



薈
絮

七月號

PACIFIC VIEWS

July 2022



Private Events at Pier 6

Pier 6 Restaurant is a perfect venue to enjoy a lunch party bathed in bright sunlight or a dinner party under the glittering stars!

The restaurant's elegant, contemporary style with expansive floor-to-ceiling windows means everyone can enjoy the magnificent harbour view. We serve a private Set Lunch or Dinner from 35 to 62 people*, with exquisite food and excellent service. We are sure your party will be a memorable one.

Pier 6 is available for private party bookings from Monday to Sunday for lunch and dinner events.

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

Pier 6餐廳私人宴會

Pier 6餐廳是在燦爛陽光下享受午餐聚會，或在星光下舉行晚宴的最佳地點！

餐廳擁有舒適優雅的風格及落地玻璃窗設計，讓大家可以一邊享用美食，一邊欣賞美麗的維港景色。我們可為大家安排35至62人*的私人午餐或晚宴，提供美味的食物和優質的服務，必定讓你享受一個難忘的聚會。

Pier 6餐廳於星期一至日可供會員預訂舉行私人午餐及晚餐宴會。

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 parties will be subject to the latest Prevention and Control of Disease (Prohibition on Group Gathering) Regulations by the Hong Kong Government

宴會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

As the sun shines down, and the heat ramps up, the Pacific Club is your perfect, cool oasis to escape within the city.

The Club's extensive Junior Summer Programme is filling up fast, so please be sure to book your children's favourite activities now to guarantee your place. A listing of the many classes, clinics and workshops on offer can be found at the centre pages of this magazine.

Our restaurants offer many enticing promotions this month to suit tastes from around the world. On Friday nights, The Island View serves up a feast of Imperial French Poultry, featuring Quail, Pigeon, Duck and, of course, the finest Bresse Chicken. On Saturdays, we invite Members to join us for a

culinary Tour de France, with a fantastic range of dishes on the Buffet that reflect the regions from the famous cycling race. Full details can be found on pages 6-7.

At Pier 6 this month, Chef Daniel and his team introduce a fruity-inspired menu, making the most of the many in-season fruits of the summer. The menu is available from the 5th... don't miss it!

And at the end of the month, on the 29th, our Moët & Chandon Champagne Dinner at Pier 6 is sure to delight, with a variety of these iconic Champagnes paired with an incredible menu. Turn to page 4 for more information.

In Recreation, we bring details of one of the Club's signature events, to be held next month - the Pacific Club Annual Swimming Gala. Entry Forms are available now, so come and sign your children up today!

Finally, to those of you finally heading off on a summer vacation overseas now that travel restrictions are somewhat easing, I wish you a wonderful and relaxing holiday and we will see you back at the Club soon. For those of you staying in Hong Kong, I look forward to seeing you around the Clubhouse this month.

親愛的會員，

在太陽高照、氣溫炎熱的天氣下，太平洋會是你遠離城市熱浪，享受涼快、舒適的最佳地方。

本會今年的少年暑期活動反應熱烈，很多課程也快將滿額，如果你還未為孩子們報名的話，請翻至本刊的中間內頁了解各項活動的詳情，豐富內容包括各種主題的課程、工作坊及日間夏令營，欲免向隅，請儘快報名。

本月份，各餐廳將舉行多項非常吸引的餐飲推廣活動，以迎合大家對世界各地美食的不同口味。於星期五晚上，The Island View將於自助晚餐中送上最優質的法國家禽盛宴，包括鵝鶉、鴿子、鴨子等，當然還有最著名的布雷斯雞。而到了星期六晚上，我們邀請大家前來參與環法美食之旅，屆時在自助餐中，我們將帶來著名單車比賽途經的多個地區的美味佳餚，有關詳情請參閱第6-7頁。

在Pier 6餐廳，總廚Daniel和他的團隊亦將從本月5日開始推出一份以水果為靈感的菜單，充分利用夏季的許多時令水果來烹調多款菜式，請不要錯過！隨後於29日，我們亦會在Pier 6舉辦一場Moët & Chandon香檳晚宴，介紹多款具標誌性的香檳並搭配美味菜式，有關詳情請參閱第4頁。

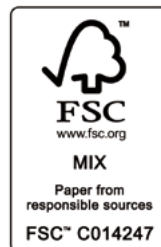
在康體活動方面，我們向大家宣佈本會其中一項年度重頭活動——太平洋會少年游泳比賽——即將於下個月舉行。請立即索取報名表格，為孩子們報名吧！

最後，在旅遊限制有所放寬的情況下，大家終於可以到海外歡度假期，在此祝你們將度過一個輕鬆愉快的假期，並很快再與大家在會所見面；而對於將會留港的會員，我亦期待你們於這個月仍光臨會所。

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



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“警察”由 Harbour City Estates Ltd 旗之下太平洋會出版。“警察”乃一月刊並只給予太平洋會會員及指定人士閱讀。如未獲編者書面許可，刊內之圖片及文章不得翻版或發行。

Moët & Chandon Champagne Dinner

with Mr Leo Jockovic, Brand Education Manager



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

由品牌培訓經理Mr Leo Jockovic主持

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，並同時享用特別為搭配各款佳釀而設計的美味晚餐。

晚餐收費：每位\$1,088，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

Price : \$1,088 per person

Reservations: 2118 1878

Moët & Chandon Imperial Brut

Moët & Chandon Imperial Brut Magnum

Marinated Hokkaido Scallops

Pink Grapefruit, Espelette Pepper

Moët & Chandon Impérial Rosé

Seared Beef Tataki

Charred Avocado, Pickled Cucumber

Moët & Chandon Grand Vintage 2013

Atlantic Turbot

Hazelnuts, Lemon and Brown Butter Sauce

Moët & Chandon Grand Vintage Rosé 2012

Yellow Chicken Suprême and Confit

Morel Sauce, Kohlrabi and Truffle

Tartelette of Marinated Grapes

Rosé Champagne Sorbet

(All wines will be served in limited quantities)

*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。



By Tommy Ko, Membership Manager

撰文：會籍部經理 - Tommy Ko

In this issue of Pacific Views, I am pleased to announce that Membership has now been reopened for applications. As you are aware, Membership has been closed for some time, and after careful review, we will now consider new applications for Debenture Memberships.

Please note that both Individual and Corporate Memberships are by invitation and with limited allotment only. An Individual Membership has a debenture issued to an individual owner and supplementary cards are issued to the spouse and children (up to the age of 21 years). A Corporate Membership, on the other hand, has a debenture issued to the owning corporation. This corporation then assigns the Memberships to its nominees. This type of Membership allows companies flexibility, allowing easy redesignation.

If you have friends or relatives who may be interested in a Pacific Club Membership, or if you have any questions relating to any Membership matters, please contact the Membership Office on 2118 1802.

在今期薈絮中，我很高興向大家宣佈，會籍申請現已重新開放。誠如大家所知，會籍申請已暫停了一段時間，經過我們仔細考慮，本會現正接受新的債券會籍申請。

請注意，個人或公司的會籍申請都需要通過本會邀請而獲得，並且名額有限。本會會向個人會籍持有人發行債券，並為其配偶和子女(不超過21歲)提供安排附屬卡；而本會會向公司會籍持有機構發行公司名義的債券，該會員公司可提名其行政人員及家屬成為會員，這類型的會籍可使會員公司更有靈活性，亦可隨時更換提名人。

如果閣下有親戚朋友對太平洋會的會籍感到興趣，或者對會籍事宜有任何查詢，請致電2118 1802與會籍部聯絡。

No Idling Engines Please!

In an effort to reduce greenhouse gas emissions, and to generally improve air quality, Members and their drivers are required to switch off vehicle engines when stationary on the Club premises. Anyone who does not comply will be asked to leave the Club premises. Should there be any further violation of such parking regulation; the Membership Committee will consider suspending the parking privileges of the relevant Member.

請關掉引擎！

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

Rental Lockers

The Club has a number of Rental Lockers available at the 2/F Spas and 4/F Tennis Lobby for Members' convenience. Lockers are charged on a monthly basis. A half-size locker is \$150 and a quarter-size locker is \$100 per month at the Spas. A half-size locker is \$420 per quarter at the Tennis Lobby.

Each Member may rent more than one rental locker, subject to availability.

For enquiries and availability of these lockers, please contact the 2/F Reception Desk on 2118 1890.

私人儲物櫃

本會二樓更衣室及四樓網球部大堂內仍有一些私人儲物櫃可供會員租用，所需費用將會按月收取。設置於更衣室內的大型儲物櫃為每月\$150，小型儲物櫃為每月\$100，而設置於四樓網球部的大型儲物櫃則為每3個月\$420。

會員可視乎供應情況租用多過一個儲物櫃。

如欲查詢有關詳情，請致電2118 1890與二樓接待處聯絡。



Cold Appetiser Promotion

Start your meal in style with Chef Keung's special Cold Appetisers this month at Bauhinia. Come and try Marinated Black Fungus with Balsamic Vinegar and Lemon or Cold Bean Curd with Dried Minced Pork and Preserved Egg.

紫荊閣 — 涼菜推介

於7月份，強師傅將於紫荊閣為大家送上特色涼菜，包括意大利黑醋鮮檸小雲耳、皮蛋肉鬆凍豆腐，以及其他精選菜式。訂座請致電2118 1892。

Date : 1st - 31st July
Venue : Bauhinia Restaurant
Reservations: 2118 1892



Friday Nights

Imperial French Poultry Dinner Buffet

At this month's Friday Night Island View Dinner Buffet, we are serving up a feast of the finest French poultry. Come and enjoy a variety of delicious dishes using the very best poultry ingredients including Bresse Chicken, Quails and Hens, Alsacian Duck Rillettes and Foie Gras; as well as Pigeons from Burgundy.

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

週五自助晚餐 法國家禽美食

於7月逢星期五晚上，The Island View將於自助晚餐中為大家送上最優質的法國家禽盛宴。前來享用多款以最優質家禽食材烹製的美味佳餚，包括布雷斯雞、鵝鶉及母雞、阿爾薩斯鴨肉片及鵝肝，以及勃艮第鴿子等。

自助晚餐收費：成人\$458，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 Friday in July
Time : Dinner
Venue : The Island View Restaurant
Price : \$458 Adults, \$225 Children
Reservations: 2118 1846

This Month at Bā Ramen

The Dish of the Month at Bā Ramen is Crab Meat and Lobster Bisque Ramen with Tarragon and Umami Tomato. Be sure to come and try it!

