



六月號
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PACIFIC VIEWS

June 2025



Your Lunch or Dinner Events at the Harbour Room

Harbour Room 午宴或晚宴

The Harbour Room is located on the Club's 1/F floor. It offers a versatile event space that can accommodate a wide range of occasions.

Whether you are planning a private lunch or dinner, a conference or lecture, or even a children's party or buffet, our Harbour Room is the ideal setting. With a capacity ranging from 10 to 72 people, we are able to cater to your specific event requirements.

The Harbour Room is available for booking throughout the week, from Monday to Sunday.

For more details regarding availability and tailor-made packages, please call our Banqueting and Events Department on 2118 2851 / 2118 2295 to make your reservation.

本會位於一樓的Harbour Room提供一個多功能活動空間，適用於舉行各種大小型活動。

無論你是計劃私人午餐或晚餐、會議或講座，甚至是兒童聚會或自助餐，本會Harbour Room都是理想的場地選擇。場地可容納10至72人，能夠滿足你的特定活動要求。

Harbour Room於星期一至日均可供會員預訂舉行私人宴會。

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

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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

With the summer holidays approaching, the Pacific Club's Junior Summer Programme takes centre stage in this month's Pacific Views. Whether your child is discovering a new hobby or building on existing skills, our extensive range of activities offers a balanced mix of fun and learning. Turn to pages 19 to 30 for full details and be sure to enroll early to secure your preferred sessions.

Father's Day falls on Sunday, 15th, and we invite Members to celebrate with a memorable lunch or dinner at one of our restaurants. Details

can be found on pages 12 to 13. To mark the occasion, our pastry chefs have created a special Father's Day Cake, available throughout June to savour at the Club or take home. For those who enjoy time on the court, our Father's Day Doubles Tennis Tournament will be held on Saturday, 14th. See page 32 for registration details.

Dining at The Island View brings something special every weekend this month. Friday and Saturday evenings alternate between two distinctive experiences. On selected nights, enjoy Bouchot Mussels from Brittany, served with a generous buffet of appetisers, mains and desserts. On others, indulge in premium Black Angus beef with a global selection of oysters at our hot and cold Oyster Bar. For full details and exact dates, turn to page 7.

The Wishing Table Dinner Buffet continues from Sunday to Thursday evenings at The Island View. This storybook-style experience offers a seamless flow of oysters, seafood, mains and desserts served straight to your table. See page 6 for details.

Capricci presents Premium Towers of Seafood on Ice daily from noon, offering a sophisticated selection of chilled delicacies from the ocean, ideal for a leisurely lunch. For those seeking a more intimate dining experience, Pier 6 invites you to unwind on weekday evenings with its Wine and Dine menu, a thoughtfully composed three-course meal paired with wines hand-selected by our Sommelier. Meanwhile, the Oyster Bar offers something a little more relaxed. From 10th to 22nd, discover Rolls 'n' Bowls, a comforting combination of rich noodle broth paired with crisp spring rolls. And from 3rd June onwards, a refined selection of Danish-style Smørrebrød is also available at both the Club Bar and Oyster Bar, featuring traditional open face sandwiches with ingredients flown in from Northern Europe.

And finally, if your birthday falls in June, you're just in time! Our Celebrate the Moment promotion ends this month after a very well-received year, offering a complimentary Prosecco and birthday cake with a qualifying meal. Turn to page 4 for details.

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

尊敬的會員，

隨著暑假臨近，太平洋會的兒童暑期活動亦成為本月份《薈絮》的焦點。無論孩子們是想尋找新的興趣還是加強現有技能，我們豐富且多元化的活動都能為他們提供樂趣與學習兼備的選擇，請參閱第 19-30 頁了解詳情，並務必儘早報名以確保能夠參與自己喜歡的課程。

本月 15 日星期日就是父親節，我們邀請大家前來本會各餐廳享用一頓難忘的午餐或晚餐來慶祝這日子，詳細資訊請參閱第 12-13 頁。為了紀念這一時刻，我們的糕點師傅更設計了一款特別的父親節蛋糕，讓大家可以於整個 6 月份訂購，並且選擇在會所餐廳或帶回家享用均可。而對於喜歡在球場上歡度時光的會員，我們亦將於 14 日星期六舉行父親節雙打網球錦標賽，有關報名詳情，請參閱第 32 頁。

Island View 餐廳也會於每個星期五及六晚上為會員交替地帶來兩種特別的用餐體驗。在特定的夜晚，大家可以享用來自法國布列塔尼的木樁青口菜式，配搭豐盛的開胃菜、主菜及甜點自助餐；另外，大家也可以品嚐優質黑安格斯牛肉，以及在我們的冷熱生蠔美食吧中挑選來自世界各地的精選生蠔。欲了解所有詳情及切實的日期，請參閱第 7 頁。

此外，Wishing Table 自助晚餐將繼續於週日至週四晚上在 Island View 餐廳舉行。在這童話般的美食體驗中，我們會將生蠔、海鮮、主菜及甜點源源不絕地送到大家的餐桌上，詳情請參閱第 6 頁。

今個月份每日由中午開始，Capricci 餐廳亦將會推出豪華冰鎮海鮮餐，送上種類繁多的精選冰鎮海鮮，是悠閒午餐的理想選擇。對於尋求更幽靜用餐體驗的會員，Pier 6 邀請大家於星期一至四晚上前來放鬆一下，享用「美酒佳餚之夜」晚餐；屆時我們會精心準備共有三道菜式的晚餐，並配搭由本會擁有豐富葡萄酒知識的人員親手挑選的葡萄酒。同時，Oyster Bar 會為大家帶來一些更輕鬆的美食體驗，由 10 日至 22 日期間，大家可以前來品嚐 Rolls 'n' Bowls — 濃郁可口的湯麵與酥脆春卷的完美配搭。此外，由 6 月 3 日起，會所酒吧及 Oyster Bar 也將供應充滿丹麥風味的精選「Smørrebrød」——一種以北歐空運來港的材料製作的傳統單面三文治。

最後，如果大家是於 6 月份生日，那麼來得正是時候！我們的「Celebrate the Moment」慶祝活動在過去一年受到大家的熱烈歡迎，現在即將迎來尾聲了。請大家把握這最後一個月的機會，凡預訂符合要求的餐飲服務即可免費獲贈 Prosecco 氣酒一瓶及生日蛋糕一個。詳情請參閱第 4 頁。

我期待與大家在太平洋會見面。

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



PACIFIC CLUB

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★★★★★

「薈絮」由 Harbour City Estates Ltd 旗下之太平洋會出版。
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Celebrate the Moment

Exclusive Birthday Dining at the Pacific Club

太平洋會為你送上專屬的生日用餐體驗 慶祝你的大日子

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

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

Until 30th June 2025

Available every day for Lunch & Dinner
at The Island View, Pier 6, Capricci & Bauhinia restaurants

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

由即日起至2025年6月30日
每日的午餐及晚餐時段
在The Island View、Pier 6、Capricci 及紫荊閣餐廳享用

Terms and Conditions 條款及細則

- To qualify for the complimentary one bottle of Prosecco and one pound birthday cake, a minimum food and beverage spend of \$1,888 for 6 persons or fewer (with a minimum food spend of \$1,200) is required at The Island View, Pier 6, Capricci or Bauhinia restaurants.
在 The Island View、Pier 6、Capricci或紫荊閣餐廳舉行6 人或以上聚餐，餐飲消費滿\$1,888（食品消費最少\$1,200），方可獲贈Prosecco氣泡酒一瓶及一磅生日蛋糕一個。
- This promotion is valid during the Member's birthday calendar month from 1st July 2024 to 30th June 2025.
此推廣活動的有效日期：2024年7月1日至2025年6月30日期間的會員生日月份內。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer can only be redeemed once per meal and must be applied to a single bill.
會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。
- Blackout dates: 2025: 1/1, 28-31/1, 14/2, 4/4, 18-21/4, 1/5, 5/5, 11/5, 31/5 & 15/6.
優惠不適用日期：2025 年：1/1、28-31/1、14/2、4/4、18-21/4、1/5、5/5、11/5、31/5 及15/6。
- A table reservation is required at the appropriate restaurant. All cakes must be pre-ordered at least 48 hours in advance.
必要在指定的餐廳預訂餐桌，所有蛋糕必須至少提前 48 小時預訂。
- This offer is not applicable for banqueting events.
此優惠不適用於宴會活動。
- This offer is not transferrable or exchangeable to other promotions or credits.
此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to change the terms & conditions and the decision shall be the final.
太平洋會保留更改條款及細則的權利，並保留最終決定權。



By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko

MEMBERSHIP MESSAGE 會員資訊



In this month's issue, I would like to focus on the subject of dress codes at the food and beverage outlets of the Pacific Club.

Our dress code policies apply to all adults, guests, and children aged 12 and above. Members are kindly reminded that they are responsible for ensuring their children and guests are appropriately attired. Please inform your guests of the Club's dress standards prior to their visit to avoid any inconvenience. The Club Management retains final discretion on matters of dress code across all food and beverage outlets.

Improper Attire:

Exercise and sportswear are not permitted in any of the Club's food and beverage outlets. Members are also reminded not to wear towels in these areas. Additionally, vests, tank tops, cut-off shorts, and flip flops are not allowed at any time. Headwear is not permitted, except for religious or medical reasons.

Smart Formal: (Pier 6 Restaurant & Bauhinia Restaurant)

Gentlemen are required to wear collared shirts. Jackets and ties are optional. For ladies, appropriate options include collared open-neck shirts, blouses, skirts, trousers, or dresses.

Sportswear, exercise attire, trainers, caps, shorts, flip flops, cut-off shorts, ripped trousers, vests, singlets, T-shirts and tank tops are not permitted at any time.

Smart Casual: (The Island View Restaurant, Oyster Bar, Ba Ramen, Capricci & Club Bar)

Smart casual attire for gentlemen includes collarless shirts and T-shirts, though tank tops are not permitted. Full, closed shoes or sandals with socks are required at all times. Denim trousers, tailored shorts, and fashionable sport shoes are acceptable.

Ladies are kindly asked to avoid excessively low-cut tops or very short skirts. Rubber flip flops are not permitted.

Casual: (Poolside Café & BBQ, Bowling Alley & Banqueting)

Casual attire allows for informal and comfortable clothing, including jeans, T-shirts, shorts, trainers, and open-toe shoes.

However, workout gear, gym attire, vests, tank tops, and cut-off shorts are not permitted.

Please note that these dress codes will be strictly enforced by Club staff. Members and guests who do not adhere to the required standards may be refused entry to the Club's food and beverage outlets.

Thank you for your cooperation and understanding.

在今期舊曆中，我想重點提及到訪本會各餐飲設施的衣著服飾要求。

本會的服飾要求規定適用於所有成人、賓客，以及12歲及以上的兒童。在此提醒各會員需要對攜伴到訪會所的兒童及賓客所穿著的服飾負責。大家應在貴賓客到訪本會前，將本會的服飾要求告知他們，以免造成不便。本會管理層對各餐飲設施內的服飾要求擁有最終決定權。

不當服飾

在會所任何餐飲設施內都不可穿著運動服裝，會員亦應避免披著毛巾進入餐廳。此外，任何時候都不允許穿著背心、無袖上衣、不修邊的短褲及人字拖。除非出於宗教或醫學理由，否則不允許戴帽子、頭帶或頭巾。

時尚整齊服飾 (Pier 6餐廳及紫荊閣)

男士必須穿著有領襯衫，而領帶及西裝外套則可隨意選擇穿著。女士的合適穿著包括開領襯衫、短上衣、裙子、褲子及連衣裙。任何時候都不允許穿著運動服、運動鞋、帽子、短褲、人字拖、不修邊的短褲、有破洞的褲子、背心或汗衫、T恤及無袖上衣。

時尚休閒服飾 (Island View餐廳、Oyster Bar、拉麵吧、Capricci餐廳及會所酒吧)

男士的時尚休閒服飾包括無領襯衫、T恤——但不包括無袖上衣，並且必須穿著密頭鞋或穿上襪子的涼鞋。男士亦允許穿著牛仔長褲、特定剪裁短褲及時尚運動鞋。

女士應避免穿著過低衣領的上衣或過短的裙子。不允許穿著橡膠人字拖。

休閒服飾 (游泳池及燒烤場、保齡球館及私人宴會)

休閒服飾包括穿著隨意而舒適的日常便服，包括牛仔褲、T恤、短褲、運動鞋及露趾鞋。

但不允許穿著貼身運動服、健身運動服、背心、無袖上衣及不修邊的短褲。

請注意，本會員工將嚴格執行以上的服飾要求，如有任何會員及賓客未能遵守有關的衣著準則，可能會被禁止進入本會餐飲設施。

多謝大家的理解與合作。

Typhoon Policy

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

- The Club will operate normally during Typhoon Signals Number 1 and Number 3.
- In the event of a Typhoon Signal Number 8 being hoisted, all facilities and outlets at the Club will close.
- The Club will reopen two hours after the Signal Number 8 has been lowered, providing this occurs before 5:00pm. If the lowering of the Signal Number 8 occurs after 5:00pm, the Club will remain closed until the following morning.

In the event the Government issues an announcement of "extreme conditions" caused by super typhoons (indicative of serious disruption of public transport services, extensive flooding, major landslides or large-scale power outage, in the interest of safety), Club Staff are advised to stay at their current location or in an alternative safe place for two hours after the lowering of the Signal Number 8, instead of reporting straight to work. In such circumstances, the reopening time of the Club will therefore be affected and certain facilities and services may be limited.

颱風措施

隨著颱風季節的來臨，我們想提醒各會員注意本會於颱風襲港期間所實行的措施：

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

若政府宣佈如因超強颱風引致發出「極端情況」信息，如公共交通服務嚴重受阻、廣泛地區水浸、嚴重山泥傾瀉或大規模停電等，為確保人生安全，會所員工在8號颱風訊號取消兩小時內，應留在原來的地方或安全地點，毋須立即啟程上班。在這種情形下，會所恢復開放時間將會因而受到影響，並可能只開放部份設施及提供有限的服務。



The Wishing Table Dinner Buffet

Available Sunday to Thursday at The Island View

Island View 餐廳 - 6 月份週日至週四自助晚餐
如「許願桌」般送上豐富美食

6月15日除外

Step into a fairy tale where the feast never ends. Inspired by the Brothers Grimm, this enchanting dining experience brings a continuous flow of dishes straight to your table.

Begin with fresh Oysters, Seafood, and a selection of appetisers, followed by a comforting Soup and an array of internationally inspired main courses. As the evening unfolds, indulge in an irresistible spread of desserts and sweet treats, all served effortlessly while you relax at your table and enjoy.

Your Wishing Table awaits! Reserve now and experience the magic.

This storybook supper includes unlimited soft drinks and special beverages:

Cold : Mandarin Lemon Spritz

Hot : Steeped Ginger and Turmeric-Honey with Mint and Lemon

Date : Sunday to Thursday throughout June (except 15th)

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$388, Children 6-12 years \$256, 3-5 years \$128

Reservations : 2118 1846

走進一個永不結束的童話故事盛宴裡！受到格林兄弟的啟發，我們會把這種令人欲罷不能的用餐體驗帶到 Island View 餐廳，將源源不絕的菜餚直接送到你的餐桌上。

首先是新鮮的生蠔、海鮮及各種開胃菜；然後是暖胃的湯品及一系列齊集國際風味的主菜；隨著夜幕降臨，還讓你盡情享用各種令人無法抗拒的甜點；而你只須輕鬆坐著等待我們將這些美食送到你的餐桌上。

你的許願桌正在等著你的蒞臨！立即訂座享受這神奇的用餐體驗。

這個故事書中的晚餐還包括任飲汽水及特飲：

冷飲：柑橘檸檬汽水

熱飲：蜂蜜薑黃茶配薄荷檸檬

收費：成人\$388；小童 6-12歲 \$256，3-5歲 \$128

訂座請致電 2118 1846。



Wednesday Night Horse Racing at The Island View Restaurant

Make Wednesday nights special at The Island View Restaurant with our Wishing Table Dinner Buffet paired with exciting horse racing action, broadcast live on the big screen. Dinner is served from 6:00pm onwards with the races beginning according to the HKJC timetable.

Bring friends and family, enjoy great food, and cheer your favourites home!

Island View 餐廳週三精彩活動 觀看夜間賽馬

讓星期三晚上變得更精彩！前來 Island View 餐廳享用「許願桌」自助晚餐，同時觀看於大螢幕上播放緊張刺激的夜間賽馬。晚餐由下午6時開始，第一場比賽將按照香港賽馬會時間表開始。

帶同家人朋友一邊享用美食，一邊為勝利歡呼！

Bouchot Mussels & Fries Dinner Buffet

「法國木樁青口配薯條」自助晚餐



Selected Friday and Saturday evenings in June are a real treat at The Island View. Our chefs will be preparing a Mussels and Fries feast featuring premium Bouchot Mussels, flown in from the pristine Bay of Mont Saint-Michel in Brittany, France. Cooked fresh to order, these tender, flavourful mussels are served with your choice of sauce, accompanied by golden fries and warm garlic bread. In addition, our extensive Buffet features a wide selection of your favourite savoury and sweet dishes.

