mat Class	English Drama Academy	Jazz Dance	Yoga / Water Aerobics	Junior Taekwondo
Wall Climbing / Rope Skipping	Fascia Exercise Training		Funky Dance		Stretching Exercise / Funky Dance	Junior Swimming School
Sunday Junior Tennis	Men's Double Training				Junior Taekwondo / Junior Badminton	Junior Tennis Academy
Sunday Social Tennis	Junior Badminton	11		14	Junior Swimming School	16
Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	Yoga	Friday Dinner Buffet at The Island View	Saturday Dinner Buffet at The Island View
Zumba Fitness / Yoga	Yoga	Pilates Mat Class	English Drama Academy	Jazz Dance	Yoga / Water Aerobics	Junior Taekwondo
Wall Climbing / Rope Skipping	Fascia Exercise Training		Funky Dance	Tennis Team Training	Stretching Exercise / Funky Dance	Junior Swimming School
Sunday Junior Tennis	Men's Double Training				Junior Taekwondo / Junior Badminton	Junior Tennis Academy
Sunday Social Tennis	Junior Badminton	19		21	Junior Swimming School	23
Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	Yoga	Friday Dinner Buffet at The Island View	Saturday Dinner Buffet at The Island View
Zumba Fitness / Yoga	Yoga	Pilates Mat Class	English Drama Academy	Jazz Dance	Yoga / Water Aerobics	Junior Taekwondo
Wall Climbing / Rope Skipping	Fascia Exercise Training		Funky Dance	Tennis Team Training	Stretching Exercise / Funky Dance	Junior Swimming School
Sunday Junior Tennis	Men's Double Training				Junior Taekwondo / Junior Badminton	Junior Tennis Academy
Sunday Social Tennis	Junior Badminton	18		20	Junior Swimming School	23
Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	Yoga	Friday Dinner Buffet at The Island View	Saturday Dinner Buffet at The Island View
Zumba Fitness / Yoga	Yoga	Pilates Mat Class	English Drama Academy	Jazz Dance	Yoga / Water Aerobics	Junior Taekwondo
Wall Climbing / Rope Skipping	Fascia Exercise Training		Funky Dance	Tennis Team Training	Stretching Exercise / Funky Dance	Junior Swimming School
Sunday Junior Tennis	Men's Double Training				Junior Taekwondo / Junior Badminton	Junior Tennis Academy
Sunday Social Tennis	Junior Badminton	26		28	Junior Swimming School	30
Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	Yoga	Friday Dinner Buffet at The Island View	Saturday Dinner Buffet at The Island View
Zumba Fitness / Yoga	Yoga	Pilates Mat Class	English Drama Academy	Jazz Dance	Moët & Chandon Champagne Dinner at Pier 6	Junior Taekwondo
Wall Climbing / Rope Skipping	Fascia Exercise Training		Funky Dance	Tennis Team Training	Stretching Exercise / Funky Dance	Junior Swimming School
Sunday Junior Tennis	Men's Double Training				Junior Taekwondo / Junior Badminton	Junior Tennis Academy
Sunday Social Tennis	Junior Badminton	25		27	Yoga / Water Aerobics Junior Swimming School	30

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Recreation
Club Bar Live TV
What's Happening in Hong Kong
Food & Beverage



Half-Day Camps 半天工作坊

STEM Robots Day Camp (6 – 12 years)

Give your child the opportunity to build and create something from scratch with hands-on learning in this introduction to robotics. During the afternoon workshop, children will learn to combine the sophisticated components of a robot, developing right brain thinking between object relations, order processing and space dimensions.

STEM科學電動機器人 (6 – 12歲)

這課程利用組合複雜的機器人組件，並配合STEM教學，幫助提高學生的學習動機，加深對學習內容的理解，強化學習效能。課程將提供兩盒電動機器人。

Date : Tuesday 9th August
Time : 2:00pm – 4:25pm
Venue : Room ONE, 1/F
Price : Member \$750, Guest \$800

1/100 MG Gundam Afternoon Camp (8 – 12 years)

Gundam models are many children's favourite! This afternoon camp teaches students how to combine the sophisticated components of different models.

特大升級1/100 MG機動戰士高達 (8 – 12歲)

這個課程主要是教授進階的模型製作技巧，訓練學員製作像真度高的高達。課程內容：進階模型製作拼砌；進階模型水口、夾口處理；模型特別處理上色及勾線技巧；陰影及畢地使用技巧。

課室提供：一盒MG 1/100高達

Date : Friday 26th August
Time : 2:00pm – 5:55pm
Venue : Room ONE, 1/F
Price : Member \$880, Guest \$930
(including one box of MG 1/100 Gundam model)

HG Gundam War (8 – 12 years)

This course allows participants to learn to combine the sophisticated components of a Gundam model, so that they can train the right brain thinking between object relations, order processing and master the space dimension.

HG高達世界大戰 (8 – 12歲)

課程利用高達模型和STEM電動機器人讓學員學習模型製作技巧外，更可接觸機械改裝基本原理，啟發多方向思維。

課程提供：一盒HG 1/144高達

Date : Tuesday 9th August
Time : 2:00pm – 4:25pm
Venue : Harbour Room, 1/F
Price : Member \$600, Guest \$650
(including one box of HG 1/144 Gundam model)



Mobile Suit Gundam UC (6 – 12 years)

This afternoon course allows your child to learn to combine the sophisticated components of these Gundam models, further developing their right brain thinking.

緊急作戰集合！機動戰士 高達UC (6 – 12歲)

這課程將會利用機動戰士高達UC模型，學習處理組合精巧組件，讓學員訓練眼手協調、建立解難能力、分辨平面空間虛實、處理物件間關係和次序、掌握空間立體感。

課程內容：進階模型製作拼砌；進階模型水口、夾口處理；模型特別處理上色及勾線技巧；陰影及畢地使用技巧

* 課程提供：一盒UC 1/144高達、模型顏料

Date : Monday 15th, 22nd & 29th August
Time : 4:00pm – 4:55pm
Venue : Room ONE, 1/F
Price : Member \$700, Guest \$850 (including one box of UC 1/144 Gundam model and materials)

Gundam & STEM Robots (8 – 12 years)

This course will teach children to combine the sophisticated components of Gundam & STEM Robots, learning about processes and principles.

HG高達 x STEM電動機器人大作戰 (8 – 12歲)

課程利用高達模型和STEM電動機器人讓學員學習模型製作技巧外，更可接觸機械改裝基本原理，啟發多方向思維。

課程提供：一盒HG高達模型及一盒電動機器人

Date : (A) Monday 11th, 18th & 25th July
(B) Wednesday 10th, 17th & 24th August
Time : 4:00pm – 5:25pm
Venue : Harbour Room, 1/F
Price : Member \$850, Guest \$1,000 (including one box of HG Gundam model and one box of robot)

Formula One Science Remote Control Car (8 – 12 years)

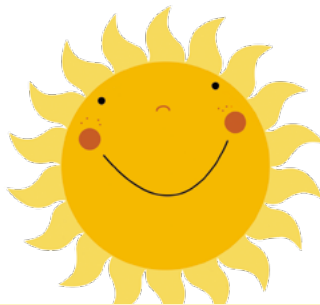
This fun course will teach the processes and principles of remote control cars. Participants can master numerous aspects of remote control cars, including model making and understanding the technology they use.

一級方程式遙控車手世界賽 (8 – 12歲)

本課程通過教授遙控車的組合過程及原理，讓學員掌握遙控車模型製作及技術，從中增加對科學的興趣，並在遊戲中加入相關的知識，教授不同的科學原理。

課室提供：一部遙控車及其他相關材料

Date : (A) Monday 11th, 18th & 25th July
(B) Wednesday 10th, 17th & 24th August
(C) Thursday 25th August
Time : (A) (B) 2:00pm – 3:55pm
(C) 2:00pm – 5:55pm
Venue : (A) (B) Harbour Room, 1/F
(C) Room ONE, 1/F
Price : (A) (B) Member \$850, Guest \$1,000
(C) Member \$700, Guest \$750



junior summer programme

兒童暑期活動

Other Sports 其他運動

Pop Jazz Dance (6 – 12 years)

Pop Jazz is a rich and dynamic rhythm-based class featuring dance steps combined with unique personal style. Come and learn how to dance to your favourite pop tunes during this summer course.

Pop Jazz流行爵士舞 (6 – 12歲)

Pop Jazz是一種富動感的節奏型舞蹈，舞步揉合剛與柔的特性，注重動作的美感，個人色彩和獨特風格。這課程會教授Pop Jazz舞蹈的技巧及特別需要注意的動作。

Date : (A) Monday 11th, 18th & 25th July
(B) Wednesday 3rd, 10th, 17th & 24th August
Time : (A) 3:30pm – 4:30pm
(B) 1:00pm – 2:00pm
Venue : Aerobics Room, 1/F
Price : (A) Member \$750, Guest \$900
(B) Member \$1,000, Guest \$1,200

Wall Climbing (6 – 10 years)

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

攀石班(6 – 10歲)

攀石是一項刺激而富挑戰性的體育活動，有助提升個人運動質素，其中包括強化體質，增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。

Date : (A) Thursday 21st & 28th July
(B) Friday 22nd & 29th July
(C) Thursday 4th & 11th August
(D) Friday 5th & 12th August
Time : 2:00pm – 3:30pm
Venue : Children's Playroom (Climbing Wall), 1/F
Price : Member \$485, Guest \$585



Young Free-style Dance Class (3 – 6 years)

These classes focus on guiding children's self-exploration in dance, whilst inspiring an interest in music. The classes improve children's coordination and flexibility.

幼兒旋轉排排舞 (3 – 6 歲)

本課程透過音樂節奏及舞步，以生動活潑的形式引發幼兒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、感官及社交發展，以及對音樂節奏的反應。

Date : Friday 5th, 12th, 19th & 26th August
Time : 2:00pm – 3:00pm
Venue : Aerobics Room, 1/F
Price : Member \$1,000, Guest \$1,200

Young Ballet Dance Class (3 – 6 years)

Come and join the elegance and beauty of classical ballet at our summer ballet dance course for little ones.

