

Fitness@The Club  
The Gym

八月號

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絮

# PACIFIC VIEWS

August 2022



## Your Next Private Dining Experience at The Island View "Jewel Box" Balcony

There is no better window on Hong Kong than The Island View "Jewel Box". This balcony venue brings you closer to the beauty of the city, and it is certainly one of the best places to entertain your guests for dinner parties.

Start the night by marveling at the breathtaking sunset; enjoy a delicious dinner overlooking the stunning harbour view, and take a small break to admire the "Symphony of Lights" show. Who could wish for a memorable party?

The venue is available for private party bookings from Monday to Thursday evenings only, with a minimum requirement of 20 persons for Buffet Dinner/Semi-buffet Dinner and 15 persons for Set Dinner.

For more details regarding availability and our menu packages, please call our Banqueting and Events Department on 2118 2851 or 2118 2295.

### Island View露台 舉行下一個宴會的理想場地

在任何天氣下，已安裝玻璃屏風及空調設備的Island View餐廳露台，都能讓你更接近維港美景，是在本會舉辦晚宴的最佳場所之一。

在壯麗的日落景色襯托下開始宴會，在迷人的海港夜景中享用晚餐，期間更可以欣賞著名的“幻彩詠香江”音樂匯演，絕對是一場完美難忘的派對！

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

Island View餐廳露台可供於週一至週四晚上預訂舉行私人宴會：

- 自助晚餐或半自助晚餐 — 人數要求最少20位
- 西式晚餐 — 人數要求最少15位

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

Henry Tang 唐英年  
 Vincent Fang 方剛  
 William Fung 馮國綸  
 Kathryn Louey 雷羅慧洪  
 W. Gage McAfee  
 David K.P. Li 李國寶  
 Kazuhiro Fukuda 福田和弘  
 Stephen Tai 戴德豐  
 K.C. Chan 陳家強  
 Oscar Chow 周維正

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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

For the past two years, we have all been hoping for 'normality' to return. In Club terms, this means a return to normal dining, normal recreation activities and a normal environment in which to entertain our friends and family. As we head into August, we certainly seem to be slowly getting there! This month's magazine is brimming full of events, dinners, children's activities and more. And whilst we are still extremely careful to adhere to the Government regulations, it is wonderful to see the progressive return to normality. Long may it continue!

This month, our Friday Dinner Buffet at The Island View offers a feast of Kurobuta Pork. If you are not familiar with this heritage breed of Berkshire pig, it is prized for its luxurious marbling, making it much more flavourful, tender, and moist compared to conventional pork. Don't

miss the many dishes on the Buffet featuring this fantastic ingredient! On Saturdays, our Island View Buffet takes a culinary tour of Vietnam with all its wonderful flavour combinations. Be sure to book a table.

In this issue we bring news of several exciting Wine Dinners happening at the Pacific Club over the next few months. On 26th August, we introduce the wines of Michel Redde et Fils, located in the municipality of Saint-Andelain in the Département Nièvre in the French wine region Loire. Please see details on page 15. And next month, join us for the Il Borro Tuscan Wine Dinner, as well as the Henri Giraud Champagne Dinner. Turn to pages 13 and 4 respectively for more information on these events.

During these hot and humid summer months, the Pacific Club provides the perfect venue to escape the heat and humidity. There are many activities still to choose from in our Junior Summer Programme. If you haven't yet signed your child up, do take a look at the centre pages of this magazine for our August classes. For adults looking for an oasis, book a treatment in our Spa to relax and revitalize. Our experienced Spa Therapists will be delighted to welcome and advise you.

And finally, with the Mid-autumn Festival being celebrated on the 10th September, please don't forget to place your Mooncake Order this month, by latest 31st August. The Order Form can be found on page 35. I look forward to seeing you around the Clubhouse in August.

親愛的會員，

在過去的兩年，我們都希望回歸「常態」。對會所來說，這意味著恢復正常的用餐、正常的康體活動和可以款待親朋好友的正常環境。隨著踏入8月份，我們似乎正在慢慢回歸「常態」了！在今期的會刊內，大家可以找到多種餐飲推廣及兒童康樂活動，雖然我們仍然非常小心地遵守政府的防疫規定，但很高興看到逐步恢復正常。願它可持續下去！

本月份，在The Island View舉行的週五自助晚餐中將為大家送上黑豬肉盛宴。如果你不熟悉這種傳統伯克豬品種的話，不妨前來品嚐。它因其脂肪分布均勻細密如大理石花紋般而備受推崇，與一般豬肉相比，它更美味、更鮮嫩、肉汁更多；此外，自助餐上的其他豐富菜餚都加入了這種美味的食材來烹煮，請不要錯過！到了週六晚上，The Island View再帶來各式各樣充滿地道風味及以不同食材互相搭配的越南自助美食，請儘早預訂座位。

在本刊中，我們也會介紹即將在未來幾個月舉行的幾場葡萄酒晚宴。首先於8月26日，我們將帶來位於法國盧瓦爾河的葡萄酒產區Département Nièvre省中的Saint-Andelain市的Michel Red et Fils酒莊佳釀，詳情請參閱第15頁；而下個月，歡迎大家前來參加Il Borro托斯卡納葡萄酒晚餐，以及Henri Giraud香檳晚宴。有關這些活動的詳情，請參閱第13頁和第4頁。

在炎熱潮濕的夏季，太平洋會絕對是遠離濕悶天氣的理想場所。我們為小朋友安排的各項精彩暑期活動種類繁多，部份課程活動仍然接受預約，請儘快報名，詳情請參閱中間內頁。對於想尋找舒適地方放鬆身心的成年人士，歡迎前來本會的水療中心預訂療程，我們經驗豐富的按摩師及美容師將很高興為你提供服務及建議。

最後，9月10日就是中秋佳節，請不要忘記在8月31日之前訂購本會特別為大家製作的月餅，訂購表格已刊登於第35頁。

我熱切期待大家光臨太平洋會。

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



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“舊紫”由 Harbour City Estates Ltd 旗之下太平洋會出版。“舊紫”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。



# Henri Giraud Champagne Dinner

Speaker: Mr. Julien Morin, Brand Ambassador



In 1625, François Hémart settled in the village of Ay and began to produce champagne. Today Claude Giraud, son of Henri Giraud and the 12th generation of the family, presides over the estate and produces the world-renowned Giraud champagnes.

Henri Giraud previously only supplied their Champagnes to European royalty and selected celebrities. From 2004 to 2018, Henri Giraud was the Official Exclusive Champagne for Winning Horse Owners at The Hong Kong Jockey Club.

Book a table at this exclusive event where you will have the opportunity to try some of the estate's finest champagnes, accompanied by a fabulous menu, with dishes specially prepared to complement the wines by Chef Daniel.

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

## Henri Giraud香檳晚宴

由品牌大使Mr. Julien Morin主持

1625年，François Hemart來到Ay香檳區，並在此安頓下來，展開其釀酒的生涯。時至今日，Henri Giraud的兒子兼家族第12代傳人Claude Giraud掌管著酒莊並生產世界知名的Giraud香檳。

以往Henri Giraud只向歐洲皇室和特定的名人供應香檳，後來於2004年至2018年期間，Henri Giraud成為香港賽馬會得獎馬主的官方專屬香檳。

本會將於9月30日星期五在Pier 6餐廳舉行Henri Giraud香檳晚宴，歡迎大家訂座參加這個機會難得的活動，品嚐多款酒莊裡最好的香檳，並配搭由Chef Daniel主理，與美酒相得益彰的菜式。

報名請致電2118 1878。

有關當晚香檳及菜式的詳情，請留意下一期薈絮。

Date : Friday, 30th September

Time : 6:30pm Welcome Drink

7:00pm Dinner

Venue : Pier 6 Restaurant

Reservations: 2118 1878



\*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, I wish to draw your attention to the topic of Personal Coaching at the Club.

Please be reminded that Personal Coaching (except with a Pacific Club authorized coach) is strictly prohibited. In the event that unauthorized coaching is seen to occur, the unauthorized Personal Coach will be asked to leave the Club premises immediately.

The Club offers Private Coaching in a wide variety of activities, including the Gym, Tennis, Badminton, Table Tennis, Swimming, Water Aerobics, Bowling and Golf. If you require specific coaching activities at the Club, we will be happy to assist in finding a suitable coach for your consideration.

For further clarification, please contact the 2/F Reception Desk on 2118 1890.

在今期薈絮中，我欲提及有關本會私人教練之事宜。

請各會員注意，除了本會提供的私人教練課程外，我們嚴禁會員攜同其他私人教練到本會授課。如有未經授權人士在本會提供相關訓練或指導課程，本會員工會要求有關的私人教練立即離開會所。

一直以來，本會為會員提供各類活動的私人教練課程，包括健身、網球、羽毛球、乒乓球、游泳、水上健身操、保齡球及高爾夫球。如需在本會安排特定的私人教授課程，我們將樂意協助大家尋找合適的教練提供服務。

詳情請致電2118 1890向二樓接待處查詢。

## Bring and Borrow Library

Please note that we offer a Bring and Borrow Library, which is located at the Pool Café. Should you have any old books that are no longer required, please feel free to bring them along so they can be shared with fellow Members. Books at our Bring and Borrow Library are available on an honesty basis and therefore no registration is required for borrowing.

## 自助圖書館

請注意，本會提供的自助圖書館設置於Pool Café。如大家擁有一些不需要的舊書籍，歡迎各位將有關書籍捐出，讓其他會員也可以有閱讀這些書籍的機會。基於本會對各會員的信任，因此各位於自助圖書館借閱書籍不需要登記。

## Children's Behaviour at the Club

During the summer school holidays, there are obviously more children around the Clubhouse. Whilst the Pacific Club warmly welcomes children, we do ask that Members ensure their children behave properly whilst on the Club premises and when using the Club facilities. Please be mindful of the peace and privacy of other Members at the Club.

## 兒童之行為舉止

在暑假期間，使用本會設施的小朋友亦相應增加。在本會歡迎他們到來的同時，亦希望各家長多加留意貴子女在會所內的行為舉止，以免妨礙或打擾其他會員。



## New Menus at Pier 6

This month, Chef Daniel Birkner introduces brand new Lunch and A La Carte Menus at Pier 6. These menus will be launched from 15th August.

For reservations, please call Pier 6 restaurant on 2118 1878.

### Pier 6餐廳 — 全新菜式

由8月15日起，行政總廚Daniel Birkner將於Pier 6餐廳推出全新的午餐和單點菜式，歡迎前來品嚐。

訂座請致電2118 1878。



## This Month at Bā Ramen

The Dish of the Month at Bā Ramen is Chicken and Sweetcorn Ramen – Hot Noodles served in a Picante Sweetcorn Broth with Chicken Ballotine, Egg, Spring Onions and Mushrooms. Be sure to come and try it!

### 拉麵閣 — 8月份精選推介

於8月份，拉麵閣為大家送上粟米雞肉拉麵 — 熱騰騰的拉麵配香辣粟米湯、去骨雞肉、雞蛋、蔥花及蘑菇，歡迎前來品嚐！



### Saturday Nights

## Explore Vietnam Dinner Buffet

Take a culinary trip around Vietnam this month at The Island View Restaurant's Saturday Night Buffet. Drawing inspiration from the country's diverse flavours, the team at The Island View serves a variety of traditional Vietnamese dishes. Caramelised Braised Cat Fish, Prawn Rice Rolls, fragrant Pho at the live station with Raw Sliced Sirloin, succulent Bánh Mi, Suckling Pig, hot off the rotisserie, Charcoal Barbecued Chicken, Pork Neck, Sausages and Vegetables, as well as a steaming hot stir-fry of Soft Shell Crabs in Spicy Tamarind Sauce, brought to your table.