For an additional \$178, our Beverage Package includes Wines, Sake, Beers, Soft Drinks and Orange/Apple Juice.

Date : Friday 6th & 13th June
Saturday 21st & 28th June
Time : From 6:00pm
Time : Dinner
Venue : The Island View Restaurant
Price : Adults \$498,
Children 6-12 years \$328,
3-5 years \$208

於6月6日、13日星期五及21日、28日星期六晚上，在Island View餐廳舉行的自助晚餐中，我們的廚師將會為大家送上特別美食——青口配薯條。快來品嚐從法國布列塔尼聖米歇爾山原始海灣空運到港的優質木樁青口，新鮮即時烹製，可搭配你選擇的醬汁、金黃色的脆薯條及熱烘烘的蒜蓉麵包。此外，我們豐富的自助餐還提供多款你最喜愛的美味菜式及甜點。

晚餐收費：成人 \$498
小童 6-12歲 \$328，
3-5歲 \$208

每位另加\$178可任飲葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

Black Angus & Oyster Dinner Buffet

「黑安格斯牛肉及生蠔」自助晚餐

On two Fridays and two Saturdays this June, The Island View presents an indulgent evening where premium Black Angus and Oysters from around the world take the spotlight.

Our hot and cold Oyster Bar is a true celebration of variety, featuring American Kumamoto, Japanese Ebisu, Australian Coffin Bay, and French Fine de Claire and Tarbouriche Oysters. Whether enjoyed 'au nature' or prepared to order in classic styles such as Kilpatrick, Rockefeller or Thermidor, each oyster promises a distinctive taste of its origin.

Alongside the oysters, our chefs will be serving up expertly grilled Black Angus and a generous buffet of appetisers, mains, and desserts. This is an evening not to be missed!

For an additional \$178, our Beverage Package includes Wines, Sake, Beers, Soft Drinks and Orange/Apple Juice.

Date : Friday 20th & 27th June
Saturday 7th & 14th June
Time : From 6:00pm
Time : Dinner
Venue : The Island View Restaurant
Price : Adults \$498,
Children 6-12 years \$328,
3-5 years \$208



於6月20日、27日星期五及7日、14日星期六晚上，Island View餐廳將舉行以優質黑安格斯牛肉及來自世界各地的生蠔為焦點的美食盛會。

屆時，我們的冷熱生蠔美食吧將呈現不同品種生蠔的多樣性，包括美國熊本生蠔、日本惠比壽生蠔、澳洲 Coffin Bay 生蠔、法國 Fine de Claire 和 Tarbouriche 生蠔等。無論是新鮮的自然味道，還是加入煙肉、莧菜或芝士等經典風味來焗製，保證每隻生蠔都保留其產地的獨特風味。

除了生蠔，我們的廚師團隊還會準備精心烤製的黑安格斯牛肉以及豐盛的開胃菜、主菜和甜品自助餐。這是一個不容錯過的夜晚！

晚餐收費：成人 \$498；小童 6-12歲 \$328，3-5歲 \$208

每位另加\$178可任飲葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。



To make your reservations, please call The Island View on 2118 1846
訂座請致電 Island View 餐廳：2118 1846。

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

NEW



Floral Arrangement Course

Discover the art of floral design with this hands-on course exploring seasonal blooms and their unique characteristics. Learn essential techniques for using floral tools, handling fresh flowers, and creating elegant hand-tied bouquets.

The programme also includes colour coordination, bridal bouquet design, and an introduction to preserved flower arrangements.

全新 — 花藝課程

花藝班課程內容豐富多元，涵蓋四季花材的認識及其特性，讓大家能靈活運用不同花卉完成作品。課程中將教授鮮花工具的使用技巧、花材處理方法，以及手綁花束的實用技巧等。大家還可以學習花藝的色彩搭配，並掌握婚禮手花及襟花的製作技術，及介紹保鮮花的製作方法。

課程於6月11日起逢星期三舉行，適合16歲及以上的會員參加，3堂收費 — 會員\$2,340，非會員\$2,700。

Date : Wednesday 11th, 18th & 25th June
Time : 11:00am – 12:30pm (1½ hours)
Venue : Aerobics Room
Price : Member \$2,340 Guest \$2,700 (for 3 lessons)
Age : 16 years and above

Fascia Exercise Training

This class uses walls, mats, tools, and dynamic movement techniques to help participants understand fascia and improve its mobility. It also supports skeletal alignment, enhances muscle strength, and improves balance. With guidance from a fascia movement roadmap, participants will work towards achieving better posture and overall body coordination.

筋膜運動訓練

這課程主要教授如何利用牆壁、墊子、訓練工具及不同運動技巧，讓學員了解筋膜並提升其活動能力、支持及強化骨骼系統、增強肌肉力量及改善平衡感。透過鍛鍊筋膜結締組織，學員可達致更好的姿勢和整體身體協調。課程適合16歲及以上的會員參加，6月份5堂收費 — 會員\$900，非會員\$1,500。

備註：課程以廣東話授課

Date : Monday 2nd, 9th, 16th, 23rd & 30th June
Time : 1:30pm – 2:30pm
Venue : Aerobics Room
Price : Member \$900, Guest \$1,500 (for 5 lessons)
Age : 16 years and above
Instruction: Please note, this class is taught in Cantonese only



Funky Dance

Get your body moving with Funky Dance, an upbeat and easy-to-follow aerobic dance workout designed to keep you energised and engaged! Each lively session challenges you to complete 7,000 dance steps in just one hour, helping you burn calories while having fun. With great music and high-energy moves, it's the perfect way to boost fitness, improve coordination, and enjoy a full-body workout.

Funky舞蹈班

讓身體隨著 Funky Dance 的舞步一齊動起來吧！這種有趣且簡單易學的有氧舞蹈鍛煉，能讓你充滿動感及活力！每堂都是在挑戰你的體力，在一小時內完成7,000個舞步，讓你在享受樂趣的同時燃燒卡路里。伴隨著輕快的音樂及高能量的動作，這是增強體質、提高協調性及享受全身運動的完美方式。課程於星期五舉行，適合16歲及以上的會員參加，6月份兩堂收費 — 會員\$360，非會員\$600。

Date : Friday 6th & 13th June
Time : 12:00noon – 1:00pm
Venue : Aerobics Room
Price : Member \$360, Guest \$600 (for 2 lessons)
Age : 16 years and above



Zumba Fitness

Turn up the tempo and add some flair to your fitness routine with Zumba at the Club. These lively cardio dance classes blend upbeat Latin rhythms with simple, energising choreography for a workout that feels more like a party than exercise.

Join us every Sunday at the Pacific Club and let the music move you!

尊巴健體舞班

參加本會的尊巴健體舞程，以快速節奏，為你的健身計劃增添一些亮點。這充滿活力的有氧舞蹈課程將歡快的拉丁節奏與簡單、充滿活力的舞蹈編排融為一體，讓運動感覺更像是一場派對，而不僅是鍛鍊。

歡迎前來太平洋會，隨著每一個步伐及節奏跳舞，保持健康！課程於星期日舉行，適合16歲及以上的會員參加，6月份5堂收費——會員\$900，非會員\$1,500。



Date : Sunday 1st, 8th, 15th, 22nd & 29th June
Time : 10:00am – 10:45am (45 minutes)
Venue : Aerobics Room
Price : Member \$900, Guest \$1,500 (for 5 lessons)
Age : 16 years and above

Stretching Exercise

Stretching isn't just for recovery, it's a key to moving better, feeling better, and living better. This class focuses on improving flexibility, posture, and body awareness through targeted techniques that support joint mobility and muscle balance. Ideal for anyone wanting to stay active, reduce tension, and prevent injury, our Friday class is a great way to restore alignment, enhance circulation, and bring more ease to your daily movements.



伸展運動班

伸展運動不僅有助復康，也能令身體更好地活動、更好地感覺和更好地生活的關鍵。本課程重點透過針對性技術來提高靈活性、姿勢和身體意識，以支撐關節活動性和肌肉平衡，適合想要保持活躍、減輕壓力和防止受傷的人士參與，是恢復平衡、增強血液循環和讓日常活動更加輕鬆的好方法。

課程於星期五舉行，適合16歲及以上的會員參加，6月份4堂收費——會員\$720，非會員\$1,200。備註：課程以廣東話授課

Date : Friday 6th, 13th, 20th & 27th June
Time : 3:00pm – 4:00pm
Venue : Aerobics Room
Price : Member \$720, Guest \$1,200 (for 4 lessons)
Age : 16 years and above
Instruction: Please note, this class is taught in Cantonese only

Schedule in June 六月份課程

Monday

Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate/ Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training	1:30pm – 2:30pm
Men's Double Training	7:00pm – 9:00pm Men's (B)
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)

Tuesday

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

Wednesday

Tennis Team Training	10:00am – 12:00noon Ladies
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Thursday

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

Friday

Yoga	10:30am – 11:30am (D)
Morning Water Aerobics	11:00am – 12:00noon (B)
Funky Dance	12:00noon – 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)
Junior Badminton	6:30pm – 7:30pm (A) 7:30pm – 8:30pm (B)

Saturday

Junior Swimming School	10:00am – 11:00am Elementary (A: 36-47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	4:00pm – 5:00pm (All Levels)
Wall Climbing	2:00pm – 3:30pm

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)
Rope Skipping	4:30pm – 5:20pm
Sunday Social Tennis	5:00pm – 7:00pm

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

康體部於每個月25日開始接受下個月份各類團體課程的報名。

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

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

Premium Tower of Seafood on Ice at Capricci

Capricci餐廳 — 豪華冰鎮海鮮盤

Indulge in a spectacular showcase of chilled seafood, elegantly presented on ice and perfect for leisurely dining. Designed for two or more diners, this Premium Tower offers a refined taste of the sea, available at Capricci from 12:00noon onwards.

A selection of classic sauces accompany the tower, including Lemon Tarragon, Mignonette and Lemon, Spicy Cocktail, Classic Cocktail, and Garlic Sauce.

The Premium Tower of Seafood is available for a minimum order of 2 persons

\$288 per person

For reservations, please call Capricci on 2118 1803

於6月份每日中午12時開始，Capricci餐廳為大家送上豪華冰鎮海鮮盤。盡情享受優雅地擺放在冰面上的豐富海鮮，是悠閒用餐的完美選擇。這款視覺壯觀的豪華海鮮盤是專為兩位及以上人士共享而設，提供精緻的海鮮風味。

海鮮盤將配搭多款經典醬汁，包括檸檬龍蒿醬、香醋檸檬醬、辣味雞尾酒醬、經典雞尾酒醬及蒜茸醬。

豪華冰鎮海鮮盤供最少二人享用 — 每位\$288。

The Tower includes 海鮮盤美食包括

- Oysters on the Half-Shell
半殼生蠔
- Poached Shrimps
水煮蝦
- Sea Whelks
海螺
- Boston Lobster
波士頓龍蝦
- Brown Crab
麵包蟹
- Snow Crab Legs
雪蟹腳
- Marinated Scallops with Grapefruit and Tarragon
西柚龍蒿醃扇貝
- Blue Swimmer Crab Meat with Brown Butter Sauce
藍花蟹肉佐焦香牛油汁
- Spicy Marinated Clams with Fine Herbs
辣香草醃蜆

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



Wine & Dine Weekdays at Pier 6

A Taste of Sophistication

星期一至四晚上在Pier 6餐廳舉行
美酒佳餚之夜 品味精緻的美食

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

- » Monday to Thursday in June at Pier 6
- » For : 2 Guests
- » Menu : 3 Courses and 2 Wine Pairings
- » Price : \$1,088

Please Note:

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

For reservations, please call Pier 6 on 2118 1878.



前來與我們一起度過一個難忘的夜晚，在 Pier 6 餐廳的美麗海景襯托下享用佳餚及美酒。品嚐專為二人設計、共有三道菜式的晚餐，配搭由本會擁有豐富葡萄酒知識的人員精心挑選的兩款葡萄酒。

- » 6月份逢星期一至四在Pier 6餐廳供應
- » 適合：兩位客人享用
- » 菜單：三道菜式及兩杯葡萄酒
- » 收費：\$1,088，二人用

請注意：

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

訂座請致電Pier 6餐廳：2118 1878。

Spicy Asian Flavoured Bouchot Mussels

亞洲風味香辣法國木椿青口



By Head of Culinary & Restaurant Operations, Daniel Birkner

撰文：廚藝及餐飲營運總監 —
Daniel Birkner

PREPARATION :

1. Warm a couple of tablespoons of vegetable oil in a saucepan over medium heat.
2. Add the ginger, chilli, lime leaves, lemongrass, garlic, onion, and the stems of the coriander and basil, along with a pinch of salt. Stir-fry until the mixture begins to colour and releases its full aroma.
3. Pour in the coconut milk and drizzle in the sesame oil. Stir to combine, reduce the heat to low, and allow the flavours to infuse gently for 5 to 10 minutes. Season with a few generous turns of freshly cracked black pepper, then return the mixture to a gentle boil.
4. In a small bowl, mix the corn starch with a splash of water to form a slurry. Add this to the sauce, stirring until it thickens to a creamy consistency that coats the back of a spoon. At this point, you could strain the sauce for a smoother finish, but I personally enjoy the texture and flavour of all the aromatics left in.
5. In a separate lidded pot, steam the mussels until they just open, reserving the flavourful cooking liquid. Stir the mussel liquor into the coconut sauce, then toss the mussels through until they are fully coated and glistening in the rich, spiced mixture. Finish with the fresh coriander and basil leaves, scatter over the spring onions, and give everything one final toss before plating.
6. Serve with thick-cut garlic bread or go the classic route and pair with crisp, golden French fries for an Asian-inspired twist on Moules Frites. Enjoy!

製作方法：

1. 在醬汁鍋中以中火加熱幾湯匙植物油。
2. 加入薑、辣椒、青檸葉、香茅、蒜、洋蔥、芫茜、羅勒莖和少許鹽，翻炒所有食材，直至它們開始變色並散發出香味。
3. 加入椰奶和幾滴芝麻油，充分混合，然後轉細火，煮沸5-10分鐘。加入少許鮮磨胡椒粉，再次煮沸。
4. 在細碗中，將玉米澱粉與少量清水混合調成糊狀，然後將其加入醬汁中，攪拌直至濃稠、可覆蓋勺背、口感濃郁順滑。此時，你可以過濾醬汁，使其更加順滑，但我個人更喜歡保留所有香料的質感和味道。
5. 將青口放入另一個帶蓋的鍋中蒸至開口（蒸熟），保留青口汁，將其拌入椰汁醬汁中。然後將所有青口加入醬汁中拌勻，直至每隻青口都完全裹上醬汁。加入香芫茜、羅勒葉並撒上蔥花，再次拌勻即可上碟。
6. 配以厚切鬆軟的蒜香麵包；或配搭經典的酥脆金黃炸薯條，升級成具亞洲風味的青口薯條。盡情享用吧！

If you would prefer to sit back and let us take care of everything, we would be delighted to welcome you to The Island View Restaurant this June. On two selected Friday and Saturday evenings, we will be serving Bouchot Mussels, with the featured recipe above available alongside several other tempting preparations. Simply choose your preferred style and allow our Chefs to prepare your Bouchot Mussel dish for you.

如果你希望坐下來讓我們為你服務，那麼歡迎你於6月份前來Island View餐廳。我們將於其中兩個特定的星期五及六晚上供應法國木椿青口，除了以上食譜中介紹的菜式外，還有其他誘人的烹調方法及配料。你只需選擇你喜歡的口味，然後讓我們的廚師現場製作你的法國木椿青口菜式。

INGREDIENTS FOR 4 PEOPLE:

- 4kg Bouchot Mussels, thoroughly washed and cleaned from any byssus threads or beards
- 100g Fresh Ginger, peeled, cut into julienne
- 3pc Thai Chilli, cut into small pieces
- 10pc Kaffir Lime Leaves, cut into julienne
- 1 Stick Lemongrass, cut into thin rings
- 6 Cloves of Garlic, cut into thin slices
- 1pc Red Onion, thinly sliced
- 100g fresh Coriander, separate leaves from stems, cut stems (and roots if attached) into small pieces, keep leaves for finishing
- 100g fresh Thai Basil, separate leaves from stems, cut stems into small pieces, keep leaves for finishing
- 100g Spring Onions, cut into small pieces, half for cooking, half for finishing
- 70g toasted Sesame Oil
- 2 cans Coconut Milk, unsweetened
- Vegetable Oil, Salt, Pepper, Corn Starch

材料 — 4人份量：

- 4千克 法國木椿青口，徹底清洗乾淨，去除足絲或鬚
- 100克 新鮮生薑，去皮，切絲
- 3隻 泰國辣椒，切細粒
- 10片 泰國青檸葉，切絲
- 一根 香茅，切成薄圈
- 6瓣 蒜頭，切薄片
- 一顆 紅洋蔥，切薄片
- 100克 新鮮芫茜，將葉莖分開，將莖切成小塊（如有根也一併切細），留葉備用作擺盤
- 100克 新鮮泰國羅勒，將葉莖分開，將莖切成小塊，留葉備用作擺盤
- 100克 青蔥，切小段，一半用於烹飪，一半用於擺盤
- 70克 烤香蔥芝麻油
- 2 罐 無糖椰奶
- 植物油、鹽、胡椒、玉米澱粉

Father's Day at the Club

在太平洋會慶祝父親節

Sunday
15th June

6月15日
〔星期日〕

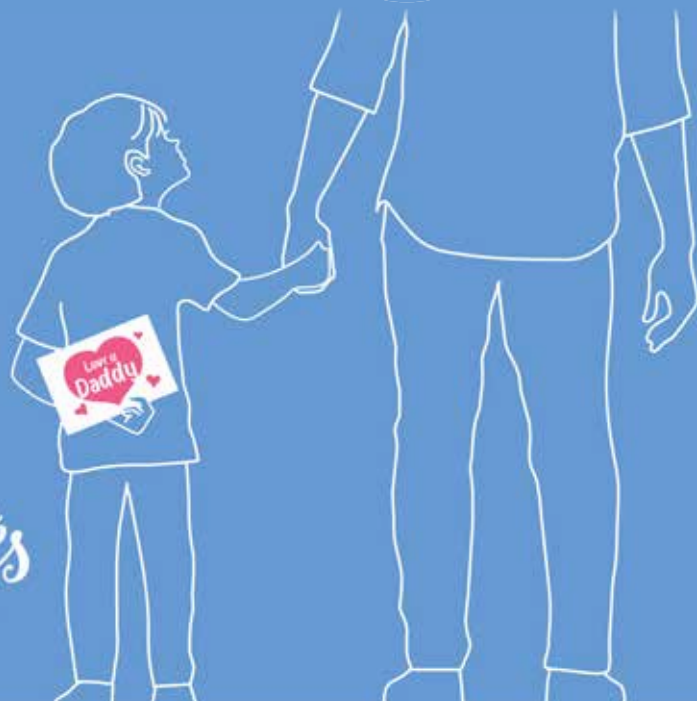
Some gestures say more than words. This Father's Day, treat him to something memorable — a long lunch by the harbour, a favourite bottle from our cellar, and time well spent with family in the familiar comfort of the Pacific Club.