拉麵閣 — 7月份精選推介

於7月份，拉麵閣為大家送上蟹肉龍蝦湯拉麵配龍蒿及鮮味番茄，絕對不能錯過！



Saturday Nights

Tour de France Dinner Buffet

In July, our Saturday Night Dinner Buffet takes Members on a culinary tour around France! Join our Tour de France – from “Le Nord”, Alsace, the Alps, Burgundy, through Provence and the Pyrenees to the capital Paris. Discover the classic dishes that place France rightfully at the helm of the culinary world, including Croquembouche, Tarte Flambée, Raw Milk Cheeses, Foie Gras, Oysters and Atlantic Seafood, Crème Brûlée and Crêpes to name only a few of the delights that our brigade of chefs will prepare.

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

週六自助晚餐

環法美食之旅

歡迎於7月份逢星期六前來The Island View享用自助晚餐，加入我們的環法美食之旅——從“北部”、阿爾薩斯、阿爾卑斯山、勃艮第，再穿過普羅旺斯和比利牛斯山脈到達首都巴黎！屆時，我們的廚師團隊將準備多款令法國理所當然地成為烹飪界掌舵人的經典菜餚，包括泡芙塔、火焰薄餅、生牛奶芝士、鵝肝醬、生蠔及大西洋海鮮、焦糖布丁及可麗餅等。

自助晚餐收費：成人\$498，小童\$250。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 July

Time : Dinner

Venue : The Island View Restaurant

Price : \$498 Adults, \$250 Children

Reservations: 2118 1846



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*

Date : Every Sunday in July

Time : 12:00noon to 2:30pm

Venue : The Island View Restaurant

Price : \$358 Adults, \$185 Children

Reservations: 2118 1846

太平洋會 — 週日自助午餐

於7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，到各種冷熱開胃菜及主菜，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。

訂座請致電2118 1846。

**只適用於週日自助午餐時段*



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

Fascia Exercise Training

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

筋膜運動訓練

本會的筋膜訓練課程會教導大家利用牆壁、地氈、小工具及各種運動模式去了解筋膜組織及如何提升它的活動能力，幫助改善骨骼槓桿力、肌力和平衡感的認知，運用筋膜路線圖，鍛鍊出一個有型格的體姿。課程適合16歲及以上人士參加，7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 4th, 11th, 18th & 25th July

Time : 1:30pm – 2:30pm

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

Venue : Aerobics Room

Age : 16 years and above

Instruction: Please note this class is taught in Cantonese only

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 numerous calories.

Funky Dance跳舞班

於星期三及六舉行的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。課程適合16歲及以上人士參加，7月份4堂收費：會員\$720，非會員\$1,200。

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

(B) Friday 8th, 15th, 22nd & 29th July

Time : (A) 11:00am – 12:00noon

(B) 12:00nn – 1:00pm

Venue : Aerobics Room

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

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

Age : 16 years and above

Jazz Dance

Come and learn a variety of unique step-by-step Jazz Dance routines and get a total body workout at the same time. Jazz Dance is great way to stay in shape and de-stress!

爵士舞班

參加本會的爵士舞班可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歲及以上人士參加，7月份4堂收費：會員\$720，非會員\$1,200。

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

Time : 3:00pm – 4:00pm

Venue : Aerobics Room

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

Age : 16 years and above

Pilates Mat

Pilates Mat is an exercise system focusing on improvement of flexibility and strength for whole body without building bulk. It is a series of controlled movements engaging your body and mind. During the lessons, participants focus on core training and improvement of body posture. Training aids such as Pilates balls and elastics bands are used, allowing participants to effectively master the Pilates exercise technique.

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歲及以上人士參加，7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 5th, 12th, 19th & 26th July

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



Summer Holiday Personal Training Package for Students *New*

Summer is a perfect time for one-on-one Personal Training. In the month of July, we offer a 5-lesson Personal Training Package promotion to students 14 years and above for just \$2,900 (original price \$3,250). The package is valid for two months.

Book your Personal Training appointment with our Personal Trainers now by calling 2118 1863.

私人健身課程 — 學生暑期優惠

於7月份，本會為14歲及以上的學生會員送上私人健身課程優惠，可以優惠價\$2,900購買5堂私人健身課程(原價\$3,250)。

想藉著暑期鍛鍊身體及學習正確的健身方法，請即致電2118 1863與各私人教練預約。請注意，是項優惠課程有效日期為2個月。

Muscle Training

Flexibility and muscle strength training are complementary. Join our weekly Muscle Training class to train muscular endurance, and increase torso stability and coordination of various joints through mat exercises. This class is aimed at those who want to enhance physical fitness, improve body response and increase 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。課程於星期二舉行，適合16歲及以上人士參加，7月份3堂收費：會員\$540，非會員\$900。

Date : Tuesday 12th, 19th & 26th July
Time : 3:30pm – 4:20pm **New Time**
Price : Member \$540,
Guest \$900 (for 3 lessons)
Venue : Aerobics Room
Age : 16 years and above



Special Discount

Pilates Personal Training Package **New**

In the month of July, Members can enjoy a special discount on a 10-session package of Pilates Personal Training. Sessions are directed by our professional Pilates Instructors, who have extensive experience in postural facilitation and functional movement and stability.

To book your lessons, please contact the Gym Reception on 2118 1863. The package is valid for one month and each Member can buy a maximum of 2 packages during this promotion.

普拉提私人訓練課程優惠

本會在7月份，為各位會員送上私人普拉提訓練課程優惠。會員可以特別優惠價\$7,000(10堂，原價\$7,200)購買私人普拉提訓練課程。普拉提訓練能強化身體肌肉、矯正不良體形、增強協調能力、增加身體敏銳增強及柔軟度。各會員如想藉此改善好身體狀態，請即致電21181863與各普拉提教練預約課程。請注意是項課程優惠有效日期為1個月，而每位會員最多只可購買兩個課程。

Coaching Session	10-Lesson Package
1 hour	\$7,200 \$7,000

Schedule in July 七月份課程

Monday

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

Tuesday

Morning Water Aerobics	10:00am – 11:00am (A) 11:30am – 12:30pm (B)
Pilates Mat	11:45am – 12:45pm
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Muscle Training	3:30pm – 4:20pm
Evening Water Aerobics	7:30pm – 8:30pm

Wednesday

Tennis Team Training	10:00am – 12:00noon Ladies
Funky Dance	11:00am – 12:00noon (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	12:00nn – 1:00pm (B)
Stretching Exercise	3:00pm – 4:00pm (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (B)

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)

Sunday

Zumba Fitness	10:00am – 10:45am
Yoga	11:00am – 12:00noon (E)
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Sunday Social Tennis	5:00pm – 7:00pm

* 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。

July 2022

Wine Home Delivery Service

7月份餐酒送貨服務

Order Form 餐酒訂購表格

A special selection of Moët & Chandon Champagnes for Members' enjoyment.

Free delivery will be provided for purchase of HK2,500 and above, excluding Outlying Islands.

本月為會員介紹多款Moët & Chandon香檳。凡購滿\$2,500及以上可獲免費送貨服務，離島除外。

Item		Per Bottle	Quantity	HK\$
Moët & Chandon Imperial Brut	150cl	748		
Moët & Chandon Imperial Brut	75cl	345		
Moët & Chandon Rosé Impérial	75cl	398		
Moët & Chandon Grand Vintage 2013	75cl	498		
Moët & Chandon Grand Vintage Rosé 2012	75cl	578		
Moët & Chandon Imperial Brut x 6 bottles	75cl x 6	1,798		
Moët & Chandon Imperial Moët & Chandon Rosé Impérial Moët & Chandon Grand Vintage 2013 Moët & Chandon Grand Vintage Rosé 2012	set	1,718		

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

Pan-fried Jumbo Prawn in Soy Sauce

This month, I would like to introduce one of the most popular dishes at Bauhinia - Pan-fried Jumbo Prawn in Soy Sauce.

This delicious dish can easily be made by anyone, even a kitchen novice! If you cannot come to enjoy it at Bauhinia, why not try to cook it yourself at home?

豉油皇煎大蝦

今期我想為大家介紹本會紫荊閣其中一道非常受歡迎的菜式——豉油皇煎大蝦。

這道菜式的做法非常簡單，即使是廚房新手也能輕易做出來，如果你未能前來紫荊閣品嚐，何不嘗試在家中親自烹煮呢？



With Chef Yip Tsang Keung
Executive Chef Bauhinia Restaurant

撰文：紫荊閣總廚——葉增強師傅



1. Wash the prawn. Cut off the tentacles and remove the intestines.
2. Use kitchen towel to absorb any water on the prawn.
3. Coat the prawn with a little corn starch and pan-fry in a wok with hot oil for 2 - 3 minutes. Set aside.
4. Stir-fry the sliced ginger, spring onion sections and minced garlic in a little oil.
5. Add the fried prawn and stir-fry again.
6. Mix all seasonings together. Add the mixture with the prawn and fry over a high heat for a while.
7. Add a little sesame oil. Serve!

Note: Adjust the amount of ingredients and seasonings according to the number of prawns you are cooking.

1. 先將大蝦洗淨，剪去蝦腳，清除蝦腸。
2. 用廚房紙巾吸乾蝦殼的水份。
3. 在大蝦上沾上少許生粉，放入鑊中用熱油煎2-3分鐘。倒起備用。
4. 用少許油爆香薑片、蔥段、蒜茸。
5. 然後放入已煎好的大蝦再爆香。
6. 混合所有調味料，加入大蝦中拌勻。
7. 最後加少許麻油即成。

註：材料及調味料的份量可隨蝦隻數量而略為增加

Ingredients:

- Indonesian Jumbo Prawn 1 pc
- Sliced Ginger Around 8 slices
- Spring Onion 2 stalks, sectioned
- Minced Garlic A little
- Corn Starch A little
- Sesame Oil A little

Seasonings:

- Soy Sauce ½ tsp
- Sweet Dark Soy Sauce ¼ tsp
- Sugar ¼ tsp
- Pepper Powder A little
- Seafood Sauce A little

材料：

- 印尼大花蝦 一隻
- 薑片 約8片
- 蔥 兩條，切段
- 蒜茸 少許
- 生粉 少許
- 麻油 少許

調味料：

- 生抽 ½茶匙
- 甜老抽 ¼茶匙
- 糖 ¼茶匙
- 胡椒粉 少許
- 海鮮醬 少許

Ping Shan Chai



Hidden high in the hills below the mighty mountain range of Pat Sin Leng, the upland valley of Ping Shan Chai, is a lush forest wonderland.

This trail involves a lot of uphill walking and it goes to remote areas, so bring plenty of water. Walking time: 4 hours.