幼兒芭蕾舞班(3 – 6歲)

芭蕾舞是一種輕盈、舒緩、優雅，需要高度技術性的舞蹈，其動作令舞者體態優美，氣質高雅。這課程會教授芭蕾舞的技巧及特別需要注意的動作。

Date : Wednesday 3rd, 10th, 17th & 24th August
Time : 3:00pm – 4:00pm
Venue : Aerobics Room, 1/F
Price : Member \$1,000, Guest \$1,200



Mirror Dance (6 – 12 years)

This is a rich and dynamic rhythm-based class featuring dance steps combined with unique personal style. Mirror is a popular singing group in Hong Kong, and this class will teach children how to replicate their dance technique on stage.

Mirror HK-Pop舞蹈 (6 – 12歲)

Mirror是近年的香港人氣組合，本課程將以他們的舞曲為藍本，讓學員學習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，讓他們增強自信心、訓練身體協調能力，更容易掌握舞蹈和鞏固基本功。

Date : (A) Monday 11th, 18th & 25th July
(B) Wednesday 3rd, 10th, 17th & 24th August
Time : (A) 2:30pm – 3:30pm
(B) 12:00noon – 1:00pm
Venue : Aerobics Room, 1/F
Price : (A) Member \$750, Guest \$900
(B) Member \$1,000, Guest \$1,200

Hip Hop Dancing Class (6 – 12 years)

Hip hop is a culture and art movement that was created by African American and Latin American youth in New York City during the early 1970s. Hip hop emphasizes personal style and has a strong sense of beat. These classes are fun and energetic for kids.

嘻哈街頭舞 (6 – 12歲)

Hip Hop嘻哈舞起源於美國黑人區，是街頭舞的總稱，屬於後現代藝術，它包含了黑人的音樂、舞蹈和生活文化，風格屬較時尚和自由，著重個人風格，節拍感很重。這課程會教授Hip Hop舞蹈的技巧及特別需要注意的動作。

Date : Friday 5th, 12th, 19th & 26th August
Time : (A) 12:00noon – 1:00pm
(B) 1:00pm – 2:00pm
Venue : Aerobics Room, 1/F
Price : (A) Member \$1,000, Guest \$1,200
Age : (A) 6 – 9 years
(B) 9 – 12 years



For enrollment, please contact the 2/F Reception on 2118 1890 報名請致電 2118 1890

Junior Taekwondo (4 years and above)

Our Summer Taekwondo Classes teach children beginner and intermediate techniques. Sessions help to improve children's flexibility, reinforces their physical coordination, and develops their social skills and emotional maturity.

少年跆拳道 (4 歲及以上)

透過基本跆拳道訓練，例如套拳、對策、搏擊及體能訓練等，加強小朋友身體協調性及鍛鍊其體魄，令小朋友明白服從紀律及健康體魄的重要性。

註：學員需穿著舒適的運動服及運動鞋

Venue : Aerobics Room, 1/F

Price : (B) (C) Member \$900, Guest \$1,150 (For 5 lessons)
(A) (D) (E) (F) Member \$720, Guest \$920 (For 4 lessons)

Remarks : 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 sports 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。(學員可獲借竹劍一把)

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：學員需穿著舒適的運動服及運動鞋

Date : (A) Tuesday 5th, 12th, 19th & 26th July
(B) Thursday 7th, 14th, 21st & 28th July
(C) Tuesday 2nd, 9th, 16th & 23rd August
(D) Thursday 4th, 11th, 18th & 25th August

Time : 1:00pm – 2:00pm

Venue : Aerobics Room, 1/F

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

Remarks : Please wear sports clothes and shoes to the class



Clinic	Level	Date	Time
A	Beginner /Intermediate	8th, 15th, 22nd & 29th July	4:30pm – 5:30pm
B	Advanced	2nd, 9th, 16th, 23rd & 30th July	3:30pm – 4:30pm
C	Beginner /Intermediate	2nd, 9th, 16th, 23rd & 30th July	4:30pm – 5:30pm
D	Beginner /Intermediate	5th, 12th, 19th & 26th August	4:30pm – 5:30pm
E	Advanced	6th, 13th, 20th & 27th August	3:30pm – 4:30pm
F	Beginner /Intermediate	6th, 13th, 20th & 27th August	4:30pm – 5:30pm

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。

Date : (A) Sunday 10th, 17th, 24th & 31st July
(B) Sunday 7th, 14th, 21st & 28th August
Time : 4:30pm – 5:20pm
Venue : Aerobics Room, 1/F
Price : Member \$720, Guest \$920

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

Date : (A) Sunday 10th, 17th, 24th & 31st July
(B) Tuesday & Thursday 9th, 11th, 16th & 18th August
Time : (A) 3:00pm – 4:30pm
(B) 2:00pm – 3:30pm
Venue : (A) Gym Activities Room, 1/F
(B) Room TWO, 1/F
Price : Member \$900, Guest \$1,100
Remarks : Please wear sports clothes and shoes to the class





junior summer programme

兒童暑期活動



Badminton Summer Clinic (6 – 16 years)

Our Badminton summer clinic is held for junior players from 6 to 16 years old. Come and join us for expert badminton instruction.

暑期羽毛球班 (6 – 16 歲)

暑假羽毛球班於星期一，三，五及六舉行，歡迎6至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。

Date : Monday, Wednesday, Friday and Saturday

Venue : Aerobics Room

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

Remarks: Please wear sports clothes and shoes to the class

Clinic	Age	Date	Time
A	6 – 10 years	4th, 11th, 18th & 25th July	5:00pm – 6:00pm
B	11 – 16 years	4th, 11th, 18th & 25th July	6:00pm – 7:00pm
C	6 – 10 years	6th, 13th, 20th & 27th July	5:30pm – 6:30pm
D	11 – 16 years	6th, 13th, 20th & 27th July	6:30pm – 7:30pm
E	6 – 10 years	8th, 15th, 22nd & 29th July	6:30pm – 7:30pm
F	11 – 16 years	8th, 15th, 22nd & 29th July	7:30pm – 8:30pm
G	6 – 10 years	9th, 16th, 23rd & 30th July	9:00am – 10:00am
H	11 – 16 years	9th, 16th, 23rd & 30th July	10:00am – 11:00am
I	6 – 10 years	1st, 8th, 15th & 22nd August	5:00pm – 6:00pm
J	11 – 16 years	1st, 8th, 15th & 22nd August	6:00pm – 7:00pm
K	6 – 10 years	3rd, 10th, 17th & 24th August	5:30pm – 6:30pm
L	11 – 16 years	3rd, 10th, 17th & 24th August	6:30pm – 7:30pm
M	6 – 10 years	5th, 12th, 19th & 26th August	6:30pm – 7:30pm
N	11 – 16 years	5th, 12th, 19th & 26th August	7:30pm – 8:30pm
O	6 – 10 years	6th, 13th, 20th & 27th August	9:00am – 10:00am
P	11 – 16 years	6th, 13th, 20th & 27th August	10:00am – 11:00am

Golf 高爾夫球班

Junior Golf Clinic (3 – 17 years)

It's never too early to learn golfing skills! Let your child learn the basic golf skills at our fun and intensive clinics.

兒童高爾夫球班 (3 – 17歲)

透過教練的專業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。

Date : Monday & Thursday and Tuesday & Friday

Venue : Golf Driving Range, 4/F

Price : Member \$1,680, Guest \$1,880 (For 4 lessons)

Parent-Child Golf Course

(4 years and over with parent)

This course is especially designed for a parent and child to learn golf skills together.

高爾夫球親子班 (4 歲及以上)

此課程以親子形式進行，家長與小孩可一同享受學習高爾夫球的樂趣，從而增進彼此感情及球技。

Date : (A) Saturday, 9th, 16th, 23rd & 30th July

(B) Saturday, 6th, 13th, 20th & 27th August

Time : 4:00pm – 5:00pm

Venue : Golf Driving Range, 4/F

Price : Member \$3,080,
Guest \$3,560 per pair
(For 4 lessons)

Clinic	Age	Date	Time
A	3 – 7 years	4th, 7th, 11th & 14th July	2:00pm – 3:00pm
B	8 – 17 years	4th, 7th, 11th & 14th July	3:00pm – 4:00pm
C	3 – 7 years	5th, 8th, 12th & 15th July	2:00pm – 3:00pm
D	8 – 17 years	5th, 8th, 12th & 15th July	3:00pm – 4:00pm
E	3 – 7 years	18th, 21st, 25th & 28th July	2:00pm – 3:00pm
F	8 – 17 years	18th, 21st, 25th & 28th July	3:00pm – 4:00pm
G	3 – 7 years	19th, 22nd, 26th & 29th July	2:00pm – 3:00pm
H	8 – 17 years	19th, 22nd, 26th & 29th July	3:00pm – 4:00pm
I	3 – 7 years	1st, 4th, 8th & 11th August	2:00pm – 3:00pm
J	8 – 17 years	1st, 4th, 8th & 11th August	3:00pm – 4:00pm
K	3 – 7 years	2nd, 5th, 9th & 12th August	2:00pm – 3:00pm
L	8 – 17 years	2nd, 5th, 9th & 12th August	3:00pm – 4:00pm
M	3 – 7 years	15th, 18th, 22nd & 25th August	2:00pm – 3:00pm
N	8 – 17 years	15th, 18th, 22nd & 25th August	3:00pm – 4:00pm
O	3 – 7 years	16th, 19th, 23rd & 26th August	2:00pm – 3:00pm
P	8 – 17 years	16th, 19th, 23rd & 26th August	3:00pm – 4:00pm

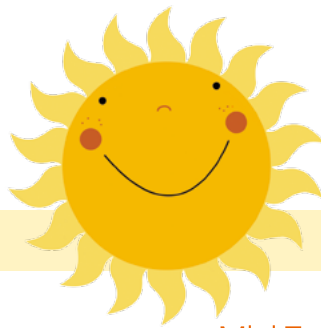
For enrollment, please contact the 2/F Reception on 2118 1890 報名請致電 2118 1890