If you have any space left, indulge in a variety of sweet treats such as Vietnamese Coffee Mousse, Steamed Layer Cake and of course, Chè Ba Mau – the iconic Bean, Pandan and Coconut Trifle.

*Enjoy free-flow of Sake, Red and White Wines, Beers, Soft Drinks and Orange Juice for an additional \$150 per person*

### 週六自助晚餐

### 越南美食

歡迎於8月份逢星期六晚上前來The Island View品嚐越南美食。我們將會從該國的多樣化風味中汲取靈感，送上各式各樣傳統越南菜餚，包括焦糖紅燒鮎魚、米紙蝦卷、即場烹煮的風味越南河粉配生牛肉切片、餡料多汁的越南法包、烤乳豬、旋轉烤肉、炭燒雞、豬頸肉、香腸和蔬菜，以及香辣羅望子醬炒軟殼蟹也會送到你的餐桌上。

如果你的胃還有空間，可以繼續盡情享用各種甜品，包括越南咖啡慕斯、蒸夾心蛋糕，當然還有越南代表性甜品 — 三色冰(豆子、班蘭和椰子)。

自助晚餐收費：成人\$498，小童\$249。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 August

Venue : The Island View Restaurant

Time : From 6:00pm

Price : \$498 Adults, \$249 Children

Reservations: 2118 1846



## Friday Nights

# Kurobuta Pork Dinner Buffet

Join us at The Island View Restaurant on Friday evenings in August for an irresistible feast of Kurobuta Pork dishes, cooked to perfection. Derived from the Berkshire breed, Kurobuta is some of the best meat in the world. Superb, thinly sliced Ham that explodes with flavour from our hand-operated slicer - cut right in front of you. Gratinated Medallions of Tenderloin, a succulent Roast of the famously flavour-rich collar, Braised Cheeks, Baked Belly, Barbecued Ribs and Sausages; this is pork meat heaven! You will also be served your own Pork Chop, grilled over charcoal in our Jospier grill oven.

And to top it off, even our desserts feature this incredible ingredient! Our stunning Caramelised Bacon Ice Cream with Pork Fat Doughnuts and Cherries makes you forget that this is the first time that you are having pork as a dessert!

Don't miss this!

*Enjoy free-flow of Sake, Red and White Wines, Beers, Soft Drinks and Orange Juice for an additional \$150 per person*

## 週五自助晚餐

## 黑豬肉美食

於8月份逢星期五晚上，歡迎前來The Island View餐廳享用令人無法抗拒、烹製至完美的黑豬肉盛宴。源自英國伯克品種的“黑豬”，是世界上最優質的肉類。屆時，就在大家眼前以手動切片機精緻地切成薄片的火腿，將散發出濃郁的風味。此外還有以惹味肉汁豐富而見稱的烤里脊肉、紅燒頰肉、烤五花腩、烤肋骨和香腸，絕對是豬肉美食的天堂！大家還可以享用在我們的Jospier烤爐用木炭燒烤的豬排。

最重要的是，即使是我們的甜品也加入了這美味食材在其中！例如令人驚嘆的焦糖煙肉雪糕配豬油甜甜圈及櫻桃，讓你首次品嚐以豬肉為材料的甜品！

自助晚餐收費：成人\$498，小童\$249。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 August

Venue : The Island View Restaurant

Time : From 6:00pm

Price : \$498 Adults, \$249 Children

Reservations: 2118 1846



## Chef Keung's Favourite Bites at Bauhinia

Head to Bauhinia Restaurant in August for a selection of treasured recipes, specially selected by Chef Keung. This month, the Chef features Pan-fried Shrimp Mousse served with Gravy, and Sautéed Duo of Beef with Okra in XO Sauce.

## 紫荊閣 — 強師傅舌尖上的美食

於8月份，強師傅將於紫荊閣為大家送上多款拿手好菜，包括木魚燒汁煎蝦餅、XO醬秋葵乾燒鴛鴦牛，以及其他精選菜式。訂座請致電2118 1892。

Date : 1st - 31st August

Venue : Bauhinia

Reservations: 2118 1892

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

## Fascia Exercise Training

Fascia has become a buzz word in fitness circles in recent times. To participate in Fascia Training, participants will use walls, carpets, gadgets and various sports equipment to improve activity ability, whilst strengthening the skeleton lever, muscle strength and sense of balance. Our Fascia Classes are held on Mondays in August.

### 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，8月份5堂收費：會員\$900，非會員\$1,500。

註：課程以廣東話授課

Date : Monday 1st, 8th, 15th, 22nd & 29th August

Time : 1:30pm – 2:30pm

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

Venue : Aerobics Room

Age : 16 years and above

Instruction: Please note, these classes are taught in Cantonese only

### Time Change for Swimming Pool Cleaning During the Summer Holidays

Please note that during 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8月份暑假期間，本會游泳池之清潔時間將暫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。

## Zumba Fitness

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

### 尊巴健體舞班

前來參加好玩有趣的尊巴健身舞班，在享受動感拉丁美洲舞蹈的同時，亦可燃燒身體脂肪，達至修身的效果。課程於星期日舉行，適合16歲及以上人士參加，8月份4堂收費：會員\$720，非會員\$1,200。

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

Time : 10:00am – 10:45am (45 minutes)

Venue : Aerobics Room

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

Age : 16 years and above

Special Discount



## Pilates Personal Training Package *\*New\**

In the month of August, 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 year and each Member can buy a maximum of two packages during this promotion.

### 普拉提私人訓練課程優惠

本會於8月份為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、增加身體敏捷度及柔軟度。各會員如想藉此改善好身體狀態，請即致電2118 1863與各普拉提教練預約課程。請注意是項課程有效期為1年，而每位會員最多只可購買兩個課程。

Coaching Session	10-Lesson Package
1 hour	<del>\$7,200</del> \$7,000

## Pilates Mat Class

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 sessions, participants will focus on core training and improvement of body posture. Training aids such as Pilates small balls and elastics bands are adopted.

### 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，8月份5堂收費：會員\$900，非會員\$1,500。

註：課程以廣東話授課

Date : Tuesday 2nd, 9th, 16th, 23rd & 30th August

Time : 11:45am – 12:45pm

Venue : Aerobics Room

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

Age : 16 years and above

Instruction: Please note, these classes are 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 many calories.

### Funky跳舞班

於星期三及五舉行的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，8月份4堂收費：會員\$720，非會員\$1,200；5堂收費：會員\$900，非會員\$1,500。

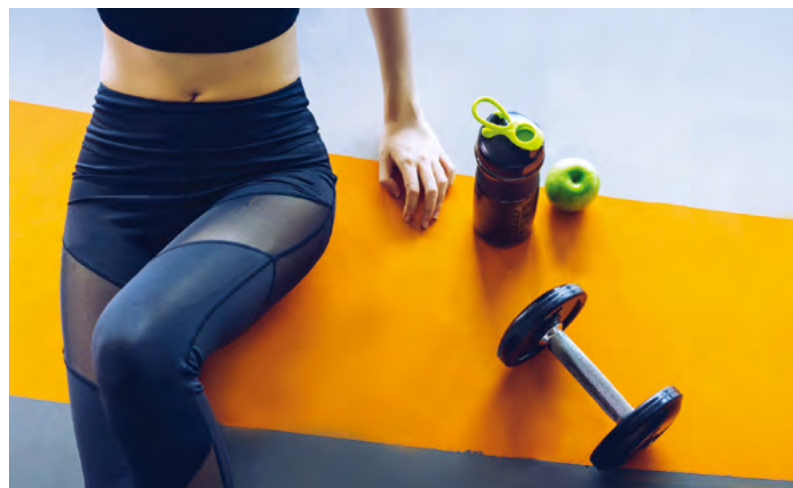
Date : (A) Wednesday 3rd, 10th, 17th, 24th & 31st August  
(B) Friday 5th, 12th, 19th & 26th August

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

Venue : Aerobics Room

Price : (A) Member \$900, Guest \$1,500 (for 5 lessons)  
(B) Member \$720, Guest \$1,200 (for 4 lessons)

Age : 16 years and above



## Core Fit

These afternoon group classes focus on abs and lower back core muscle training, so as to enhance the stability and flexibility of the waist and abs and reduce the probability of injury.

### 核心肌群訓練

課程針對腰背和腹部進行核心肌群力量訓練，從而增加腰腹部肌肉穩定性及活動度，減低受傷機會。課程將於星期一舉行，適合16歲及以上會員參加，8月份4堂收費：會員\$720，非會員\$1,200。

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

Time : 3:00pm – 3:50pm (50 mins) **\*New Time\***

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

Venue : Aerobics Room

Age : 16 years and above

## Schedule in August 八月份課程

### Monday

Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate / Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training	1:30pm – 2:30pm
Core Fit <b>*NT</b>	3:00pm – 3:50pm
Men's Double Training	7:00pm – 9:00pm Men's (B)

### Tuesday

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

### Wednesday

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)

### 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

### \*NT - New Time

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

康體部於每個月25日開始接受下個月份各類團體課程的報名。

\* Guests will be put on a waiting list, as Members will have first priority for enrollment.

會員擁有優先參加資格，而非會員的參加者則需要排在輪候名單中。

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

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

# Bubbles Night

## at the Club Bar

Saturday, 13th August is International Prosecco Day! Come and celebrate at the Club Bar where we will be serving a selection of different Prosecco and sparkling wines from around the world on this effervescent evening.

This complimentary event is not to be missed!

Saturday 13th August  
From 6:00pm to 8:00pm  
Free-of-Charge

## 會所酒吧 葡萄氣酒之夜

8月13日星期六是國際Prosecco Day! 歡迎大家於當日傍晚6時至晚上8時，前來會所酒吧參加Prosecco葡萄氣酒之夜。屆時我們會介紹多款Prosecco及來自世界各地的葡萄氣酒，保證你會找到最喜歡的一款!

活動收費全免，請勿錯過!



# The Glenlivet Sonic Tasting Experience

Join us at the Harbour Room to experience Single Malt Whisky like never before! This one-hour The Glenlivet Sonic Whisky Tasting Experience taps into the senses to enhance the depth of flavours tasted in the Whisky.

The Glenlivet Sonic Tasting Experience immerses the taster in curated sounds as they taste their Whisky. This allows sensory stimuli to unearth the true flavours of these incredible Single Malts.

This is a unique event you will not want to miss! Places are limited.

## The Glenlivet 威士忌聲波品嚐體驗會

歡迎大家參加將於8月19日星期五傍晚在Harbour Room舉行的「The Glenlivet威士忌聲波品嚐體驗會」，一個前所未有的單一麥芽威士忌新體驗! 在這一小時的活動中，我們會讓大家利用感官來增強感受威士忌味道的深度。

「The Glenlivet威士忌聲波品嚐體驗會」的目的是讓品酒者在品嚐威士忌時沉浸在精心策劃的聲音中，以感官刺激來發掘出單一麥芽威士忌的真正風味。

這個獨特的活動絕對不容錯過! 收費每位\$480，名額有限，請儘早致電2118 1803報名。

Date : Friday, 19th August  
Time : From 7:00pm - 8:00pm  
Venue : 1/F Harbour Room  
Price : \$480 per person  
Reservations: 2118 1803

- This event is subject to availability on a first-come-first-served basis.  
此活動將以「先到先得」的方式接受報名
- This event will be cancelled if the minimum attendees of 12pax is not meet.  
如參加人數少於12位，活動將會取消
- 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 Executive Chef, Daniel Birkner

撰文：行政總廚 — Daniel Birkner

# Potato Rösti with Girolles Mushrooms and Chive Sour Cream

If you're looking for a quick, crunchy and delicious meal, this month I have the perfect recipe for you to prepare at home. Girolles mushrooms are in season from July to September with their peak in August and you will find them on many market stalls at the moment. I am sure you will enjoy this dish despite the somewhat time-consuming cleaning of the mushrooms. Try to buy the cleanest ones you can find, that will simplify things.