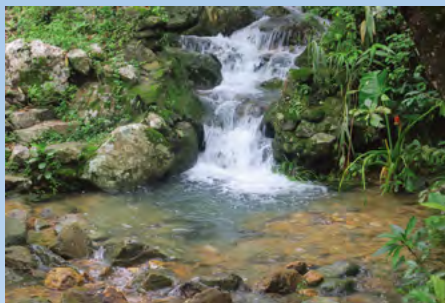
Travel to Tai Po Market MTR station, take the underpass opposite Exit A and find green

minibus 20P, which leaves every 6-15 minutes. Stay on board until the last stop at Fung Yuen. Walk straight ahead for 10 minutes to the Butterfly Reserve, which is on the other side of a footbridge. Past the reserve, a sign points straight ahead to Cloudy Hill and Sha Lo Tung. Follow it uphill.

As you climb the steps onto open hillside, a great view of Tai Po and Tolo Harbour opens up behind you. Eventually your path joins a single-track road which you must continue following uphill. It delivers you to the green, fertile valley of Sha Lo Tung, which is criss-crossed by mountain streams and irrigation channels that once fed farmers' paddy fields.

The track leads you to Cheung Uk village, which is almost all ruined and overgrown, except for one house that is run as a village cafe. It only seems to operate on sunny weekends. If it is open, you can stop in here for cold drinks, noodles or tofu dessert.

The path carries on across watery fields that are being restored to their original natural state by an environmental group. This upland valley is known for its abundance of butterflies and dragonflies.



At the fork with three signposts, turn right towards Ping Shan Chai. The path runs beside a fast-moving stream, and crosses it by stone and wooden bridges. The sound of rushing water can be heard from all sides.

When there are gaps in the trees, you can glimpse the ridgeline of Pat Sin Leng, which rises high above the valley. It's easy to stay on the path. After a bridge takes you over a wide point of the stream, your path leads across what was once a flat field, and on the other side you find the stone ruins of the long-abandoned Ping Shan Chai village. It's hard not to wonder about the lives of the farmers, hunters and grass-cutters who lived in this isolated location long ago.

The trail climbs a little now, but soon joins a major path in the form of the Wilson Trail. Turn left to follow its steps downhill to the calm waters of Hok Tau reservoir, and then follow the waterworks road down to Hok Tau village. Green minibus 52B is waiting to carry you to Fanling MTR station.



平山仔

隱藏在八仙嶺壯麗山脈下方的山丘上，平山仔的高地山谷是一片鬱鬱蔥蔥的樹林仙境。

今次行程需要大量的上坡步行路段，並且會前往偏遠地區，因此請帶上充足的飲用水。步行時間：4小時。

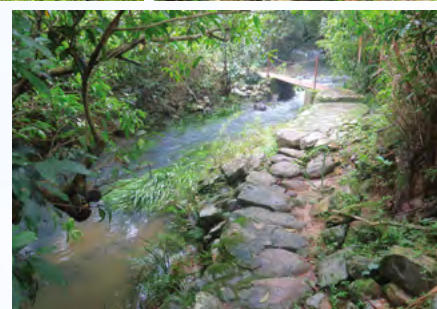
前往大埔墟港鐵站，前往A出口對面的地下人行道搭乘20P專線小巴，每隔6-15分鐘一班車。乘車至鳳園總站下車，直行10分鐘即可到達位於人行天橋另一側的蝴蝶保護區。過了保護區，前方有一個路標指向多雲山和沙螺洞，沿著此路上山。

當你步上梯級到達開闊的山坡上時，大埔和吐露港的美景就在你身後展開。最後，路徑會進入一條單行公路，你必須繼續沿著上山方向前行，然後你會到達翠綠茂盛的沙螺洞山谷，這裡縱橫交錯的山澗溪流和灌溉渠道曾為農民的稻田提供養分。

路徑會繼續帶你到達張屋村，那裡除了一棟用作經營鄉村咖啡屋的房子外，幾乎所有地方都被毀壞和雜草叢生。咖啡屋似乎只在陽光明媚的週末期間營業，如果它是開放的，你可以在那裡停下來享用冷飲、麵食或豆腐甜品。

路徑會穿過水田，一個環保組織正在將其恢復到原來的自然狀態。這個高地山谷以棲息大量蝴蝶和蜻蜓而聞名。

到達一個設有三個路標的分岔路口時，右轉前往平山仔。這條小路建於一條湍急的溪流旁邊，可踏過大石和木橋穿過。四面八方傳來嘩嘩的水聲。



當經過樹木的縫隙時，你可以瞥見高高聳立在山谷上方的八仙嶺山脊線，停在路上並不危險。走過一座橋越過溪流的寬闊處後，小路會穿過曾經平坦的田野，而另一邊是廢棄已久的平山仔村石頭遺址。很難想像昔日住在這個偏遠地區的農民、獵人和割草者的生活是怎樣的。

這條小路現在有點上斜，但很快就連接衛奕信徑的其中一條主要路徑。左轉沿其梯級下山至平靜的鶴藪水庫，然後沿水廠路走至鶴藪村。乘坐52B專線小巴可回到粉嶺港鐵站。

Living like a Mr. Donothing
Hong Kong Solo Exhibition
30.6.2022-11.8.2022

Gallery by the Harbour
海港城·美術館
Shop 207, Level 2, Ocean Centre,
Harbour City, Tsim Sha Tsui
尖沙咀海港城海洋中心二樓207號舖
Opening Hours
開放時間: 11am-10pm

HARBOUR CITY
海港城

“Living like a Mr. Donothing” Exhibition 只想無所事事Mr. Donothing香港展覽

In the hustle and bustle of modern life, we are always busy – whether at work, at school, or even at home. Mr. Donothing's all-white, “colorless” body is an embodiment of people who have lost their delight and motivation amid busy lives. Neither a fictional nor cartoon character, Mr. Donothing is everyone's mirror image. We are either Mr. Donothing or Ms. Donothing – admit it, “doing nothing” is on our “to-do list”. Despite being a luxury that only a few can afford, we must remember that each of us has our own value even if we do nothing at all.

This exhibition features a selection of Mr. Donothing, through which the designer hopes to present the lifestyle of doing nothing, and offer some hope and comfort to the souls who need a space for rest.

世界太快，上班忙、上學忙，甚至在家也忙。Mr. Donothing的全白外型象徵為生活奔波，失去動力和光芒的現代人。Mr. Donothing不是虛構人物，也不只是卡通人物——他是你和我生活寫照，我們每個人都是Mr. Donothing或Ms. Donothing。他是現代人心底最想做的一件事——甚麼也不做。「Do nothing」對很多人來說是奢侈的願望，但其實即使甚麼也不做，每個人仍然有其價值。

本次展覽展出Mr. Donothing歷年精選作品，設計師希望大眾對這角色的故事產生共鳴，領會「Doing nothing」的生活態度，並找到喘息空間。願Mr. Donothing能成為他們百忙中的安慰和希望。

Exhibition Period and Venue 展期及地點

30 June to 11 August
11am – 10pm

Gallery by the Harbour 海港城·美術館
Shop 207, Level 2, Ocean Centre, Harbour City
海港城海洋中心二樓207號舖

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

HARBOUR CITY
海港城



Summer Fruits at Pier 6

Peaches, Nectarines, Apricots, Melons and Cherries...

Summer, of all seasons, gives us some of the best fruits of the year, and here at Pier 6, we are looking forward to preparing a range of stunning dishes where the fruit is the star!

Accompanied by beautiful produce such as duck foie gras, salt marsh lamb loin and tender duck breast, the marriage of sweet fruits and savoury flavours is not to be missed.

Marinated Crab Meat Sweet Peaches Crème Fraîche	\$198
Seared Foie Gras Glazed Apricots Pistachios	\$208
Langoustines Carpaccio Nectarines Dulce Tomatoes	\$248
Grilled Lamb Loin Glazed Apricots Raspberry Vinegar	\$398
Fillet of Sea Bass Charred Peaches Green Asparagus	\$368
Seared Duck Breast Marinated Cherries Celeriac	\$348
Peach Melba Raspberries Tahiti Vanilla	\$ 98

Pier 6餐廳 — 夏季水果菜式

桃子、桃駁李、杏果、蜜瓜及櫻桃...

在四季中，夏季為我們帶來了一年中最美味的水果。於7月份，Pier 6餐廳將會為大家準備一系列以水果為主角的美味佳餚！

搭配鵝肝、鹽沼羊腰肉及嫩鴨胸肉等精選食材，水果的香甜與鹹的調味結合，實不容錯過。

Date : 5th - 31st July
Venue : Pier 6 Restaurant
Reservations: 2118 1878



Flatbread Frenzy!

Come and enjoy our freshly-cooked flatbreads, served at the Club Bar throughout the month of July. Baked to order, our delicious flatbreads will surely satisfy any cravings and accompany your drinks. Simply perfect!

Rosemary Garlic Olive Oil (V)	\$ 68
Meatballs Mozzarella Basil	\$108
Marinated Prawns Fennel Sour Cream	\$138
Grilled Vegetables Parmesan Arugula (V)	\$ 88
Bolognese Ragout Parmesan Arugula	\$108
Chicken Curry Coriander Pickled Onions and Mango	\$118
Mozzarella Garlic Cherry Tomatoes Olives (V)	\$ 88
(V) Vegetarian	

7月份會所酒吧美食推介

扁烤餅狂熱！

於整個7月份，會所酒吧將為大家帶來扁烤餅美食！歡迎前來享用以不同配料即叫即製的新鮮扁烤餅，再加上你喜歡的飲品，簡直是完美的配搭！



Afternoon Tea with Alqvimia Aromatherapy Workshop

Oasis of the Mind



In August, in conjunction with the luxury Spanish aromatherapy skincare brand ALQVIMIA, we are hosting a special Afternoon Tea Workshop. Come together with a friend to learn about the incredible properties of this completely natural brand, whilst enjoying a delicious Afternoon Tea.

When you see babies, do you envy their innocence? It is their instinct to cry, to express their feelings. As the years pass and life experiences increase, we become more complex and less straightforward. When we face challenges and feel stressful, our tense and negative emotions affect our mood, life and health. The oasis is constantly supplied with spring water all year round, so how can our spiritual oasis be nourished?

Alqvimia, an aromatherapy brand from Spain, uses 100% natural aromatherapy essences to relieve mental stress and restore physical health, balance and joy.

This fantastic Workshop will include :

- What is Aromatherapy?
- Alqvimia Brand Introduction
- Blending Alqvimia Oil for Relaxation, Energizing or Sweet Dreams
- Enjoy Afternoon Tea time!