Join us on Sunday, 15th June, and make the day his.

有時候行動比言語更能表達心意。今年父親節，送給父親一份難忘的禮物 — 在維港旁悠閒地享用一頓豐盛的美食，從我們的酒櫃中挑選出一瓶最喜歡的葡萄酒，在太平洋會親切而舒適的環境中與家人共度美好時光。

歡迎於6月15日（星期日）前來本會與父親慶祝他的大日子！

Happy
Father's
Day



Father's Day Lunch & Dinner Buffet



This Father's Day, enjoy a sumptuous buffet for both lunch and dinner, featuring an impressive spread of international favourites alongside Rotisserie classics and a traditional Pig Roast. Leave room for dessert as a generous selection of sweet treats awaits to round off the celebration.

Time : Lunch – From 12:00noon

Dinner – From 6:00pm

Price : Lunch – Adults \$448

Children 6-12 years \$308, 3-5 years \$188

Dinner – Adults \$498

Children 6-12 years \$348, 3-5 years \$188

Reservations: 2118 1846

The Island View及Pier 6餐廳

父親節自助午餐及晚餐

今年父親節，大家可以享用豐富的自助午餐及晚餐，包括世界各地的美食、經典烤肉及傳統烤豬。記得還要留點肚子盡情享用任君選擇的自助甜品，為慶祝活動畫上圓滿的句號。

收費：自助午餐（中午12時開始）—

成人 \$448，小童 6-12歲 \$308；3-5歲 \$188

自助晚餐（晚上6時開始）—

成人 \$498，小童 6-12歲 \$348；3-5歲 \$188

訂座請致電 2118 1846。

Father's Day Lunch & Dinner



Celebrate Father's Day with a relaxed family gathering at Bauhinia, where Dad can enjoy his favourites from our full a la carte menu, available for both lunch and dinner.

紫荊閣

父親節午餐及晚餐

歡迎與父親前來紫荊閣享用中式午餐及晚餐自選菜式，慶祝父親節。

訂座請致電 2118 1892。



Father's Day Cake Dark Chocolate Truffle Cake with Rum & Raisins



This Father's Day, mark the occasion with a cake that's full of depth and character. Our dark chocolate truffle cake is laced with rum and studded with raisins, offering a rich, grown-up take on a classic favourite. Handcrafted by the Pacific Club's pastry chefs, it's the perfect finish to a celebration in his honour.

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

\$498 per 2-pound cake.

父親節蛋糕訂購

秖酒提子黑朱古力松露蛋糕

今年父親節，用一個充滿深度和特色的蛋糕來紀念這個節日。本會的黑朱古力松露蛋糕加入了秖酒並撒上提子乾，為這經典美食增添了濃郁、成熟的味道。這是由太平洋會的糕點師傅精心手工製作，讓父親節的慶祝活動變得更完滿。

大家可於整個6月份向本會訂購這款父親節蛋糕，在各餐廳內享用或外帶回家均可。請最少提前48小時預訂。

每個〔兩磅〕\$498

To order your Father's Day Cake, please contact The Island View Restaurant on 2118 1846.

訂購父親節蛋糕，請致電 2118 1846 聯絡 Island View 餐廳。

*Photograph of cake is for reference only 蛋糕相片只供參考

Father's Day Italian Semi-Buffer Lunch & Semi-Buffer Dinner



Celebrate this special day at Capricci with a semi-buffer lunch and dinner featuring a wide selection of beloved Italian culinary classics!

Time : Lunch - From 12:00noon

Dinner - From 6:00pm

Price : Lunch – Adults \$348, Children \$248

Dinner – Adults \$448, Children \$328

Reservations: 2118 1803

Capricci餐廳

父親節意式半自助午餐及晚餐

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

收費：半自助午餐〔中午12時開始〕— 成人 \$348，小童 \$248

半自助晚餐〔晚上6時開始〕— 成人 \$448，小童 \$328

訂座請致電 2118 1803。



Fettuccine Alfredo

意大利白醬扁意粉

Sometimes, the simplest things leave the strongest impression. With just three ingredients, Fettuccine Alfredo remains one of the most beloved pasta dishes in the world. This June at Capricci, our chefs bring the dish to life at your table.

Using Prima egg yolk fettuccine, generous heaps of Parmigiano-Reggiano and a touch of butter, the dish is prepared before your eyes and served immediately.

Available daily at Capricci in June

For reservations, please contact Capricci on 2118 1803

有時候，最簡單的事物都會讓人留下最深刻的印象。只需三種材料，已經足以令意大利白醬扁意粉成為世界上最受歡迎的意大利麵食之一。於6月份，我們的廚師將會在Capricci餐廳為大家即場準備這道美食。

我們將採用Prima蛋黃扁意粉、大量的Parmigiano-Reggiano芝士和少許牛油，在大家眼前製作完成這道意粉並即時上桌。

6月份每日在Capricci餐廳供應。

訂座請致電2118 1803。

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



Flaming Chorizo at the Club Bar

6月份會所酒吧 — 火焰西班牙香腸

Set your evening alight with our Flaming Chorizo, served sizzling and aflame, right to your table.

This bold Spanish classic is rich, smoky and packed with flavour, with just the right touch of heat. Flaming Chorizo is the perfect companion to your favourite drink.

Available throughout June at the Club Bar.

用我們熱騰騰、在餐桌上依然燃燒著的美食 — 火焰西班牙香腸，來燃亮你的夜晚。

於整個6月份，歡迎前來會所酒吧品嚐這款引人注目的西班牙經典菜餚，其帶有濃郁、煙燻味十足、辣味恰到好處的口味，絕對是你享用最喜歡的飲品時的完美配搭。

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





Lychee Afternoon Tea

at The Island View Restaurant & Oyster Bar

Island View餐廳及Oyster Bar — 下午茶美食 — 荔枝

Throughout June, discover the sweetness of lychees at our Lychee Afternoon Tea, featuring two of China's finest varieties, Feizixiao and Dazao. Celebrated for their intense fragrance and exceptional juiciness, these prized fruits form the heart of each delicate creation by our pastry team.

Available daily from 2:00pm to 5:30pm

\$148 per person, inclusive of tea or coffee

於6月份，歡迎大家前來Island View餐廳及Oyster Bar享用我們以荔枝為主題的下午茶美食，當中包括中國其中兩種最佳的荔枝品種 — 妃子笑和大造。這些珍貴水果以其濃郁的香氣和異常多汁而聞名，是我們糕點團隊製作每款精緻糕點的主角。

下午茶美食供應時間：每日下午2時至5時30分

收費：每位\$148，包括咖啡或紅茶

Rolls 'n' Bowls at the Oyster Bar

Oyster Bar — 春卷配熱湯麵

There's nothing like a hot bowl of noodles in a rich, savoury broth. It's comfort food at its best!

Now we've taken the classic and added something extra... Introducing Rolls 'n' Bowls, where each noodle bowl is paired with a matching crispy spring roll to dip, echoing the flavours of the broth. Each pairing is thoughtfully matched to bring delight in every bite.

Available 10th to 22nd June

沒有什麼比一碗熱騰騰、配搭濃郁可口高湯的湯麵更美味了。這絕對是最好的療癒美食！

現在，我們又為這經典的搭配再提升一個層次...隆重介紹Rolls 'n' Bowls，每碗湯麵都配搭一份酥脆的春卷，與湯的味道相呼應。

每款配搭都是經過精心挑選，以確保讓你每一口都感到愉悅。

Rolls 'n' Bowls 將於6月10日至22日期間在Oyster Bar供應。



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

Words and pictures 撰文及圖片: Pete Spurrier

Tsiu Hang to Tui Min Hoi

從蕉坑至對面海



A hiking track very near to Sai Kung town passes through the Tsiu Hang Special Area, a quiet nature reserve that is not part of any country park.

This trail is short but it has enough ups and downs to give your lungs a workout. Walking time: 2.5 hours.

Take any means of transport to Sai Kung — for instance, KMB bus 92 from Diamond Hill or green minibus 1A from Choi Hung — but alight at the stop named Pak Kong. Cross the road very carefully, as there is no marked crossing. Your hike starts directly across the road, at the entrance to the Lions Nature Education Centre.



Walk ahead into the former farm, along an avenue lined with palms and paper-bark trees, and when you reach the buildings of the education centre, keep going on the track which has speed bumps. You can follow signs for the Rock Academy, but carry on past the country parks district ranger office to a gate across the road.



Walk around the gate and carry on up the road. At the first bend, take a footpath that leads downhill beside a red fire hydrant. This brings you to fallow fields in front of the hidden-away village of Tsiu Hang, which gives its name ("Banana Ditch") to the area you are walking through. Walk past the front of the village to the earth god shrine on the other side, and then take the left-hand, narrower path into the forest.

You're led across a double-slab stone bridge (watch out for the gap!) over a stream and then past half a dozen abandoned stone houses melting into the forest. Soon you come to some inhabited houses, and steps lead downwards. At the foot of them, beside the painted sign for No 163, turn immediately left to join another paved trail into the woods. You're beside Hebe Haven here and you can enjoy glimpses of the marina below and the many watercraft of the sheltered bay.

This is easy, level walking on a shaded path. Soon you meet a sign for Ma Nam Wat, but ignore it and instead take the steps up to the left. These lead you up to a clearing where you can enjoy views of Port Shelter and its islands. There's an overgrown side path to the right, and if you take a few paces along it, you'll get wider views.



It's all downhill now on rough stone steps. The trail passes a rain shelter, with marking posts for students who are doing orienteering exercises at the nearby Outdoor Recreation Centre. When you meet the next signpost, turn right for Tui Min Hoi.



The trail exits onto a road, and at the first junction you should turn right to follow Hong Kin Road downhill. It passes a rural housing estate with some impressively large trees, and from here you can look down at Sai Kung's harbour. Follow the road almost all the way down to sea level, and turn right at the sign for the Marine Police HQ. On its left you'll find the waterfront promenade.



You can follow this seafront path all the way to Sai Kung town, enjoying views across the bay full of boats large and small. At the tumbledown village of Tui Min Hoi ("Opposite the Sea"), a water gauge on a jetty shows the shocking 4.19-metre sea level recorded during Typhoon Mangkhut in 2018.

Your walk ends at Sai Kung town centre, where there are many restaurants on the waterfront and in the back streets. The bus station near the pier has various options for transport back to the city.



在西貢市附近有一條遠足徑穿過蕉坑特別地區，這是一個安靜的自然保護區，不屬於任何郊野公園。

這次路程很短，但有不少起伏的路段，讓你的肺部得到足夠的鍛鍊。步行時間：2.5 小時。

乘搭任何前往西貢的交通工具 — 例如從鑽石山出發的九巴 92 號或從彩虹出發的綠色小巴 1A 號 — 但都要在終點站前的幾個站，即北港站下車。過馬路時要非常小心，因為這是沒有標示的十字路口。你的行程從馬路對面的獅子會自然教育中心入口處開始。

沿著種滿棕櫚樹和白千層樹的林蔭路走進昔日的農場，到達教育中心的建築物後，繼續沿著設有減速路拱的道路前進。你可以按照前往岩石學園的路標前行，但要經過郊野公園區護林員的辦公室，然後到達馬路對面的大門。

繞過大門，繼續沿路走。在第一個轉彎處，沿著紅色消防栓旁的下坡小路走。你將會到達隱密的蕉坑村前方的休耕地，而你所穿過的這片區域亦因此山谷彎曲似香蕉而得名。穿過村子的前方，到達另一邊的土地神祠，然後沿著左邊較窄的小路進入樹林。

你將會穿過一座雙層石橋（小心縫隙！），跨過一條小溪，然後經過六間已融入樹林的廢棄石屋。很快你就會來到一些有人居住的房屋，然後沿著梯級往下走。來到梯級盡頭的 163 號油漆標誌旁邊，立即左轉，進入另一條通往樹林的鋪砌小徑。你現在位於白沙灣旁邊，可以欣賞到下面的碼頭和避風港內眾多船隻的景色。

這是一條可以輕鬆步行的平坦陰涼小路。很快你就會看到前往麻籃笏的標誌，但請忽略它，然後沿著左邊的梯級往上走。梯級會帶你到達一片空地，你可以在那裡欣賞到牛尾海及其島嶼的美景。右邊有一條雜草叢生的小路，沿著它走幾步，你會看到更開闊的視野。

由此處開始一直都會沿著崎嶇的石梯級走下去。這條小徑會經過一個避雨亭，那裡設有標記柱，供在附近的戶外康樂中心進行定向越野練習的學生使用。看到下一個路標後，右轉前往對面海。

這條小路會通往一條公路，在第一個路口，你應該右轉，沿著康健路下山。小路穿過一個擁有一些令人印象深刻的大樹的鄉村住宅區，從這裡你可以俯瞰西貢的港口。沿著這條路一直走到海平面，然後在水警總部的標誌處右轉。在它的左邊你會看到海濱長廊。

你可以沿著這條海濱小路走到西貢市，欣賞海灣對面停滿大小船隻的景色。在破敗的對面海村裡，設於碼頭上的水位計上顯示，2018 年颱風「山竹」來襲期間，水位竟赫然上升至 4.19 米。

你的步行之旅將在西貢市中心結束，那裡的海旁和後街有許多餐廳，碼頭附近的巴士站亦提供多種返回市區的交通選擇。



Hugo Spritz Summer is coming!

Whether you're marking the end of a long day or easing into the weekend, the Hugo Spritz is summer in a glass.

The Hugo Spritz combines elderflower cordial, sparkling wine or soda water, fresh mint, and a splash of lime for a light and refreshing drink that's perfect with or without alcohol.

Ask for yours at all outlets throughout June.

Hugo Spritz 雞尾酒

迎接夏天來臨！

無論是你正在結束漫長的一天，還是輕鬆地度過週末，Hugo Spritz 都是一款最適合夏日品嚐的飲品。

Hugo Spritz 是一款混合了接骨木花甜果汁、氣泡酒或蘇打水、新鮮薄荷和少許青檸，調配成一款輕盈清爽的飲品，含酒精或不含酒精均可。

現於整個6月份，你都可以在會所各餐廳及酒吧享用。

\$68 per glass for non-alcoholic (無酒精 / 每杯)

\$88 per glass for alcoholic (含酒精 / 每杯)



Smørrebrød

Danish Open Face Sandwiches

at the Club Bar and Oyster Bar

丹麥單面三文治

於6月份在會所酒吧及Oyster Bar供應

This month, we pay tribute to Denmark's most iconic dish with a refined selection of open face sandwiches that celebrate both tradition and flavour.

Rye bread is generously layered with ingredients such as Ice Water Shrimps, Pickled Herrings, New Potatoes, Danish Pork and Beef, and Vegetables flown in fresh from Northern Europe. The result is a beautifully balanced bite that is a perfect match for a cold beer or a chilled glass of wine.

Available from 3rd June onwards

由6月3日起，我們精心挑選了一系列既能傳承傳統又彰顯風味的單面三文治（又稱開放式三文治），向丹麥最具代表性的美食致敬。

黑麥麵包上鋪滿了各種食材，如冰水蝦、醃鯡魚、新馬鈴薯、丹麥豬肉和牛肉，以及從北歐空運而來的新鮮蔬菜，最終帶來口感非常融合，與冰鎮啤酒或葡萄酒完美配搭的享受。

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



Chef Keung's Favourite Bites

at Bauhinia

紫荊閣 — 強師傅舌尖上的美食

Join us at Bauhinia Restaurant and enjoy a selection of Chef Keung's most cherished recipes. June's highlights include Stewed Chicken with Onion, Potato and Bell Pepper in Portuguese Sauce as well as Sautéed Beef Fillet with Mango.