If you'd rather your meal was prepared for you, make your way to Pier 6 throughout the month of August while Girolles mushrooms are on our menu. A version of this recipe is also served. Come and try!



Servings: 2

Level: Very Easy

Preparation Time: 30-40 Minutes

## Equipment and utensils needed:

- Medium-sized Non-stick Pan
- Box Grater
- Dish Towel
- Knife and Vegetable Peeler
- Pallet Knife or Spatula
- Bowls

## Ingredients:

- 300g or 2 Large Potatoes, peeled
- 200g Girolles Mushrooms, cleaned, dried (if washed)
- 1 Small Shallot, finely diced
- 1 Sprig of Thyme
- 60g Bacon, diced (optional, leave it out if you prefer it vegetarian)
- 60g Sour Cream
- 20g Chives, finely cut
- Salt, Pepper, Butter, Vegetable Oil

份量：二人用

級別：非常容易

準備時間：30-40分鐘

## 所需設備和用具：

- 中號易潔平底鍋
- 盒型刨絲器
- 盤碟毛巾
- 刀和蔬菜削皮器
- 托盤刀或抹刀
- 碗

## 材料：

- 300克或兩個大薯仔，去皮
- 200克雞油菌，清潔，抹乾（如經清洗）
- 一個小乾蔥，切細粒
- 一枝百里香
- 60克煙肉，切粒（如果你選擇素食，可以省略）
- 60克酸忌廉
- 20克細香蔥，切細粒
- 鹽、胡椒、牛油、植物油

## 瑞士薯餅配香蔥酸忌廉雞油菌

如果你想準備一道方便、鬆脆又美味的菜式，那麼這個食譜就很適合你。7月至9月是雞油菌當造的季節，而8月是最盛產的時期，現在你可以在各種市場上買到。我相信你會喜歡這道菜式，儘管蘑菇需要花一些時間清洗乾淨。嘗試購買你能找得到最乾淨的雞油菌，這將會輕鬆很多。

如果你想在餐廳享用，也歡迎你於8月份前來Pier 6品嚐我們特別推介的多款雞油菌菜式。我亦在此介紹其中一款菜式的食譜，快來試試吧！

1. Coarsely grate the potatoes using the box grater straight onto the dish towel.
2. Once finished, lift the towel up with all four corners so that the potato is trapped in the middle. Now twist and turn the towel to press all excess water from the potato, this ensures that the Rösti will crisp-up properly in the pan.
3. Transfer the grated potato to a bowl and season with salt and pepper to taste.
4. Heat up the non-stick pan to a medium heat first, add some vegetable oil and all the potato. Spread the potato evenly with a spoon or spatula and then compress it. Push all potato fringes back towards the center so that they won't burn.
5. Increase the heat and add some more oil all around the potato and swirl the pan to ensure the oil is getting under the potatoes, too. Once you see a golden colouration around the edges, turn the heat slightly back and lift the Rösti slightly up to check the colour on the bottom.
6. Once golden crispy, either flip it over, or slide on a plate and the turn over back into the pan to cook the other side the exact same way. You might have to add some more oil as the raw potatoes drink up some of the oil needed for the crisp, golden colouration. Place the Rösti on a rack when done.
7. In the same pan on a higher heat, add the mushrooms, shallot dices, thyme and bacon dices (if applicable) and sauté all together quickly. Season to taste.
8. Add the sour cream and chives, mix together, confirm the seasoning and serve atop the Rösti. Give it another turn of the pepper mill and you are all set for a quick, crunchy and delicious meal. Enjoy!

1. 將薯仔放在刨絲器粗糙的一側直接磨絲到盤碟毛巾上。
2. 完成後，提起毛巾的四個角包起來，令薯絲堆放在中間。扭動毛巾以壓出薯絲中所有多餘的水分，這樣可確保薯餅在鍋中煎得酥脆。
3. 將薯絲放入碗裡，用鹽和胡椒調味。
4. 將易潔平底鍋以中火加熱，加入植物油和全部薯絲。用匙子或抹刀將薯絲均勻地鋪開，然後壓實。將薯餅的邊緣向內推，以免燒焦。
5. 加大火力並在薯餅周圍加一點油，旋轉平底鍋以確保油能平均地流入薯餅的底部。當薯餅的邊緣呈金黃色，將火力微微調低，揭起薯餅以檢查底部的顏色。
6. 如果是金黃酥脆，便把它翻過來，或是將它滑到盤子上，然後翻回鍋裡，以完全相同的方式煎香另一面。檢查是否要添加更多的油，因為薯仔要吸收油才會變得金黃酥脆。完成後將薯餅放在架子上。
7. 在同一個平底鍋中加熱，加入蘑菇、乾蔥、百里香和煙肉粒（如果適用），然後快速翻炒，調味。
8. 加入酸忌廉和細香蔥，拌勻。將薯餅上碟，汁液倒在薯餅上，再磨一些黑胡椒，你就可以享用一頓又快又脆又美味的菜餚了。請享用！

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.

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。

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。



## Girolle Mushrooms

Available at Lunch and Dinner at Pier 6  
from 2nd - 31st August

For a seasonal treat, head to Pier 6 in August to taste dishes prepared with delicious, jet-fresh Girolle Mushrooms.

### Pier 6餐廳 — 雞油菌菜式

8月2日至31日

午餐及晚餐時段供應

想品嚐季節性美食，歡迎於8月份前來Pier 6餐廳享用以新鮮美味的雞油菌為食材烹製的多款菜式。

Classic Girolles Omelette • Nasturtium  
Lardo di Colonnata  
\$168

Cream of Girolles and Saffron Soup (V)  
\$138

Crispy Hen's Egg • Sautéed Girolles  
Leek and Potato Stew (V)  
\$148

Potato Rösti • Girolles à la Crème • Bacon  
Herb Salad  
\$188

Maltagliati Pasta • Sautéed Girolles  
Black Garlic and Chive Sauce (V)  
\$248

Seared Beef Tenderloin • Girolles à la Crème  
Dauphine Potatoes  
\$458

Gratinated Fillet of John Dory • Girolles  
Hazelnuts • Brown Butter  
\$398

(V - Vegetarian)



# Il Borro Tuscan Wine Dinner

The Ferragamo family are best known for their fashion, but they also have a passion for food and wine. Their Tuscan estate of Il Borro, in the Arezzo valley, focuses on promoting biodiversity and organic farming.

The family began restoration of Il Borro shortly after acquiring the medieval Tuscan estate in 1993. Since then, Salvatore Ferragamo, the grandson of the famous fashion designer, has restored Il Borro's historic detail and brought the estate back to life in a new era. In 1996, the vineyards were replanted by Salvatore and Ferruccio Ferragamo and today, a tour of the Il Borro Cellars is a journey to the heart of Tuscan wine-making tradition. Il Borro boasts one of the oldest cellars in Italy where the first ever Chianti wine was produced and the magic of winemaking continues with passion and commitment.

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

Date : Friday, 16th September  
Time : 6:30pm Cocktails  
7:00pm Dinner  
Venue : Capricci  
Reservations: 2118 1803

## Il Borro 托斯卡納美酒晚餐

Ferragamo家族以其時尚產業而聞名，但他們也對美食和美酒充滿熱情。他們位於Arezzo山谷的托斯卡納Il Borro莊園專注於促進生物多樣性和有機農業。

1993年，該家族收購了建於中世紀的托斯卡納莊園後不久，便開始修復成為Il Borro酒莊。此後，著名時裝設計師的孫兒Salvatore Ferragamo修復了Il Borro的歷史細節，讓莊園在新時代重新煥發生機。1996年，Salvatore和Ferruccio Ferragamo重新開發葡萄園種植葡萄，時至今日，參觀Il Borro酒窖已成為了解托斯卡納葡萄酒釀造傳統的核心行程。Il Borro擁有意大利其中一個最古老的酒窖，並釀造出第一批Chianti葡萄酒，其釀酒的魔力因熱情和承諾而持續下去。

本會將於9月16日星期五在Capricci舉行Il Borro托斯卡納美酒晚餐，訂座請致電2118 1803。

有關當晚香檳及菜式的詳情，請留意下一期薈絮。



\*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。

August 2022

## Wine Home Delivery Service

## 8月份餐酒送貨服務

## Order Form 餐酒訂購表格

A special selection of Michel Redde & Fils wines for Members' enjoyment.  
Free delivery will be provided for purchase of HK\$2,000 and above, excluding Outlying Islands.  
Otherwise pick-up the wines at the Club Bar in mid-August or at the end of August.

本月為會員介紹多款Michel Redde & Fils 葡萄酒。凡購滿\$2,000及以上可獲免費送貨服務，離島除外。  
否則將可於8月中或月底到會所酒吧領取葡萄酒。

Special Price

Item		Per Bottle	Quantity	HK\$
Michel Redde & Fils Petit F... 2020	75cl	230		
Michel Redde & Fils La Moynerie 2019	75cl	290		
Michel Redde & Fils Barre à Mine 2020	75cl	490		
Michel Redde & Fils Majorum 2017	75cl	790		
Michel Redde & Fils Petit F... 2020 Michel Redde & Fils La Moynerie 2019 Michel Redde & Fils Barre à Mine 2020 Michel Redde & Fils Majorum 2017	set of 4 75cl Bottles	1,720		

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

\* 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



# Michel Redde et Fils Wine Dinner

## Family History

The Redde family have been vigneron for 14 generations, creating expressive and highly individual wines.

The domaine's current size and cellar is entirely down to the work of Michel Redde, the father of current owner Thierry. Michel worked to expand the family's vineyard holdings and created La Moynerie domaine and cellar during the middle of the Twentieth Century. He was also responsible for developing the market and reputation of the family's wines.

## Wines

The speciality of the Redde family is a series of single vineyard wines from the communes of Tracey-Sur-Loire, Pouilly-Sur-Loire and Saint Andelain. Each commune is an example of one of the three main soil types in the Pouilly-Fumé appellation and the three wines express the complex characteristics of each. The Cuvée Majorum, their flagship wine, is only produced in the best vintages and is from their oldest vines, which are in excess of 45 years old.

The La Moynerie is their signature Pouilly-Fumé and is a blend of grapes from different locations from vineyards older than 15 years.