Date : Saturday, 20th August

Time : 3:30pm – 5:30pm

Venue : Pier 6 Restaurant

Price : \$428 for two persons

(The price includes afternoon tea set served with coffee or tea, and two glasses of Kir Royal)

Language : English & Chinese

To reserve your place, please call the 2/F Reception 2118 1890.

下午茶工作坊

ALQVIMIA「心靈的綠洲」

本會將於8月20日(星期六)下午，與西班牙香薰護膚品牌ALQVIMIA聯手以「心靈的綠洲」為主題舉辦下午茶工作坊，我們誠邀大家前來探索ALQVIMIA香薰護膚產品的奧秘。

當你看見嬰兒時，可會羨慕他們的天真？哭就是他們的本能，表達他們的感受。隨着歲月流逝和人生閱歷增加，我們變得複雜不易率性坦然了。面對壓力，我們製造了情緒、亞健康，影響我們的心情、生活和健康。綠洲終年不斷有泉水供應，那麼我們的心靈綠洲又如何被滋養呢？

來自西班牙的香薰大師ALQVIMIA將為你的心靈綠洲注入活水，運用天然香薰精華紓解身心靈壓力，恢復身體健康、平衡愉悅。

工作坊內容包括：

- 講解何謂香薰治療
- ALQVIMIA香薰品牌介紹
- 親手調配個人的香薰
- 享用精選下午茶美食

二人同行參與工作坊和享用下午茶餐(包括咖啡或茶，及Kir Royal調酒兩杯) — 收費：\$428。

參加者除可以8折優惠選購ALQVIMIA產品外，更可親手調配個人香薰。工作坊將以中、英文講解，名額有限，請致電2118 1890報名。

Throughout July

Summer Offer

at Club Bar and Oyster Bar

7月份會所酒吧及Oyster Bar 夏日美酒推介



Minuty Prestige Rose

AOP Côtes de Provence 2020
Grenache, Syrah, Cinsault, Tibouren
Powerful and well balanced, with notes of citrus and red fruits.

酒體強勁而平衡，帶有柑橘和紅色水果的香氣

By glass每杯：\$108

By bottle每瓶：\$360



Chateau D'esclans

Whispering Angel Rose 2019
Grenache, Cinsault, Vermentino
Creamy, smooth, citrus, floral, peach, red cherries.
酒體潤滑細膩，含柑橘、花香、桃子、紅櫻桃的香氣。

By glass每杯：\$98

By bottle每瓶：\$320



Monte dall'Ora 'Sausto' Valpolicella Classico Superiore 2018

Corvina 40%, Corvinone 30%, Rondinella 20%, Croatina and Oseleta 10%
Medium-bodied, warm and smoked aromas, deep and intense
中等酒體，帶暖和及煙燻香氣，深沉而強烈

By bottle每瓶：\$570

Sassy Cider - The Virtuous

Made from 100% Normandy pears (12 varieties) grown and harvested near the Chateau de Sassy.
100% natural and without added sugars, colourings, additives, preservatives

由100%諾曼第梨(12個品種)製成，在Chateau de Sassy附近種植和採收100%純天然，不添加糖、色素、添加劑、防腐劑

By bottle每瓶：\$70



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 July 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7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。

Aperol Spritz Festival

at the Club Bar

Throughout July

7月份會所酒吧推介

意式Aperol Spritz氣泡調酒

於7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



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

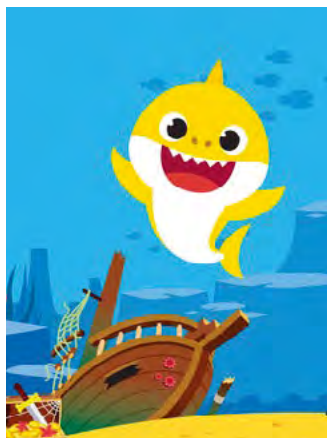
Baby Shark Music Concert (3 – 6 years)

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

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



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 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)

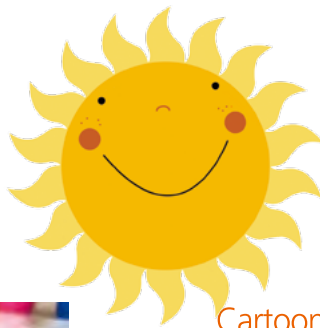
This workshop will teach children to make a special Sumikko Gurashi Crystal Ball, which can be taken home after the class.

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 - 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

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師！

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

Time : 2:00pm–4:00pm





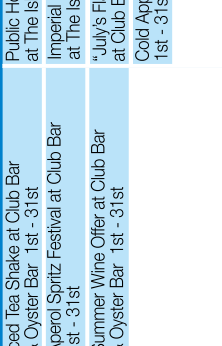
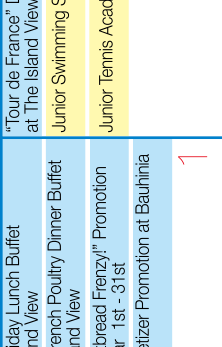
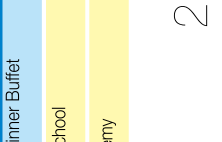
Venue : Harbour Room, 1/F

Price : Member \$2,800, Guest \$3,000






EVENT CALENDAR 活動日誌

July 2022

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<div> <div>  </div> <div> Junior Summer Programme in July & August 2022 </div> </div>		<div>  </div>		<div>  </div>		<div>  </div>		<div>  </div>		<div>  </div>		<div>  </div>	
<div> <div> Please contact the 2/F Reception on 2118 1890 for details. </div> <div> Sunday Lunch & Dinner Buffet at The Island View Every Sunday & Public Holiday </div> </div>		<div> <div> Ladies' Monday Tennis </div> <div> Sunday Lunch & Dinner Buffet at The Island View </div> </div>		<div> <div> Summer Fruit Dishes at Pier 6 5th - 31st </div> <div> Moët & Chandon Champagne Dinner at Pier 6 29th </div> </div>		<div> <div> Tennis Team Training </div> <div> Imperial French Poultry Dinner Buffet at The Island View </div> </div>		<div> <div> Yoga </div> <div> Public Holiday Lunch Buffet at The Island View </div> </div>		<div> <div> Yoga / Water Aerobics </div> <div> Imperial French Poultry Dinner Buffet at The Island View </div> </div>		<div> <div> Junior Tennis Academy </div> <div> "Tour de France" Dinner Buffet at The Island View </div> </div>	
<div> <div> Zumba Fitness / Yoga </div> <div> 2 </div> </div>		<div> <div> Yoga </div> <div> 1 </div> </div>		<div> <div> Water Aerobics </div> <div> 8 </div> </div>		<div> <div> Funky Dance </div> <div> 9 </div> </div>		<div> <div> Yoga / Water Aerobics </div> <div> 10 </div> </div>		<div> <div> Junior Swimming School </div> <div> Junior Tennis Academy </div> </div>		<div> <div> Junior Tennis Academy </div> <div> Junior Swimming School </div> </div>	
<div> <div> Sunday Junior Tennis </div> <div> 3 </div> </div>		<div> <div> Fascia Exercise Training </div> <div> 4 </div> </div>		<div> <div> Pilates Mat Class </div> <div> 5 </div> </div>		<div> <div> Tennis Team Training </div> <div> 6 </div> </div>		<div> <div> Tennis Team Training </div> <div> 7 </div> </div>		<div> <div> Stretching Exercise / Funky Dance </div> <div> 8 </div> </div>		<div> <div> Junior Tennis Academy </div> <div> Junior Swimming School </div> </div>	
<div> <div> Sunday Social Tennis </div> <div> 10 </div> </div>		<div> <div> Men's Double Training </div> <div> 11 </div> </div>		<div> <div> Muscle Training </div> <div> 12 </div> </div>		<div> <div> Funky Dance </div> <div> 13 </div> </div>		<div> <div> Tennis Team Training </div> <div> 14 </div> </div>		<div> <div> Stretching Exercise / Funky Dance </div> <div> 15 </div> </div>		<div> <div> Junior Tennis Academy </div> <div> Junior Swimming School </div> </div>	
<div> <div> Sunday Lunch & Dinner Buffet at The Island View </div> <div> 16 </div> </div>		<div> <div> Men's Double Training </div> <div> 17 </div> </div>		<div> <div> Muscle Training </div> <div> 18 </div> </div>		<div> <div> Funky Dance </div> <div> 19 </div> </div>		<div> <div> Tennis Team Training </div> <div> 20 </div> </div>		<div> <div> Stretching Exercise / Funky Dance </div> <div> 21 </div> </div>		<div> <div> Junior Tennis Academy </div> <div> Junior Swimming School </div> </div>	
<div> <div> Sunday Junior Tennis </div> <div> 23 </div> </div>		<div> <div> Fascia Exercise Training </div> <div> 24/31 </div> </div>		<div> <div> Muscle Training </div> <div> 25 </div> </div>		<div> <div> Funky Dance </div> <div> 26 </div> </div>		<div> <div> Tennis Team Training </div> <div> 27 </div> </div>		<div> <div> Stretching Exercise / Funky Dance </div> <div> 28 </div> </div>		<div> <div> Junior Tennis Academy </div> <div> Junior Swimming School </div> </div>	
<div> <div> Sunday Social Tennis </div> <div> 30 </div> </div>		<div> <div> Men's Double Training </div> <div> 31 </div> </div>		<div> <div> Muscle Training </div> <div> 32 </div> </div>		<div> <div> Funky Dance </div> <div> 33 </div> </div>		<div> <div> Tennis Team Training </div> <div> 34 </div> </div>		<div> <div> Stretching Exercise / Funky Dance </div> <div> 35 </div> </div>		<div> <div> Junior Tennis Academy </div> <div> Junior Swimming School </div> </div>	