Date : 1st - 30th June

Venue : Bauhinia

Reservations : 2118 1892

於6月份，強師傅將會在紫荊閣為大家送上多款他的拿手好菜，包括太平洋會葡國雞、香芒牛柳船，及其他豐富菜式，請勿錯過。

訂座請致電2118 1892。

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



Junior Summer Programme 2025

兒童暑期活動 2025



Children's Development 兒童智能啟發

STEM: New Era Science Explorer (6 – 12 years)

This engaging class introduces children to the wonders of science through a series of fun and interactive experiments. Each session explores real-world scientific concepts, brought to life through hands-on activities and clear, guided explanations. Ideal for young learners with curious minds, this session encourages exploration, critical thinking, and a deeper understanding of the science all around us.

STEM新紀元科學探索家 (6 — 12歲)

本課程透過一系列有趣且互動的實驗向孩子們介紹科學的奇妙，探索現實世界的科學概念，並透過實踐活動和清晰的指導性解釋將其變為現實。課程非常適合具有好奇心的年輕學習者，鼓勵他們探索、批判性思考以及更深入地了解環繞著我們的科學。

課堂內容參考：自製迷你小鋼琴、智能AI聲控小枱燈

Date : Friday 1st August
Time : 10:00am – 12:30pm
Venue : Harbour Room, 1/F
Price : Member \$850, Guest \$900

STEM: Interstellar Technology Laboratory (6 – 12 years)

This class sparks children's curiosity about circuits and scientific experimentation through a series of fun, hands-on activities. Blending scientific principles with DIY assembly and interactive experiments, the session allows young learners to build, test, and explore technology in a playful, space-themed environment.

STEM星際科技實驗室 (6 — 12歲)

這課程透過一系列有趣且實用的科學活動激發孩子們對電路裝置和科學實驗的好奇心。課程將科學原理與 DIY 組裝和互動實驗相結合，讓他們在有趣的太空主題環境中建立、測試和探索技術。

課堂內容參考：探索微世界：科學顯微鏡、自然力量：災害科學實驗、電學奇妙：電路積木實驗

Date : Wednesday 13th August
Time : 1:00pm – 3:30pm
Venue : Harbour Room, 1/F
Price : Member \$950, Guest \$1,000



STEM Electric Ride Theme Park (6 – 12 years)

This imaginative course uses playgrounds as inspiration to spark children's interest in science. As they design and build their own mini amusement park rides, participants explore key scientific principles through hands-on experimentation and creative model-making. This class is a fun and engaging way to connect play with real-world science and discovery.

STEM電動機動遊戲主題公園 (6 — 12歲)

這個富有想像的課程以遊樂場為靈感，激發孩子們對科學的興趣。在設計和建造自己的迷你遊樂園設施時，孩子們可透過親身實驗和創意模型製作來探索關鍵的科學原理。這課程以一種有趣且引人入勝的方式將遊戲與現實世界的科學和發現聯繫起來。

課堂內容參考：機動飛天鞦韆製作、機動摩天輪製作、科學原理講解

Date : Friday 1st August
Time : 1:00pm – 4:00pm
Venue : Harbour Room, 1/F
Price : Member \$980, Guest \$1,030



STEM: Science Model Design Academy (6 – 12 years)

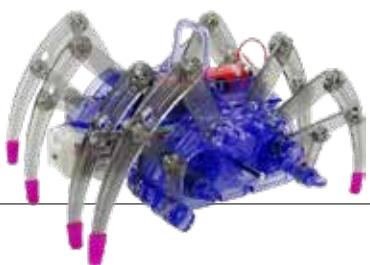
This class introduces children to the world of science, technology, and engineering through hands-on model making and creative problem solving. With a focus on design thinking, participants will learn to experiment, build, and test their ideas while exploring fundamental scientific principles.

STEM科學模型設計學院 (6 — 12歲)

本課程透過模型製作和問題解決技巧向孩子們介紹科學、技術和工程的世界，鼓勵小朋友動手實驗，並帶領他們探索科學的基礎知識，通過實踐活動和創新思維，了解科學、技術、工程的基本概念。

課堂內容參考：神奇懸浮燈、自製電動機械人

Date : Wednesday 13th August
Time : 10:00am – 12:30pm
Venue : Harbour Room, 1/F
Price : Member \$850, Guest \$900



STEM: Science Toy Designer (3 – 6 years)

Designed for curious young minds, this morning class, held over two sessions, introduces science through playful, hands-on creation. Using a variety of materials, children will design and build their own simple science toys, encouraging creativity, problem-solving, and early scientific thinking.

STEM科學玩具設計師 (3 — 6歲)

這課程專為充滿好奇的孩子們而設計，分為兩節課堂，透過有趣的動手創作來介紹科學。孩子們將使用各種材料設計和製作自己的簡單科學玩具，以激發創造力、解決問題能力和早期科學思維。

課堂內容參考：迷你手提吸塵機、卡通黏土磁力實驗、電路積木小實驗、電動旋轉飛碟

Date : Wednesday & Friday 6th & 8th August
Time : 10:00am – 12:00noon
Venue : Playroom Library, 1/F
Price : Member \$980, Guest \$1,080

STEM: Science Experimentation (3 – 6 years)

This course encourages young children to explore the world of science through fun, age-appropriate experiments. With gentle guidance from instructors, children will take part in hands-on projects that spark curiosity, introduce basic scientific ideas, and nurture logical thinking and problem-solving skills. Each session is designed to surprise, delight, and inspire a love of discovery.



STEM科學變變變 (3 — 6歲)

這課程鼓勵幼兒透過有趣、適合年齡的實驗來探索科學世界。在導師的悉心指導下，他們將參與實踐項目，激發好奇心，了解基本的科學思想，培養邏輯思維和解決問題的能力。每個課程都旨在給他們帶來驚喜、愉悅並激發探索的好奇心。

課堂內容參考：電動小風扇、自製迷你小枱燈、電動模擬乾衣機、大眼仔潛望鏡

Date : Wednesday & Friday 6th & 8th August
Time : 12:00noon – 2:00pm
Venue : Playroom Library, 1/F
Price : Member \$980, Guest \$1,080



Junior Summer Programme 2025

兒童暑期活動 2025



Children's Development 兒童智能啟發

Math Challenge (6 – 11 years)

This dynamic course uses engaging games and challenges to spark children's enthusiasm for mathematics. Through hands-on activities, participants develop problem-solving skills, logical thinking, and a more positive approach to learning maths.



數學大比拼 (6 — 11歲)

這充滿活力的課程將以有趣的遊戲和挑戰來激發孩子們對數學的興趣，透過實踐活動以培養解決問題的能力、邏輯思維和更積極的數學學習方法。

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

Date : Monday & Wednesday 21st & 23rd July

Time : (A) 10:00am – 12:00noon

(B) 12:00noon – 2:00pm

Venue : Room TWO, 1/F

Price : Member \$920, Guest \$1,020

Age : (A) 6 – 8 years, (B) 9 – 11 years

Math Logical Thinking Course (3 – 6 years)

Designed for early learners, this course nurtures a love for mathematics during a key stage of cognitive development. Through playful activities and practical exploration, children are introduced to fundamental mathematical concepts in a clear and engaging way. The course builds confidence, encourages flexible thinking, and lays a strong foundation for future learning.

幼兒數學邏輯思維課程 (3 — 6歲)

這課程專為早期學習的幼兒而設計，抓住他們思維啟蒙的黃金期培養對數學的熱愛。透過有趣的活動和實踐探索，他們可以以清晰有趣的方式了解基本的數學概念。課程可以建立信心，鼓勵靈活思考，並為未來的學習奠定堅實的基礎。

課堂內容參考：數學概念和技巧、具備思維及邏輯元素、規律與推理、數學思維練習、數學教學遊戲

Date : Wednesday & Friday 6th & 8th August

Time : 2:00pm – 4:00pm

Venue : Playroom Library, 1/F

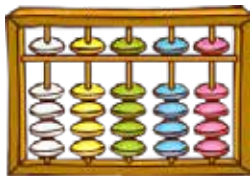
Price : Member \$920, Guest \$1,020

Abacus Mental Arithmetic Course (6 – 12 years)

This course develops mental agility and sharpens calculation skills through structured abacus training. By combining visual, tactile, and mental techniques, children learn to perform rapid and accurate arithmetic while also enhancing concentration, memory, imagination, and overall cognitive ability. The sessions build confidence, support emotional development, and foster a more positive, proactive attitude towards learning. Each student will receive their own abacus for use during the class.

珠心算腦力全開課程 (6 — 12歲)

這課程透過結構性的珠心算訓練來培養孩子們的思維敏捷性並提高運算能力，透過結合視覺、觸覺和心理技巧以學會快速且準確地進行算術運算，同時提高注意力、記憶力、想像力和整體認知能力，同時可以增強信心、支持情感發展並培養更積極主動的學習態度。每位學生都會收到自己的算盤，供課堂上使用。



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

Date : Monday & Wednesday 21st & 23rd July

Time : 2:00pm – 4:00pm

Venue : Room TWO, 1/F

Price : Member \$920, Guest \$1,020

Japanese Communication Course (6 – 12 years)

Step into the world of Japanese with a course designed to make language learning exciting and fun! Through interactive games, role-play, and real-life conversations, children pick up essential communication skills in a natural and engaging way. With a focus on speaking and listening, this class builds confidence, sparks curiosity, and sets the stage for a lifelong interest in the Japanese language.

日文基礎溝通用語 (6 — 12歲)

透過讓語言學習變得令人興奮和有趣的課程，踏入日語世界！透過互動遊戲、角色扮演和真實生活中的對話，孩子們以自然而有趣的方式掌握必要的溝通技巧。這課程著重口語和聽力，旨在建立自信、激發好奇心並為對日語的興趣奠定基礎。



課堂內容參考：掌握日語發音、日文五十音片假名和平假名、運用簡單會話、了解日本的一般禮儀及文化、情景會話、角色扮演

Date : Monday & Wednesday 4th & 6th August

Time : 1:00pm – 3:30pm

Venue : Harbour Room, 1/F

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

Korean Communication Course (6 – 12 years)

Get ready to speak Korean with confidence! This vibrant course introduces children to Korean through fun, interactive lessons that focus on pronunciation, sentence patterns, and everyday vocabulary. With activities like role-play and real-life conversations, kids stay engaged while building practical language skills.



韓文基礎溝通用語 (6 — 12歲)

準備好自信地說韓語吧！這個充滿活力的課程透過有趣的互動方式向孩子們介紹韓語，重點是發音、句子結構和日常詞彙。透過角色扮演和真實對話等趣味十足的活動，孩子們可以保持參與並培養實用的語言技能。

課堂內容參考：掌握韓語發音、日常生活常用詞彙、運用簡單會話、了解韓國的一般禮儀及文化、情景會話、角色扮演

Date : Monday & Wednesday 4th & 6th August

Time : 10:00am – 12:30pm

Venue : Harbour Room, 1/F

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

Mandarin Communication Course (6 – 12 years)

Discover the joy of speaking Mandarin at this morning course at the Club! With poetry recitation, fun language games, and engaging activities, children build strong communication skills in a relaxed, supportive setting. The approach keeps learning light and enjoyable, helping young learners grow in confidence while developing a genuine interest in the Mandarin language.

標準普通話溝通用語 (6 — 12歲)

在課程中發現講普通話的樂趣！透過詩歌朗誦、有趣的語言遊戲和引人入勝的活動，讓孩子們在輕鬆、互動的環境中建立強大的溝通技巧。這種方法使學習變得輕鬆有趣，幫助他們增強自信心，同時培養對普通話的興趣。

課堂內容參考：普通話語音訓練如聲母、韻母、聲調；掌握拼音能力、學會普通話詞彙、情景會話、角色扮演、訓練聆聽能力、演說故事比賽

Date : Thursday & Friday 17th & 18th July

Time : 10:00am – 12:00noon

Venue : Harbour Room, 1/F

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



Play Group 趣味學習

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 : Monday
(A) (B) 7th, 14th, 21st & 28th July
(C) (D) 4th, 11th, 18th & 25th August
Time : (A) (C) 5:30pm – 6:30pm
(B) (D) 4:30pm – 5:30pm
Venue : Gym Activities Room, 1/F
Price : Member \$800, Guest \$1,000
Age : (A) (C) 3 – 5 years, (B) (D) 6 – 12 years

Chinese Chess Master (6 – 12 years)

Ready to outthink your opponent and master the art of strategy? This exciting course introduces children to the fundamentals of Chinese chess, covering key tactics, smart piece movement, and game-winning strategies. Through classic match scenarios and endgame challenges, young players will learn how to read the board, plan ahead, and solve problems with confidence and precision.

小小象棋大師 (6 — 12歲)

準備好智勝對手並掌握戰略藝術了嗎？這個令人興奮的課程向孩子們介紹中國象棋的基礎知識，包括關鍵戰術、巧妙的棋子移動和致勝策略。透過經典的戰局和殘局挑戰，幫助孩子們學會如何閱讀棋盤、提前計劃並自信而準確地解決問題。



Date : Monday & Wednesday 28th & 30th July
Time : 1:00pm – 3:00pm
Venue : Room ONE, 1/F
Price : Member \$950, Guest \$1,050

English Story Performer (6 – 11 years)

This course is designed to enhance students' English communication skills and confidence through enjoyable and relaxed speech training. With a focus on practical use, the course starts with daily English conversations, helping students learn correct pronunciation, intonation, and sentence usage in a stress-free environment. This approach strengthens their ability to communicate effectively in various situations, ensuring a well-rounded development of their spoken English skills.

英語故事表演家 (6 — 11歲)

這課程旨在通過輕鬆愉快的會話演說訓練，全面提升學員的英語表達能力及自信心。課程設計以實用性為核心，從日常英語對話入手，幫助學員在輕鬆的環境中學習正確的發音、語調及語句運用，從而增強他們在不同場合下的口語溝通能力。

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

Date : Thursday & Friday 17th & 18th July
Time : (A) 1:00pm – 3:00pm
(B) 3:00pm – 5:00pm
Venue : Harbour Room, 1/F
Price : Member \$950, Guest \$1,050
Age : (A) 6 – 8 years, (B) 9 – 11 years

Artistic Music Ensemble (3 – 6 years)

Let your child explore the magic of music and performance in this joyful, energy-filled class! Through playful ensemble games, singing, and hands-on instrument practice, children discover rhythm, melody, and teamwork in a creative and supportive setting.

藝術音樂大合奏 (3 — 6歲)

讓孩子們在這個充滿歡樂和活力的課堂上探索音樂和表演的魔力！透過有趣的合奏、遊戲、唱歌和樂器練習，在創意和互動的環境中學習節奏、旋律和團隊合作。

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

Date : Monday & Wednesday 28th & 30th July
Time : 1:00pm – 3:00pm
Venue : Playroom Library, 1/F
Price : Member \$950, Guest \$1,050



English Playgroup (3 – 6 years)

This course incorporates a variety of diverse and engaging games and interactive activities centered around themes from children's daily lives, creating a joyful atmosphere for young learners to study English. Each activity is thoughtfully designed to captivate their attention and spark curiosity about learning English, fostering a strong foundation for their language development journey.

幼兒英語Playgroup (3 — 6歲)

這課程透過多元化且生動有趣的遊戲和互動活動，圍繞幼兒日常生活中的主題設計，幫助他們在愉快的氛圍中學習英文。我們將會通過實用性和趣味性的內容，全面提升幼兒的專注力、觀察力及記憶力。每項活動均精心設計，以吸引孩子的注意力並激發他們對英語學習的好奇心。

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

Date : Wednesday & Friday 23rd & 25th July
Time : 10:00am – 12:00noon
Venue : Playroom Library, 1/F
Price : Member \$950, Guest \$1,050

English Singing Tour (3 – 6 years)

Join the musical journey where very young children learn English through the joy of song! This fun-filled course combines singing, storytelling, word games, and interactive play to help young learners absorb everyday English phrases with ease.



幼兒英語童Sing唱唱唱 (3 — 6歲)

加入我們的音樂之旅，讓幼兒透過歌曲的樂趣學習英語！這個充滿趣味的課程結合了唱歌、講故事、對答和互動遊戲，幫助幼兒輕鬆吸收日常英語。

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

Date : Wednesday & Friday 23rd & 25th July
Time : 12:00noon – 2:00pm
Venue : Playroom Library, 1/F
Price : Member \$950, Guest \$1,050



Junior Summer Programme 2025

兒童暑期活動 2025



Play Group 趣味學習

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

This summer, get ready for action-packed fun inspired by your favourite TV game shows! We've brought exciting games from *Mirror Go* and *Running Man* into the classroom, transforming learning into an adventure. Through fast-paced challenges and themed activities, children can laugh, play, and recharge, while also boosting their thinking skills, creativity, and motivation to learn.