## Michel Redde et Fils美酒晚餐

### 家族歷史

Redde家族已經有14代的釀酒歷史，創造出富有表現力和高度個性化的葡萄酒。

酒莊目前的規模和酒窖完全基於現任掌舵人Thierry的父親Michel Redde的努力。Michel致力於擴大家族的葡萄園產業，並在20世紀中葉創建了La Moynerie酒莊和酒窖，並同時負責發展家族葡萄酒的市場和名聲。

### 葡萄酒

Redde家族的獨特出品主要是來自Tracey-Sur-Loire、Pouilly-Sur-Loire和Saint Andelain地區中幾個接連著的單一葡萄園。每個地區都是Pouilly-Fumé產區中三種主要土壤類型的其中之一，三種葡萄酒表達了每種土壤的複雜特徵。他們最出色的葡萄酒Cuvée Majorum只在最好的年份生產，並且是使用他們最古老、已超過45年的老藤上的葡萄來釀造。

Michel Redde et Fils美酒晚餐將於8月26日在Pier 6餐廳舉行，精選美酒配搭海河鮮晚餐 — 收費每位\$890，訂座請致電2118 1878。

Date : Friday, 26th August

Time : 6:30pm Welcome Drink

7:00pm Dinner

Venue : Pier 6 Restaurant

Price : \$890 per person

Reservations: 2118 1878

Oceans and Rivers Seafood Dinner  
paired with Loire Valley Wines from  
Domaine Michel Redde et Fils

*Welcome Drink*

Plou et Fils  
Méthode Traditionnelle Brut NV

\*\*\*

*Dish 1*

Petit F... 2020

Crabmeat Rillettes | Green Daikon  
Caviar and Borage Cress

\*\*\*

*Dish 2*

La Moynerie 2019

Confit Ocean Trout | Zucchini Flower  
Langoustines

\*\*\*

*Dish 3*

Barre à Mine 2020

Fillet of John Dory | Bouillabaisse Coulis  
Olive Croûtons

\*\*\*

*Dish 4*

Majorum 2017

Monkfish Tail Roasted on the Bone | Eggplant  
Caviar | Coriander Yoghurt

\*\*\*

*Dessert*

White Chocolate and Lime Mousse  
Basil | Pineapple

Petits Fours

(Wine 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。



# Summer Parfaits

Available throughout August at the Oyster Bar and The Island View Restaurant

## 夏日水果雪糕芭菲

於8月份在Oyster Bar及The Island View餐廳供應，每份\$98。

### Melon Parfait

Honeydew and Musk Melon  
Vanilla Ice Cream • Lime Sorbet • Chantilly • Mint • White Chocolate

### Mango Orange Parfait

Sweet Mango and Valencia Oranges  
Vanilla Ice Cream • Mango Sorbet • Chantilly • Compote • Wafers

### Strawberry and Watermelon Parfait

Strawberry Ice Cream • Compote • Vanilla Custard • Cookie Crumble

### Matcha Parfait

Green Tea Ice Cream • Black Sesame Ice Cream • Matcha Jelly  
Red Bean Compote • Glutinous Rice Balls • Crispy Rice • Chantilly

Summer Parfaits are available at \$98 per glass.

## 'Nduja at Capricci

Available throughout August

'Nduja is a spicy, spreadable pork sausage from the region of Calabria in Southern Italy. Come and enjoy the authentic taste of 'Nduja at Capricci throughout August.

### 8月份Capricci餐廳 'Nduja辣肉腸菜式

'Nduja 是一種來自意大利南部Calabria地區的辛辣、可塗於其他食物上的豬肉香腸。於整個8月份，Capricci餐廳將以這美食來製作多款菜式，歡迎前來品嚐。

訂座請致電2118 1803。

Simply 'Nduja | Olive Oil Crostini  
Marinated Pickles and Olives  
\$108

1kg Oven Baked Clams • 'Nduja  
Toasted Focaccia  
\$238

10" 'Nduja Pizza • Datterino Tomatoes  
Garlic • Arugula • Parmesan  
\$198

Tossed 'Nduja Penne • Mascarpone • Vodka  
Datterino Tomatoes • Baby Spinach • Parmesan  
\$198

To reserve a table, please call Capricci on 2118 1803





# Spritz Festival

at the Club Bar and Oyster Bar

Throughout August

8月份會所酒吧推介

## Spritz氣泡調酒

於8月份，歡迎前來本會酒吧享用4款以香檳或葡萄氣酒為基調，再配搭其他飲品調配而成的氣泡調酒！

- **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



## Burgers and Milkshakes

Available throughout August at the Club Bar

All burgers are served with double cooked French fries.

8月份會所酒吧推介 漢堡及奶昔

所有漢堡將配以脆炸薯條。

- Double Happiness** \$198  
Black Angus Beef Patty<sup>2</sup> | Cheddar Cheese Bun<sup>2</sup>  
Maple Glazed Bacon<sup>2</sup>
- The Beast** \$178  
Black Angus Beef Patty | BBQ Sauce  
Cheddar Cheese | Maple Glazed Bacon  
Crispy Onion Rings
- Captain's Bun** \$168  
Battered Fish Fillet | Spicy Tartar Sauce | Red Onions  
Pickled Dill Cucumbers and Watercress
- Golden Deluxe** \$238  
Black Angus Beef and Blue Cheese Patty  
Seared Duck Foie Gras | Bacon and Onion Marmalade  
Fresh Figs

## Milkshakes 奶昔

- Milkshake** \$60  
Vanilla Or Strawberry Or Chocolate
- Choco-Chip Affogato** \$60  
Espresso/ Choco-Chip Cookie/ Vanilla Ice Cream
- Salted Caramel Capuccino** \$68  
Espresso/ Milk/ Ice Cream Foam/ Salted Caramel
- Signature Mocha** \$72  
Espresso/ Milk/ Cocoa/ Ice Cream Foam/ Chocolate



\*All Shakes are served Iced, and cannot be made hot.

奶昔只供凍飲



Delight in every bite!

# WEEKDAY DINNER BUFFETS

The Island View 平常日自助晚餐

Live Cooking • Seafood on Ice • Rôtisserie • Charcoal Barbecue • Tableside Service



Mondays : Five Oceans & Rivers Seafood & Fish Mondays  
星期一 五大洋海產鮮魚及河鮮

Tuesdays : T-Bone Tuesdays  
星期二 T骨扒

Wednesdays: Wellington Wednesdays  
星期三 威靈頓牛肉

Thursdays : Winner Winner Chicken Dinner on Thursdays  
星期四 "Winner Winner Chicken" 雞肉美食晚餐

## Coming Soon

1st September, 2022

敬請期待 — 9月1日正式開始

The Island View Restaurant  
Mondays to Thursdays from 6:00pm  
星期一至四，由傍晚6時開始

Adults 成人 \$328 Children 小童 \$164



### Five Oceans & Rivers Seafood and Fish on Mondays

Seafood on Ice, Saltwater and Freshwater Fish; steamed, grilled, poached, baked...  
Turbot, Brill, Plaice, John Dory, Blue Swimmer Crab, Snow Crab, Japanese Scallops,  
Eel, Urchin, Prawns, Clams, Whelks, Mussels, Trout, Mullet, Hake and many more...

#### 星期一 五大洋海產鮮魚及河鮮

重點美食：冰鎮海鮮、鹹水和淡水魚；清蒸、燒烤、水煮、烤焗...  
多寶魚、菱鯃魚、鰈魚、魴魚、藍花蟹、雪蟹、日本扇貝、鰻魚、  
海膽、大蝦、蜆、海螺、青口、鱒魚、烏頭魚、鱈魚等...

### T-Bone Tuesdays

Choose your own Steak from our Butcher's Trolley and enjoy the wide range of Appetisers, Seafood on ice and Salads while the chefs are perfectly grilling your T-Bone to your liking. Once ready, your chosen cut will be served with garnishes, sauces and side dishes.

Non-carnivores can choose a variety of alternative main courses from the Buffet. Help yourself to something sweet from our dessert buffet to end your meal in style.

#### 星期二 T骨扒

重點美食：從肉類餐車上選擇你喜歡的肉排，享用種類繁多的開胃菜、冰鎮海鮮和沙律，而廚師們則會根據你的喜好完美地烤製出你的T骨扒。準備好後，你選擇的肉排將與配菜和醬汁一起上桌。

非肉食者可以選擇自助餐中的各種主菜，並以享用豐富的自助甜品來完滿你的晚餐。



### Wellington Wednesdays – Simple as that!

Nothing tops a Beef Wellington! Juicy beef tenderloin nestled in mushroom duxelle and tightly wrapped in buttery, flaky puff pastry. Absolutely heavenly!

Our Wellington is served with Madeira Jus, Condiments, Watercress Salad, Mashed and Roasted Potatoes, Glazed Carrots, Grilled and Sautéed Mushrooms and many more dishes available on the Buffet.

#### 星期三 威靈頓牛肉：簡單、美味！

重點美食：沒有什麼美食比威靈頓牛肉更勝一籌了！多汁的牛里脊肉被一層蘑菇包裹著，再被緊緊包裹在黃油酥皮中。絕對是無與倫比的美食！

我們的威靈頓菜式配以馬德拉酒、調味醬料、西洋菜沙律、薯蓉和烤薯、調味胡蘿蔔、烤和炒蘑菇以及自助餐提供的更多菜餚。



### Winner Winner Chicken Dinner on Thursdays!

If you like Chicken, you will love this Buffet! Perfectly cooked Chicken from our rotisserie oven, charcoal grilled Jerk Chicken, the crispiest boneless Chicken Thighs, Spatchcock Chicken cooked under a brick and plenty more Chicken delights. If you dare, finish the night with our "Death by Chocolate" Dessert Buffet!

#### 星期四 "Winner Winner Chicken" 雞肉美食晚餐

重點美食：如果你喜歡雞肉，就一定會喜歡這個自助餐！完美的烤雞從我們的旋轉烤肉架上烤製出來。

以木炭燒烤的牙買加燒雞、最脆口的無骨雞腿、在磚下煮熟的spatchcock雞，以及更多雞肉美食。

如果你想挑戰自己，就再享用我們的“瘋狂朱古力”甜品自助餐來結束這個夜晚吧！



# 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 : (B) Tuesday 16th, 23rd & 30th August

Time : 2:00pm – 3:10pm

Venue : (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度及說話能力

Date : (B) Tuesday 16th, 23rd & 30th August

Time : 3:15pm – 4:25pm

Venue : (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，令到科學變得更有興趣。

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 : (B) Thursday 4th & 11th August

Time : (B) 2:00pm – 2:55pm

Venue : Room ONE, 1/F

Price : (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 : (B) Thursday 4th & 11th August

Time : (B) 3:00pm – 3:55pm

Venue : Room One, 1/F.