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

August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior Summer Programme In August 2022  Please contact the 2/F Reception on 2118 1890 for details.	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training 1	Water Aerobics Pilates Mat Class Muscle Training 2	Tennis Team Training Funky Dance 3	Early Bird Social Tennis Yoga Jazz Dance Tennis Team Training 4	Friday Dinner Buffet at The Island View Yoga / Water Aerobics Stretching Exercise / Funky Dance Junior Swimming School 5	Saturday Dinner Buffet at The Island View Junior Swimming School Junior Tennis Academy 6
Sunday Lunch & Dinner Buffet at The Island View Zumba Fitness Yoga Sunday Junior Tennis Sunday Social Tennis 7	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training 8	Water Aerobics Pilates Mat Class Muscle Training 9	Tennis Team Training Funky Dance 10	Early Bird Social Tennis Yoga Jazz Dance Tennis Team Training 11	Friday Dinner Buffet at The Island View Yoga / Water Aerobics Stretching Exercise / Funky Dance Junior Swimming School 12	Saturday Dinner Buffet at The Island View Junior Swimming School Junior Tennis Academy 13
Sunday Lunch & Dinner Buffet at The Island View Zumba Fitness Yoga Sunday Junior Tennis Sunday Social Tennis 14	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training 15	Water Aerobics Pilates Mat Class Muscle Training 16	Tennis Team Training Funky Dance 17	Early Bird Social Tennis Yoga Jazz Dance Tennis Team Training 18	Friday Dinner Buffet at The Island View Yoga / Water Aerobics Stretching Exercise / Funky Dance Junior Swimming School 19	Saturday Dinner Buffet at The Island View Afternoon Tea with ALQVIMIA Aromatherapy Workshop Junior Swimming School Junior Tennis Academy 20
Sunday Lunch & Dinner Buffet at The Island View Zumba Fitness Yoga Sunday Junior Tennis Sunday Social Tennis 21	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training 22	Water Aerobics Pilates Mat Class Muscle Training 23	Tennis Team Training Funky Dance 24	Early Bird Social Tennis Yoga Jazz Dance Tennis Team Training 25	Friday Dinner Buffet at The Island View Yoga / Water Aerobics Stretching Exercise / Funky Dance Junior Swimming School 26	Saturday Dinner Buffet at The Island View Junior Swimming School Junior Tennis Academy 27
Sunday Lunch & Dinner Buffet at The Island View Pacific Club Annual Swimming Gala 2022 Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis 28	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training 29	Water Aerobics Pilates Mat Class Muscle Training 30	Tennis Team Training Funky Dance 31	Afternoon Tea with ALQVIMIA Aromatherapy Workshop 20th 		

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

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



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)

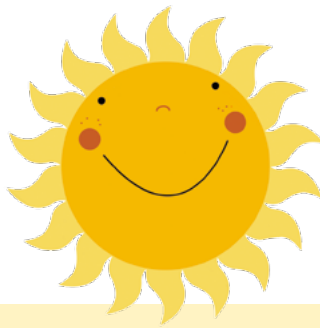
This fun course will teach the processes and principles of remote control cars. Participants can master numerous aspects of remote control cars, including model making and understanding the technology they use.

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

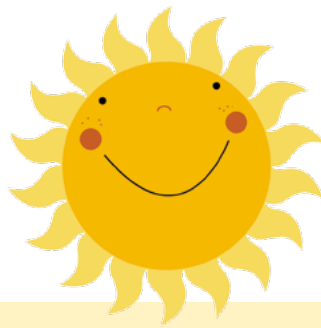
For enrollment, please contact the 2/F Reception on 2118 1890 報名請致電 2118 1890



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)



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 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

- 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。

'Afterlife' Tennis Ball Recycling Initiative

'Afterlife' is an initiative that aims to raise sustainability awareness through the recycling of used tennis balls. The initiative has been launched by Sports for Hope Foundation's founder Marie-Christine Lee and former Hong Kong player Tong Ka Po with two main stages. In its first stage, used tennis balls collected from clubs and LCSD tennis courts will be up-cycled to produce tennis art furniture, which will be displayed and then auctioned off to support charitable causes. In stage 2, they plan to send the balls to produce soles for kids' sneakers.

The Up-cycling Bin is currently placed at the 4/F Tennis Lobby. We appreciate your support in helping to collect used tennis balls and thereby minimizing the impact our sport has on the environment.

'Afterlife'旨在透過回收使用過的網球來提高人們對可持續性的認識，此計劃由運動燃希望基金創始人利蘊珍和前香港網球選手湯嘉寶發起，計劃分為兩個主要階段：在第一階段，從會所及康文署網球場收集使用過的網球將會被製作成藝術傢俱，這些傢俱將會被展示和拍賣，以作慈善用途；在第2階段，他們計劃將網球用於生產兒童運動鞋的鞋底。

回收箱現設置於四樓網球部大堂，我們感謝大家支持幫助收集使用過的網球，出一分力盡量減少我們的運動對環境造成影響。



Holiday Notice

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

課程暫停舉行

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



Sunday Social Tennis

Sunday Social Tennis is held on every Sunday evening in July. 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行的「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 3rd, 10th, 17th, 24th & 31st July
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



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. 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至16歲的小會員參加。7月份課程收費 – A班(3½ - 6歲，5堂)：會員\$1,050，非會員\$1,650；B班(6 - 16歲，5堂)：會員\$1,400，非會員\$2,000。(備注：此訓練活動以月費形式支付)

Date : Saturday 2nd, 9th, 16th, 23rd & 30th July
 Time : A) 10:00am – 11:00am
 B) 11:00am – 1:00pm
 Price : A) Member \$1,050, Guest \$1,650 (for 5 lessons)
 B) Member \$1,400, Guest \$2,000 (for 5 lessons)
 Age : A) 3½ – 6 years
 B) 6 – 16 years
 Venue : Indoor Tennis Courts
 Capacity : (A) 3 – 12pax (B) 3 – 16pax

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 with our expert coaches. Please note each clinic is limited to 10 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10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 4th, 11th, 18th & 25th July
 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 Tennis Courts



Tennis League Teams' Schedule

Home Matches in July 網球聯賽 — 7月份主場賽事

DATE	TEAM	MATCH TEAMS
Friday, 8th July Friday, 22nd July Friday, 29th July	Junior (Division B)	Pacific Club vs Ladies Recreation Club Pacific Club vs Aberdeen Marina Club Pacific Club vs Hong Kong Football Club
Monday, 18th July	Men's (Division A)	Pacific Club vs Club De Recreio
Tuesday, 12th July	Men's (Division B)	Pacific Club vs Kowloon Tong Club
Wednesday, 6th July	Men's (Division C)	Pacific Club vs Ladies Recreation Club 2

* 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

Leadership : Six Studies in World Strategy

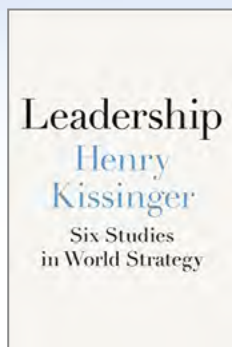
by Henry Kissinger

Henry Kissinger analyses how six extraordinary leaders he has known have shaped their countries and the world. 'Leaders,' writes Henry Kissinger in this compelling book, 'think and act at the intersection of two axes: the first, between the past and the future; the second between the abiding values and aspirations of those they lead. They must balance what they know, which is necessarily drawn from the past, with what they intuit about the future, which is inherently conjectural and uncertain. It is this intuitive grasp of direction that enables leaders to set objectives and lay down a strategy.' In Leadership, Kissinger analyses the lives of six extraordinary leaders through the distinctive strategies of statecraft which he believes they embodied.

To each of these studies, including how Lee Kuan Yew created a powerhouse state in Singapore, Kissinger brings historical perception, public experience and - because he knew each of their subjects, and participated in many of the events he describes - personal knowledge. The book is enriched by insights and judgements such as only he could make, and concludes with his reflections on world order and the indispensability of leadership today.

Henry Kissinger分析了他認識的六位傑出領導人如何塑造他們的國家和世界。他在《Leaders》這本引人入勝的書中寫道，「在兩條軸線的相交點思考和行動：第一，在過去和未來之間；第二，在他們所領導的人的持久價值觀和抱負之間。他們必須平衡他們所知道的（必然來自過去）與他們對未來的直覺（這本質上只是推測和不確定的）。正是這種單憑直覺對方向的控制使領導者能夠設定目標並制定戰略。」在《Leadership》一書中，Kissinger通過對六位他認為是非凡領導人所體現的獨特治國策略分析了他們的生活。

對於這當中的每一項研究，包括李光耀如何在新加坡創建一個強國，Kissinger帶來了歷史認知、公眾體驗，以及因為他了解他們的每一個主題，並且參與了他所描述的許多事件而得來的個人知識。這本書充滿了只有他才能做出的洞察力和判斷，並以其對當今世界秩序和領導力不可或缺的反省作為結尾。



Nothing But The Truth : Stories of Crime, Guilt and the Loss of Innocence

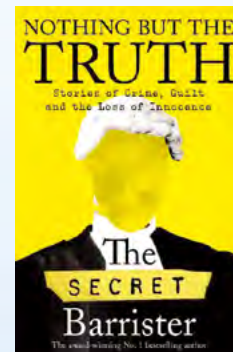
by The Secret Barrister

A memoir full of hilarious, personal and surprising stories from their working life. Just how do you become a barrister? Why do only 1 per cent of those who study law succeed in joining this mysteriously opaque profession? And why might a practising barrister come to feel the need to reveal the lies, secrets, failures and crises at the heart of this world of wigs and gowns? Nothing But The Truth charts an outsider's progress down the winding path towards practising at the Bar, taking in the sometimes absurd traditions of the Inns of Court, where every meal mandates a glass of port and a toast to the Queen, to the Hunger Games-type contest for pupillage, through the endlessly frustrating experience of being a junior barrister - as a creaking, ailing justice system begins to convince them that something has to change. Full of hilarious, shocking and surprising stories, Nothing But The Truth tracks the Secret Barrister's transformation from hang 'em and flog 'em, austerity-supporting twenty-something to campaigning, bestselling, reforming author whose writing in defence of the law is celebrated around the globe. It asks questions about what we understand by justice, and what it takes to change our minds. It also reveals the darker side of working in criminal law, and how the things our justice system gets wrong are not the things most people expect.

在這一本回憶錄中，充滿了他們工作生活中的搞笑、個人和令人驚訝的故事。你如何成為一名大律師？

為什麼只有1%的法律專業人士能夠成功加入這個神秘不透明的職業？為什麼一名執業大律師會覺得有必要揭露這個假髮和禮服世界核心中的謊言、秘密、失敗和危機？在《Nothing But The Truth》一書中描繪了一個局外人在取得大律師資格的曲折實習過程，接受了律師學院中有些荒謬的傳統，例如每餐飯都要求喝一杯波特酒並向女王致敬，進行如飢餓者遊戲式的學生競賽，通過作為一名初級大律師的無盡挫折經歷——作為一個吱吱作響、充滿病態的司法系統開始說服他們必須改變一些事情。

充滿搞笑、令人震驚和驚訝的故事，《Nothing But The Truth》追踪了秘密大律師的轉變，從支持執行絞刑及鞭刑，到緊縮支持20多歲人士參與競選，這本由暢銷、改革作家為捍衛法律而寫的著作享譽全球。書中提出了一些問題，例如我們對正義的理解，以及如何可以改變我們的想法。它還揭示了刑法工作的陰暗面，以及我們司法系統出錯的原因並非大多數人所期望的。



From now until 31st July, 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7月1日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
204 Pacific Place, Admiralty

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



Fujifilm X-T4



Nikon FE film camera (1978)



Olympus OM-D



Nikon Z fc



Sony A7iv

Camera Aesthetics

Public information about new cameras concentrates mostly on technical features, performance, and price, but there's one other aspect of camera design that is quite important to many potential buyers. That aspect is the aesthetic appeal of the design. Does it look cool? Does it look beautiful?