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

今個暑假，準備好享受由你最喜愛的電視遊戲節目激發充滿動感的樂趣吧！我們將Mirror Go和Running Man等精彩遊戲帶入課堂，將學習變成冒險。透過快節奏的挑戰和主題活動，孩子們可以歡笑、玩耍和恢復精力，同時提高他們的思考能力、創造力和學習動力。

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

Date : Monday & Wednesday 28th & 30th July
Time : 3:00pm – 5:00pm
Venue : Harbour Room, 1/F
Price : Member \$950, Guest \$1,050

Amazing Magician Challenge (6 – 12 years)

Uncover the secrets behind the magic and become the star of your own show! In this fun-filled course, children learn how to perform clever tricks using simple, everyday items. As they master basic techniques and build their own magical routines, they'll grow in confidence, creativity, and showmanship.

驚奇魔術師挑戰賽 (6 — 12歲)

揭開魔術背後的秘密，成為自己表演show中的主角！在這個充滿樂趣的課程中，孩子們將學習如何使用簡單的日常物品來表演巧妙的魔術技巧。當他們掌握基本技巧並建立自己的魔術套路時，便可增強他們的自信心、創造力和表演技巧。

課堂內容參考：穿越魔術、硬幣魔術、骰子魔術、刺穿魔術、各款撲克牌魔術

Date : Monday & Wednesday
28th & 30th July
Time : 11:00am – 1:00pm
Venue : Room ONE, 1/F
Price : Member \$950, Guest \$1,050



English Magic Academy (3 – 6 years)

This enchanting course introduces very young children to the world of magic while gently building their English language skills. With fun tricks, interactive games, and playful storytelling, children learn simple English words and phrases as they explore the joy of performing magic.

幼兒英語魔術學院 (3 — 6歲)

這個具吸引力的課程向幼兒介紹魔法世界，同時逐漸培養他們的英語語言技能。透過有趣的技巧、互動遊戲和趣味故事講述，讓他們在探索表演魔術的樂趣的同時學習簡單的英語單字和短句。

課堂內容參考：復原魔術、餐桌魔術、魔術骰子、神奇魔術筆、英語詞彙教授

Date : Wednesday & Friday 23rd & 25th July
Time : 2:00pm – 4:00pm
Venue : Playroom Library, 1/F
Price : Member \$950, Guest \$1,050

Arts & Crafts 美術及手工藝

STEAM: 3D Pen Printing Art Workshop (6 – 12 years)

Watch creativity come to life in this exciting workshop where students move beyond paper and into the world of 3D design. Using 3D printing pens, children will learn how to build shapes, structures, and artistic models while exploring concepts like geometry, form, and balance.

STEAM 3D筆打印藝術工作坊 (6 — 12歲)

在這個令人興奮的工作坊中，學員將看到創造力如何變成現實，跳出2D平面紙張，進入3D設計的世界。孩子們將可使用3D立體打印筆學習如何建立形狀、結構和藝術模型，同時探索幾何、形式和平衡等概念。

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

Date : Thursday & Friday 17th & 18th July
Time : 4:00pm – 6:00pm
Venue : Room ONE, 1/F
Price : Member \$980, Guest \$1,080



Neon Clay Capsule Toy Workshop (6 – 12 years)

Children will use their imagination at this two-day workshop where they will create their own capsule toy machines from scratch. They will explore neon-themed decorations and sculpt colourful clay toys to go inside, combining design, creativity, and hands-on discovery.

霓虹燈黏土扭蛋機專門店 (6 — 12歲)

在這個為期兩天的工作坊中，孩子們將可以充分發揮自己的想像力，從零開始創造自己的扭蛋機，還將深入淺出地了解扭蛋機的安裝和操作原理，及霓虹燈所涉及的創作技巧。此外，課程還安排了趣味十足的黏土創作環節，孩子們可以將完成的黏土作品放入扭蛋中，為每次扭蛋增添了驚喜與獨特性。

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

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

Clay Crystal Ball Night Lamp & Rotating Music Box (6 – 12 years)

This workshop invites children to create their own crystal ball night lamp and rotating music box using vibrant clay and creative flair. As they learn a variety of modelling techniques, participants will strengthen fine motor skills, boost hand-eye coordination, and spark their artistic confidence.

黏土水晶球小夜燈及旋轉音樂盒 (6 — 12歲)

這工作坊邀請孩子們使用鮮豔的黏土以創造力來製作自己的水晶球小夜燈和旋轉音樂盒，透過學習各種造型技巧，增強他們的細微手指活動技能，提高手眼協調能力，並激發他們的藝術信心。

課堂內容參考：Sanrio水晶球小夜燈製作、迪士尼音樂盒製作、顏色配搭及黏土混色技巧、黏土保存法

Date : Thursday & Friday 17th & 18th July
Time : 10:00am – 1:00pm
Venue : Room ONE, 1/F
Price : Member \$1,200, Guest \$1,300





Arts & Crafts 美術及手工藝

The Monsters Painting & Clay World (3 – 12 years)

The Monsters have enchanted both adults and children with their quirky and whimsical appearances. This course combines drawing and clay modelling, allowing participants to learn various artistic techniques by illustrating these charming characters. Additionally, the course features a clay modelling segment where students will craft lifelike versions of these delightful characters. Through mastering fundamental clay techniques, children not only strengthen their fine motor skills and hand-eye coordination but also foster patience and focus during the creative process.

The Monster 繪畫及黏土世界 (3 — 12歲)

The Monsters中的頑皮小精靈，以其古靈精怪的外貌俘獲了大人與小朋友的喜愛。本課程結合繪畫與黏土創作，讓學員通過描繪這些有趣的小精靈，學習各種繪畫技巧；而透過黏土製作環節，學員將親手打造這些栩栩如生的小精靈角色。在學習黏土基本手法的過程中，小朋友不僅可以鍛鍊手部小肌肉和手眼協調能力，更能在創作中培養耐心與專注力。

課堂內容參考：Labubu繪畫及黏土製作、Mokoko繪畫及黏土製作

Date : Thursday & Friday 24th & 25th July
Time : (A) 10:00am – 12:00noon
(B) 12:00noon – 2:00pm
Venue : Harbour Room, 1/F
Price : Member \$980, Guest \$1,080
Age : (A) 3 – 6 years, (B) 6 – 12 years



Chiikawa Painting & Clay Time (3 – 12 years)

Loved for their adorable charm, Chiikawa characters take centre stage in this fun and creative workshop. Children will learn fundamental drawing techniques, from line work to shaping, by sketching their favourite characters, then bring them to life in 3D using colourful clay.

Chiikawa繪畫及黏土時光 (3 — 12歲)

Chiikawa的角色因其可愛的魅力而受到大眾喜愛，成為這個有趣且富有創意的工作坊的焦點。孩子們將學習基本的繪畫技巧，從線條到造型，透過勾勒出他們最喜歡的角色，然後用彩色黏土以3D形式將它們變為現實。

課堂內容參考：Chiikawa/Momonga繪畫及黏土製作、Hachivare/Usagi繪畫及黏土製作

Date : Monday & Tuesday 11th & 12th August
Time : (A) 12:00noon – 2:00pm
(B) 2:00pm – 4:00pm
Venue : (A) Playroom Library, 1/F
(B) Harbour Room, 1/F
Price : Member \$980, Guest \$1,080
Age : (A) 3 – 6 years, (B) 6 – 12 years



Clay Sculpture Creative Workshop (6 – 12 years)

Bring imagination to life in this exciting clay workshop! As children shape, mould, and sculpt their own creations, they'll build focus, patience, and fine motor skills, all while having fun. The course introduces essential clay techniques and sculpting skills, guiding students step by step as they turn simple materials into one-of-a-kind clay masterpieces.

陶泥雕刻創意體驗坊 (6 — 12歲)

在這個令人興奮的黏土工作坊中，讓想像力變成現實！當孩子們塑造、鑄造和雕刻自己的作品時，他們會在玩樂的同時訓練耐力、精神專注力、手指靈巧、活化腦筋。課程介紹基本的捏造技巧和雕刻技巧，指導學生逐步將簡單的材料變成獨一無二的黏土作品。

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

Date : Thursday & Friday 24th & 25th July
Time : 2:00pm – 4:30pm
Venue : Harbour Room, 1/F
Price : Member \$1,080, Guest \$1,180



Duffy and Disney Friends Painting Journey (3 – 12 years)

Perfect for young Disney fans, this colourful art class invites children to bring beloved characters like Duffy and his friends to life on paper. With guidance from instructors, they'll learn essential drawing techniques, shape construction, and colour coordination.

Duffy 與迪士尼好友繪畫旅程 (3 — 12歲)

這個色彩繽紛的藝術課程非常適合年輕的迪士尼粉絲參與，在紙上將深受眾人喜愛的Duffy和他的朋友角色栩栩如生地呈現出來。在導師的指導下，他們將學習基本的繪畫技巧、形狀構造和色彩協調。

課堂內容參考：米奇老鼠/米妮老鼠—繪畫入門技巧，線條運用、唐老鴨/黛絲鴨—角色基本繪畫方法、《Duffy and Friends》Linabell—色彩配搭技巧、《Duffy and Friends》StellaLou—繪畫進階技巧

Date : Thursday & Friday 7th & 8th August
Time : (A) 10:00am – 12:00noon
(B) 12:00noon – 2:00pm
Venue : Harbour Room, 1/F
Price : Member \$980, Guest \$1,080
Age : (A) 3 – 6 years, (B) 6 – 12 years



Jellycat Painting & Clay Fantasy Workshop (3 – 6 years)

Inspired by the charm of Jellycat toys, this delightful workshop invites little ones to explore art through painting and clay play. With their favourite characters as the theme, children will enjoy a creative journey full of colour, texture, and imagination.

Jellycat 繪畫及黏土夢幻旗艦店 (3 — 6歲)

本課程結合繪畫與黏土製作，以Jellycat角色為主題，打造一個充滿創意與趣味的學習環境。透過繪畫這些萌萌角色，學員將逐步掌握繪畫技巧，而黏土製作環節可讓小朋友親手塑造立體的Jellycat角色，從而感受黏土創作的樂趣，在動手實踐中提升專注力與創造力。

課堂內容參考：Boiled Egg Chic/Avocado繪畫及黏土製作、Bashful Bunny繪畫及黏土製作


Date : Monday & Tuesday 11th & 12th August
Time : 10:00am – 12:00noon
Venue : Playroom Library, 1/F
Price : Member \$980, Guest \$1,080



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

June 2025

EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis LPG Body Treatment Special Promotion 1st – 15th Sunday Lunch Buffet at The Island View Cold Brew Coffee at Club Bar and Oyster Bar 1st – 30th Lychee Afternoon Tea at The Island View & Oyster Bar 1st – 30th Fettuccine Alfredo Pasta at Capricci 1st – 30th *Chef Kaung's Favourite Bites* Promotion at Bauhinia 1st – 30th Flaming Chorizo at Club Bar 1st – 30th Premium Tower of Seafood on Ice at Capricci 1st – 30th The Wishing Table Dinner Buffet at The Island View 1	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 2	Water Aerobics Yoga The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 Smorrebrod - Danish Open Face Sandwiches at Club Bar & Oyster Bar 3rd – 30th 3	Tennis Team Training The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 4	Yoga Tennis Team Training The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 5	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Taekwondo Kids' Open Fun Session Bouchot Mussels & Fries Dinner Buffet at The Island View 6 7	Junior Swimming School Junior Tennis Academy Junior Taekwondo Kids' Open Fun Session Black Angus & Oyster Dinner Buffet at The Island View 7
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch Buffet at The Island View 8 The Wishing Table Dinner Buffet at The Island View	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy The Wishing Table Dinner Buffet at The Island View 9 Wine and Dine at Pier 6	Water Aerobics Yoga The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 Rolls 'n' Bowls at Oyster Bar 10th – 22nd 10	Tennis Team Training Floral Arrangement Course The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 11	Yoga Tennis Team Training The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 12	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Taekwondo Junior Badminton Bouchot Mussels & Fries Dinner Buffet at The Island View 13 14	Junior Swimming School Junior Tennis Academy Junior Taekwondo Father's Day Tennis Tournament 2025 Bouchot Mussels & Fries Dinner Buffet at The Island View 14
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch Buffet at The Island View 15 Pressed Flower Night Lamp Workshop Rope Skipping Father's Day Lunch & Dinner at Pacific Club 15	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 16	Water Aerobics Yoga The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 17	Tennis Team Training Floral Arrangement Course The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 18	Yoga Tennis Team Training The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 19	Water Aerobics / Stretching Exercise Yoga Junior Swimming School Junior Taekwondo Wall Climbing Bouchot Mussels & Fries Dinner Buffet at The Island View 20 21	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Bouchot Mussels & Fries Dinner Buffet at The Island View 21
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch Buffet at The Island View 22 The Wishing Table Dinner Buffet at The Island View	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 23	Water Aerobics Yoga The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 24	Tennis Team Training Floral Arrangement Course The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 25	Yoga Tennis Team Training The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 26	Water Aerobics / Stretching Exercise Yoga Junior Swimming School Junior Taekwondo Wall Climbing Bouchot Mussels & Fries Dinner Buffet at The Island View 27 28	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Bouchot Mussels & Fries Dinner Buffet at The Island View 28
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Pressed Flower Night Lamp Workshop Sunday Lunch Buffet at The Island View 29 The Wishing Table Dinner Buffet at The Island View	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy The Wishing Table Dinner Buffet at The Island View Wine and Dine at Pier 6 30	Bouchot Mussels & Fries Dinner Buffet at The Island View 6th, 13th, 21st & 28th	Black Angus and Oyster Dinner Buffet at The Island View 7th, 14th, 20th & 27th	Father's Day Lunch & Dinner at Pacific Club 15th		

July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga Class Every Mon, Tue, Thur, Fri & Sun (except Public Holiday) 		Cold Brew Coffee at Club Bar and Oyster Bar 1st – 31st	Tennis Team Training	Yoga Tennis Team Training	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View
		1	2	3	4	5
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis / Yoga Fascia Exercise Training Men's Double Training English Drama Academy		Tennis Team Training	Yoga Tennis Team Training	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View
6	7	8	9	10	11	12
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis / Yoga Fascia Exercise Training Men's Double Training English Drama Academy		Tennis Team Training	Yoga Tennis Team Training	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View
13	14	15	16	17	18	19
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis / Yoga Fascia Exercise Training Men's Double Training English Drama Academy		Tennis Team Training	Yoga Tennis Team Training	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View
20	21	22	23	24	25	26
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis / Yoga Fascia Exercise Training Men's Double Training English Drama Academy		Tennis Team Training	Yoga Tennis Team Training	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View
27	28	29	30	31	Junior Summer Programme in July & August 2025 Please contact the 2/F Reception on 2118 1890 for details. 	

*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

Food & Beverage



Junior Summer Programme 2025

兒童暑期活動 2025



Arts & Crafts 美術及手工藝

Coloured Sketch Exploration (6 – 12 years)

This creative course invites children to explore the world of sketching through colour and form. By learning how to observe shapes, build depth, and apply colour thoughtfully, students will develop a strong sense of visual balance and artistic expression, bringing ideas to life on paper.

色彩的魔力－彩色素描探索 (6 — 12歲)

這個課程運用色彩繽紛的搭配方法、構圖技巧來提高學員對素描畫的趣味，目的是讓小朋友理解各立體形態、建構深度、學習色彩協調、建立視覺平衡感，從中建立自我，訓練觀察、思考和耐力，進而發展藝術潛能，將想法在紙上變為現實。

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

Date : Thursday & Friday 7th & 8th August
Time : 2:00pm – 4:00pm
Venue : Harbour Room, 1/F
Price : Member \$980, Guest \$1,080



Pastel Art Gallery (3 – 6 years)

During these two sessions, young children explore the vibrant world of dry pastels. Through simple still life and landscape projects, they'll learn how to blend colours, understand light and shadow, and experiment with soft brushstroke techniques.

幼兒趣味和諧粉彩藝術館 (3 — 6歲)

在這兩堂課程中，小孩子們可探索乾粉彩的豐富色彩世界。透過簡單的靜物和風景臨摹，他們將學習如何混合顏色、了解光影及嘗試柔和的筆觸技巧，提高他們對藝術的興趣。

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

Date : Monday & Thursday 21st & 24th July
Time : 11:00am – 1:00pm
Venue : Playroom Library, 1/F
Price : Member \$980, Guest \$1,080



Little Picasso Creative Workshop (3 – 6 years)

This fun and hands-on workshop lets young children explore art through painting, collage, and craft activities. Participants will develop their creativity, focus, and coordination while expressing themselves on paper in their own unique way, just like Picasso!

小小畢加索創作夢工場 (3 — 6歲)

這個有趣且充滿互動性的工作坊讓孩子們透過繪畫、拼貼和手工製作來探索藝術，培養他們的創造力、專注力和協調能力，同時以自己獨特的方式在紙上表達自己，就像畢加索一樣！

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

Date : Monday & Thursday 21st & 24th July
Time : 1:00pm – 3:30pm
Venue : Playroom Library, 1/F
Price : Member \$980, Guest \$1,080



Chinese Calligraphy (6 – 12 years)

This course introduces children to the beauty of Chinese calligraphy, starting with how to hold the brush correctly. Step by step, they'll learn how to write characters under the expert guidance of our instructor. Along the way, children will improve their writing skills and begin to appreciate the art and tradition behind Chinese calligraphy.