Price : (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)

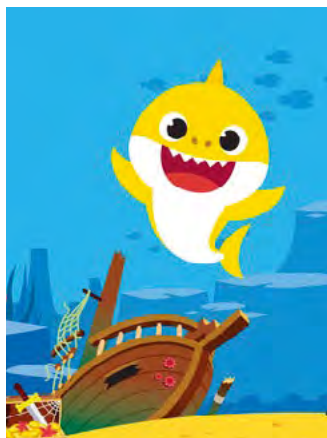
課程以歌曲引導幼兒練習英語，以生動、活潑的形式訓練聽說英語日常用語：以唱遊形式（故事、唱兒歌、遊戲、角色扮演等）及以英語與導師的對答、唱歌、講故事、認字卡及各種遊戲，讓幼兒自然地掌握英語的語法、發音和聲調之變化，使幼兒可以在輕鬆的環境下學習日常英語。

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 (C) 3rd & 10th August (D) 17th & 24th August

Time : (C1)(D1) 5:30pm – 6:30pm

(C2)(D2) 4:30pm – 5:30pm

(C3)(D3) 10:00am – 11:00am

Venue : Gym Activities Room, 1/F

Price : Member \$400, Guest \$500

Age : (C1)(D1)(C3)(D3) 3 – 5 years  
(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 : (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 (4th); Room TWO, 1/F (11th)

Price : Member \$620, Guest \$720



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

### Memory Training Course (3 – 12 years)

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

#### 圖像記憶遊戲訓練 (3 – 12歲)

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

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

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

Venue : Room ONE, 1/F

Price : Member \$600, Guest \$750

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

### STEM National Geographic (6 – 12 years)

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

#### STEM國家地理頻道知識 (6 – 12歲)

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

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

Time : 3:00pm – 3:55pm

Venue : Room ONE, 1/F

Price : Member \$780, Guest \$930

### Little Harry Potter Magic school (3 – 6 years)

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

#### 小小哈利波特 — 奇幻魔術學園 (3 – 6歲)

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

Date : (C) Thursday 4th & 11th August

Time : (C) 12:00noon – 12:55pm

Venue : Room ONE, 1/F

Price : Member \$620, Guest \$720



### Little Magic King (6 – 12 years)

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

#### 近距離魔術表演訓練課程 (6 – 12歲)

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

課程內容：奇妙骰子魔術；硬幣和繩子魔術；項鍊和戒指魔術；各款撲克牌魔術。

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

Time : 2:00pm – 2:55pm

Venue : Room ONE, 1/F

Price : Member \$720, Guest \$870

## Arts & Crafts 美術及手工藝

### STEAM 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

### 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





## junior summer programme

### 兒童暑期活動



#### 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 : (B) Wednesday 17th & 24th August

Time : 3:30pm – 4:55pm

Venue : Room ONE, 1/F

Price : Member \$680, Guest \$780

#### 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

#### 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 : (B) Wednesday 17th & 24th August

Time : 2:00pm – 3:25pm

Venue : Room One, 1/F

Price : Member \$880, Guest \$980

#### 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

#### Animal Crossing Festival Drawing & Clay Making Workshop (3 – 6 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 – 6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 : (B) Friday 19th & 26th August

Time : (B) 2:00pm – 2:55pm

Venue : Room ONE, 1/F

Price : (B) Member \$650, Guest \$750

Age : (B) 3–6 years



#### 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

#### 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畫中的人物，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

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

## EVENT CALENDAR 活動日誌

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

# September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Il Borro Wine Dinner at Capricci 16th		 Craft Coffee Day at 1/F Corridor 24th & 25th		 Summer Parfaits at The Island View & Oyster Bar 1st - 30th	Friday Dinner Buffet at The Island View	Saturday Dinner Buffet at The Island View
Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Friday Dinner Buffet at The Island View	Saturday Dinner Buffet at The Island View
Yoga / Zumba Fitness	Yoga / Core Fit	Pilates Mat Class	Tennis Team Training	Jazz Dance	Yoga / Water Aerobics	Junior Swimming School
Wall Climbing / Rope Skipping	Fascia Exercise Training		Funky Dance	Tennis Team Training	Stretching Exercise / Funky Dance	Junior Tennis Academy
Sunday Junior Tennis	Men's Double Training				Junior Taekwondo / Junior Badminton	Junior Taekwondo
Sunday Social Tennis	4	5	6	7	Junior Swimming School	10
Sunday Lunch & Dinner Buffet at The Island View	Public Holiday Lunch & Dinner Buffet at The Island View	Water Aerobics	English Drama Academy	Yoga	Friday Dinner Buffet at The Island View	Saturday Dinner Buffet at The Island View
Yoga / Zumba Fitness	Ladies' Monday Tennis	Pilates Mat Class	Tennis Team Training	Jazz Dance	Il Borro Wine Dinner at Capricci	Junior Swimming School
Wall Climbing / Rope Skipping	Yoga / Core Fit		Funky Dance	Tennis Team Training	Stretching Exercise / Funky Dance	Junior Tennis Academy
Sunday Junior Tennis	Fascia Exercise Training				Junior Taekwondo / Junior Badminton	Junior Taekwondo
Sunday Social Tennis	Men's Double Training	12	13	14	Yoga / Water Aerobics Junior Swimming School	17
Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Friday Dinner Buffet at The Island View	Saturday Dinner Buffet at The Island View
Yoga / Zumba Fitness	Yoga / Core Fit	Pilates Mat Class	Tennis Team Training	Jazz Dance	Yoga / Water Aerobics	Craft Coffee Day at 1/F Corridor
Wall Climbing / Rope Skipping	Fascia Exercise Training		Funky Dance	Tennis Team Training	Stretching Exercise / Funky Dance	Junior Swimming School
Sunday Junior Tennis	Men's Double Training				Junior Taekwondo / Junior Badminton	Junior Tennis Academy
Sunday Social Tennis	18	19	20	21	Junior Swimming School	24
Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Friday Dinner Buffet at The Island View	Saturday Dinner Buffet at The Island View
Craft Coffee Day at 1/F Corridor	Yoga / Core Fit	Pilates Mat Class	Tennis Team Training	Jazz Dance	Henri Giraud Champagne Dinner at Pier 6	Henri Giraud Champagne Dinner at Pier 6 30th
Yoga / Zumba Fitness	Fascia Exercise Training		Funky Dance	Tennis Team Training	Yoga / Water Aerobics	
Wall Climbing / Rope Skipping	Men's Double Training				Junior Taekwondo / Junior Badminton	Junior Taekwondo
Sunday Junior Tennis	25	26	27	28	Junior Swimming School	24
Sunday Social Tennis			28	29	Stretching Exercise Junior Swimming School	30

\*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 : (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)

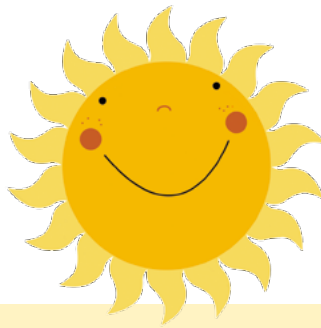
This fun course will teach the processes and principles of remote control cars. Participants can master numerous aspects of remote control cars, including model making and understanding the technology they use.

#### 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 : (B) Wednesday 10th, 17th & 24th August  
(C) Thursday 25th August  
Time : (B) 2:00pm – 3:55pm  
(C) 2:00pm – 5:55pm  
Venue : (B) Harbour Room, 1/F  
(C) Room ONE, 1/F  
Price : (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 : (B) Wednesday 3rd, 10th, 17th & 24th August  
Time : (B) 1:00pm – 2:00pm  
Venue : Aerobics Room, 1/F  
Price : (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 : (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 : (B) Wednesday 3rd, 10th, 17th & 24th August  
Time : (B) 12:00noon – 1:00pm  
Venue : Aerobics Room, 1/F  
Price : (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 : (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 : (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
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)

Skiping 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 : (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 : (B) Tuesday & Thursday 9th, 11th, 16th & 18th August

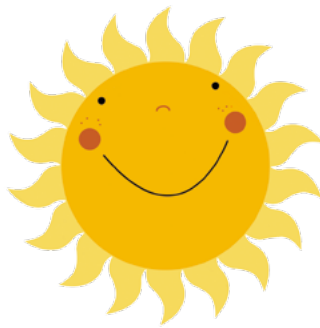
Time : (B) 2:00pm – 3:30pm

Venue : (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
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

#### 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 : (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)

#### 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)

Clinic	Age	Date	Time
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

## 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
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
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)

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

## Cooking 烹飪



### 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



# junior summer programme

## 兒童暑期活動

### Summer Swimming School 暑期游泳班

Class	Date	Day	Time	Coach	Fees \$	
					Member	Guest
Pre-school Swimming (3 - 4 years)						
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)						
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)						
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)						
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)						
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)

#### 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。

# Rhino Rock

A short hike for the height of summer is easy to get to from the city, and it comes with beautiful views out to sea.

*This informal trail is short but it is not signposted and it requires a little clambering over boulders, so may not be suitable with small children. Walking time: 1.5 hours.*

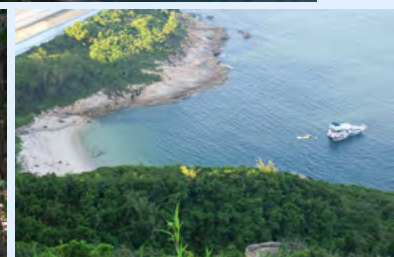
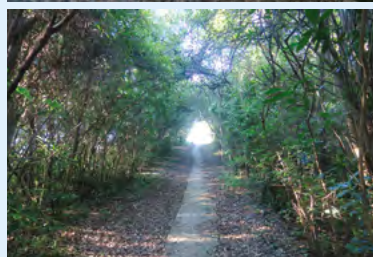
New World First Bus route 14 is the only bus that goes to the trailhead, so either take this bus from its starting point at Sai Wan Ho, or take any bus from Central (e.g. 6, 6X, 260) to Stanley Village and then change to the 14.

The bus stops at the gate of Stanley Fort, and the trail starts right here, on steps that lead uphill on your left. This is the only steep part of the hike. Walk up the steps into the forest, taking care where some of the wooden steps have fallen away and only their metal pins remain. As you climb higher, your way ahead is lined with bamboo.

The path ends at a trigonometrical point marking the summit of Che Pau Teng. Make a right turn here to push through the bushes. Immediately you're on the east side of the hill, and a wide open view of Tai Tam Bay is laid out before you, with the Shek O peninsula on the far side. The rocky isle of Lo Chau shines in the sunlight. Down to your left, there's the little beach at Tweed Bay, and beyond that, the large expanse of Stanley Prison, which was used during World War II as a camp for foreign civilians.

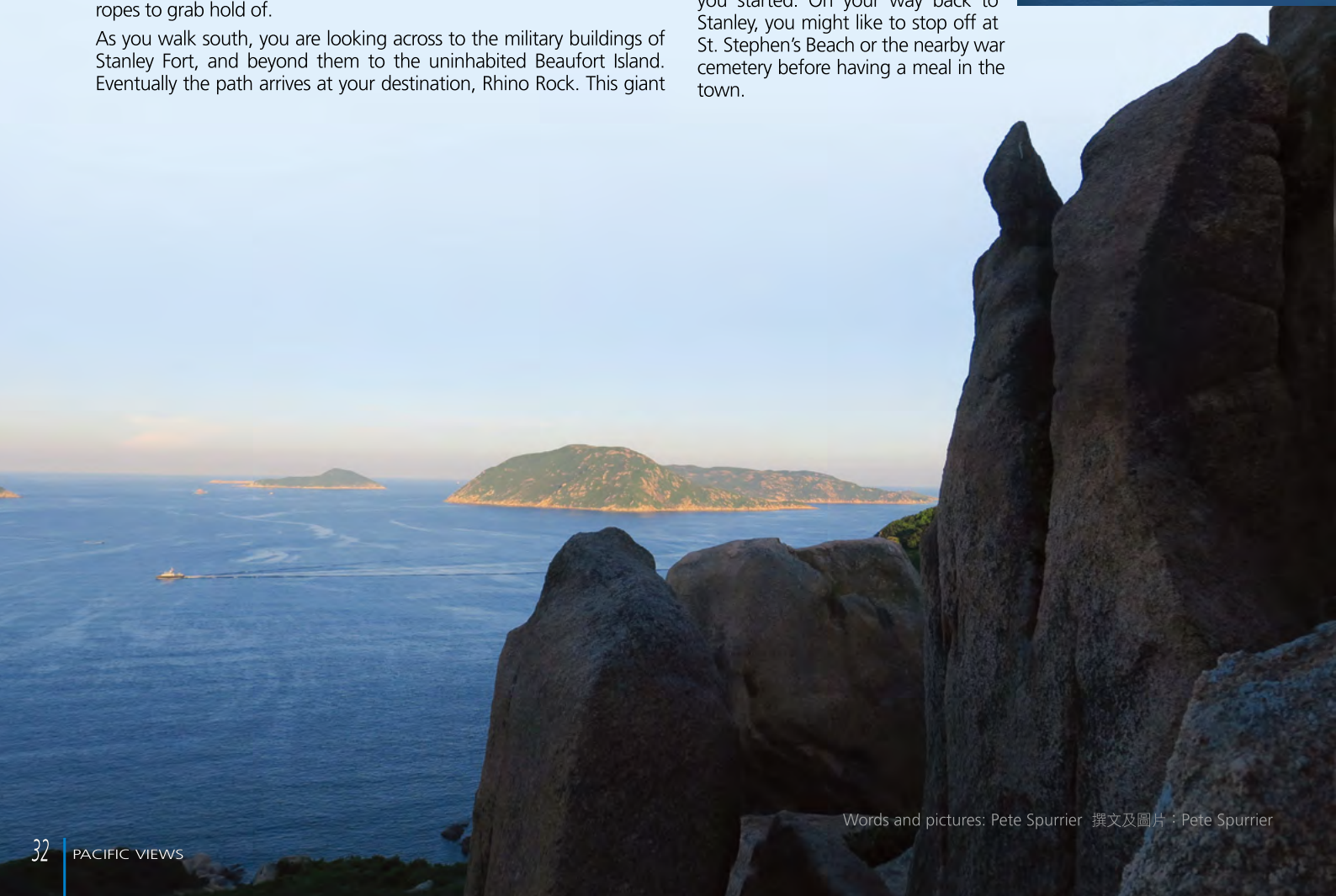
Bear right to make your way along the hillside. There are no signs, so you must simply follow the widest path through the waist-high shrubbery. At regular intervals there are rocks that you can climb to get different views of the sea and coast. Some of the downward slopes are a little slippery, but there are always branches, rocks and sometimes ropes to grab hold of.