Some cameras may be very technically competent in their ability to produce good images, but they may not score well on how they look. Conversely, some cameras look great but don't necessarily perform well. "Cool" and "beautiful", are subjective terms. It all depends on personal taste.

One of the definitely popular aesthetic styles for camera design is summed up as the "retro" look. Retro is a term that means the design is inspired by cameras from a different era. In particular, some new camera designs are an attempt to look like cameras from the 1960s, 1970s and 1980s.

The design of the Fujifilm X-T series of cameras definitely harks back to the 1970s and 1980s. There is no effort by Fujifilm to make their cameras look futuristic. It's a marketing choice to meet the preferences of their chosen customer base. Some Olympus cameras mimic the look of their film cameras from the 1960s and 1970s.

Canon has mostly avoided retro styling, but Sony and now even Nikon have recognised the need for at least some of their models to satisfy that desire of some customers for retro coolness. Personally, I like the retro styling. But you should, of course, choose whatever stirs your aesthetic emotions.

相機美學

有關新相機的公開資訊都主要集中在其技術上的特色、性能和價格，但在相機設計上還有另一部分是對許多潛在買家來說非常重要的，就是設計上的美觀吸引力。它看起來型格嗎？它看起來很漂亮嗎？

有些相機可能在技術上有非常高的能力拍攝出好的影像，但在外觀上卻得分不高；相反，有些相機看起來很出眾，但性能不一定很好。“型格”和“漂亮”都是主觀術語，這完全取決於個人喜好。

相機設計中絕對流行的美學風格之一被總結為“復古風”。“復古”是一個術語，代表設計靈感來自不同時代的相機。特別的是，一些新相機設計正試圖回復1960、1970和1980年代的相機外觀。

Fujifilm X-T系列相機的設計絕對可以追溯到1970和1980年代。Fujifilm並未致力讓他們的相機看起來具有未來感，這是一種營銷選擇，可以滿足他們目標客戶群的偏好。此外，部分Olympus相機也模仿了1960和1970年代菲林相機的外觀。

Canon基本上避開了復古造型，但Sony甚至Nikon現在都已經意識到至少需要一些型號來滿足部分客戶對復古型格的渴望。就個人而言，我喜歡復古風格，但當然大家都應該選擇符合自己喜好的相機。

Ankle Sprain

Last month at the French Open, German tennis player, Alexander Zverev severely sprained his ankle in the semi-final, causing a complete tear on all three outer ligaments. He then underwent surgery for repair. An ankle sprain is one of the most common injuries of lower extremities. It is also the most easily neglected injury, caused by overstretching or twisting the ankle joint beyond its normal range of motion. The treatment method and the recovery time varies; it could take from days to months, depending on the grade of injury.

Why is it easy to re-injure an old ankle sprain?

It is important to only return to sports after an injury is fully recovered, but do you know what "fully recovered" is, and does pain-free mean a full recovery? When your ankle is pain-free and manages daily activities well, it does not necessarily mean that it is ready to return to sports. A good rehabilitation program includes restoring full range of motion, rebuilding strength, balance and proprioception, and reintroducing high impact loads progressively.

This month we are going to look into specific exercises for ankle sprains to prevent re-injury.

足踝關節扭傷 — 「拗柴」

於上個月，德國網球員茲韋列夫在今年的法國網球公開賽四強賽中嚴重扭傷腳踝，導致三條外側韌帶全撕裂，需要接受手術治療。足踝關節扭傷，俗稱「拗柴」，是最常見的下肢損傷之一，同時也是最容易被忽視的損傷。足踝關節扭傷是由於足踝關節過度拉伸或扭轉，超出其正常活動範圍而引起的。因應不同的受傷程度，治療方法和康復時間都會有所不同。

為什麼曾經扭傷的腳踝會容易再次受傷？

待傷患完全康復後才再次進行運動是非常重要的，但你知道「完全康復」的定義是什麼嗎？無痛就等於完全康復了嗎？當腳踝不再疼痛並且能夠良好地進行日常活動時，這並不代表它已準備好重新開始運動。一個良好的康復計劃包括恢復足踝關節的活動幅度，重建力量、平衡和本體感覺，以及循序漸進地增加負荷。

今期我們將深入了解針對腳踝扭傷的練習，以防止再次受傷。

Exercise 1 - Short Foot Exercise

Aim: Activate the intrinsic muscles of the feet, which support the arches of the feet, and also enhance the proprioception of the feet

1. Stand with your knee slightly bent
2. Place your foot in a neutral position
3. Shorten the distance between the heel and the forefoot, and raise your foot arch

Hold for 10 seconds and repeat 3 to 6 times. Make sure you are raising the foot arch, but not curling your toes.

動作1 — 縮足運動

目的：刺激足部的內在肌肉，支撐足弓，同時增強足部的本體感覺

1. 站立，膝蓋微曲
2. 將腳掌置於中立位置
3. 縮短腳跟和前掌的距離，抬高足弓

保持10秒，重複3-6次。留意是抬高足弓，而非捲曲腳趾。



Start 開始姿勢



End 完結姿勢



Incorrect Posture 錯誤姿勢



By Tennis Coach, Cindy Ng

撰文：網球教練 — Cindy Ng

Exercise 2 - Standing Calf Raise

Aim: Rebuild muscle strength and promote loading to the injured ankle

1. Stand with your feet hip-width apart
2. Lift yourself up as high as you can onto your toes
3. Then lower your heels down

Raise for 10 repetitions and repeat for 1 to 3 sets. To progress, you may shift the loading to the injured side or perform on a single leg.

動作2 — 站立提踵

目的：重建肌肉力量，同時慢慢增加受傷腳踝的負荷

1. 站立，雙腳分開與臀部同寬
2. 盡量抬起腳跟
3. 然後將腳跟放低

抬起腳跟10次，重複1-3組。在掌握基礎動作後，你可以將重心偏向受傷的一側或單腳進行訓練。



Start 開始姿勢



End 完結姿勢

Exercise 3 - March and Hold

Aim: Enhance balance and proprioception

1. March alternatively for 3 times (left, right & left)
2. Hold for 1 to 2 seconds
3. Continue the march (right, left & right), and repeat

Hold for 10 seconds and repeat for 1 to 3 sets. In this exercise, you would need to balance on both sides, and you could compare the difference in balance between your injured and non-injured side. To progress, you might try to bounce softly.

動作3 — 踏步及平衡

目的：增強平衡和本體感覺

1. 交替踏步3次(左、右、左)，停止，保持單腳站立
2. 保持平衡1-2秒
3. 繼續踏步3次(右、左、右)，重複動作

保持平衡10次，重複1-3組。在這個練習中，你需要在兩側保持平衡，同時可以比較左右兩邊的平衡差異。在掌握基礎動作後，可以嘗試以小跳步代替踏步。





Exercise 4 - Single Leg Stance with Switching Dumbbell

Aim: Enhance balance and proprioception

1. Stand on one leg while holding a dumbbell in your hand
2. Shift the dumbbell from one side to the other side, and hold for 1 second
3. Maintain balance throughout the exercise

Perform for 10 to 20 times and repeat for 1 to 3 sets. During the exercise, you might find some imbalance caused by the weight shift. Choose a suitable weight for the exercise, a heavier weight would create a larger weight shift, and vice-versa.

動作4 — 單腳站立及交替啞鈴

目的：增強平衡和本體感覺

1. 單腳站立，手握啞鈴
2. 將啞鈴從左手交替到右手，保持1秒
3. 在整個運動過程中保持平衡

交替10-20次，重複1-3組。在這個練習中，你可能會發現交替啞鈴時會造成的一些不平衡，請選擇合適的重量進行鍛鍊，重量愈大，造成的不平衡會愈大，反之亦然。

Exercise 5 - Alphabet Exercise

Aim: Restore full range of motion to the ankle joint

1. Sit on the floor with your leg straight in front of you
2. Rest your calf on a roll of towel
3. Use your foot to write the letters of the alphabet from A to Z in the mid-air

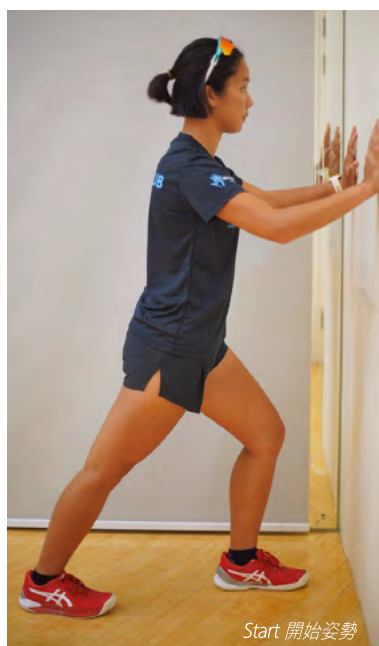
Repeat 1 to 3 times.

動作5 — 字母練習

目的：提升足踝關節的活動幅度

1. 坐在地板上，雙腿伸直向前
2. 將小腿放在捲起的毛巾上
3. 用腳在半空中寫從 A 到 Z 的字母

重複1至3次。



Start 開始姿勢



End 完結姿勢

Exercise 6 - Calf Stretch

Aim: Restore full range of motion to the ankle joint and release tightened muscles

1. Stand about arms-length from the wall and place both hands on the wall
2. Extend one foot (the stretching side) behind you with the heel on the ground, and the other foot closer to the wall
3. Lean forward with your hips until you feel a stretch in the calf
4. Hold for 30 seconds and change sides

Muscle tightness, post-injury, is due to the protection system, called "muscle guarding". It is very common. Tightness in the calf muscles could hinder the ankle from restoring full range of motion, and increase the risk of re-injury. Therefore, stretching the calf muscles is very important in ankle sprain rehabilitation and prevention.