Summer Swimming School 暑期游泳班

Class	Date	Day	Time	Coach	Fees \$	
					Member	Guest
Pre-school Swimming (3 - 4 years)						
I1	4th, 6th, 8th, 11th,13th & 15th July	Mon, Wed & Fri	12:00noon - 1:00pm	ILK	1,050	1,350
I2	18th, 19th, 20th, 25th, 26th & 27th July	Mon, Tue & Wed	1:00pm - 2:00pm	ILK	1,050	1,350
F1	10th, 11th & 13th August	Wed, Thu & Sat	3:00pm - 4:00pm	FCY	525	675
F2	17th, 18th & 20th August	Wed, Thu & Sat	3:00pm - 4:00pm	FCY	525	675
Elementary (4 - 14 years)						
I1	6th, 8th, 9th, 13th, 15th & 16th July	Wed, Fri & Sat	2:00pm - 3:00pm	ILK	1,110	1,410
I2	18th, 20th, 22nd, 25th, 27th & 29th July	Mon, Wed & Fri	12:00noon - 1:00pm	ILK	1,110	1,410
I3	1st, 2nd, 3rd, 8th, 9th & 10th August	Mon, Tue & Wed	4:00pm - 5:00pm	ILK	1,110	1,410
I4	15th, 17th, 19th, 22nd, 24th & 26th August	Mon, Wed & Fri	2:00pm - 3:00pm	ILK	1,110	1,410
F1	22nd, 24th & 25th August	Mon, Wed & Thu	3:00pm - 4:00pm	FCY	555	705
Intermediate (4 - 14 years)						
I1	4th, 5th, 6th, 11th, 12th & 13th July	Mon, Tue & Wed	4:00pm - 5:00pm	ILK	1,110	1,410
I2	20th, 22nd, 23rd, 27th, 29th & 30th July	Wed, Fri & Sat	2:00pm - 3:00pm	ILK	1,110	1,410
I3	1st, 3rd, 5th, 8th, 10th & 12th August	Mon, Wed & Fri	12:00noon - 1:00pm	ILK	1,110	1,410
I4	15th, 16th, 17th, 22nd, 23rd & 24th August	Mon, Tue & Wed	4:00pm - 5:00pm	ILK	1,110	1,410
F1	15th, 16th & 17th August	Mon, Tue & Wed	9:00am - 10:00am	FCY	555	705
F2	18th, 19th & 20th August	Thu, Fri & Sat	9:00am - 10:00am	FCY	555	705
F3	22nd, 23rd & 24th August	Mon, Tue & Wed	9:00am - 10:00am	FCY	555	705
F4	25th, 26th & 27th August	Thu, Fri & Sat	9:00am - 10:00am	FCY	555	705
Advanced (4 - 14 years)						
I1	4th, 5th & 6th July	Mon, Tue & Wed	5:00pm - 6:30pm	ILK	833	1,058
I2	11th, 12th & 13th July	Mon, Tue & Wed	5:00pm - 6:30pm	ILK	833	1,058
I3	19th, 20th & 23rd July	Tue, Wed & Sat	5:00pm - 6:30pm	ILK	833	1,058
I4	26th, 27th & 30th July	Tue, Wed & Sat	5:00pm - 6:30pm	ILK	833	1,058
I5	2nd, 3rd & 5th August	Tue, Wed & Fri	1:30pm - 3:00pm	ILK	833	1,058
I6	9th, 10th & 12th August	Tue, Wed & Fri	1:30pm - 3:00pm	ILK	833	1,058
I7	15th, 17th & 20th August	Mon, Wed & Sat	5:00pm - 6:30pm	ILK	833	1,058
I8	22nd, 24th & 27th August	Mon, Wed & Sat	5:00pm - 6:30pm	ILK	833	1,058
F1	10th, 11th & 13th August	Wed, Thu & Sat	5:00pm - 6:30pm	FCY	833	1,058
Intensive (8 years or above)						
I1	25th, 27th & 30th July	Mon, Wed & Sat	6:30pm - 8:30pm	ILK	1,110	1,260
I2	1st, 3rd & 6th August	Mon, Wed & Sat	6:30pm - 8:30pm	ILK	1,110	1,260
I3	8th, 10th & 13th August	Mon, Wed & Sat	6:30pm - 8:30pm	ILK	1,110	1,260
I4	15th, 17th & 20th August	Mon, Wed & Sat	6:30pm - 8:30pm	ILK	1,110	1,260
I5	22nd, 24th & 27th August	Mon, Wed & Sat	6:30pm - 8:30pm	ILK	1,110	1,260
F1	15th, 17th, 18th & 19th August	Mon, Wed, Thu & Fri	12:00noon - 2:00pm	FCY	1,480	1,680
F2	22nd, 24th, 25th & 26th August	Mon, Wed, Thu & Fri	12:00noon - 2:00pm	FCY	1,480	1,680
Competition (8 years or above)						
I1	15th, 17th, 22nd & 24th August	Mon & Wed	10:00am - 12:00noon	ILK	1,480	1,680
F1	10th, 11th & 12th August	Wed, Thu & Fri	9:00am - 11:00am	FCY	1,110	1,260
F2	16th, 20th, 23rd & 27th August	Tue & Sat	1:00pm - 3:00pm	FCY	1,110	1,260

Coaches: Fong Chi Yuen (FCY) Ip Lai Kuen (ILK)



junior summer programme

兒童暑期活動

Tennis 網球班

Tennis Summer Clinic (7 – 14 years)

If you love tennis, head to one of our special summer courses to hone your skills, play matches and more.

網球班 (7 – 14歲)

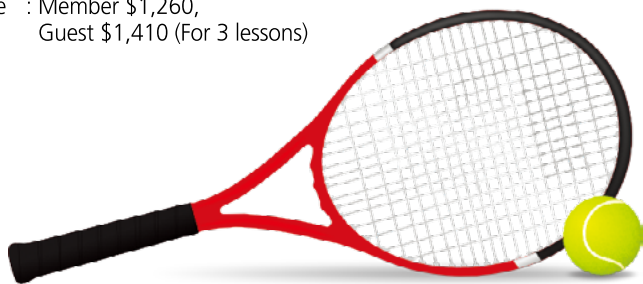
透過有系統的訓練及教練的專業指導，學員在特設的網球課程中，掌握正確的網球基本技術和觀念。

Clinic Level	Date	Time
A Intermediate	5th, 6th & 7th July	2:00pm – 4:00pm
B Intermediate	12th, 13th & 14th July	2:00pm – 4:00pm
C Intermediate	19th, 20th & 21st July	2:00pm – 4:00pm
D Intermediate	26th, 27th & 28th July	2:00pm – 4:00pm
E Intermediate	2nd, 3rd & 4th August	2:00pm – 4:00pm
F Intermediate	9th, 10th & 11th August	2:00pm – 4:00pm
G Intermediate	16th, 17th & 18th August	2:00pm – 4:00pm
H Intermediate	23rd, 24th & 25th August	2:00pm – 4:00pm

Date : Tuesday to Thursday

Venue : Indoor or Outdoor Tennis Court, 4/F

Price : Member \$1,260,
Guest \$1,410 (For 3 lessons)



Mini Tennis Clinic (3½ – 6 years)

This summer tennis clinic is especially designed for little ones aged 3½ to 6 years. Participants will learn all the basics through fun games and drills under the guidance of our professional coaches.

迷你網球班 (3½ – 6歲)

在這專為3½ - 6歲小孩而設的課程中，教練將透過遊戲方式教授小朋友網球基本技術，加強他們身體協調性及鍛鍊其體魄。

Clinic	Date	Time
A1	5th, 6th & 7th July	10:00am – 11:00am
A2	5th, 6th & 7th July	11:00am – 12:00noon
B1	12th, 13th & 14th July	10:00am – 11:00am
B2	12th, 13th & 14th July	11:00am – 12:00noon
C1	19th, 20th & 21st July	10:00am – 11:00am
C2	19th, 20th & 21st July	11:00am – 12:00noon
D1	26th, 27th & 28th July	10:00am – 11:00am
D2	26th, 27th & 28th July	11:00am – 12:00noon
E1	2nd, 3rd & 4th August	10:00am – 11:00am
E2	2nd, 3rd & 4th August	11:00am – 12:00noon
F1	9th, 10th & 11th August	10:00am – 11:00am
F2	9th, 10th & 11th August	11:00am – 12:00noon
G1	16th, 17th & 18th August	10:00am – 11:00am
G2	16th, 17th & 18th August	11:00am – 12:00noon
H1	23rd, 24th & 25th August	10:00am – 11:00am
H2	23rd, 24th & 25th August	11:00am – 12:00noon

Date : Tuesday to Thursday

Venue : Indoor or Outdoor Tennis Court, 4/F

Price : Member \$630, Guest \$780 (for 3 lessons)

ENROLLMENT

- 5% discount for "early bird" enrolment on/before Wednesday, 15th June 2022 (This special price discount offer is applicable to all classes).
- 5% discount for joining 3 or more classes (This special price discount offer is not applicable to Golf, Tennis & Swimming Classes).
- Tuition fee will be debited through the Member's account.
- All enrollments will be confirmed 7 (Seven) days before the 1st lesson commences.
- No cancellation is allowed once the enrollment is confirmed.
- Guest prices are including the entry fee of Children's Playroom, but excluding 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.
- All classes will be arranged under the latest Prevention and Control of Disease (Prohibition on Group Gathering) Regulations by the Hong Kong Government.

報名

- 會員於6月15日(星期三)或之前報名，可獲95折「提早報名優惠」。此優惠適用於所有課程。
- 學員參加3項課程或以上，課程費用可獲95折優惠。此優惠不適用於高爾夫球、網球及游泳課程。
- 課程費用將記入會員之月結賬戶內。
- 本會將於課程開始前7天與報名學員確認課程。
- 課程經確認後將不能取消。
- 非會員之課程費用，已包括使用兒童遊樂室，但不包括使用其他運動設施。
- 所有課程學員必須遵守本會之條款及規則。
- 太平洋會及課程教練均不負責學員之一切意外、受傷及個人或他人財物損失。
- 所有課程將會因應香港政府最新公佈的《預防及控制疾病(禁止羣組聚集)規例》必須採取的特定措施下舉行。

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

課程報名，可親臨二樓接待處或致電2118 1890。

Kau Sai Chau's Standing Stones

This island hike takes you from a tiny fishing village up to a rocky lookout with views of Sai Kung's many mountains and beaches. In fact, Kau Sai Chau is the largest island off Sai Kung but not many people go there because there is no public ferry service. For this day out, you'll need to hire your own water transport. It's worth getting a group together to make the hire fee worthwhile.