傳統毛筆書法家 (6 — 12歲)

這課程從如何正確握筆開始，向孩子們介紹中國書法之美。他們將在導師的專業指導下學習如何書寫漢字。在此過程中，孩子們將逐步提升寫作技巧，並開始學習欣賞中國書法背後的藝術和傳統。

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

Date : Monday & Thursday 28th & 31st July
Time : 11:00am – 1:00pm
Venue : Harbour Room, 1/F
Price : Member \$980, Guest \$1,080



Chinese Hard Pen Calligraphy (6 – 12 years)

This course helps children develop neat, elegant handwriting while exploring the artistic side of Chinese calligraphy. Focusing on hard pen techniques, students will learn basic strokes, character structure, and layout principles. With guided practice in pen pressure and stroke order, they'll build better control, improve hand-eye coordination, and gain patience.

中文硬筆書法家 (6 — 12歲)

這課程幫助孩子們在探索中國書法藝術的同時，培養整齊、優雅的書寫能力。他們將以硬筆技巧為重點，學習基本筆畫、漢字結構和排版美學。透過對筆力和筆畫順序的指導練習，他們將獲得更好的控制力，提高手眼協調能力，培養耐心。

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

Date : Monday & Thursday 28th & 31st July
Time : 1:00pm – 3:00pm
Venue : Harbour Room, 1/F
Price : Member \$980, Guest \$1,080





Other Sports 其他運動

Modern Dance (6 – 12 years)

Modern dance encourages freedom, creativity, and self-expression. In this course, students explore a wide range of movement styles without the limits of strict technique, helping them develop confidence, body awareness, and creative thinking through performance.

現代舞 (6 — 12歲)

現代舞蹈鼓勵自由、創造力和自我表達。在課程中，學員可以探索各種動作風格，不受嚴格技術的限制，幫助他們透過表演培養自信、身體意識和創造性思維。

Date : Monday & Tuesday 21st & 22nd July
Time : 4:30pm – 5:30pm
Venue : Gym Aerobics Room, 1/F
Price : Member \$800, Guest \$900

Korean Pop Dance (3 – 12 years)

K-Pop has taken the world by storm with its catchy tunes, vibrant energy, and iconic dance moves. This fun-filled course introduces children to the world of Korean pop music through exciting dance routines inspired by popular K-Pop hits. With a focus on rhythm, coordination, and performance, students will learn step-by-step choreography while gaining confidence.



韓國K-Pop 流行舞蹈 (3 — 12歲)

K-Pop以其朗朗上口的曲調、充滿活力和感染力的舞蹈動作風靡全球。這個充滿樂趣的課程將透過K-Pop流行歌曲激動人心的舞蹈動作向孩子們介紹韓國流行音樂的世界。透過注重節奏、協調性和表演，學員將逐步學習舞蹈編排，同時增強自信心。

Date : Monday & Tuesday 21st & 22nd July
Time : (A) 2:30pm – 3:30pm
(B) 3:30pm – 4:30pm
Venue : Gym Aerobics Room, 1/F
Price : Member \$800, Guest \$900
Age : (A) 3 – 6 years, (B) 6 – 12 years

Wall Climbing (6 – 10 years)

Get ready for a summer of climbing fun! This course challenges kids of all skill levels to scale new heights while building strength, balance, and coordination. Guided by professional instructors, children will learn key climbing techniques on the Club's climbing wall.

CLINIC	DAY	DATE	TIME
A	Mon & Thu	21st, 24th, 28th & 31st July	11:30am – 1:00pm
B	Mon & Thu	21st, 24th, 28th & 31st July	2:30pm – 4:00pm
C	Tue & Fri	12th, 15th, 19th & 22nd August	11:30am – 1:00pm
D	Tue & Fri	12th, 15th, 19th & 22nd August	2:30pm – 4:00pm

攀石班 (6 — 10歲)

這個暑假，讓孩子們嘗試攀石冒險，挑戰自我極限！這課程專為6-10歲的孩子而設計，不論是初次接觸攀石運動，還是已有經驗的小高手，都能在這個課程中找到適合自己的挑戰。在專業教練的全程指導下，透過生動有趣的方式學習攀岩技巧，訓練手腳協調、重心控制及路線規劃，培養力量、耐力和平衡感。

註：學員需穿著舒適的運動服及運動鞋上課

Venue : Children's Playroom (Climbing Wall)
Price : Member \$970, Guest \$1,170
Age : 6 – 10 years
Remark : Please wear sports clothes and shoes to the class

Junior Table Tennis Course (6 – 13 years)

Led by the Club's professional table tennis coaches, this course offers structured training in essential table tennis skills, from basic footwork and grip to serving and return techniques. The sessions help students improve their game while developing confidence and focus.

乒乓球訓練班 (6 — 13 歲)

本會的專業乒乓球教練將會以系統化的方式教導學員多項乒乓球技術，包括基本動作、發球技巧、接球策略等。這個訓練班不僅旨在提升學員的乒乓球技術，更希望透過激發他們的潛能，建立自信及堅毅的態度，讓他們在運動中獲得成長和樂趣。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Monday 21st, 28th July, 4th & 11th August
Time : 2:00pm – 3:30pm
Venue : Gym Activities Room, 1/F
Price : Member \$900, Guest \$1,100
Remark : Please wear sports clothes and shoes to the class

Rope Skipping Class (7 – 12 years)

Perfect for active kids who love a challenge, this our Rope Skipping course combines freestyle jump rope with fun, fast-paced training to improve coordination, agility, endurance, and reflexes. Led by a professional coach, participants will learn new tricks and techniques, building strength and stamina while having a lot of fun.

花式跳繩班 (7 — 12 歲)

本會的花式跳繩班非常適合喜歡挑戰的活躍孩子參加，課程將自由式跳繩與有趣、快節奏的訓練相結合，以提高學員的協調性、敏捷性、耐力和反應能力，在專業教練的指導下學習新的技巧和技術，在享受樂趣的同時增強力量和耐力。

註：學員需穿著舒適的運動服及運動鞋上課

Date : (A) Sunday 6th, 13th, 20th & 27th July
(B) Sunday 3rd, 10th, 17th & 24th August
Time : 4:30pm – 5:20pm
Venue : Gym Aerobics Room, 1/F
Price : Member \$720, Guest \$920
Remark : Please wear sports clothes and shoes to the class

Badminton Clinic (7 – 16 years)

This fun and energetic clinic is designed especially for children who want to learn and improve their badminton skills. Open to all levels, the class focuses on key techniques such as footwork, grip, strokes and court awareness through engaging drills and guided practice. With a focus on fun, fitness and teamwork, it's a great way for young players to stay active, build confidence and make new friends on the court.

暑期羽毛球班 (7 — 16 歲)

這個有趣且充滿活力的課程專為想要學習和提高羽毛球技能的孩子而設計。課程適合所有程度的學員參加，透過有趣的訓練和指導練習，重點於步法、握桿、擊球和球場意識等關鍵技術。課程結合樂趣、健身和團隊合作，是孩子們保持活躍、建立自信和結交新朋友的好方法。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Thursday 17th, 24th, 31st July & 7th August
Time : (A) 12:00noon – 1:00pm
(B) 1:00pm – 2:00pm
Venue : Gym Aerobics Room, 1/F
Price : Member \$1,040, Guest \$1,240
Age : (A) 7 – 11 years, (B) 12 – 16 years
Remark : Please wear sports clothes and shoes to the class



Junior Summer Programme 2025

兒童暑期活動 2025



Other Sports 其他運動

Mini Pickleball Clinic (3½ – 6 years)

Introduce your little one to the exciting world of Pickleball, one of the fastest-growing sports today. Blending elements of tennis, badminton and table tennis, pickleball is easy to pick up and perfect for very young beginners.

CLINIC	DATE
A	16th, 17th & 18th July
B	23rd, 24th & 25th July
C	30th, 31st July & 1st August
D	6th, 7th & 8th August
E	13th, 14th & 15th August

迷你匹克球班 (3½ — 6 歲)

匹克球融合了網球、羽毛球與乒乓球的精粹，易學易玩，適合各年齡層人士參與。本課程專為3½歲至6歲的小朋友而設計，在輕鬆有趣的氛圍中，讓他們學習匹克球的基本技巧，培養運動興趣，享受樂趣十足的運動體驗。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Wednesday – Friday

Time : 9:00am – 10:00am

Venue : Gym Aerobics Room, 1/F

Price : Member \$690, Guest \$840

Remark : Please wear sports clothes and shoes to the class

Pickleball Clinic (7 – 16 years)

Designed for older children ready to take on a new challenge, this clinic introduces the fast growing sport of Pickleball. With a focus on skill development and match play, participants will learn essential techniques including footwork, strokes and game strategy through a progressive training approach. Led by an experienced coach, the class offers a high energy and engaging environment where participants can build athletic ability, boost confidence and enjoy the thrill of competitive play.



CLINIC	DATE
A	16th, 17th & 18th July
B	23rd, 24th & 25th July
C	30th, 31st July & 1st August
D	6th, 7th & 8th August
E	13th, 14th & 15th August

匹克球班 (7 — 16 歲)

課程專為年齡較大、準備好接受新挑戰的青少年而設計，為他們介紹快速發展的匹克球運動，透過專注於技能發展和比賽，讓學員透過漸進式訓練方式學習基本技術，包括步法、擊球和比賽策略。課程由經驗豐富的教練指導，提供充滿活力和吸引力的環境，學員可以培養運動能力，增強自信心並享受競技比賽的刺激。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Wednesday – Friday

Time : 10:00am – 12:00noon

Venue : Outdoor Tennis Court, 4/F

Price : Member \$1,380, Guest \$1,530

Remark : Please wear sports clothes and shoes to the class



Basketball Clinic (9 – 15 years)

Come and join our summer basketball clinic! The clinic is designed for older children looking to build skills and confidence on the court. With guidance from professional coaches, participants will improve their dribbling, shooting, defence and teamwork through structured drills and fun mini games.

CLINIC	DATE
A	14th, 16th & 18th July
B	21st, 23rd & 25th July
C	28th, 30th July & 1st August
D	4th, 6th & 8th August
E	11th, 13th & 15th August
F	18th, 20th & 22nd August

籃球班 (9 — 15歲)

快來參加我們的暑期籃球班吧！這是一個為9至15歲青少年而設計的課程，不論你是新手還是有基礎的籃球愛好者，都能在這裡找到樂趣！專業教練將教授籃球基本技巧，如運球、投籃、防守與團隊合作，並結合趣味練習與小型比賽，讓他們在提升籃球實力的同時鍛鍊身體。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Monday & Wednesday & Friday

Time : 2:00pm – 3:00pm

Venue : Outdoor Tennis Court, 4/F

Price : Member \$690, Guest \$840

Remark : Please wear sports clothes and shoes to the class





Golf 高爾夫球班



Junior Golf Clinic (3 – 17 years)

Give your child the chance to learn golf this summer through a fun and focused training clinic. Designed for all levels, the clinic takes place on the driving range with step by step instruction from our experienced golf professional. Participants will build a strong foundation in grip, stance and swing technique while developing focus, patience and a love for the game of golf.

CLINIC	AGE	DAY	DATE	TIME
A	3 – 7 years	Mon & Thu	7th, 10th, 14th & 17th July	2:00pm – 3:00pm
B	8 – 17 years	Mon & Thu	7th, 10th, 14th & 17th July	3:00pm – 4:00pm
C	3 – 7 years	Mon & Thu	21st, 24th, 28th & 31st July	2:00pm – 3:00pm
D	8 – 17 years	Mon & Thu	21st, 24th, 28th & 31st July	3:00pm – 4:00pm
E	3 – 7 years	Tue & Fri	22nd, 25th, 29th July & 1st August	2:00pm – 3:00pm
F	8 – 17 years	Tue & Fri	22nd, 25th, 29th July & 1st August	3:00pm – 4:00pm
G	3 – 7 years	Mon & Thu	4th, 7th, 11th & 14th August	2:00pm – 3:00pm
H	8 – 17 years	Mon & Thu	4th, 7th, 11th & 14th August	3:00pm – 4:00pm
I	3 – 7 years	Tue & Fri	12th, 15th, 19th & 22nd August	2:00pm – 3:00pm
J	8 – 17 years	Tue & Fri	12th, 15th, 19th & 22nd August	3:00pm – 4:00pm

高爾夫球班 (3 – 17歲)

讓孩子在今個暑假透過有趣且針對性的訓練學習高爾夫球。課程專為各個級別的高爾夫球愛好者設計，在練習場上由我們經驗豐富的高爾夫球專業教練進行逐步指導，讓學員在握桿、站姿和揮桿技術方面打下堅實的基礎，同時培養專注力、耐心和對高爾夫球的熱愛。

註：學員需穿著舒適的運動服及運動鞋上課

Venue : Golf Driving Range, 4/F

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

Remark : Please wear sports clothes and shoes to the class

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

Share the joy of golf with your child in this fun and interactive parent-child class. Guided by our golf professional, you will learn basic skills together while enjoying quality time on the range. This relaxed and enjoyable course is a great way to build new skills, strengthen your bond and create lasting memories through a shared sporting experience.

高爾夫球親子班 (4 歲及以上)

這課程以親子形式進行，讓家長與小孩可一同跟隨專業高爾夫球教練學習基礎技巧，同時享受在練習場上的美好時光。這個輕鬆愉快的課程是透過共同的運動體驗來培養新技能、加強聯繫和創造持久記憶的好方法。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Saturday

(A) 5th, 12th, 19th & 26th July

(B) 2nd, 9th, 16th & 23rd August

Time : 4:00pm – 5:00pm

Venue : Golf Driving Range, 4/F

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

Remark : Please wear sports clothes and shoes to the class

Tennis 網球班

Mini Tennis Clinic (3½ – 6 years)

Get your little ones moving with this fun and active introduction to tennis. Specially designed for very young children, the clinic uses games and simple drills to teach basic tennis skills.

CLINIC	DATE
A	8th, 9th & 10th July
B	15th, 16th & 17th July
C	22nd, 23rd & 24th July
D	29th, 30th & 31st July
E	5th, 6th & 7th August
F	12th, 13th & 14th August
G	19th, 20th & 21st August
H	26th, 27th & 28th August

迷你網球班 (3½ — 6 歲)

透過這項有趣且充滿活力的網球入門課程，讓孩子動起來！課程專為3½ — 6歲的幼兒而設計，透過遊戲和簡單的練習來教授基本網球技能。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Tuesday – Thursday

Time : 11:00am – 12:00noon

Venue : Indoor Tennis Court, 4/F

Price : Member \$690, Guest \$840

Remark : Please wear sports clothes and shoes to the class

Tennis Clinic (7 – 14 years)

This summer, let your child develop their game in a fun and energetic Tennis Clinic. Led by a professional coach, the course offers structured training in essential skills. Participants will practise through drills and friendly matches, building confidence, improving technique and enjoying the excitement of playing with others.