動作6 — 小腿伸展

目的：提升足踝關節的活動幅度，舒緩繃緊的小腿肌肉

1. 站在牆壁前一隻手臂遠的位置，雙手放在牆壁上
2. 將一隻腳(伸展一側)伸展到身後，腳跟著地，另一隻腳靠近牆
3. 臀部前傾，直到感覺小腿有拉伸感
4. 保持30秒，然後換另一邊

受傷時，由於受到「肌肉防衛性收縮」的保護機制，受傷後的肌肉繃緊是很常見的。小腿肌肉的繃緊會阻礙足踝關節的活動幅度，同時會增加再次受傷的風險。因此，拉伸小腿肌肉對於足踝關節扭傷的康復和預防都非常重要。

The above exercises may not be suitable for all patients due to the differences in the grades of injury and the stages of rehabilitation. All training should be done gradually, depending on your conditions. Stop if you feel any discomfort during the training, and seek help from professionals.

因應不同的受傷程度和康復進度，以上的動作練習未必適合所有患者。所有訓練都應該循序漸進，因應個人情況作出調整，如在練習的過程中感到不適，應立即停止訓練，並向專業人士尋求協助。

Updated Member Contact Details

更新會員聯絡資料

Please complete this Reply Slip and return it by email to membership@pacificclub.com.hk or to 2/F Reception Desk
請填妥以下回條並以電郵發送至membership@pacificclub.com.hk或把回條交到二樓接待處

A. Principal Contact Information (for main cardholder) 主要聯絡資料 (供主咭持有人)

Name of Member 會員姓名	Membership Number 會員編號
Email Address (for Monthly Statement) 電郵地址 (收取月結單)	
Email Address (for Member Notices) 電郵地址 (收取會員通告) <input type="checkbox"/> Same as Monthly Statement 與月結單電郵地址相同 <input type="checkbox"/> Other Email Address 其他電郵地址 _____	
Residential Address 居住地址	
Telephone Number 電話號碼	Mobile Phone Number 手提電話號碼
Company Name 公司名稱	
Office Address 公司地址	
Position 職位	Telephone Number 電話號碼

Please ✓ in the boxes below for your options for Mailing Instructions 請於方格內 ✓ 以選擇郵寄方式

1. Monthly Statement 月結單

- or ☐ By Email 電郵 ☐ Statement Shown Without Company Name 月結單不顯示公司名稱 or ☐ With Company Name 顯示公司名稱
☐ By Mail 郵寄 ☐ To Residential Address 居住地址 or ☐ To Office Address 公司地址

2. Club Magazine 會刊

- ☐ No Printed Hard Copy to be Mailed (You may view E-version of Club Magazine on Club's Website)
or 不收取郵寄印刷本 (你可到會所網頁瀏覽電子版本)
☐ By Mail 郵寄 ☐ To Residential Address 居住地址 or ☐ To Office Address 公司地址

3. Member Notices – By Email Only 會員通告 – 只可以電郵收取 or ☐ Not Required 不需收取

B. Supplementary Contact Information (for supplementary cardholder / contact person)

附加聯絡資料 (供附屬咭持有人 / 聯絡人)

Name of Member 會員姓名	Name of Contact Person 聯絡人姓名
Membership Number 會員編號	Position 職位
Mobile Phone Number 手提電話號碼	Telephone Number 電話號碼
Email Address 電郵地址	Email Address 電郵地址
For Receiving 以收取 <input type="checkbox"/> E -Statement 月結單 <input type="checkbox"/> Member Notices 會員通告	For Receiving 以收取 <input type="checkbox"/> E -Statement 電子月結單 <input type="checkbox"/> Member Notices 會員通告

Note: G.P.O. Box is not accepted as correspondence address. 注意：郵政信箱不接納為通訊地址

Signature of Main Cardholder 主咭持有人簽名

Date 日期

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 5th, 12th, 19th & 26th July
(C) Friday 8th, 15th & 22nd & 29th July

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

Venue : Swimming Pool

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

Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 5th, 12th, 19th & 26th July
(B) Friday 8th, 15th & 22nd & 29th July

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 5th, 12th, 19th & 26th July

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

本會瑜伽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 July 7月份頭髮產品優惠

Alter Ego Miracle Color Conditioner, 300ml ~~\$200~~ \$180

This Miracle Color Conditioner moisturizes and nourishes effectively giving hair incredible softness, silkiness, and shine without weighing it down.

Alter Ego堅果杞子抗氧染後護髮素，300毫升

護髮素溫和呵護頭髮，使頭髮變得輕型，充滿光澤和柔滑感，防止乾燥；同時能延緩染後髮色減褪，使頭髮色調均勻持久。

Revlon Style Masters Creator Memory Spray, 150ml ~~\$200~~ \$180

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

露華濃造型系列：靈活造型噴霧，150毫升

一款適合所有髮質使用的定型噴霧。每天只需使用噴霧一次，便可隨時重新整理頭髮造型，或靈活改變不同的髮型。在乾髮上噴上產品，使用時請小心避免接觸到眼睛。

Orofluido Heat Protector Spray, 150ml ~~\$250~~ \$225

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

Orofluido高溫保護噴霧，150毫升

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



This Month's Promotion



10% Discount on Full Head Highlight Treatments

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

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

全頭顏色挑染9折優惠

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



Perfect Putting

Many people think that putting is easy and thus neglect to practice. In fact, 40 percent of shots on the course are made on the green. Putting is a huge proportion of a golfer's strokes per round, and therefore improving putting is the most effective way to reduce strokes. The key to winning or losing a game is never how hard or how far you drive the ball, but how good you can apply your skills. To reduce strokes, you must practice putting in the right way.

Standing

Firstly, stand with your feet parallel and bend your knees slightly. Note that the width of your feet should be the same as the width of your shoulders. This position helps to balance your body. You can also make a little adjustment according to your own preference. Drop your hands naturally from your shoulders and allow your arms to bend. Once you are ready, hold the club so that it is just under your eyes. When you aim at the ball, let the club hang naturally and in line with your left forearm.

Grip

When gripping the club, your hands should be in harmony. If one arm is higher than the other, it will affect the path of the shot. Cross your hands together and gently grasp the putter grip. Make sure your left arm follows the intended path of the putter. Never hold the club too tightly to avoid increasing the pressure of the club.

Hit the Ball

When you hit the ball with a putter, the power is driven by the shoulders and arms. The power of the wrist should be avoided as much as possible. Minimize body movement and try not to move your centre of gravity. Observe the green before hitting the ball, and imagine the power you need and the ideal path, then aim and push the ball gently. Finally to complete the putt, you should not retract the club immediately after putting the ball, otherwise you will not be able to putt smoothly.

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

使用推桿的技巧

很多人認為推桿很簡單，因而疏於練習。實際上，在球場上有四成的推桿是在果嶺推桿區域進行的。推桿是球手每回合桿數裡佔比例最高的部分，所以改善推桿是降低桿數最快速的方法。比賽的勝負關鍵從來不是發球的力度或距離，而是如何好好運用你的技巧。想降低你的桿數，就必須要以正確的方法練習推桿。

站姿

首先分開雙腳平行站立，膝蓋微曲，要注意雙腳分開的寬度要和肩膀的寬度一樣，這樣能令身體平衡，你亦可以根據自己的情況作出少許調整。把雙手自然地從雙肩下垂，手臂可以彎曲。準備好姿勢後握住球杆，讓它剛好在你的眼睛下面，當你瞄球的時候，讓球杆自然垂下，和左手前臂成一條直線。

握杆

握桿時，雙手應該協調一致，如果其中一臂高於另一臂，便會影響到擊球的路線。將雙手交叉在一起，輕輕抓住推桿握把，確保左手臂跟隨預想的推桿路線。千萬不要過度用力握住球桿，以免加重球桿的壓力。

擊球

用推杆擊球時，力量是由雙肩和兩臂帶動的，應盡量避免使用手腕的力量。儘量減少身體的移動，努力做到不移動身體重心。擊球前先觀察果嶺，然後想像出需要的力度和理想路線，瞄準後把球輕輕推出。最後完成收桿動作，而不應在推球之後就馬上收回球桿，否則便無法平穩推球。

Golf Private Lessons

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

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

高爾夫球私人課堂

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

Private Lessons (1 pax)

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

Semi-Private Lessons (2 pax)

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

Contact the 4/F Tennis Reception on 2118 1707 for Golf Lesson booking details. 查詢及報名，請致電2118 1707。

A Stunning Phalaenopsis Arrangement

1. Fill a glass container half full with flat moss.
2. Place a mini plant inside the glass container and fill in the empty space with more flat moss.
3. Add a wire on the stalk of Cactus Plant and insert it into the flat moss.
4. Move all stems of Phalaenopsis to one side of the large flower pot.
5. Remove the soil at the other side.
6. Place the glass container (Step 1 & 2) and other mini plants inside the large flower pot.
7. Fill in the empty space with the soil (Step 5).

美麗的蘭花擺設

1. 在玻璃器皿內放入半滿的扁地衣。
2. 將一盆迷你植物放入玻璃器皿內，再用扁地衣填滿周圍的空隙。
3. 在仙人掌植物的莖上加上一條鐵絲。
4. 將所有蝴蝶蘭移植到大花盆的一側。
5. 挖走另一側的泥土。
6. 將玻璃器皿(步驟1及2)及其餘的迷你植物放入大花盆內。
7. 用泥土(步驟5)填滿周圍的空隙。



What You'll Need:

- A Large Pot of Phalaenopsis with 2-3 stems of flowers
- 3 - 4 Mini Plants
- Cactus Plant
- Flat Moss
- A Small Glass Container (can fit a mini plant inside)
- Wire

材料：

- 一盆大的蝴蝶蘭，有2-3支花
- 3-4盆迷你植物
- 仙人掌植物
- 扁地衣
- 一個細小的玻璃器皿 (可放入一盆迷你植物)
- 鐵絲



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.

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分鐘療程後能打造年輕美肌，令肌膚綻放年輕美態。



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

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

This treatment is a brand-new skin-revitalizing solution to stimulate circulation and fortify skin to fight against various skin problems. Featuring cutting-edge innovation and pioneering science, indulge in a potent formula enriched with alginic acid, stem cells and collagen. The treatment 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。

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。



Junior Badminton Lessons (Private)

To really improve your child's badminton skills, book a Private Lesson with our fantastic Badminton Coach.

Private Lessons

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

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

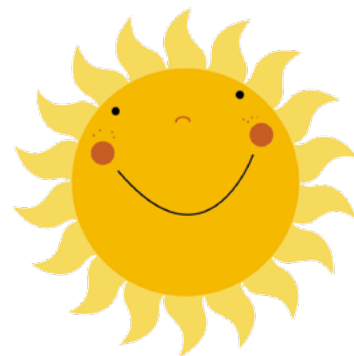
少年羽毛球 — 私人課程

想學習羽毛球技術，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，學習羽毛球知識及技巧。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



Junior Summer Programme

The Pacific Club is simply the best place for your children this summer! There are numerous classes in our Junior Summer Programme available throughout July August. Be sure to turn to the centre pages of this magazine for all the details.