This is a mostly easy trail with a little clambering required. Walking time: 2-3 hours.

Take any transport to Sai Kung town, for instance bus 92 from Diamond Hill MTR, and head to the waterfront. Between the two piers, there are stalls selling tickets for sampan and speedboat rides to various nearby islands and beaches. Hap Mun Bay and Yim Tin Tsai are popular destinations. You'll need to negotiate a price for a vessel to Kau Sai Fishermen Village, which is much less visited and further away. The price is for the boat, not per passenger, and a boat can usually take about 10 people. Arrange a time for your captain to return to pick you up – allow yourself at least three hours on the island for exploring – and take their mobile phone number. To be sure that transport is available, you may want to book it a few days in advance.

Your boat sails southeast away from Sai Kung town, passing rocky shores and sea caves before arriving at Kau Sai Fishermen Village about half an hour later. It's a tiny settlement of two dozen houses, situated on a narrow channel beside another island where the water is quite shallow. Fish farm rafts float here in the sheltered bay.

First, take a look at the village's beautiful temple to Hung Shing, a protector god of fishermen. It's unusually well-decorated, and its restoration in the 1990s won a Unesco award. Next to it, there's a little exhibition room that shows off some of the traditional implements and relics of the fishing people.

Your hike starts by following the steps up beside the temple. This is marked as a herbal trail, since some of the medicinal plants used by the villagers grow here. (Pick up a guide to the plants in the exhibition room). Soon you have climbed out of the forest, and you have views of the coasts and isles all around.

There are no forks in the path so it's easy to follow. After about 45 minutes, and before the path turns downhill towards the water pumping station, you will see the rocky hilltop on your right. A side path leads up through shrubs to the tall standing stones on top of the hill, and you have some enjoyable clambering to do to get over and around them. Finally you reach a flat rock where you can rest and enjoy the view. From up here, you have a clear open vista of the golf course which occupies the northern half of Kau Sai Chau, and all the ridgelines, sandy shores and islands of the Sai Kung Country Park and Port Shelter.

Retrace your steps to where you started. The village store has only two outdoor tables but it serves freshly cooked food, with fish from the floating rafts; or you can wait here with a drink until your boat arrives to pick you up, and enjoy dinner back on the Sai Kung waterfront.



滯西洲石柱群

今次的環島遠足會帶你從一個小漁村走到一個岩石瞭望台，可以欣賞到西貢的眾多山脈和海灘景色。事實上，滯西洲是西貢以外最大的島嶼，但由於沒有公共渡輪服務，所以去那裡的人士並不多。要前往的話，你需要租用自己的水上交通工具，所以建議組織一個團隊以分擔租用交通工具的費用會比較划算。

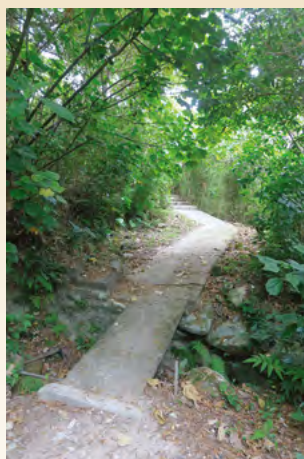
這是一條非常容易行走的小徑，需要少許攀爬。步行時間：2-3小時。

乘搭任何交通工具前往西貢市，例如從鑽石山港鐵站乘搭92號巴士前往海旁。在兩個碼頭之間，有攤位可購買舢舨和快艇的船票前往附近幾個島嶼和海灘。廈門灣和鹽田仔都是熱門目的地。你需要與船家商討前往滯西漁民村的租船價格，因為前往該村的遊客較少而且距離較遠；還有價格是指租用整艘船的，而不是每位乘客的價格，一艘船通常可以乘坐大約10人；此外，也要安排船主回來接你們的時間，預計在島上逗留最少3個小時，並帶上他們的手機號碼。為了確保可以租到船隻，你可能需要提前幾天預訂。

船隻從西貢市向東南航行，途經鋪滿岩石的海岸和海蝕洞，約半小時後抵達滯西漁民村。這是一個由12間房屋組成的小型村莊，位於另一個島嶼旁邊非常淺水的狹窄海峽上，可見一片養魚場的筏子漂浮在避風海灣上。

首先去參觀村裡美麗的漁民保護神洪聖廟。它的裝飾非常精緻美麗，在1990年代修復後更獲得聯合國教科文組織的獎項，旁邊有一個小陳列室，展示著一些漁民的傳統器具和遺物。

今次的遠足從沿著寺廟旁邊的梯級開始。這被標記為草藥小徑，生長著村民使用的一些藥用植物。(可以在展廳領取植物指南)。很快你就會步出樹林，可以看到周圍的海岸和島嶼。



路途中沒有分叉路，因此很容易依循前進。大約45分鐘後，在路徑轉向下坡前往抽水站之前，你將看到右側的岩石山頂。

一條小路穿過灌木通向山頂上的高大石塊，你可以輕鬆攀爬越過並繞過它們。最後，你會到達一塊平坦的岩石，可以在那裡休息並欣賞美景。從這裡，你可以清楚地看到位於滯西洲北半部的高爾夫球場，以及西貢郊野公園和牛尾海的所有山脊線、沙灘和島嶼。

沿路返回你的起點。村裡的商店只設有兩張戶外桌子，客人可以享用從浮筏買回來新鮮烹煮的魚菜式；或者你可以在這裡喝杯飲品，等待你的船隻前來接你，然後回到西貢海旁享用晚餐。

香港攝影大賽2021 得獎作品展覽
Hong Kong Photo Contest 2021 Winners' Exhibition

Date 日期: 7 Jun - 26 Jun 2022
Time 時間: 11:00 - 22:00

Gallery by the Harbour 海港城·美術館
Shop 207, Level 2, Ocean Centre, Harbour City
海港城海洋中心二層207號舖

香港閃耀的城市魅力一直吸引來自世界各地的人前來旅居探索，這類東方明珠亦發了許多攝影師拍攝各種範疇的作品。為培育有潛質的攝影師，會德豐地產再次與《國家地理》雜誌合作舉辦香港攝影大賽，誠邀攝影愛好者一同參與。本年度香港攝影大賽的組別分為「風景、生態、城市、人物、手機及短片」，鼓勵參加者以嶄新視野捕捉城市、人文及大自然之美。參加者可以使用相機或手機拍攝，一方面發揮個人潛能，拍攝出具個人風格作品，以影像吸引更多攝影愛好者。

今年大賽更鼓勵參賽者發揮創意，用短片訴說香港故事，透過動態影像捕捉自然之美、生活點滴或觸動人心的人和事，將香港城市及大自然美好一面以更受注目的方式呈現給世界。

Hong Kong Photo Contest 2021 Winners' Exhibition 國家地理雜誌會德豐 香港攝影大賽2021 得獎作品展覽

As the ever-shining Oriental Pearl, Hong Kong is unique and beautiful in many ways, attracting people from all over the world to stay and visit with an explorer's eye, and inspiring many photographers to capture precious moments in different genres. To encourage and nurture potential and talented photographers, Wheelock Properties has once again co-operated with National Geographic Magazine (Traditional Chinese Edition) in organizing a contest for photo enthusiasts. The categories for this year include "Landscape, Wildlife, City, People, Mobile and Short Video", welcoming both professional gear followers and mobile users to uncover the uniqueness of Hong Kong and share the stories beyond words. The contest this year also encourages participants to capture the unseen sides of the city with short video to showcase their awe-inspiring work and reveal the best of "The Oriental Pearl" to the world.

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Exhibition Period and Venue 展期及地點
7 June to 26 June 2022
11am – 10pm

* The exhibition may be subject to change without prior notice.
展覽內容如有更改，恕不另行通知。

Gallery by the Harbour 海港城·美術館
Shop 207, Level 2, Ocean Centre,
Harbour City
海港城海洋中心二層207號舖

HARBOUR CITY
海港城

An Artistic Plant Arrangement

1. Place some small black pebbles inside the glass container.
2. Cover the pebbles with some of the flat moss.
3. Add some water into the glass container.
4. Cut the pine wood into two halves.
5. Secure one half of the pine wood with glue at the side of the glass container.
6. Remove the Acorus Gramineus from the pot and put it inside the glass container.
7. Secure the other half of the pine wood with glue at a right angle to the first one.
8. Glue two rocks onto the pine wood.
9. Place some flat moss around the rocks.
10. Insert the dried flowers and Silver Brunia around the Acorus Gramineus.

藝術植物擺設

1. 將一些黑色小石子放入玻璃器皿內。
2. 用一些扁地衣覆蓋所有小石子。
3. 加一些清水入玻璃器皿內。
4. 將松木裁成兩半。
5. 用膠水將其中一塊固定在玻璃器皿上的一側。
6. 從花盆中取出石菖蒲，然後放入玻璃器皿內。
7. 用膠水將另一半松木成直角地固定在第一塊松木上。
8. 用膠水將兩塊山石固定在松木上。
9. 在山石周圍放一些扁地衣。
10. 將乾花及大銀果插在石菖蒲周圍。



What You'll Need:

- A Selection of Plants: here we used Acorus Gramineus, Flat Moss
- 2-3 Dried Flowers
- Preserved Flowers: here we used Silver Brunia (or Coral Beans)
- A Slice of Pine Wood Trunk
- 2 Natural Rocks
- Small Black Pebbles
- A Round Glass Container
- Cutter
- Glue

材料：

- 多種植物：文中選用石菖蒲、扁地衣
- 2-3支人造乾花
- 保鮮花：文中選用大銀果(或珊瑚豆)
- 一塊松木片
- 兩塊天然山石
- 一些黑色小石子
- 一個圓形玻璃器皿
- 剃刀
- 膠水



by Andy Au of Andy's Florist 撰文及圖片：Andy's Florist



Diana Dickson Beauty (1hr 25mins) Secret Treatment Delight

~~\$1,380~~ \$1,104

This treatment is a revitalizing solution to stimulate circulation and fortify the skin to fight against various skin problems. With cutting-edge innovation and pioneering science, this incredible facial includes a potent formula enriched with alginic acid, stem cells and collagen.