CLINIC	DATE
A	8th, 9th & 10th July
B	15th, 16th & 17th July
C	22nd, 23rd & 24th July
D	29th, 30th & 31st July
E	5th, 6th & 7th August
F	12th, 13th & 14th August
G	19th, 20th & 21st August
H	26th, 27th & 28th August

網球班 (7 — 14歲)

今個夏天，讓孩子在充滿樂趣和活力的網球課程中提高他們的球技。課程由專業教練指導，提供基本技能的結構化訓練，學員將透過訓練和友誼賽進行練習，建立信心，提高技術並享受與他人一起比賽的樂趣。

註：學員需穿著舒適的運動服及運動鞋上課

Date : Tuesday – Thursday

Time : 2:00pm – 4:00pm

Venue : Indoor Tennis Court, 4/F

Price : Member \$1,380, Guest \$1,530

Remark : Please wear sports clothes and shoes to the class





Junior Summer Programme 2025

兒童暑期活動 2025



Summer Swimming School 暑期游泳班



Class	Date	Day	Time	Coach	Fees	
					Member	Guest
Pre-school Swimming (3 - 4 years)						
I1	8/7, 15/7, 22/7 & 29/7	Tue	12:00noon - 1:00pm	ILK	700	900
I2	5/8, 12/8, 19/8 & 26/8	Tue	12:00noon - 1:00pm	ILK	700	900
F1	7/7, 14/7, 21/7 & 28/7	Mon	2:00pm - 3:00pm	FCY	700	900
F2	4/8, 11/8, 18/8 & 25/8	Mon	2:00pm - 3:00pm	FCY	700	900
P1	3/7, 10/7, 17/7, 24/7 & 31/7	Thu	11:00am – 12:00noon	PHL	875	1,125
P2	7/8, 14/8, 21/8 & 28/7	Thu	11:00am – 12:00noon	PHL	700	900
Elementary (4 - 14 years)						
I1	8/7, 15/7, 22/7 & 29/7	Tue	11:00am - 12:00noon	ILK	740	940
I2	5/8, 12/8, 19/8 & 26/8	Tue	11:00am - 12:00noon	ILK	740	940
F1	7/7, 10/7, 14/7 & 17/7	Mon & Thu	3:00pm - 4:00pm	FCY	740	940
F2	21/7, 24/7, 28/7 & 31/7	Mon & Thu	3:00pm - 4:00pm	FCY	740	940
F3	4/8, 7/8, 11/8 & 14/8	Mon & Thu	3:00pm - 4:00pm	FCY	740	940
F4	18/8, 21/8, 25/8 & 28/8	Mon & Thu	3:00pm - 4:00pm	FCY	740	940
P1	2/7, 9/7, 16/7, 23/7 & 30/7	Wed	1:00pm - 2:00pm	PHL	925	1,175
P2	6/8, 13/8, 20/8 & 27/8	Wed	1:00pm - 2:00pm	PHL	740	940
P3	3/7, 10/7, 17/7, 24/7 & 31/7	Thu	2:00pm - 3:00pm	PHL	925	1,175
P4	7/8, 14/8, 21/8 & 28/7	Thu	2:00pm - 3:00pm	PHL	740	940
Intermediate (4 - 14 years)						
F1	5/7, 12/7, 19/7 & 26/7	Sat	3:00pm - 4:00pm	FCY	740	940
F2	9/8, 16/8, 23/8 & 30/8	Sat	3:00pm - 4:00pm	FCY	740	940
P1	3/7, 10/7, 17/7, 24/7 & 31/7	Thu	1:00pm - 2:00pm	PHL	925	1,175
P2	7/8, 14/8, 21/8 & 28/8	Thu	1:00pm - 2:00pm	PHL	740	940
P3	7/7, 14/7, 21/7 & 28/7	Mon	1:00pm - 2:00pm	PHL	740	940
P4	4/8, 11/8, 18/8 & 25/8	Mon	1:00pm - 2:00pm	PHL	740	940
Advanced (4 - 14 years)						
I1	2/7, 9/7, 16/7, 23/7 & 30/7	Wed	2:30pm - 4:00pm	ILK	1,388	1,638
I2	6/8, 13/8, 20/8 & 27/8	Wed	2:30pm - 4:00pm	ILK	1,110	1,310
F1	7/7, 14/7, 21/7 & 28/7	Mon	4:00pm - 5:30pm	FCY	1,110	1,310
F2	4/8, 11/8, 18/8 & 25/8	Mon	4:00pm - 5:30pm	FCY	1,110	1,310
P1	2/7, 9/7, 16/7, 23/7 & 30/7	Wed	9:30am - 11:00am	PHL	1,388	1,638
P2	6/8, 13/8, 20/8 & 27/8	Wed	9:30am - 11:00am	PHL	1,110	1,310
P3	2/7, 9/7, 16/7, 23/7 & 30/7	Wed	11:00am - 12:30pm	PHL	1,388	1,638
P4	6/8, 13/8, 20/8 & 27/8	Wed	11:00am - 12:30pm	PHL	1,110	1,310
Intensive (8 years and above)						
I1	4/7, 11/7, 18/7 & 25/7	Fri	12:00noon - 2:00pm	ILK	1,480	1,680
I2	1/8, 8/8, 15/8, 22/8 & 29/8	Fri	12:00noon - 2:00pm	ILK	1,850	2,100
F1	3/7, 5/7, 10/7 & 12/7	Thu & Sat	4:00pm - 6:00pm	FCY	1,480	1,680
F2	17/7, 19/7, 24/7 & 26/7	Thu & Sat	4:00pm - 6:00pm	FCY	1,480	1,680
F3	7/8, 9/8, 14/8 & 16/8	Thu & Sat	4:00pm - 6:00pm	FCY	1,480	1,680
P1	7/7, 14/7, 21/7 & 28/7	Mon	9:00am - 11:00am	PHL	1,480	1,680
P2	4/8, 11/8, 18/8 & 25/8	Mon	9:00am - 11:00am	PHL	1,480	1,680
Competition (8 years and above)						
I1	1/8, 8/8, 15/8 & 22/8	Fri	9:00am - 11:00am	ILK	1,480	1,680
I2	7/8, 14/8, 21/8 & 28/8	Thu	9:00am - 11:00am	ILK	1,480	1,680

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

ENROLLMENT 報名

- 5% discount for "Early Bird" enrollment on/before Sunday, 15th June 2025 (this special price discount offer is applicable to all classes).
- 5% discount for joining 3 or more classes (this special price discount offer is not applicable to Golf, Tennis & Swimming Classes).
- Tuition fee will be debited through the Member's account.
- All enrollments will be confirmed 7 (Seven) days before the 1st lesson commences.
- No cancellation is allowed once the enrollment is confirmed.
- Guest prices include the entry fee for the Children's Playroom, but exclude other sports facilities.
- All participants are required to abide by the rules and regulations of the Club.
- Pacific Club and its coaches/instructors will not be responsible for any liability whatsoever arising out of any accident, injury or personal loss to the participants or to any other person.

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

For Tennis, Golf, Pickleball and Basketball enquiries, please contact our staff at the 4/F Tennis Reception or call 2118 1707.

- 會員於6月15日（星期日）或之前報名，可獲95折「早鳥報名優惠」。此優惠適用於所有課程。
- 學員參加3項課程或以上，課程費用可獲95折優惠。此優惠不適用於高爾夫球、網球及游泳課程。
- 課程費用將記入會員之月結賬戶內。
- 本會將於課程開始前7天與報名學員確認課程。
- 課程經確認後將不能取消。
- 非會員之課程費用，已包括使用兒童遊樂室，但不包括使用其他運動設施。
- 所有課程學員必須遵守本會之條款及規則。
- 太平洋會及課程教練均不負責學員之一切意外、受傷及個人或他人財物損失。

課程報名，請與二樓接待處的工作人員聯絡，或致電 2118 1890。

查詢有關網球、高爾夫球、匹克球及籃球的課程，請與4樓網球接待處的工作人員聯絡，或致電 2118 1707。



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

Special Summer Promotion 夏日特別優惠

1st to 15th June
由6月1日至15日



LPG Endermologie® ID Treatment

(45mins)

~~\$1,450~~ \$870

Experience the latest in non-invasive body contouring with the LPG Cellu M6 Alliance. This advanced endermologie® treatment uses targeted mechanical massage to stimulate the skin and underlying tissues, boosting cellular activity, enhancing lymphatic drainage, and reducing localised fat, even in areas resistant to diet and exercise.

In just one session, endermologie® activates slimming cells (adipocytes) to encourage natural fat release while simultaneously firming and toning the skin. The result is improved skin texture and renewed suppleness, all without surgery or downtime.

Refine your silhouette and reveal a smoother, more contoured figure. The transformation begins with your first treatment.

LPG定位修護療程 (45分鐘)

前來體驗最新的非侵入式身體塑形儀器 LPG Cellu M6 Alliance。這先進療程採用 LPG endermologie® 技術，通過針對性的機械式按摩來刺激皮膚和皮下組織，促進細胞代謝、改善肌膚質量、減少脂肪堆積、增強淋巴排毒及緊緻肌膚，即使是對運動鍛鍊和節食最有抵抗力的脂肪也有效。

只需一次治療，endermologie® 就能刺激瘦身細胞（脂肪細胞）並重新激活脂肪的自然釋放，同時緊緻及調理皮膚，使其恢復緊緻度和彈性，無需手術或恢復期。

改善你的輪廓並展現更平滑、更有線條的身材。轉變從你的第一次療程開始。

Sothys Youth Intensive Treatment

(1hr 45mins)

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

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

Sothys原肌修復再生療程 (1小時45分鐘)

盡情享受奢華的原肌修復再生療程，一次解決皺紋、緊緻度下降和皮膚鬆弛等明顯的衰老跡象。這款療程結合了超針對性的產品和專業的護理技術，在 1 小時 45 分鐘內享受極致放鬆，肌膚明顯煥發活力，即使在初次療程後也有顯著效果，令你綻放年輕美態。



Bernard Cassiere Spirulina Youth Treatment

(1hr 25mins)

~~\$1,580~~ \$1,264

The Bernard Cassiere Spirulina Youth Treatment is your secret to vibrant, youthful skin. Powered by two exceptional natural ingredients: Spirulina deeply nourishes and revitalises, while Chlorella shields against environmental stressors and blue light exposure. This dynamic duo strengthens the skin's defences, fights signs of ageing, and delivers a surge of antioxidants to keep your complexion radiant. By slowing free radical production and reinforcing the skin barrier, it leaves your skin plumper, smoother, and visibly refreshed.



Bernard Cassiere螺旋藻逆轉時光美肌療程(1小時25分鐘)

Bernard Cassiere 螺旋藻逆轉時光美肌療程是你擁有活力及年輕肌膚的秘訣。療程使用的產品糅合兩大天然成分：有效養內、逆齡美肌的螺旋藻和負責抗外和抵禦藍光的醉魚草，合力刺激免疫系統、抗衰老、抗氧化、減慢細胞因暴露於藍光下所產生的自由基、保護皮膚屏障等，令皮膚豐盈飽滿，更顯年輕活力。

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

Father's Day Tennis Tournament 2025

父親節網球錦標賽 2025



Celebrate Father's Day with our afternoon Father's Day Doubles Tournament. Open to all levels, this light-hearted tournament is the perfect way to enjoy the game with family, friends or a favourite playing partner.

This year we've added more flexibility. Players may now team up with their son, daughter or their spouse, making it even easier to take part.

Expect a fun afternoon as we honour fathers through tennis! Enjoy the games and stay for the prize presentation after the final match.

Date : Saturday, 14th June
Time : 1:00pm – 4:00pm
Venue : 4/F Tennis Court
Price : \$200 per pair
Age : 14 years and above

Limited sign-ups are available.
Register now at the 4/F Tennis Reception or call 2118 1707.

於6月14日（星期六）下午前來參加混合雙打網球錦標賽，以慶祝父親節！

這項輕鬆的錦標賽歡迎所有技術級別的會員參加，是與家人、朋友或最喜歡比賽夥伴一起享受網球、聯繫彼此關係的完美方式。

今年，我們歡迎大家隨意地與兒子、女兒或配偶組隊，令參與比賽的安排有更多的彈性。

我們將透過網球向父親致敬，期待一個愉快的下午！請大家盡情享受比賽並留下來參加決賽後的頒獎典禮。

比賽歡迎14歲及以上的會員參加，每對隊伍收費\$200，名額有限，請立即到四樓網球接待處報名，或致電 2118 1707。

Sunday Social Tennis

Sunday Social Tennis offers a relaxed and enjoyable way to spend your Sunday afternoon on court. Held weekly, the session brings together tennis-playing Members for two hours of informal match play, light competition and good conversation. It is an ideal opportunity to meet fellow players, sharpen your game and be part of the Club's welcoming tennis community.

週日網球聯誼聚會

參加本會於星期日舉行的「週日網球聯誼聚會」，享受輕鬆的假日下午時光！無論你是經驗豐富的球員還是只想在球場上享受樂趣，不論任何技術水平都歡迎於每個星期日加入我們，進行兩小時的友誼賽，除了可以結識新朋友、提升網球水平，更可以在完美的週末時光中放鬆身心。活動收費每位\$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 1st, 8th, 15th, 22nd & 29th June
Time : 5:00pm – 7:00pm
Venue : Outdoor Tennis Courts
Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)
Age : Adults Only



Ladies' Morning Tennis

Join our Ladies' Morning Tennis sessions for two focused hours on court with our professional coaches. Whether you're looking to refine your technique or sharpen your match strategy, these small-group clinics offer targeted guidance and quality play.

Limited to just 10 players per session. Early enrollment is recommended.

女子早上網球練習

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

Date : Monday 2nd, 9th, 16th, 23rd & 30th June
Time : 10:00am – 12:00noon
(Intermediate / Advanced Level)
Venue : Indoor Tennis Courts
Price : \$310 (for 2 hours, including court charges and selected beverages at the Tennis Lounge)

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

Junior Tennis Academy

The Pacific Club's Junior Tennis Academy is open to players aged 3½ to 16 and offers weekly coaching focused on skill development, movement and matchplay. Led by experienced coaches, the programme is designed to help young players build technique, confidence and a solid foundation in the game.

Enrollment is available on a monthly basis. To sign up, please contact the 4/F Tennis Reception.

青少年網球訓練

本會於星期六上午舉行的青少年網球訓練班，專為3½-16歲的會員而設，每星期一堂的訓練班會將專業教練指導與樂趣結合在一起，旨在於友好及獲支持的環境下讓他們可以充分發揮潛力，建立自信心及紮實的網球基礎。6月份課程收費 — A班（3½ - 6歲，4堂）：會員\$840，非會員\$1,320；B班（6 - 16歲，4堂）：會員\$1,120，非會員\$1,600。

備注：此訓練活動以月費形式支付

Date : Saturday 7th, 14th, 21st & 28th June
Time : (A) 10:00am – 11:00am
(B) 11:00am – 1:00pm
Venue : Indoor Tennis Courts
Price : (A) Member \$840, Guest \$1,320 (for 4 lessons)
(B) Member \$1,120, Guest \$1,600 (for 4 lessons)
Age : (A) 3½ – 6 years
(B) 6 – 16 years



Tennis League Teams' Schedule Home Matches in June 網球聯賽 — 6月份主場賽事

DATE	Tuesday, 3rd June
TEAM	Men's (Division B)
MATCH	Pacific Club vs Craigengower Cricket Club



The Value of Summer Tennis Training Indoors

夏季在室內進行網球訓練的好處

As summer temperatures rise, tennis players of all levels may find themselves facing harsh outdoor conditions that can impact both performance and wellbeing. Intense heat, humidity, and prolonged sun exposure increase the risks of fatigue, dehydration, and injury. During these periods, shifting training indoors, especially to a gym setting, is not only sensible but also beneficial.

Staying Ahead in the Heat

Training in high temperatures places unnecessary strain on the body. The American College of Sports Medicine has highlighted how excessive heat can lead to heat exhaustion, muscle cramping, and reduced output, particularly when hydration is inadequate. These risks affect all players, not just beginners or juniors. Indoor training provides a safer environment, allowing progress to continue without compromising health.

Training indoors during the summer offers more than just a break from the heat. A gym provides an ideal setting for tennis players to maintain their physical conditioning, develop technical skills, and stay consistent with their training routines. The stable environment, with air-conditioning and humidity control, ensures players can focus, recover, and build endurance without the challenges of changing weather conditions. Gym equipment enables comprehensive physical development through full-body workouts that enhance strength, power, stability, and flexibility. Without outdoor distractions, players can give greater attention to refining their technique. Structured strength and mobility exercises further support joint stability and muscle balance, reducing the risk of injury. Most importantly, training indoors allows for year-round continuity, particularly when outdoor play may not be possible.

Indoor Training Strategies

To make the most of gym-based sessions, tennis players should adopt a well-rounded approach that targets all key aspects of performance:

- 1 Strength Training:** Focus on resistance exercises that develop core and lower-body strength, essential for explosive movement, stability, and serving power.
- 2 Cardiovascular Conditioning:** Use treadmills, rowing machines, or stationary bikes to build stamina and support endurance throughout long matches.
- 3 Mobility and Flexibility:** Incorporate dynamic stretching and mobility drills to maintain range of motion, improve recovery, and reduce the risk of stiffness or injury.
- 4 Technical Maintenance:** Stay sharp with skill-based drills using ball machines or simulated match scenarios to preserve timing, coordination, and reaction speed.

In extreme summer weather, young tennis players should prioritise gym training as a strategic and protective choice. Exercising indoors not only reduces the risk of heat-related illnesses but also allows athletes to maintain their physical conditioning and technical development without interruption. By following structured, science-based training programmes in a controlled environment, players can target specific areas such as strength, endurance, mobility, and injury prevention with greater precision. This approach promotes long-term athletic progress while safeguarding health, ensuring that players are not only well-prepared for upcoming competitions but also equipped with the physical resilience and confidence to perform at their best when they return to the court.