As you walk south, you are looking across to the military buildings of Stanley Fort, and beyond them to the uninhabited Beaufort Island. Eventually the path arrives at your destination, Rhino Rock. This giant



eroded stone really does look like a horned rhino, complete with lower lip, bulky shoulders and various holes and grooves that you can ascribe to eyes and nostrils. It must have been looking out to sea from here for thousands of years!

Retrace your route to return to where you started. On your way back to Stanley, you might like to stop off at St. Stephen's Beach or the nearby war cemetery before having a meal in the town.



## 犀牛石

今次為大家介紹一段適合盛夏時候前往的短途徒步旅行，很容易從市區到達，並且可以欣賞到大海的美麗景色。

這條非正式的小徑路程很短，但沿途沒有路標指示，亦需要爬過一些巨石，因此可能不適合小孩子前往。步行時間：1.5小時。

新巴14號線是唯一開往登山口的巴士，因此可以直接乘搭從西灣河開出的14號巴士，或從中環乘搭前往赤柱村的任何巴士線(例如6、6X、260)，然後轉乘新巴14號線。

於赤柱炮台前的巴士站下車，小徑就從這裡開始，踏上在你左邊的梯級上山。這是今次徒步旅行中唯一陡峭的部分。踏上梯級進入樹林，請注意部分木梯級已經脫落，只剩下它們的金屬釘。當你爬得更高時，前路旁邊都是竹林。

這條路的終點是一個三角點，標誌著斜炮頂的頂峰。在這裡右轉穿過灌木叢。隨即你已經在山的東側，大潭灣開闊的視野呈現在你面前，遠處是石澳半島。羅洲岩石島在陽光下熠熠生輝。在你左下方的小海灣



上有一個小沙灘，再往前是龐大的赤柱監獄，在二戰期間曾被用作拘留外國平民的營地。

右轉沿著山坡前進。這裡沒有任何標誌，因此你必須沿著最寬闊的路徑穿過齊腰高的灌木叢。每隔一段路程，你可以爬上一些岩石欣賞大海和海岸的不同景色。部分下坡路有點滑，但都會有一些樹枝、岩石，有時甚至有繩索可以讓你抓住。

當你向南走時，會看到赤柱的軍事建築，越過它們就是無人居住的螺洲。最終路徑會到達你的目的地，犀牛石。這塊巨大、被侵蝕的石頭看起來確實像一頭有角的犀牛，可以完整看到下唇、厚重的肩膀和多個看似眼睛和鼻孔的洞孔和凹槽。幾千年來，它一直在這裡望著大海。



沿著來時的路線返回開始的地方。在返回赤柱的路上，你可能想在聖士提反灣或附近的戰爭墓地稍作停留，然後在市中心用餐。

## 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.

### 瑜伽班

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(套票必須於4個月內完成)  
非會員每堂\$300

報名請致電2118 1890。

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

Venue : Aerobics Room

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

Guests - \$300/class

Remark : Packages must be completed within 4 months

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



\* 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。

## 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.

### 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，兩小時課堂收費：每位\$310(設茶點招待)。

Date : Monday 1st, 8th, 15th, 22nd & 29th August  
 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



## 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。

8月份課程收費 – A班(3½ – 6歲, 4堂)：會員\$840，非會員\$1,320；B班(6 – 16歲, 4堂)：會員\$1,120，非會員\$1,600。(備注：此訓練活動以月費形式支付)

Date : Saturday 6th, 13th, 20th & 27th August  
 Time : A) 10:00am – 11:00am  
       B) 11:00am – 1:00pm  
 Price : A) Member \$840, Guest \$1,320 (for 4 lessons)  
       B) Member \$1,120, Guest \$1,600 (for 4 lessons)

Age : A) 3½ – 6 years  
       B) 6 – 16 years  
 Venue : Indoor Tennis Courts

## Sunday Social Tennis

Sunday Social Tennis is held every Sunday evening in August here on the Pacific Club rooftop courts. 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 7th, 14th, 21st & 28th August  
 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

\* 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



# Mooncake Order Form

## 中秋月餅訂購表格

Limited Availability  
限量發售



Chef Keung of Bauhinia Restaurant has prepared delicious Mini Mooncakes for Members to celebrate the Mid-Autumn Festival on 10th September with family and friends.

9月10日是一年一度的中秋節，紫荊閣總廚葉師傅特別準備了多款迷你月餅，讓閣下與家人朋友共度佳節。

ITEM 項目		PRICE 單價	QUANTITY 數量	TOTAL 總額
Mini Mooncakes with Red Bean Paste and Walnut 合桃豆沙迷你月餅	4 pieces per box 四件裝	\$170		
Mini Mooncakes with Pineapple and Egg Yolk (Limited Availability) 金鳳梨迷你月餅 (限量發售)	4 pieces per box 四件裝	\$180		
Mini Mooncakes with Custard and Egg Yolk 奶皇蛋黃迷你月餅	4 pieces per box 四件裝	\$175		
Mix of Mini Mooncake Flavours (Custard and Egg Yolk - 2 pcs, Pineapple and Egg Yolk - 1 pc, Red Bean Paste and Walnut - 1 pc) 三式迷你月餅 (奶皇蛋黃 - 兩件，金鳳梨蛋黃 - 一件，合桃豆沙 - 一件)		\$180		
GRAND TOTAL 總合計				

Member's Name (in full) 會員姓名：\_\_\_\_\_

Membership No. 會員編號：\_\_\_\_\_

Contact Telephone No. 聯絡電話：\_\_\_\_\_

Collection Date & Time 領取日期及時間：\_\_\_\_\_

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

本表格內所收集的個人資料只用作確認訂購之用途

Signature 會員簽署：\_\_\_\_\_

\* The date for ordering: 16th - 31st August, whilst stock lasts.

本會將於8月16日至31日接受訂購，數量有限，售完即止。

\* Collection may be made from 1st - 10th September at Bauhinia Restaurant. Please allow three days for preparation.

閣下訂購之月餅可於9月1日至10日期間到紫荊閣領取。月餅製作需3日時間。

\* For ordering, please present this form to Bauhinia Restaurant or send by fax to 2118 0207 or email to lawrence-lo@pacificclub.com.hk

訂購月餅，請填妥此表格，並交回紫荊閣；或傳真至2118 0207；或電郵至lawrence-lo@pacificclub.com.hk。

\* The charges of this confirmed order will be debited directly to your monthly account

此表格上之訂購總額將記入閣下之月結賬戶內。

## Two and Twenty: How the Masters of Private Equity Always Win

by Sachin Khajuria

Private equity was once an investment niche, with the industry managing just \$500 billion. No more! Today that number exceeds \$7 trillion for all forms of private capital, with leading firms directing more money than some countries' entire GDPs. The industry has overtaken investment banking, and well-known names like Goldman Sachs, JP Morgan, Morgan Stanley, and Citi - as the premier destination for ambitious financial talent, as well as the investment dollars of some of the world's largest pension funds, sovereign wealth funds, and endowments.

At private equity's pinnacle are the firms' partners, happy to earn "two and twenty", that is, a flat yearly fee of 2 percent of a fund's capital, on top of 20 percent of the investment spoils. The private equity industry has succeeded in near-stealth-untill now. In *Two and Twenty*, Sachin Khajuria, a former partner at the elite private equity firm Apollo, takes an unapologetic yet critical look in the mirror, giving readers an unprecedented view inside an opaque and rapidly expanding engine of the global economy.

From how to "think like a principal, not an advisor" to "respond, don't react," Khajuria brings the habits of the industry's leading practitioners to life through a series of vivid and unvarnished deal sketches, illuminating how their traits, culture and temperament lead to consistent market-beating returns. *Two and Twenty* is an unflinching examination of the mindset that drives the most influential and least understood centre of financial power and a call to action for people to start paying closer attention to a key industry underpinning global retirement systems-a field that has become a punching bag for some and the source of envy for countless others.

私募股權曾經是一個投資的小眾市場，此行業管理的資金只有5,000億美元。但現在不一樣了。如今，各種形式的私人資本金額已超過7萬億美元，佔主導的公司所操作的資金甚至比一些國家的整個國內生產總值(GDP)還要多。此行業已經超越了投資銀行業務以及高盛、摩根大通、摩根士丹利和花旗等知名企業，成為雄心勃勃的金融人才的首選目標，以及一些世界上最大的養老基金、主權財富基金和捐贈基金的投資資金。

私募股權的巔峰是成為公司合夥人，他們樂於賺取“2+20”——即除了20%的投資收益外，每年還可獲得基金資本2%的固定費用。私募股權行業在近乎隱秘的情況下獲得了成功，直到現在。在書籍《Two and Twenty》中，精英私募股權公司Apollo的前合夥人Sachin Khajuria以毫不掩飾的批判眼光，讓讀者對這個不透明且迅速擴張的全球經濟引擎有了前所未有的認識。

從如何“像委託人一樣思考，而不是顧問”到“要回應，不要反應”，Khajuria通過一系列生動、不加修飾的交易軼事，將此行業領先從業者的習慣帶到現實中，闡明了他們的特徵、文化和性情是如何導致持續擊敗市場的回報。《Two and Twenty》對推動最有影響力和不為人知的金融權力中心進行了毫不留情的審視，並呼籲人們開始密切關注支撐全球退休系統的一個關鍵行業——一個已經成為某些人的出氣筒和無數其他人的嫉妒之源。



## The Dawn of Everything: A New History of Humanity

by David Graeber & David Wengrow

For generations, our remote ancestors have been cast as primitive and childlike - either free and equal, or tuggish and warlike. Civilization, we are told, could be achieved only by sacrificing those original freedoms or, alternatively, by taming our baser instincts. David Graeber and David Wengrow show how such theories first emerged in the eighteenth century as a reaction to indigenous critiques of European society, and why they are wrong. In doing so, they overturn our view of human history, including the origins of farming, property, cities, democracy, slavery and civilization itself.