The facial promotes purification, activates cell renewal and reverses signs of ageing. The appearance of lines and wrinkles are quickly reduced, and skin is empowered with a silky smooth and luminous look.

Diana Dickson原生幹細胞膠原療程 (1小時25分鐘)

療程結合三大頂尖美肌元素，從底層喚醒活力泉源，頃刻解決多種肌膚問題。

- 海藻酸為肌膚剔除毒素，利用專業人手按摩去除老化角質，暢通毛孔，呼吸新鮮空氣
- 幹細胞與骨膠原相互作用下，為肌膚逐寸抗氧，活化細胞，徹底抹走面上衰老痕跡

完成療程後，膚質加倍細緻，幼紋悄然減退，雕塑亮澤緊緻輪廓，肌膚如鑽石般綻放璀璨光芒。

Youth Intensive Treatment (1hr 45mins)

~~\$1,380~~ \$1,173

This is a targeted treatment to combat the signs of ageing. The treatment combines ultra targeted products with expert application methods. Your 1 hour 45 minutes of pure relaxation and expert treatment will leave you with visibly younger skin. Effectiveness is proven after the first treatment.

原肌修復再生療程 (1小時45分鐘)

能有效還原年輕肌膚及抗皺，收緊和修復作用，配合專業按摩手法及SOTHYS卓越產品，能全方位抵禦歲月痕跡，1小時45分鐘療程，能打造年輕美肌，一次療程後，肌膚綻放年輕美態。

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。

Core Work 360



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

Many people think of core training as abdominal training. In fact, you should train all the core muscles as a group in order to train effectively and build the foundation slowly.

Core Work 360 combines eight different movements on the mat and it takes approximately 15 minutes to complete the exercise routine. It is then up to you how many cycles you wish to perform each day to suit your training plan.

360核心肌肉訓練

多數人都以為腹肌訓練就等同於核心肌組訓練，但其實我們須要進行整體的核心肌組訓練，而且切勿過於急進，才能達到整體效果及建立良好的基礎。360核心肌肉訓練 (Core Work 360) 是混合8種動作組成的核心肌組訓練，約15分鐘完成一輪動作，然後可因應需求及進度再決定每次須要重複動作的次數。



1. Reaching with the Dumbbell

Lie on your back and hold a weight in one hand. Make sure your other arm supports your neck to avoid tensing the neck muscles during the work out. The arm with the weight should be kept straight over the head, while legs are held in the air with knees slightly bent. Arm and legs move up and down together as the weight reaches to the toes.

提啞鈴

仰臥地上，一隻手持適當重量的啞鈴，另一隻手置於頸後防止受傷，腳伸直但膝部微曲。開始時手腳放到接近地面，然後發力時將手腳及上身向上提起，直至持啞鈴的手輕撞到腳便完成一次，再重複動作。



2. Side-to-Side Dumbbell

Hold legs in the air with the body in a V-shape. Hold a dumbbell in one hand and then pass it to the other hand, alternating while keeping the legs in the air.

提腿雙向提啞鈴

以提腿動作姿勢(V形)坐於地上，再以單手提啞鈴，將啞鈴帶到胸前進行左右手交換，期間雙腳要保持提起，再重複動作。因身體需保持平衡從而令核心肌組得到訓練。

3. Shoulder Press with Frog Legs

With both legs raised, hold a light-weight dumbbell and perform shoulder presses. Push the weight up while spreading the legs.

蛙分腳 — 肩上推

坐在地上雙腳貼著稍為提起，上身擺出準備作肩上推的姿態；然後舉起雙手作肩上推，同時雙腳向外分開，以腹部保持全身平衡以進行核心訓練。



Starting Position 開始動作



Completed Position 完成動作



4. Medicine Ball Twist

Sit on the floor and place the legs on a medicine ball. Hold another medicine ball your hands. Move the ball from side-to-side by twisting the trunk.

藥球轉腰

準備兩個藥球，以提腿動作姿勢坐在地上，將一個藥球放在腳踝下，手持另一個藥球，轉動腰部如運球般將球從一邊提到另一邊。重複動作。



5. Reaching to the Side

On the floor with side-bent position, hold the weight in one hand and place it close to the chest. Lift the legs up while reaching the weight to the toes. Repeat and carry on the movement.

側腰提啞鈴

以側提腿姿勢坐於地上，單手持啞鈴提高至胸前作準備，進行時將啞鈴從胸口向前推至腳尖處，同時雙腿提高。重複動作。



6. Vertical Elevation in an L-position

Sit on the mat with straight legs and trunk. Slightly lean back until your legs leave the ground, then raise the arms to the top and hold for one minute.

L形伸展

坐在地上，雙腿伸直腳踝稍為離地，雙手向天盡量伸展並收緊腰腹，整個人成L形，保持姿態約一分鐘。



Starting Position 開始動作



Completed Position 完成動作

7. Eccentric Curl

Keep the back straight and hold a rolled-up towel with both hands. Open up the arms and hold the towel at chest level. Lean the body back slowly with straight arms. Try to keep the heels down on the floor with bent knees.

離心捲腹

坐在地上腳踝着地，手執毛巾雙手橫分置於胸前，然後上身慢慢往後靠而雙手伸直，保持以腹肌支撐。



8. Hammer Plank

At side plank position, hold a light dumbbell with one hand. Bring the weight over the head and then hold in position for at least 1 minute. Repeat on the other side.

側腰撐

側身躺在地上，身體挺直離地以前臂支撐，另一隻手持啞鈴伸直過頭，保持姿態最少一分鐘。換另一邊身重複動作。

Water Aerobics

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

水中健康舞班

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



Morning Water Aerobics

Date : (A) & (B) Tuesday 7th, 14th, 21st & 28th June
(C) Friday 10th, 17th & 24th June

Time : (A) 10:00am – 11:00am
(B) 11:30am – 12:30pm
(C) 11:00am – 12:00noon

Venue : Swimming Pool

Price : (A) & (B) Member - \$700, Guest - \$1,180 (for 4 lessons)
(C) Member - Member - \$525, Guest - \$885 (for 3 lessons)

Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 7th, 14th, 21st & 28th June
(B) Friday 10th, 17th & 24th June

Time : 3:00pm – 4:00pm

Venue : Swimming Pool

Price : Member – \$175 daily / \$1,650 per 10 classes
Guest – \$295 daily

Age : 14 years and above

Evening Water Aerobics

Date : Tuesday 7th, 14th, 21st & 28th June

Time : 7:30pm – 8:30pm

Venue : Swimming Pool

Price : Member - \$700, Guest - \$1,180 (for 4 lessons)

Age : 14 years and above

* These classes are subject to the latest Prevention and Control of Disease Regulations by the Hong Kong Government.

以上課程將會因應香港政府最新公佈的《預防及控制疾病（禁止羣組聚集）規例》而有所更改

Yoga at the Club

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

瑜珈班

本會瑜珈團體課程由專業教練教授，逢星期一、四、五及日舉行（公眾假期除外）。

收費：會員每堂\$180，10堂套票\$1,620
非會員每堂\$300

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

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

Venue : Aerobics Room

Fee : Members - \$180/class, \$1,620/10 classes
Guests - \$300/class

Remark : Packages must be completed within 4 months
One-on-one Private Yoga Lessons are also available at \$680 per hour.

One-on-one Private Yoga Lessons are also available at \$680 per hour.

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



* All classes are arranged under the latest Prevention and Control of Disease (Prohibition on Group Gathering) Regulations by the Hong Kong Government.

所有課程將會因應香港政府最新公佈的《預防及控制疾病（禁止羣組聚集）規例》必須採取的特定措施下舉行。

Hair Product Sale in June 6月份頭髮產品優惠



Deuxer Medium Hard Wax 4

~~\$250~~ \$225

This fabulous styling and finishing product offers medium hold.

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

Deuxer 4中硬度造型髮蠟

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



Techni Leave in Hydrating Gel, 150ml

~~\$220~~ \$200

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

Techni水份免沖護髮劑，150毫升

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

American Crew Daily Shampoo

~~\$220~~ \$200

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

American Crew日常洗髮劑250毫升

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

This Month's Promotion

10% Discount Off Hair Curl/Wave Perming Treatments

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

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

微卷或曲髮電燙服務9折優惠

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



Bittersweet : How Sorrow and Longing Make Us Whole by Susan Cain

In her inspiring new masterpiece, the author of the bestselling phenomenon *Quiet* describes her powerful quest to understand how love, loss and sorrow make us whole - revealing the power of a bittersweet outlook on life. Bittersweetness is a tendency towards states of longing, poignancy and sorrow; an acute awareness of passing time; and a curiously piercing joy at the beauty of the world. It recognizes that light and dark, birth and death - bitter and sweet - are forever paired.

If you seek out beauty in your everyday life, if you find comfort or inspiration in a rainy day, or if you react intensely to music, art and nature, then you probably identify with the bittersweet state of mind. With *Quiet*, Susan Cain urged our society to cultivate space for the undervalued, indispensable introverts among us, thereby revealing an untapped power hidden in plain sight. Now she employs the same mix of research, storytelling and memoir to explore how embracing the bittersweetness at the heart of life is the true path to creativity and connection.

Cain shows movingly how a bittersweet state of mind - though we've been blind to its value - is the quiet force that helps us transcend our personal and collective pain. It can change the way we live, the way we work and the way we love. If we realize that all humans know - or will know - loss and suffering, we can turn towards one another.