兒童暑期活動

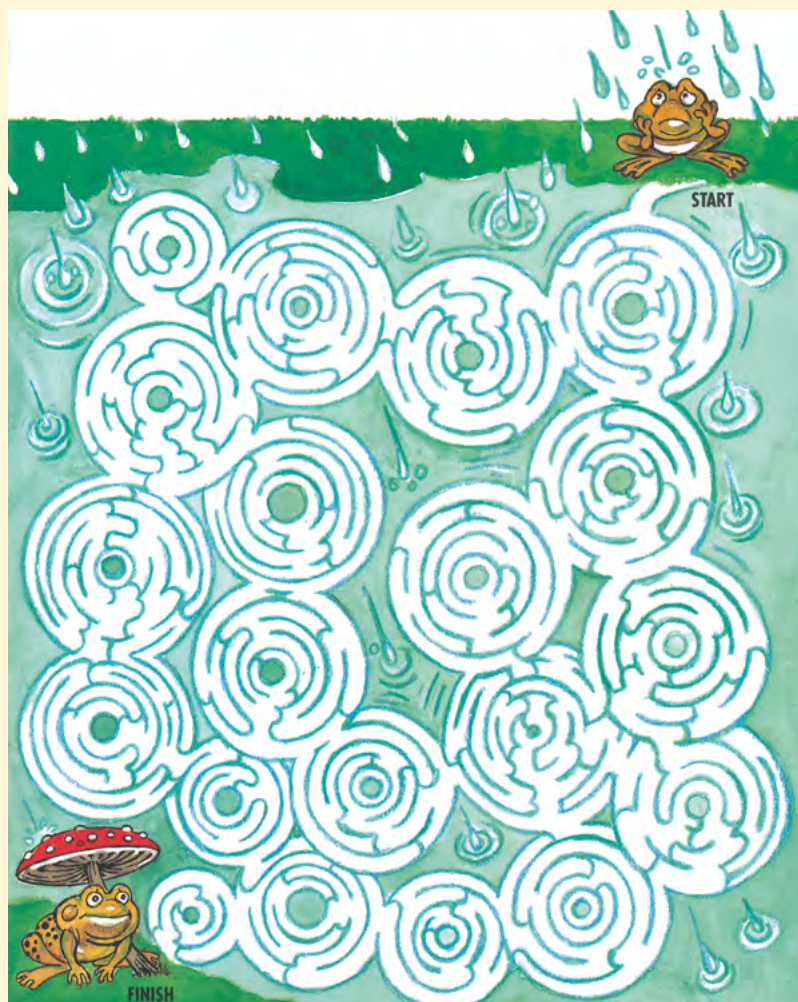
太平洋會是年少會員歡度炎夏的好去處！於7月及8月暑假期間，本會特別安排了多項暑期活動班，詳情請參閱本刊中間內頁。

Holiday Notice

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

課程暫停舉行

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



Pond Ponder

Mr Frog was on the far side of the pond when it began to rain. There are many ripples on the water. Please help him by drawing a route to wade through to his friend on the other side of the pond.

小朋友，請幫助青蛙先生穿過迷宮，到達池塘的另一邊。

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, 27th July. 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7月27日(星期三)舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

Coming Soon...

Annual Junior Swimming Gala 2022

We invite all Junior Members to join us at the Pool for this year's fun and exciting Pacific Club Annual Swimming Gala 2022 on Sunday, 28th August. Participants may register for just one or a whole host of events.

Enrollment forms are now available at 2/F Reception. Please submit your completed forms no later than Sunday, 14th August. Late registration will NOT be accepted.

Please note that due to this event, the Swimming Pool will therefore be closed to other Members from 1:00pm to 6:00pm on the event day.

* This event is subject to the latest Prevention and Control of Disease Regulations by the Hong Kong Government.

即將舉行...少年游泳比賽2022

本年度「少年游泳比賽」將於8月28日（星期日）舉行，歡迎所有小會員參加。報名表格現可於二樓接待處索取，截止報名日期為8月14日（星期日）。比賽程序一經確定及通知參賽者後，本會將不會再接受任何報名。

請注意，比賽當日游泳池將於下午1時至6時暫停開放。

* 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》而有所更改或安排

Time Change for Swimming Pool Cleaning During the Summer Holidays

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

暑期游泳池清潔時間更改

請注意，於7月及8月份暑假期間，本會游泳池之清潔時間將暫時由星期一至星期四下午2時至4時，更改至星期一及星期四晚上9時30分至10時30分。屆時游泳池將於晚上9時30分關閉。

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

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

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Sunday, 17th July. Alternatively, you may pass your entry to the 2/F Reception Desk. All correct entries will be placed into a draw. The winner will receive a Set Dinner/Buffer for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in August. Good Luck!

請於7月17日(星期日)前將答案傳真至2118 0206、電郵至vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於8月份(星期一至四，特別節日活動除外)到The Island View餐廳享用二人晚市套餐或自助晚餐。祝各位好運！

Name 會員姓名：_____

Membership No. 會員編號：_____

Contact Tel. No 聯絡電話：_____

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

June
Solution
六月份
遊戲答案

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

Congratulations to the winner of last month's puzzle

恭喜上期得獎者

Mr Gilbert Lee

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 July.

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

The Pacific Club Honolulu, Hawaii



Perfectly situated on three and half acres at the edge of downtown Honolulu, The Pacific Club is an oasis of city convenience with a serene ambiance. Located on the corner of Queen Emma and Vineyard, The Pacific Club is walking distance from downtown businesses.

The Main Dining Room is a beautiful, light-filled restaurant, open for breakfast, lunch and dinner. The lunch menu features daily homemade soup specials, light and refreshing salads, made to order deli sandwiches, and an incredible selection of entrees and weekly specials. In the evening, Executive Chef Eric Leterc's exceptional dinner menu features a variety of tantalizing selections that can be perfectly complemented with pairings from the club's famous wine list.

Located next to the pool on the first level of the Club is Tiare Terrace. Enjoy convenient casual al fresco dining, now with self-ordering stations. Whether you are spending the afternoon poolside with the family or taking a break from the office, Tiare Terrace is the perfect place for a quick, freshly prepared meal.

Named after the mango trees that hang overhead, Mangos is a casual dining venue with weekly specials and a full bar. Perfect for an after-work drink or casual dinner with family and friends.

Recently renovated, the Card Room Bar is great for card playing as well as for those looking for a casual venue in a more intimate setting. Similar to Mangos, the Card Room Bar features a relaxed dress code when accessed via the Mauka Bar entrance. Wi-Fi internet access is always available, which allows laptop users to utilize this comfortable setting as their personal internet cafe. Featuring three high-definition flat screen televisions, the Card Room Bar is perfect for enjoying sporting and special events.

With year round summer weather, the club's pool is a popular amenity! The solar-heated, saline pool is the perfect recreational water playground. Reserve a poolside cabana and host a pool party, stop by for a post-workout swim, check out water aerobics and swimming classes, or just come by for a relaxing day in the water. The Pacific Club is also home to four paddle tennis courts, two of which are lined for pickleball. Court one has a basketball hoop. Tennis and pickleball machines are also available for use.

And for those not wanting to miss a workout, the gym includes a great variety of cardio and strength equipment and an exercise lanai equipped with jump ropes, mats for stretching, and a TRX station. The gym has everything you will need for a well-rounded workout. Fitness equipment includes treadmills, elliptical machines, spin, and stationary bikes, a stepmill, rowing machine, functional trainer, selectorized strength machines, free weights, and an Olympic half rack.

So, when you are next traveling to Honolulu, be sure to obtain a Letter of Introduction for the wonderful Pacific Club Hawaii - a place that warmly welcomes Pacific Club Hong Kong Members!

The Pacific Club坐落在檀香山市中心的優越位置，佔地3.5英畝，是一個往來市中心非常便利，擁有寧靜氛圍的綠洲。The Pacific Club位於Queen Emma和Vineyard的拐角處，步行即可到達市中心的商業區。

The Main Dining Room是一間裝潢美麗、光線充足的餐廳，供應早、午、晚餐。午餐菜式包括每日自製的特色湯品、清新健康的沙律、即叫即做的三文治，以及令人讚賞的主菜和每週特別菜式。到了晚餐時段，由行政總廚Eric Leterc主理的精選晚餐菜單為客人提供各式令人垂涎的美食選擇，可完美搭配會所供應的各款著名佳釀。

位於一樓游泳池旁的是Tiare Terrace，會員可以在自助點餐站購買餐點，享受休閒的戶外用餐樂趣。無論你是準備與家人在池畔度過下午，還是在工作中忙裡偷閒，Tiare Terrace都是享用快餐及新鮮即製美食的理想之選。

Mangos酒吧，以懸垂於頭上高處的芒果樹命名，是一個休閒餐飲場所，提供每週特色菜餚和齊全的酒水選擇，非常適合在下班後小酌一會或與家人朋友享用休閒晚餐。

剛完成裝修的Card Room Bar是一個適合玩紙牌遊戲的地方，也非常適合那些想尋找更幽靜場所的人士。經由Mauka酒吧入口進入的Card Room Bar與Mangos酒吧類似，只要求輕鬆簡單的服飾。酒吧內設有Wi-Fi服務可隨時連接互聯網，讓客人可以在這舒適的環境中使用手提電腦處理個人事務。此外，Card Room Bar亦配備三部高清平面電視，是觀看體育和特備活動節目的完美場所。當地全年都是夏季天氣，因此會所的游泳池是一個非常受歡迎的設施！以太陽能加熱的鹹水游泳池是完美的休閒水上樂園。會員可預訂池畔小屋並舉辦泳池派對、在運動後暢泳、參加水中健身操和游泳課程，或者只是在那裡度過輕鬆的一天。

The Pacific Club還擁有4個板球場，其中兩個特別畫了地線可進行Pickleball運動；而一號球場亦設有一個籃球架；此外也備有網球和Pickleball的發球機供會員使用。

對於那些不想中斷健身訓練的人士來說，會所的健身房便擁有全面訓練所需的一切，包括各式各樣的有氧運動和力量訓練器材，以及一個配有跳繩、伸展墊和TRX訓練的運動設備。

其他健身設備包括跑步機、滑步機、室內動感單車和健身單車、踏步機、划船機、功能訓練器、選擇性力量器械、啞鈴及舉重器械，以及槓鈴舉重床。

因此，如果你將計劃前往檀香山，請攜同本會的介紹信到訪夏威夷Pacific 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



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