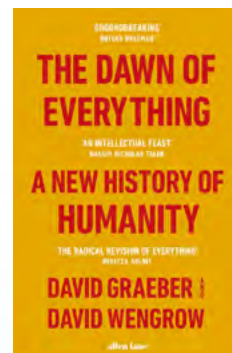
Drawing on path-breaking research in archaeology and anthropology, the authors show how history becomes a far more interesting place once we begin to see what's really there. If humans did not spend 95 per cent of their evolutionary past in tiny bands of hunter-gatherers, what were they doing all that time? If agriculture, and cities, did not mean a plunge into hierarchy and domination, then what kinds of social and economic organization did they lead to? The answers are often unexpected, and suggest that the course of history may be less set in stone, and more full of playful possibilities than we tend to assume.

*The Dawn of Everything* fundamentally transforms our understanding of the human past and offers a path toward imagining new forms of freedom, new ways of organizing society. This is a monumental book of formidable intellectual range, animated by curiosity, moral vision and faith in the power of direct action.

幾個世代以來，我們遙遠的祖先一直被塑造成原始而幼稚——不是自由平等，就是兇殘好戰。我們被告知，只有通過犧牲那些與生俱來的自由，或者通過馴服我們卑劣的本能，才能實現文明。David Graeber和David Wengrow展示了這些理論是如何首次出現於18世紀，作為對歐洲社會本土批評的回應，以及他們為什麼是錯誤的。因此，他們顛覆了我們對人類歷史的看法，包括農業、財產、城市、民主、奴隸制和文明本身的起源。

作者利用考古學和人類學方面的開創性研究，展示了一旦我們開始看到真正存在的東西，歷史將如何變得更加有趣。如果人類沒有將其95%的進化歷史花在少數的狩獵採集者身上，那麼他們一直在做什麼？如果農業和城市並不意味著陷入等級制度和統治，那麼它們導致了什麼樣的社會和經濟組織？答案往往出乎意料，並表明歷史進程可能比我們想像的更不那麼一成不變，而是充滿了有趣的可能性。

《The Dawn of Everything》從根本上改變了我們對人類過去的理解，並為想像新的自由形式和組織社會的新方式提供了一條道路。這是一本包含了巨大知識範圍的不朽著作，充滿好奇心、道德遠見和對直接行動力量的信念。



From now until 31st August, 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8月31日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.  
204 Pacific Place, Admiralty

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

# Increasing Distance through Bodily Strength & Flexibility

Hitting a further distance in golf is about much more than just connecting to the ball. Most golfers wish to hit the ball a farther distance, so it is necessary to consider many factors such as the explosive force of the body and the flexibility of the body in order to increase power. Working out in the gym will help to increase muscle mass and therefore help to increase the explosive force. To enhance flexibility, it is also a good idea to engage in stretching and yoga or Pilates exercises.

Practice the rhythm of the entire swing by watching more videos of professional golf players or coaches demonstrating swing movement on the Internet for reference. At the same time, it is also necessary to practice how to control the muscles of the upper body while swinging. The pulling action is mainly driven by the upper body, while the swing action is mainly initiated by the lower body. The hands should be relaxed when gripping the club. More training and practice can make great improvement in increasing distance.



## 增強身體強度及柔軟度來增加擊球距離

在高爾夫球運動中，想擊出更遠的距離不僅是球的關係，還受更多因素的影響。大部分球手都希望發球及擊球上追求更遠的距離，但要達到成果便需要配合很多因素，包括身體的爆發力、柔軟度等。在健身室鍛煉將有助於增加肌肉質量，從而增加爆發力。為了增強靈活性，進行伸展運動及瑜伽或普拉提練習也是一個好方法。另外，亦需要多練習整體揮桿動作的節奏，不妨上網多看一些專業高爾夫球手或教練的揮桿動作示範影片以作參考。同時也要多練習如何在揮桿動作時控制上半身肌肉放鬆，拉桿動作主要由上半身來帶動，而揮桿動作則主要由下半身來發起，握杆時雙手要放鬆。多反覆練習定能日漸進步，打出令人滿意的距離。

## Golf Private Lessons

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

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

### 高爾夫球私人課堂

想改善你的高爾夫球技術，請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，他會助你成為一個更好的高爾夫球員。在課程中，Alain 能夠專注於你需要改善的特定領域，並分享他豐富的知識和經驗。想預約週一至週六的私人高爾夫球課堂，請致電2118 1707查詢。



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

#### 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。

# Hair Product Sale in August 8月份頭髮產品優惠

## Deuxer Soft Wax 2

~~\$250~~ \$225

Deuxer 2 Soft Wax creates a natural, soft look. This product is suitable for medium to long hair and also curly hair. All DEUXER styling products contain either macadamia nut oil or macadamia nut butter. Use this fantastic moisture-rich product to create various hair styles without making the hair heavy.

### Deuxer 2號軟髮蠟

Deuxer 2號軟髮蠟能夠締造自然及柔軟的造型效果，適合中至長髮及曲髮人士使用，賦予頭髮順滑、光澤及水潤感覺。各款Deuxer產品均含有澳洲堅果油，為髮根至髮尾作出修護及保濕，打造出無重、自然順滑、柔軟整潔的髮型。



## Proaction for C. Shampoo, 170ml

~~\$130~~ \$115

A daily care shampoo for colour-treated hair. This shampoo can extend colour luminosity and restore moisture balance. Seal in vibrant colour by gently adjusting your hair's pH balance.

### Proaction C.鎖色洗髮水，170毫升

此產品適合為漂染頭髮進行日常護理，可延長頭髮顏色的持久度及光澤度，恢復水份平衡、適當調節頭髮的酸鹼平衡值。

## Proaction for C. Treatment, 150g

~~\$150~~ \$135

This fantastic product can prevent hair damage caused by colouring, prevents discolouration and controls the pH balance. It leaves your hair incredibly smooth and shiny.

### Proaction C.鎖色護理，150克

此產品能有效防止染色為頭髮帶來的傷害、延長染髮後的色澤、適當調節頭髮的酸鹼平衡值，使髮色持久亮麗。



## This Month's Promotion

### 10% Discount on Intensive Hair Care Treatments

Throughout the month of August, enjoy 10% discount on Intensive Hair Care Treatments (including Curepod and Trisys Triphilia treatments). These treatments can help to repair and improve damaged hair caused by swimming pool chlorine, strong sunlight, dryness, colouring, perming, and/or straightening.

To make your appointment, please call the Hair Salon on 2118 1893.

### 深層頭髮護理9折優惠

會員於8月份到會所髮廊惠顧深層頭髮護理，可獲享9折優惠(包括Curepod及Trisys Triphilia護理)。專業頭髮護理能有效地修復因過度漂染、電燙、乾旱、負離子、泳池氯氣及陽光曝曬所引致的嚴重受損髮質。

查詢及預約服務，請致電2118 1893。



By Craig Norris

www.momentsbycraig.com

## Vlogging

For some people, the ability to shoot video has become the primary application for their camera, while capturing still images becomes the secondary application. In my observations of how people use the video function, it seems that there are two major subjects for their videos. The biggest application is to capture memorable video clips of their children, family, friends, and pets – generally called “loved ones”. The other main subject is to capture video of themselves – selfie videos – which includes the very popular activity called “video blogging”, abbreviated as “vlogging”.

Vlogging is a rapidly growing part of social media content, so much so that there are now cameras designed specifically for the vlogging purpose. The first vlogging camera was the Sony ZV-1 in mid-2020. Then soon after came the Panasonic G100. The year 2021 brought us the Sony ZV-E1, and now, just announced last month, is the Nikon Z30.

The first requirement for a selfie-style vlogging camera is that the LCD screen must be able to be seen while you are in front of the camera. All of the above mentioned cameras have a tilt and swivel style of LCD display that can be angled so you can see it even while the camera's lens is pointing at you.

The second requirement is that the camera must be able to record high quality audio. All these cameras have a built-in microphone for that purpose, but there's also a socket for plugging in an external microphone. Finally, the most important requirement is that the camera must have a very reliable auto-focus function.

You can use your smartphone for vlogging. But if you do, I recommend that you enable the Flight Mode so that your video shooting won't be disturbed by incoming calls or messages!

### 影像網誌

對於一些人來說，拍攝影片的性能已成為他們對相機的主要要求，而捕捉靜止影像反而成為次要。

在我對人們如何使用影片功能的觀察中，他們的影片似乎有兩個主要的主题。最大的應用是拍攝他們的孩子、家人、朋友和寵物——統稱為“親人”——的難忘片段；而另一個主要主题是拍攝自己的影片——自拍影片——其中包括非常流行的活動，稱為“video blogging(影像網誌)”，縮寫為“vlogging”。

影像網誌是社交媒體內容中快速增長的一部分，以至於現在甚至有專門為其而設計的相機。在2020年年中，第一部推出的影像網誌相機是Sony ZV-1；緊隨其後的是Panasonic G100；2021年再有Sony ZV-E1；而今年，就剛剛於上個月宣布推出Nikon Z30。

自拍式影像網誌相機的第一個必備條件，就是當你在相機前面時，必須可以看到LCD屏幕。上述所有相機都具有可以傾斜和旋轉的LCD顯示屏，可以改變顯示屏的角度，因此即使相機鏡頭對準你，你也可以看到它。

第二個必備條件是相機必須能夠錄製高質量的音頻。所有這些相機都有一個用於此目的的內置麥克風，還有一個用於加插外置麥克風的插座。最後，最重要的是相機必須具有非常可靠的自動對焦功能。

當然你也可以使用智能手機進行影像網誌，但如果你這樣做，我建議你啟用飛行模式，這樣當你拍攝影片時便不會被來電或訊息干擾了！



Sony remote control tripod-grip



Nikon Z30



Panasonic G100



Sony ZV-1 with remote control



Sony ZV-E10

# Get Fit Fast with a Fitball

Working out with a fitball can improve balance, stability, posture and co-ordination. It also helps to strengthen core muscles, abdominal, back and trunk muscles. And fitballs are also popular outside of the Gym! Some people even sit on it as working chair at the office.

There are many exercises that can be performed on a fitball. The most important thing to consider when choosing a fitball is what size suits your individual needs.

## 健身球運動

以健身球進行運動可以鍛煉身體的平衡力、穩定性，改善姿勢和協調性，增強深層肌肉、腹部和背部肌力，所以是健身室內非常受歡迎的運動，有些人士甚至會將它放在辦公室裡當椅子來坐，一邊工作，一邊運動。

健身球可以進行很多不同的動作，但在學習健身球運動前，首先要學會怎樣選擇一個符合你身形使用的健身球。



Sit on top of the centre of a fitball and you should find your knees bend at a right-angle when your knees are directly in line with your heels. A fitball that is too small or too big in size may lead to imbalance or can mean it is difficult to exercise.

當我們坐在健身球上，腳踏著地時，膝蓋應該成90°直角，太大或太少的健身球會使我們在運動時失去平衡，或難以做到理想的動作。

Here are some suggested exercises that can be performed with a fitball:

以下幾個動作可鍛煉身體的主要肌肉：



Curl up and down slowly using the abdominal muscles without arching your back. Breathe out to curl up with the navel tucked in. Tilt the pelvis to work the gluteus maximus and increase core stability.