暢銷書籍《Quiet》的作者Susan Cain在其鼓舞人心的新作品中，描述她對了解愛、失去和悲傷如何讓我們變得完整的強大追求——揭示了「苦樂參半」這人生觀的力量。「苦樂參半」是一種趨向於渴望、辛酸和悲傷的狀態；對時間流逝的敏銳意識；以及對世界之美的一種奇妙而動人的喜悅。它就像光明與黑暗、生與死、苦與甜一般，永遠如影隨形。

如果你會在日常生活中尋找美好，在下雨天找到安慰或啟發，又或者對音樂、藝術和自然有強烈感應，那麼你可能會認同「苦樂參半」的心態。藉由作品《Quiet》，Susan Cain敦促社會為我們當中被低估的、不可或缺的內向者建立空間，從而揭開隱藏在眾目睽睽下的未開發力量。現在，她再次採用融合研究、案例與個人經驗，來說明擁抱生活核心的「苦樂參半」是通往創造力和連結的最佳路徑。

她感人地展示了一種「苦樂參半」的心態——儘管我們一直對其價值視而不見——是幫助我們超越個人和共同痛苦的安靜力量。它可以改變我們的的生活方式、工作方式和愛的方式。如果我們意識到所有人都了解——或將會了解——損失和痛苦，我們就可以相互幫助。



How to Prevent the Next Pandemic

by Bill Gates

The COVID-19 pandemic isn't over, but even as governments around the world strive to put it behind us, they're also starting to talk about what happens next. How can we prevent a new pandemic from killing millions of people and devastating the global economy? Can we even hope to accomplish this?

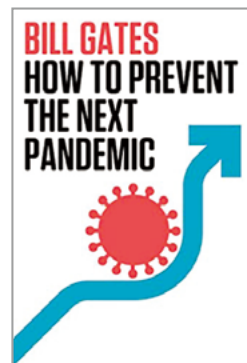
Bill Gates believes the answer is yes, and in this book he lays out clearly and convincingly what the world should have learned from COVID-19 and what all of us can do to ward off another disaster like it. Relying on the shared knowledge of the world's foremost experts and on his own experience of combating fatal diseases through the Gates Foundation, he first makes us understand the science of corona diseases.

Then he helps us understand how the nations of the world, working in conjunction with one another and with the private sector, can not only ward off another COVID-like catastrophe but also go far to eliminate all respiratory diseases, including the flu. Here is a clarion call - strong, comprehensive, and of the gravest importance - from one of our greatest and most effective thinkers and activists.

COVID-19疫情還未完結，儘管世界各國政府努力讓生活、經濟回復正常，但也開始預測未來流行病對於全人類的影響。該如何才能防止會殺死數百萬並破壞全球經濟的新流行病？人們真的有機會實現這個目標嗎？

比爾蓋茨認為答案是肯定的，在這本書中，他清楚而令人信服地闡述了世界各國應該從COVID-19中學習到什麼，以及我們所有人可以做些什麼來避免另一場類似的災難。憑藉與世界頂尖專家的共同知識，以及他自己通過蓋茨基金會抗擊致命疾病的經驗，他首先讓我們了解新冠病毒的科學知識。

然後，他幫助我們了解世界各國如何相互合作並與私營部門合作，不僅可以抵禦另一場類似COVID的災難，還可以在很大程度上消除包括流感在內的所有呼吸道疾病。這是一個來自我們最偉大、最有力的思想家和活動家之一的強大、全面且最重要的號召。



From now until 30th June, 2022, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount.

由現在至6月30日止，太平洋會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

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

Kelly & Walsh Ltd
金鐘太古廣場204號舖

香港圖書文具有限公司
中環德輔道中25號

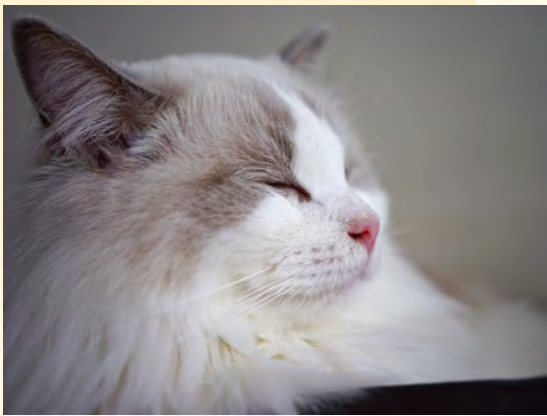


By Craig Norris

www.momentsbycraig.com



Apple iPhone 13 Pro ToF sensor



Cat avoids camera (ToF sensor)



Sony Xperia Z3 camera (no ToF)

Pet Photography

I discovered something important for people who like to photograph their pets. I have a photogenic cat, which I photographed with great enthusiasm when she was just a kitten in 2016. Photos and videos of cats are a very significant phenomenon on modern social media.

My rate of taking cat photos greatly diminished as my cat grew older because she started avoiding my camera whenever I tried to take a photo. I never understood why she always turned her head away when I tried to take a photo of her with my smartphone. But just recently I recognized an important fact, and that is that her change of behavior came after I bought a new smartphone. She didn't try to avoid my old smartphone, but she always avoided the new smartphone.

It was only last week when I realized why the new smartphones (all the high-end smartphones) are troublesome for cats (and maybe other animals). It's because the high-end smartphones have a special device to assist the autofocus system, and that device uses an infra-red laser to measure the distance from the camera to the objects being photographed. I guess it's the laser that annoys my cat and makes her turn away.

The laser device associated with modern smartphone cameras is called a "Time of Flight" sensor (ToF). ToF sensors use a technology called "Lidar" which means Light Detection And Ranging, which is based on the same concept as Radar (Radio Detection And Ranging). The term "ranging" means "to measure a distance".

So, if you want to take photographs of your pets, I suggest you use a normal camera to do so, if they seem to be avoiding your smartphone camera!

寵物攝影

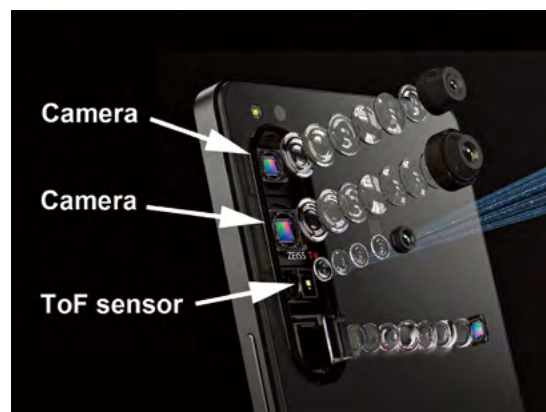
對於喜歡為自己的寵物拍照的人士，我發現了一些重要的事情。我有一隻非常上鏡的貓兒，在2016年牠還是一隻小貓的時候，我非常熱衷為牠拍照，而貓的照片和視頻亦成為現代社交媒體上非常熱門的主題。

隨著我的貓兒長大，我為牠拍攝照片的次數也大大降低，因為每當我試圖拍照時，牠都會避開我的相機。我不明白為什麼當我試圖用智能手機為牠拍照時，牠總是轉過頭去。但就在最近，我發現了一個重要的事情，就是牠的行為其實是在我買了一部新智能手機之後才出現改變。牠並沒有試圖避開我的舊智能手機，但總是避開新智能手機。

直到上個星期我才意識到為什麼新智能手機(所有高端智能手機)對貓兒(也許還有其他動物)來說都出現問題。這是因為高端智能手機有一個特殊的設備來輔助自動對焦系統，該設備使用紅外線激光來測量從相機到被拍攝物體的距離。我想就是這激光令我的貓兒感到不悅而轉身離開。

與現代智能手機相機相關的激光設備稱為“飛時測距”傳感器(ToF)。ToF傳感器使用一種名為“光學雷達”的技術，即Lidar (Light Detection and Ranging)，是基於與“無線電探測和測距”，即Radar (Radio Detection And Ranging)相同的概念。“測距”一詞的意思是“測量距離”。

所以如果你拍攝寵物時，牠似乎總是在避開你的智能手機，那麼請使用普通相機來拍攝。



Sony Xperia 1 IV ToF sensor

New Tennis Coach — Yaster Yu

We are delighted to welcome Yaster Yu to the Pacific Club's tennis coaching team.

Yaster is a holder of a United States Professional Tennis Association Tennis Coach License and has over 5 years' experience in coaching tennis in Hong Kong. He has extensive experience of coaching both junior and senior players and is able to coach in English, Cantonese and Mandarin. He enjoys coaching players of all levels to develop their game and their love of the sport.

Please join us in welcoming Yaster and should you wish to book lessons with him, please contact the 4/F Tennis Reception on 2118 1707.

新任網球教練Yaster Yu

我們很高興歡迎Yaster Yu加入太平洋會的網球教練團隊。

Yaster持有國際專業網球教練執照，在香港從事網球教練工作已超過5年，在教授各年齡級別球員方面擁有豐富的經驗。Yaster能夠以英語、廣東話和普通話進行教授，喜歡指導不同程度的球員以幫助他們提升網球技術及培養對這項運動的熱愛。

請與我們一起歡迎Yaster的加入，如果你想與他一起上課，請致電 2118 1707與四樓網球接待處聯絡。



Junior Tennis Academy

If your child is interested in playing tennis, our weekly Pacific Club Junior Tennis Academy is especially for kids aged 3½ to 16 years-of-age. Come and sign-up for expert instruction, together with lots of fun. Please note that the fee will be charged on a monthly basis.

青少年網球訓練

出色球技需要自小開始訓練，齊來參加本會於星期六舉行的青少年網球訓練班，適合3½ - 16歲的會員參加。6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。

備注：此訓練活動以月費形式支付

Date : Saturday 4th, 11th, 18th & 25th June
Time : (A) 10:00am – 11:00am
(B) 11:00am – 1:00pm
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
Venue : Indoor Tennis Courts



Holiday Notice

Please note that all junior and adult group classes will be cancelled during Tuen Ng Festival on 3rd June.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於6月3日端午節公眾假期暫停舉行。

Tennis League Teams' Schedule

Home Matches in June 網球聯賽 — 6月份主場賽事

DATE	TEAM	MATCH TEAMS Pacific Club
Friday, 10th June	Junior (Division B)	Pacific Club vs The Hong Kong Jockey Club
Friday, 17th June		Pacific Club vs Shamshuipo Junior Tennis Club
Monday, 20th June	Men's (Division A)	Pacific Club vs Police Tennis Club
Monday, 27th June		Pacific Club vs Chinese Recreation Club
Tuesday, 14th June	Men's (Division B)	Pacific Club vs Ladies Recreation Club 2
Tuesday, 21st June		Pacific Club vs Chinese Recreation Club
Tuesday, 28th June		Pacific Club vs Hong Kong Country Club 2
Wednesday, 1st June	Men's (Division C)	Pacific Club vs Kowloon Tsai Home Owner's Association
Wednesday, 8th June		Pacific Club vs Craigengower Cricket Club 1
Wednesday, 29th June		Pacific Club vs Kornhill Recreation Club

* These classes are subject to the latest Prevention and Control of Disease Regulations by the Hong Kong Government.

以上課程將會因應香港政府最新公佈的《預防及控制疾病(禁止羣組聚集)規例》而有所更改

Sunday Social Tennis

Sunday Social Tennis is held on every Sunday evening in June. Come and meet our Tennis Coaches and fellow Members for some fun matches.

週日網球聯誼聚會

歡迎參加於星期日傍晚舉辦的「週日網球聯誼聚會」，與其他會員及教練切磋球技。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 5th, 12th, 19th & 26th June
 Time : 5:00pm – 7:00pm
 Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)
 Age : Adults Only
 Venue : Outdoor Tennis Courts
 Call the Tennis Reception on 2118 1707 for further information

Ladies' Morning Tennis

To improve your tennis technique and brush-up on your tactics for matches, come and join our two-hour Ladies' Morning Tennis sessions on Monday mornings with our expert coaches. Please note each clinic is limited to 8 players only, so please enroll as early as possible.

女子早上網球練習

各位女士如果想提高網球技術、戰術運用和比賽技巧，歡迎參加每週兩小時的女子早上練習班。中/高班逢星期一舉行，由於每班人數只限8名，所以請儘早報名。兩小時課堂收費：每位\$310(設茶點招待)。

Date : Monday 6th, 13th, 20th & 27th June
 Time : 10:00am – 12:00noon (Intermediate / Advanced Level)
 Price : \$310 (for 2 hours, including court charges and selected refreshments at the Tennis Lounge)
 Venue : Indoor or Outdoor Tennis Courts

Head Re-Stringing Machine at the Club

Did you know, we offer a fantastic onsite re-stringing service here at the Club? Drop off your racquet at the Tennis Reception and it should be ready, perfectly restrung, in time for your next game.

Our services include:

- Restringing
- Regripping
- Weight Customization and Balancing

The racquet restring fee is HK\$100 (excluding strings)

HEAD網球穿線機

大家知道嗎？本會網球部設置了一部HEAD球拍穿線機，為大家提供球拍穿線服務。若大家有需要為球拍重新穿線的話，歡迎在下次前來打球時將球拍一同帶來使用這服務。

穿線服務包括：

- 重新穿線
- 更換網球拍握把
- 定制合適之網球線磅數

收費：\$100 (不包球拍線)





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



Characteristics of the Different Clubs

Most golf clubs are designed for specific types of shots, although a few clubs have multiple uses. The main differences between the various clubs in your bag are the size and shape of their heads, the length of the shaft and the loft, i.e. the angle of the club face. Since there are these differences, when controlling the swing; if the weight of the club is different, it is therefore necessary to control the speed of the swing.

The range of the swing should be used to control the distance of the shot while controlling of the short game. Use different angles of the club facets to control the height of the shot. For example, a club with a 56-degree facet allows for a higher ball with less roll after it drops on the ground. Since a driver is relatively long, the trajectory needs to be flat when swinging. If the trajectory of the swing is uneven, the club will likely touch the ground before hitting the ball, which will slow down the speed of hitting the ball and lose distance.

When using the putter, the elbows should be bent and relaxed. You only need to swing with the shoulders instead of your whole body (unlike other clubs).

認識不同球桿的特性

大多數高爾夫球桿專為特定類型的擊球而設計，只有少數球桿是具有多種用途。

球袋中不同球桿之間的主要區別在於桿頭的大小和形狀、桿身的長度，以及桿面傾角，即球桿面的角度。

在控制推桿的同時，亦應利用揮桿的幅度來控制擊球的距離，並且使用不同角度的球桿切面來控制擊球的高度。

例如56度切面的球桿能讓球被擊得更高，球在落地後也滾動得很少；而木桿因為長度比較長的關係，所以在揮桿時的軌跡需要平坦一些。如果揮桿時的軌跡不平均，球桿便有機會觸碰到地面後才擊球，這樣就會令擊出球的速度減慢而未能達到更遠的距離。

使用推桿時，肘部應彎曲並放鬆，你只需要用肩膀而不是整個身體來揮桿（不像其他球桿）。

Golf Private Lessons 高爾夫球私人課堂

If you are looking for improvement of your golf game, our Golf Professional Lau Yat Hung, Alain is available for Private or Semi-private lessons from Mondays to Saturdays with advanced booking. During the lessons, Alain is able to focus on specific areas of your game and will share his wealth of knowledge and experience.

想進一步提升你的高爾夫球技術的話，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。在課程中，Alain 會專注於改善你的缺點，讓你能提升技術，並與你分享他豐富的知識和經驗。預約課堂，請致電 2118 1707 查詢。

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

Success at Cyber Taekwondo Championships

During these times, when many events around the world have been cancelled due to the pandemic, many large-scale cyber competitions have been organized instead to provide players with a chance to perform. Participants submit videos of their performances, which are subsequently judged by professional judges.

The Pacific Club's junior Members have been actively participating in these video Taekwondo competitions. Under our expert coach's instruction and guidance, they have received many excellent results in different competitions around the world. Many congratulations to our Junior Taekwondo Team for their latest successes, detailed below:

視像跆拳道比賽成績優異

疫情期間，當世界各地的活動都被推遲時，很多大型比賽都改以視像比賽的方式，讓選手進行較量。參賽者透過拍攝演練短片，然後在指定時間內把影片傳送給賽會，再由賽會專業裁判作出評審。本會的年少會員亦參加了多項視像跆拳道賽事，在教練的訓練及指導下，奪得不少佳績。在此祝賀各位，並希望大家在日後能夠取得更多佳績。

2021 Online World Pattern Championships

Individual Patterns 個人套拳

Male 5 - 8 Years Old (Green Belt)

- 1st Runner-up 亞軍: William Ng
- 2nd Runner-up 季軍: Zachary Ho

Male 5 - 8 Years Old (Yellow Belt)

- 2nd Runner-up 季軍: Vincent Ng

Female 9 - 17 Years Old

- 1st Runner-up 亞軍: Jessica Yan



Tsum Tsum Painted Gunny Bag Workshop

During this fun, afternoon workshop, children will draw and paint their very own unique design on a hessian gunny bag, which can be taken home after the class.

Tsum Tsum 彩繪麻布袋製作坊

這製作坊將教授小朋友以布料專用的顏料，在麻布袋上作彩繪，喜歡畫畫的小朋友千萬不要錯過！課程於6月12日星期日舉行，適合5歲及以上的會員參加，收費 — 會員\$180，非會員\$300(包括課程當日的兒童遊戲室入場費)。

Date : Sunday 12th June

Time : (A) 2:00pm – 3:00pm

(B) 3:15pm – 4:15pm

Venue : Children's Playroom Library

Price : Member \$180, Guest \$300

(including Children's Playroom entrance fee)

Age : 5 years and above



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。課程於星期五及六舉行，適合4歲及以上之會員參加。6月份3堂收費 — 會員\$540，非會員\$570；4堂收費 — 會員\$720，非會員\$760。歡迎新學員參加！

Date : (A) Friday 10th, 17th & 24th June
(B) Saturday 4th, 11th, 18th & 25th June
(C) Saturday 4th, 11th, 18th & 25th June (Advanced Level)

Time : (A) (B) 4:30pm – 5:30pm
(C) 3:30pm – 4:30pm

Venue: Aerobics Room

Price : (A) Member \$540, Guest \$570 (for 3 lessons)
(B) (C) Member \$720, Guest \$760 (for 4 lessons)

Age : 4 years and above

Holiday Notice

Please note that all junior and adult group classes will be cancelled during Tuen Ng Festival on 3rd June.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於6月3日端午節公眾假期暫停舉行。

Rope Skipping Class

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

花式跳繩班

歡迎參加本會跳繩班，加強身體四肢的運動量及靈敏度，訓練個人反應和手腳協調，增強肌耐力和心肺功能，加速新陳代謝。課程於星期日舉行，適合7-12歲會員參加，6月份4堂收費 — 會員\$720，非會員\$760。

Date : Sunday 5th, 12th, 19th & 26th June

Time : 4:30pm – 5:20pm (50 mins)

Venue: Aerobics Room

Price : Member \$720, Guest \$760 (for 4 lessons)

Age : 7 – 12 years



Spot the differences

If you look carefully, you will find 10 differences between the two pictures. Can you find and circle them?

小朋友，請於兩圖中找出10個不同之處。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

Win a Fabulous Prize

Submit your answer to the Editor at Fax No. 2118 0209, email to jacqueline-leung@pacificclub.com.hk or pass your entry to the 2/F Reception. All correct entries will be placed into a draw to be held on Wednesday, 29th June. The winner will receive a fabulous prize.

贏取精美禮品

請將答案傳真至2118 0209；電郵至jacqueline-leung@pacificclub.com.hk；或交回二樓接待處。所有答中的小朋友均可參加於6月29日（星期三）舉行之抽獎，勝出者可獲禮物一份。



Junior Badminton Lessons

Our Junior Badminton Programme is held for junior players aged 6 to 16 years old. Come and join us for expert badminton instruction.

少年羽毛球—團體訓練班

本會羽毛球訓練班歡迎6-16歲會員參加，我們的專業教練會因應不同年齡及程度的學員，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。6月份課程除了於星期五晚上舉行外，現於星期一傍晚新增兩班課程。3堂收費 — 會員\$780，非會員\$810；4堂收費 — 會員\$1,040，非會員\$1,080。

Date : A) Monday 6th, 13th, 20th & 27th June ***New Time**

(B) Friday 10th, 17th & 24th June

Time : (A1) 5:00pm – 6:00pm ***New Time**

(A2) 6:00pm – 7:00pm ***New Time**

(B1) 6:30pm – 7:30pm

(B2) 7:30pm – 8:30pm

Venue : Aerobics Room

Price : (A1) (A2) Member \$1,040, Guest \$1,080 (for 4 lessons)

(B1) (B2) Member \$780, Guest \$810 (for 3 lessons)

Age : (A1) (B1) 6 – 10 years

(A2) (B2) 11 – 16 years

Junior Badminton Lessons (Private)

To really improve your child's badminton skills, engage the services of our Badminton Coach, who is available for Private Lessons with prior booking. Coaches will provide technical trainings for players with a competitive level, and beginners will increase their interest in badminton through fun games and drills.