上半身仰臥在健身球上，膝蓋成90°直角。雙手放後腦，然後呼氣，腹部慢慢卷起抬高上身，直到感覺腹部肌肉和深層肌肉收緊。緊記後大腿和臀部的肌肉也要收緊來保持盆骨在健身球上的平衡。



Bridge up and down by articulating the spine without moving the ball. This exercise helps to strengthen the gluteus maximus and hamstrings, as well as increasing abdominal core control.

躺在地上，雙腳踏在健身球上，肩頸背部盡量保持放鬆打開。呼氣慢慢將盆骨抬起直到背部離地挺高，緊記保持收緊腹部和臀部，然後再呼氣慢慢放下臀部，回復原來姿勢。進行期間要保持健身球穩定。這動作有助加強臀大肌和大腿後肌，以及增加腹部核心控制。



By Personal Trainer, Ida Kam  
撰文：私人健身教練 – Ida Kam



Planking on a fitball can improve shoulder stability. This is a great exercise for all muscles, including the core abdominal muscles, arms, gluteus maximus, legs etc .

An easier version of this exercise can be performed by placing the fitball in a corner so that it doesn't move away easily.

健身球可放在牆角來保持穩定，手肘放在健身球上支撐身體，身體挺直(如同掌上壓的姿勢)，保持腹部、深層肌肉和臀部收緊。這動作可鍛煉身體大部份的肌肉，例如手部、背部、腹部和下身的肌力。



By stretching away and dragging the fitball back, this exercise works on the lateral leg muscles. Keep the spine in a neutral position. You should find the gluteus maximus, hamstrings and the abdominal core muscles are all needed to stabilize the pelvis.

通過回來推、拉健身球，以鍛煉腿外側的肌肉。跪在地上，用手慢慢將健身球推前及拉入，身體隨著動作前後移動，盡量利用背部的肌肉和收緊腹部，以及保持盆骨穩定。



This is an easy fitball exercise for stability and balance, suitable for almost anyone to perform, especially beginners. When performing this exercise, it is important to keep a neutral spine.

這是一個非常簡單的穩定性及平衡練習，幾乎適合任何人士，特別是初學者。坐在健身球上，脊椎保持最自然的弧度，用深層肌肉和腹部的肌肉慢慢控制平衡力，將一隻腳提起以及伸展，保持平衡然後慢慢將腳放回原位。

# A Floral Necklace

1. Roll up the tips of the Cymbidium Goeringii Leaves and secure with wire.
2. Cut all flowers and leaves off the plants and leave a section of stalk.
3. Secure a short wire on Vanda Orchid and make a hook.
4. Wrap the stalks of Yellow Dendrobium Orchid with green floral tape.
5. Now we start to make some mini flower bunches...
6. Firstly, secure some Wax Flowers and Pastel Baby Breath on Yellow Dendrobium Orchid (in Step 4) and wrap the stalks together with green floral tape.
7. Secondly, use Schefflera Octophylla leaves to make "petals" for "flowers". Place a few leaves together to make a flower bud and secure the end with wire. Put 3 - 4 wires together as a stem. Then secure the flower bud on the stem and wrap the whole stem with green floral tape.
8. Thirdly, add 3 - 4 long wires on the Yellow Dendrobium Orchid and wrap the whole stem with green floral tape as a long stem. And then secure some flower bunches and leaves (in Step 1, 6 & 7) onto it.
9. Secure all flower bunches one-by-one with wires to make a flower wreath/necklace.
10. Hook the Vanda Orchid (in Step 3) in the middle of the flower wreath or you can connect both ends with a ribbon.

## 鮮花頸環

1. 捲起細葉春蘭葉的葉尖，用鐵絲固定。
2. 將所有花朵及葉子剪下來，保留一段花莖。
3. 在萬代蘭上固定一條短鐵絲並屈成一個鉤。
4. 用綠色花藝膠紙將黃胡姬蘭花的莖包裹起來。
5. 現在我們開始製作一些小花束...
6. 首先，在黃胡姬蘭花(步驟 4)上加多一些臘梅及滿天星，並用綠色花藝膠紙將花莖包裹起來成一花束。
7. 第二，用鴨腳木葉子作為花瓣做出小花朵。將幾片小葉子疊在一起做成花蕾，將 3-4 支鐵絲固定在一起作為花莖，再用鐵絲將花蕾固定在花莖上，然後用綠色花藝膠紙將整支花莖包裹起來。
8. 第三，在黃胡姬蘭花上加 3-4 支鐵絲，然後用綠色花藝膠紙將整支花莖包裹起來變成長花莖，然後將幾束小花束和葉子(步驟 1、6 及 7)固定在上面。
9. 用鐵絲將所有小花束一束接一束固定，製成花環。
10. 將萬代蘭(步驟 3)鉤在花環的中間位置；你也可以用絲帶將花環的兩端連接起來。



### What You'll Need:

- Various Flowers in Different Sizes: here we use Vanda Orchid, Yellow Dendrobium Orchid, Wax Flower, Pastel Baby Breath
- Leafy Plants: here we use Schefflera Octophylla, Cymbidium Goeringii Leaves
- Green Floral Tape
- Ribbon, Wire
- Scissors

### 材料：

- 不同大小的花卉植物，文中選用：萬代蘭、黃胡姬蘭花、臘梅、滿天星
- 綠葉植物：文中選用鴨腳木、細葉春蘭葉
- 綠色花藝膠紙
- 絲帶、鐵絲
- 剪刀



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



## Sothys Detox Energie Intensive Treatment (1hr 25mins)

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

This incredible treatment from Sothys includes a unique energizing massage to treat your skin to a burst of energy and help it to defend itself against the harmful effects of environmental stress and pollution.

Come and treat your skin to a total new skincare concept to depollute, detoxify, energize and rebalance the microbiome for healthy skin.

### Sothys五加蔘能量光感療程 (1小時25分鐘)

療程配合Sothys的「能量定點按摩」，有效激活肌底細胞能量，為肌膚充電儲能，同時有效阻截環境侵害，調節肌膚「微生態」及抗污染，提升肌膚自我抗禦能力，有助於在不同環境壓力下對抗令肌膚加速老化的傷害，綻放健康光芒。

## Lift Summum Treatment (1hr 25mins)

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

This effective firming treatment is specially designed for mature skin. With unique massage techniques and special masks, this treatment gives the face, neck and chest all-round care. The treatment remarkably smoothens wrinkles, redefines facial contours and restores skin firmness.

### 煥顏緊膚修護療程 (1小時25分鐘)

特別為針對成熟肌膚而研製的高效緊膚療程，配合獨有按摩技巧及特製面膜，全方位護理面部及頸胸部位，顯著撫平頑固皺紋、重塑細緻鮮明的面部輪廓，令肌膚回復緊緻彈性，散發年輕光澤。



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。

# Summer Holiday Personal Training Package for Students NEW

Summer is a perfect time for one-on-one Personal Training. In the month of August, 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8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)。

想藉著暑假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。



## Word Find

Find and circle the 18 listed fruit words. The words may go across or down. 請從字母表中圈出18個有關生果的用字，串法可以是橫排或直排。

### Win a Fabulous Prize

Submit your answer to the Editor at Fax No. 2118 0209, email to [jacqueline-leung@pacificclub.com.hk](mailto: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, 31st August. 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](mailto: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8月31日(星期三)舉行之抽獎，勝出者可獲禮物一份。

apple	banana	blueberry
cherry	grape	kiwi
lemon	lime	mango
nectarine	orange	peach
pear	pineapple	plum
raspberry	tangerine	watermelon

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Contact Tel. No.: \_\_\_\_\_

Membership No.: \_\_\_\_\_

# 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 the 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.

## 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



## Junior Badminton Lessons (Private)

To really improve your child's badminton skills, our Badminton Coach is available for Private Lessons with prior booking. Students will receive detailed technical training and sessions are tailored to a child's specific level for play, whether they are a beginner or more advanced level.

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 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。

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](http://www.sudoku.com)

Submit your answer to the Editor by fax at 2118 0206 or email to: [vivian-ng@pacificclub.com.hk](mailto:vivian-ng@pacificclub.com.hk) by latest Friday, 19th August. 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 September. Good Luck!

請於8月19日(星期五)前將答案傳真至2118 0206、電郵至[vivian-ng@pacificclub.com.hk](mailto: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9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

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

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

July  
Solution  
七月份  
遊戲答案

Congratulations to the winner of last month's puzzle

恭喜上期得獎者

Ms Helen Chan



## 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 August 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8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。



## 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 August.

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

## Royal Selangor Club Kuala Lumpur, Malaysia



The Royal Selangor Club (RSC) is one of Asia's oldest sporting institutions, founded in 1884 and located in the heart of Kuala Lumpur. The club was granted a royal charter by DYMM Sultan Selangor in 1984 and thereafter became known as Kelab DiRaja Selangor or Royal Selangor Club.

RSC offers a variety of incredible restaurants to suit every taste. The Verandah Coffee House serves international and local dishes in a traditional setting. Ping Wah Restaurant is the club's Chinese restaurant, offering set and a la carte menus in a light-filled room and specializing in Hainanese cuisine. If are craving Indian food, the Tea Garden serves delicious Indian cuisine, served on banana leaves. And for authentic Japanese dishes, head to the Japanese Restaurant. For a casual drink and snacks, the Long Bar is one of Malaysia's oldest bars and has a great atmosphere.

Recreational facilities at the RSC are second to none. The swimming pool is at the heart of the club and is a welcome oasis to escape the heat of the city. Tennis fans will be pleased to find both artificial and grass courts. There is also a cricket pitch and two football fields, as well as a variety of indoor pursuits such as squash, a fully equipped gym and billiards/pool.

So, if you will be visiting Kuala Lumpur in the future, be sure to obtain a Letter of Introduction for the wonderful Royal Selangor Club - a place that warmly welcomes Pacific Club Members.

馬來西亞The Royal Selangor Club (RSC) 是亞洲最古老的體育機構之一，成立於1884年，位於吉隆坡市中心。會所於1984年被DYMM Sultan Selangor(馬來西亞雪蘭莪州蘇丹)授予皇家特許狀，此後被稱為Kelab DiRaja Selangor或Royal Selangor Club。

RSC設有多間令人驚喜的餐廳，以滿足不同人士的口味。Verandah Coffee House咖啡館在傳統的環境中供應國際和當地菜餚。Ping Wah Restaurant是會所的中餐廳，在光線充足的環境下提供套餐和單點菜式，尤其擅長海南菜。如果想品嚐印度菜，便要前往Tea Garden享用盛載在香蕉葉上的印度美食。要品嚐正宗的日本料理，會所亦設有日本餐廳。Long Bar是馬來西亞最古老的酒吧之一，氣氛極佳，是享用休閒飲品和小吃的好去處。

RSC的康體設施是市內首屈一指的。游泳池位於會所的中心位置，是遠離炎熱城市的好去處，深受會員歡迎；相信網球迷都會很喜歡會所內的人造球場和草地地球場；此外還有一個板球場和兩個足球場，以及各種室內活動設施，如壁球、設備齊全的健身室和桌球。

因此，如果你將計劃前往吉隆坡，請攜同本會的介紹信到訪Royal Selangor Club — 一個讓太平洋會會員感到賓至如歸的地方。

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

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



# Your Gateway to the Refined and Remarkable



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