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技巧，請參加由本會經驗豐富的專業羽毛球教練教授的私人羽毛球班。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

Wall Climbing

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

運動攀石訓練班

攀石是一項刺激而富挑戰性的體育活動，有助提升個人運動質素，其中包括強化體質，增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。課程於星期日舉行，適合6-10歲會員參加，6月份2堂收費 — 會員\$450，非會員\$570 (包括課程當日的兒童遊戲室入場費)。

Date : Sunday 19th & 26th June

Time : 2:00pm – 3:30pm

Venue : Children's Playroom (Climbing Wall)

Price : Member \$450, Guest \$570 (for 2 lessons, including Children's Playroom entrance fee)

Age : 6 – 10 years

Kids' Open Fun Session

Timetable in June 6月份兒童樂趣活動時間表

Session	Date	Time	Age
Green Arts & Crafts	Saturday, 11th	3:00pm – 4:00pm	4 – 10

English Drama Academy

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

英語話劇訓練班

本會經驗豐富的導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，來激發學員對學習英語的興趣。課程於星期三舉行，適合3-12歲會員參加，6月份4堂新收費 — 會員\$800，非會員\$840。

Date : Wednesday 8th, 15th, 22nd & 29th June

Time : (A) 5:30pm – 6:30pm

(B) 4:30pm – 5:30pm

(C) 10:00am – 11:00am

Venue : (A) & (B) Gym Activities Room

(C) Playroom Library

Price : Member \$800, Guest \$840 (for 4 lessons) ***New Price**

Age : (A) & (C) 3 – 5 years

(B) 6 – 12 years

* These classes are subject to the latest Prevention and Control of Disease Regulations by the Hong Kong Government.

所有課程將會因應香港政府最新公佈的《預防及控制疾病(禁止羣組聚集)規例》而有所更改

To enroll in any Junior Classes, please contact the 2/F Reception on 2118 1890. 課程報名，請致電2118 1890二樓接待處。

Sudoku© Puzzles by Pappocom

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

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

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

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

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

vivian-ng@pacificclub.com.hk by latest Friday, 17th June. Alternatively, you may pass your entry to the 2/F Reception Desk. All correct entries will be placed into a draw. The winner will receive a Set Dinner/Buffer for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in July. Good Luck!

請於6月17日(星期五)前將答案傳真至2118 0206、電郵至vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於7月份(星期一至四，特別節日活動除外)到The Island View餐廳享用二人晚市套餐或自助晚餐。祝各位好運！

Name 會員姓名：_____

Membership No. 會員編號：_____

Contact Tel. No 聯絡電話：_____

*Please note only one entry will be accepted per Membership 每個會籍只限參加一次

May
Solution
五月份
遊戲答案

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

Congratulations to the winner of last month's puzzle

恭喜上期得獎者

Mr Aiden Ho

Afternoon Tea

at the Oyster Bar



Treat yourself to a selection of homemade sweet and savoury delicacies, with a spotlight on the freshly-baked Scones with Jam and Cream. The Pacific Club Afternoon Tea is a wonderful way to spend an afternoon! The Pacific Club's Afternoon Tea is served daily, from 2:00pm to 5:30pm
\$298 for 2 persons, including Coffee or Tea
\$378 for 2 persons, including two glasses of Prosecco

太平洋會下午茶美食

歡迎前來Oyster Bar享用豐富美味的下午茶美食！我們的下午茶美食包括各式精緻可口的鹹味點心、甜味糕餅及自製果醬奶油烤餅等。

下午茶美食供應時間：每日下午2時至5時30分

收費：\$298供兩人用，包括紅茶或咖啡；\$378供兩人用，包括兩杯Prosecco



Live Sports at the Club Bar

With multiple screens and a great atmosphere, the Club Bar is the perfect place to watch the many live sporting events that are happening in June.

Call the Club Bar on 2118 1845 for more details.

精彩體育賽事 酒吧現場直播

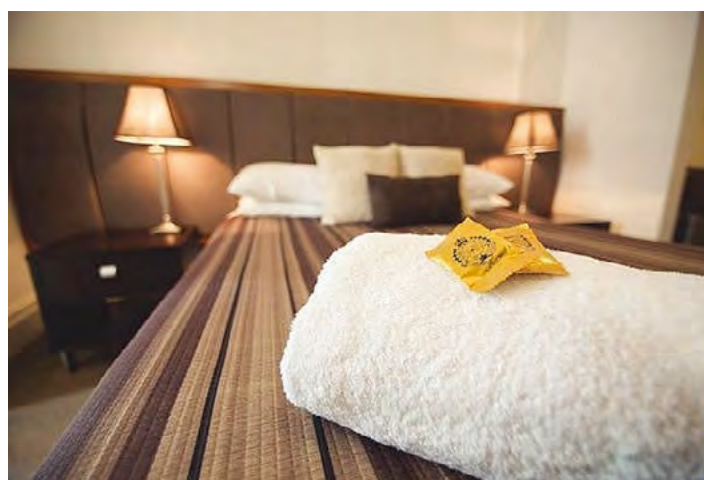
歡迎前來本會酒吧，在熱鬧的氣氛下觀看世界各地精彩體育賽事的直播。

Club Bar Opening Hours:

Monday - Friday: 11:00am - 11:00pm

Saturday, Sunday & Public Holidays: 10:00am - 11:00pm

United Service Club Brisbane, Australia



Located in Brisbane, Queensland, the United Service Club was originally formed as an officers' club for the Queensland Defence Force, for socialising and to promote the study of military and naval matters. It has evolved over the years to become a premium private members' club that welcomes civilian and military members both from within Queensland and the broader community.

The United Service Club offers dining options to suit a range of tastes and occasions. From à la carte to relaxed dining, the dedicated kitchen and food and beverage team are focused on providing members and guests with the most memorable dining experience when visiting the Club.

The Verandah & Terrace is a very popular spot to enjoy a meal on those perfect weather days in Brisbane. The menu is casual and relaxed. For a more formal meal, the Club's Dining Room is open for lunch and dinner, and has dress code requirements in the evenings. The Members' Bar and adjoining Military Bar provide the perfect oasis for time out from the hustle and bustle of the city. Simply wander in and enjoy coffee and cake – the cakes are all homemade by the Pastry Chef – or even a light lunch with friends, or catch up with colleagues and clients over a relaxing drink after work. This is also the perfect spot to meet prior to your lunch or dinner booking.

If you need space to work, the newly created co-working hub provides that perfect go-to spot where members can deal with business... in the heart of the city, amid the comfort of the Club. In the Reading Room, you'll find a sanctuary of peace and quiet, with comfortable armchairs surrounded by an extensive and eclectic library, artworks and memorabilia. Retreat to the Reading Room to read, enjoy a game of chess or catch up on emails.

And if you are looking for accommodation in the heart of Brisbane, the United Service Club provides quality accommodation for members of reciprocal clubs. All rooms feature ensuite bathrooms, televisions, air-conditioning, direct dial telephones, free wireless internet and personal bars.

So, if you are planning on traveling to Brisbane in the future, be sure to obtain a Letter of Introduction for the United Service Club – a place that welcomes Pacific Club Members.

United Service Club位於澳洲昆士蘭布里斯班，最初是作為昆士蘭國防軍的軍官俱樂部而成立，用於社交和促進對軍事和海軍事務的研究。經過多年後，它已經發展成為一間高級私人會所，會員來自昆士蘭及其他地區的市民和軍人。

United Service Club為了迎合不同人士的口味和配合不同場合的需要而提供多種餐飲選擇。無論是自選菜式到簡單餐點，專業的廚房和餐飲團隊都會專注於為會員及其客人在到訪會所期間提供最難忘的用餐體驗。

Verandah & Terrace是一個非常受會員歡迎的地方，可以讓他們在布里斯班極好的天氣下享用輕鬆簡單的美食。對於較正式的用餐，Club's Dining Room會於午餐和晚餐時段開放，而晚餐時段則設有特定的衣著要求。Members' Bar和毗鄰的Military Bar是遠離城市繁囂的好去處。悠閒地步入酒吧，享用咖啡和蛋糕——這些蛋糕都是糕點師傅親自製作——甚至可以與朋友共進午餐，或者在下班後與同事和客戶小酌一杯。這裡也是在享用午餐或晚餐之前與同伴相約見面的理想場所。

如果大家需要在市中心找尋一個工作空間，新建設的辦公中心為會員提供了一個完美的選擇，在這裡舒適地處理業務。在會所閱覽室，大家會發現這是一個寧靜祥和的地方；在舒適的扶手椅周圍環繞著廣泛而兼收並蓄的圖書、藝術品和紀念品；大家可以在閱覽室看書、下國際象棋或收發電子郵件。

如果大家需要在布里斯班市中心尋找住宿地點，United Service Club也為海外聯繫會所的會員提供優質的住宿服務。所有客房均設有套間浴室、電視、空調設施、電話服務、免費無線網絡和私人酒吧。

因此，如果大家將計劃前往布里斯班，請攜同本會的介紹信到訪United Service Club——一個熱烈歡迎太平洋會會員的地方。

For further information on this, or any other reciprocal club, please contact the Membership Services Centre on 2118 1802.

如欲查詢有關此會所或其他海外會所的資料，請致電2118 1802聯絡二樓會員服務中心。



Your Gateway to the Refined and Remarkable



Experience a serene yet sophisticated lifestyle right next to Victoria Harbour, the Gateway Apartments offers you the style and comforts of modern living in the heart of the prime shopping and entertainment centre. Elegantly designed with a timeless appeal, the lavishly furnished suites come with contemporary décor. With unobstructed views of Hong Kong's famous skyline, the Gateway Apartments gives the meaning of luxury lifestyle a new dimension.