By Personal Trainer & Tennis Coach, Cindy Ng

撰文：私人健身及網球教練 – Cindy Ng

隨著夏季氣溫升高，各個級別的網球運動員可能會發現自己面臨極端的戶外天氣條件，這可能會影響他們的訓練效果，甚至健康。酷熱、潮濕的天氣和長時間的陽光照射會增加疲勞、脫水和受傷的風險。在這些時期，將訓練轉移到室內，特別是在健身室環境中，不僅明智而且有益。

遠離高溫

在高溫下訓練會給身體帶來不必要的壓力。美國運動醫學會曾經強調，過熱會導致熱衰竭、肌肉痙攣和運動量減少，尤其是在補充水分不足的情況下。這些風險對所有球員，而不僅是初學者或青少年球員帶來影響。室內訓練就能提供更安全的環境，使訓練能夠持續進行而不會損害健康。

夏季在室內訓練的好處不僅是可以躲避炎熱。健身室為網球運動員提供了理想的環境，讓他們保持穩定的身體狀態、進行全方位的體能訓練並堅持計畫。一個穩定的環境，配有空調和濕度控制，不受天氣變化的挑戰，可以確保球員能夠集中注意力、加快恢復體力並增強耐力。使用健身器材可以透過全身運動實現全面的體能發展，增強力量、爆發力、穩定性和靈活性。沒有戶外因素的干擾，球員可以更專注於技術訓練來提升自己的網球技巧。結構力量和靈活性訓練可進一步支持關節穩定性和肌肉平衡，降低受傷風險。最重要的是，室內訓練可以保持全年的連貫性，特別是在無法進行戶外運動的情況下。



室內訓練策略

充分利用健身室進行訓練，網球運動員應該採取全面的方法，針對表現上的所有關鍵點：

- 1 **肌力訓練**：專注於增強核心力量 and 下半身力量的阻力練習，這對於爆發力、穩定性和發球力量至關重要。
- 2 **心血管調節**：使用跑步機、划船機或健身單車來增強耐力及持久力，以提升進行長時間比賽的體力。
- 3 **靈活性和柔軟度**：結合動態伸展和靈活性訓練來保持運動範圍，改善恢復能力，並降低僵硬或受傷的風險。
- 4 **維持技術水平**：使用發球機或模擬比賽場景進行基於技能的訓練以保持敏銳，訓練時間準確性、協調性和速度反應。

在夏季的極端天氣下，青少年網球運動員應該優先考慮在健身房進行訓練，作為策略性和保護性的選擇。在室內運動不僅可以降低與熱有關的疾病風險，還可以讓運動員不間斷地保持身體狀況和技術發展。透過在受控的環境中遵循結構性、基於科學的訓練方法，球員可以更精準地針對力量、耐力、靈活性和預防受傷等特定領域來進行訓練。這種方法不僅能保持身體健康，同時也能持續提升運動表現，確保球員不僅為即將到來的比賽做好充分準備，而且還具備身體的韌性和信心，以便在重返球場時發揮出最佳水平。



A Hanging Natural Plant Arrangement

懸掛式天然植物擺設

What You'll Need:

- Two Neoregelia Carolinae
- Two Long Dry Branches
- Sphagnum Moss
- Thick Brown Wire (or Floral Stem Wire)
- Cotton
- Hemp Rope
- Pliers

材料：

- 兩棵積水鳳梨
- 兩支長乾樹枝
- 水苔蘚
- 棕色粗鐵絲(或鐵絲花桿)
- 棉花
- 麻繩
- 鉗子



1. With the help of pliers, wrap the wire tightly around both ends of the branches, leaving a short length to form a support rack.
 2. Wrap the roots of two Neoregelia Carolinae with cotton, then attach them to the wire rack using the same thick wire.
 3. Encase the wire-wrapped roots in a layer of Sphagnum Moss and bind it all together with hemp rope. Your arrangement is now complete.
 4. Add water regularly into the central cup formed by the leaves of the Neoregelia Carolinae.
 5. This display can be placed on a large dining table or hung on a window grill or garden fence.
1. 用棕色粗鐵絲將兩支長乾樹枝固定在一起。
 2. 用鉗子將粗鐵絲緊緊地纏繞在乾樹枝的兩端上，保留一小段尾部做成一個支架。
 3. 用棉花包裹著兩棵積水鳳梨的根部，用粗鐵絲將它們固定在粗鐵絲支架上。
 4. 將纏好鐵絲的根部包裹上一層水苔蘚，繞上麻繩固定，擺設便完成。
 5. 定期在積水鳳梨葉片中心的杯狀部分注水。
 6. 你可以將這擺設放在大型餐桌上，或是掛在窗花或庭園欄柵上。

How to Avoid Hitting a Slice on Your Drive

如何避免擊出側旋切球

For many beginners, slicing the ball off the tee is a familiar frustration. A slice typically occurs when the clubface is open at impact and the swing path cuts across the ball from outside to in, sending it curving off to the right. One of the simplest adjustments is to adopt a slightly stronger grip, which encourages better forearm rotation and helps square the clubface at the moment of impact.

Another common issue is insufficient shoulder rotation during the backswing. This can disrupt balance and control. When players lift their arms too steeply, it often leads to a steep swing plane and an outside-in downswing, conditions that favour a slice. The key is in sequencing: initiate the downswing with a rotation of the lower body towards the target, allowing the shoulders and arms to follow naturally. This helps create a more neutral swing path and better ball flight.

With regular practice and attention to these fundamentals, players can reduce their tendency to slice and gain greater consistency off the tee. Focus on these elements during your practice sessions to build muscle memory and confidence on the course.

對於許多初學者來說，發球時開出切球是一件很常見而挫敗的事情。切球通常發生在擊球時，桿面相對於球桿行進的路徑打開，就會產生向右的側旋。其中一個最簡單的調整方法是採用稍微更強的握桿，以增強前臂的旋轉，這有助於在擊球時保持桿面的正確角度。

另一個常見的問題就是上桿時肩膀的轉動幅度不足，這會破壞平衡和控制。當球手抬起手臂的幅度過大時，通常會導致揮桿平面過陡及由外向內的下揮桿，這種情況容易導致切球。要避免這種情況，關鍵在於順序：下揮桿時，下半身轉向目標方向，再帶動肩膀和手臂自然跟隨，這可以讓揮桿和球飛行的路徑更正確、更好。

透過不斷練習並注意這些細節，球手可以逐漸改善側旋切球的問題，並提升發球的準確性和穩定性。記得在每次練習時專注於這些要點，以建立肌肉記憶和打球的信心。



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

Golf Private Lessons

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

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

高爾夫球私人課堂

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

Private Lessons (1 pax) 私人課程（一人）—

1-hour 一小時課程	\$760 per person 每位\$760
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Package of 4, 1-hour lessons 4 堂一小時課程	\$2,900 per person 每位\$2,900
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Semi-Private Lessons (2 pax) 半私人課程（二人）

1-hour 一小時課程	\$430 per person 每位\$430
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Package of 4, 1-hour lessons 4 堂一小時課程	\$1,600 per person 每位\$1,600
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Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約及查詢，請致電 2118 1707。

Water Aerobics

水中健康舞班

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

前來參加本會的水中健康舞班，可加強心血管健康及力量，同時減少關節問題。課程於星期二及五舉行。



Morning Water Aerobics

Date : (A) Tuesday 3rd, 10th, 17th & 24th June
(B) Friday 6th, 13th, 20th & 27th June
Time : (A) 10:00am – 11:00am
(B) 11:00am – 12:00noon
Venue : Swimming Pool
Price : Member - \$700, Guest - \$1,180 (for 4 lessons)
Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 3rd, 10th, 17th & 24th June
(B) Friday 6th, 13th, 20th & 27th June
Time : 3:00pm – 4:00pm
Venue : Swimming Pool
Price : Member \$175 daily / \$1,650 per 10 classes
Guest \$295 daily
Age : 14 years and above

Evening Water Aerobics

Date : Tuesday 3rd, 10th, 17th & 24th June
Time : 7:00pm – 8:00pm
Venue : Swimming Pool
Price : Member – \$700, Guest - \$1,180 (for 4 lessons)
Age : 14 years and above

Yoga at the Club

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

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.

瑜珈班

本會瑜珈團體課程由專業教練教授，逢星期一、二、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

另設有私人課堂，每位收費每小時\$680，套票必須於4個月內完成。

報名請致電 2118 1890。

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





Easter at the Club

太平洋會復活節活動

Members and their families came together for many Easter-themed activities over the Easter weekend.

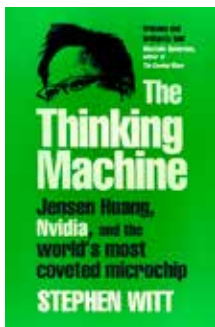
在復活節週末假期期間，一眾會員與家人共聚一起參加了許多以復活節為主題的活動。



The Thinking Machine: Jensen Huang, Nvidia, and the World's Most Coveted Microchip

by Stephen Witt

In June of 2024, thirty-one years after its founding in a Denny's restaurant, Nvidia became the most valuable corporation on Earth. The Thinking Machine is the astonishing story of how a designer of video game equipment conquered the market for AI hardware, and in the process re-invented the computer.



Essential to Nvidia's meteoric success is its visionary CEO Jensen Huang, who more than a decade ago, on the basis of a few promising scientific results, bet his entire company on AI. Through unprecedented access to Huang, his friends, his investors, and his employees, Witt documents for the first time the company's epic rise and its single-minded and ferocious leader, now one of Silicon Valley's most influential figures.

The Thinking Machine is the story of how Nvidia evolved to supplying hundred-million-dollar supercomputers. It is the story of a determined entrepreneur who defied Wall Street to push his radical vision for computing, becoming one of the wealthiest men alive. It is the story of a revolution in computer architecture, and the small group of renegade engineers who made it happen. And it's the story of our awesome and terrifying AI future, which Huang has billed as the 'next industrial revolution,' as a new kind of microchip unlocks hyper-realistic avatars, autonomous robots, self-driving cars, and new movies, art, and books, generated on command.

2024年6月，在Denny's餐廳成立31年後，Nvidia成為地球上最有價值的公司。《The Thinking Machine》講述了一位電玩設備設計師如何征服「AI人工智慧」硬體市場，並在此過程中重新開發電腦的驚人故事。

Nvidia取得巨大成功的關鍵在於其富有遠見的執行長黃仁勳。十多年前，他基於一些前景看好的科學成果，將整間公司押注於AI上。作者Witt透過前所未有的機會接觸到黃仁勳、他的朋友、投資者和員工後，首次記錄了該公司史詩般的崛起及其專心致志、勇猛無畏的領導者——如今已成為矽谷最具影響力的人物之一。

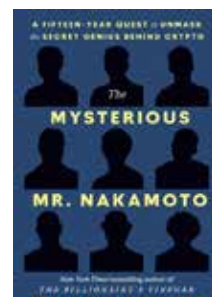
《The Thinking Machine》講述了Nvidia如何發展成為一間供應價值數億美元的超級電腦的故事。這是一個意志堅定的企業家故事，他不顧華爾街的反對，推行他對電腦領域的激進願景，成為當前最富有的人士之一。這是一場電腦架構革命的故事，也是一小群叛逆的工程師勇於推動這場革命的故事。這也是我們所創造令人敬畏又懼怕的AI未來的故事，黃仁勳將其稱為「新一波工業革命」，一種新型態的微晶片可以解鎖超現實的虛擬化身、自主機器人、自動駕駛汽車，以及根據指令生成的新電影、藝術和書籍。

The Mysterious Mr. Nakamotona: A Fifteen-Year Quest to Unmask the Secret Genius Behind Crypto

by Benjamin Wallace

In October 2008, someone going by the name Satoshi Nakamoto posted a white paper outlining "a peer-to-peer electronic cash system" called Bitcoin to an arcane listserv populated by Cypherpunks. No one in the community had heard of Nakamoto, and just as people were starting to wonder who he was, he vanished. As the years passed, and the scope of Nakamoto's achievement became clear, the truth of his identity grew into the greatest unsolved mystery of our time.

The Mysterious Mr. Nakamoto traces Benjamin Wallace's attempt to unmask the figure behind the currency and the world it wrought. With the same propulsive-narrative flair that made his New York Times bestseller The Billionaire's Vinegar an instant success, Benjamin Wallace presents a page-turning work of investigative journalism. Tracking leads from London to Oslo to Los Angeles, from coastal Australia to the Arizona desert, he takes readers through a rogues' gallery tour of Nakamoto suspects — from benevolent geniuses like cryptographer Hal Finney to difficult ones like a reclusive polymath known to his followers only as Jim; from the mercurial Australian Craig Wright, who claims to be Nakamoto, to a secret team at the National Security Agency. With the forensic skill of Sherlock Holmes and the storytelling verve of Arthur Conan Doyle, Wallace follows the trail of computer code and personal writings to the heart of the Nakamoto mystery while interrogating the very nature of mystery itself.



2008年10月，一位名叫Satoshi Nakamoto的人在一個由解密高手組成的神秘列表伺服器上發布了一份白皮書，概述了一種名為比特幣的「點對點電子現金系統」。社群裡沒有人聽過Nakamoto，正當人們開始猜測他的身分時，他卻神秘消失了。經過數年後，Nakamoto的成就開始顯露出來，他的真實身分也逐漸成為當代最大的謎團。

《The Mysterious Mr. Nakamoto》講述了Benjamin Wallace試圖揭開貨幣背後神秘人物的面紗及其所造成的世界。他以其一炮而紅的《紐約時報》暢銷書《億萬富翁的醋》同樣的推進式敘事風格，呈現了一本引人入勝的調查性新聞作品。從倫敦到奧斯陸再到洛杉磯，從澳洲海岸到亞利桑那州沙漠，他不斷追蹤線索，帶領讀者接觸了一眾疑似是Nakamoto的嫌疑人——從善良的天才、密碼學家Hal Finney，到一位難以捉摸的多面手，他的追隨者只知道他叫Jim；從性格反覆無常的澳洲人Craig Wright，他自稱是Nakamoto；到國家安全局的一個秘密團隊。Wallace憑藉著Sherlock Holmes般的偵查技巧和Arthur Conan Doyle般的敘事天賦，沿著電腦程式碼和個人著作的線索，深入Nakamoto之謎的核心，同時對謎團的本質進行了深刻的探討。

From now until 30th June, 2025, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount.

由現在至6月30日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
216 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場216號舖

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

香港圖書文具有限公司
中環德輔道中25號

Hair Product Sale in June

6月份頭髮產品優惠

Japanese Real NOTIO Oil

~~\$260~~ \$230

Formulated with pure mineral oil, Real NOTIO creates a protective layer on the hair's surface to lock in moisture and restore dry, permed strands. Lightweight and non-greasy, it offers both styling and hydration, with a refreshing grapefruit scent.

Part of the Repair Styling Series, it blends skincare-grade moisturisers like ceramides and CMC with plant-based repair agents and IFRA-certified fragrances. Gentle on the skin and scalp, it's suitable for all hair types.

日本Real NOTIO礦物油

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

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



Deuxer Medium Hard Wax 4

~~\$250~~ \$225

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

Deuxer 4中硬度造型髮蠟

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

Techni Styling Hydrating Gel, 150ml

~~\$200~~ \$180

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

Techni水份免沖護髮劑，150毫升

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



This Month's Promotion

10% Discount Off Hair Curl/Wave Perming Treatments

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

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

微卷或曲髮電燙服務9折優惠

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





Basketball Private Lessons

私人籃球課堂

The Pacific Club's private basketball training sessions offer Members a personalised approach to improving both basketball skills and overall athletic performance. Led by our experienced professional coach, each session is designed around your individual goals and playing level, whether you're new to the game or looking to advance further.

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

太平洋會的私人籃球訓練課程為會員提供個人化教學，來提高他們的籃球技能及運動表現。課程由我們經驗豐富的專業教練指導，涵蓋基本技巧、高級策略及體能調節，無論你是初學者還是希望進一步提升技術，我們都可以根據你的個人需求度身定制訓練計劃。

從掌握基礎知識到改善投籃姿勢、控球或防守打法，訓練涵蓋基本技術、進階策略和身體調節。這一對一課程可助你建立信心、磨練技術並提升各方面的水平。

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

預約私人籃球課堂，請致電 2118 1707 向四樓網球部查詢。

Private Lessons (1pax)

1-hour : \$650 per person

1½hour : \$900 per person

Private Lessons (2pax)

1-hour : \$900 per session

(Additional participant: \$200/pax, up to 8 pax)

私人課程（一人）

一小時課程：每位\$650

1½小時課程：每位\$900

半私人課程（二人）

一小時課程：每堂\$900

（額外參加者：每堂/每位\$200，上堂人數最多8位）



Personal Training at the Gym

Ready to achieve your fitness goals with expert support? Our fully certified Personal Trainers are here to help. Whether your aim is weight loss, strength building, improved flexibility, or better overall health, they will design a tailored fitness programme to match your needs and keep you motivated.

The Club's gym offers a bright, open layout with plenty of space for focused training, whether one-on-one or guided sessions.

Take the first step today by signing up for Personal Training and enjoy a more personalised approach to your health and wellbeing.

Call the Gym on 2118 1863.

健身室 私人健身課程

準備尋找專業指導實現你的健身目標？本會的私人健身教練正正可以幫助你！無論你的目標是瘦身、增強力量、提高靈活性還是改善整體健康，他們都會設計一套量身定制的健身計劃來滿足你的需求，並全程給予你鼓勵和支持。

本會的健身室環境明亮開放，擁有充足的空間進行一對一或是指導課程的集中訓練。

今天就踏出第一步，報名參加本會的私人健身課程，享受更個人化的方式達到身心健康。

預約健身課程，請致電2118 1863。

Capturing the Moment

捕捉瞬間畫面

By Craig Norris

www.momentsbycraig.com

I upgraded my camera system in 2005 after being hired to shoot a client's wedding. It was my first booking for a large-scale event, and I knew my usual professional film cameras wouldn't be up to the task.

The issue wasn't a matter of quality. It was a matter of scale and speed. A whole day shoot would capture more than 600 images, requiring more than 40 rolls of film. Changing the film 40 times presented an unacceptable risk of missing important images of the wedding.

The obvious answer was to use a digital camera, but in 2005 the memory cards had only 4 gigabytes capacity, and that meant I would still have to change the memory cards when they became full, and I would need at least four or five memory cards.

Today, a single modern memory card can easily store a full day's worth of photos, but some limitations remain. I still need to change lenses during big events. Capturing a large group of guests calls for a wide-angle lens, around 20mm, while photographing the bride's expression from a distance demands a 70mm telephoto. Swapping lenses at the wrong moment can mean missing a crucial shot.

It's only now that a credible solution is available, in the form of a lens that zooms from a wide 20mm to a long 70mm, without sacrificing quality. The new Sony FE 20-70mm lens offers precisely that versatility. For those using a Sony Alpha full-frame camera, it's a compelling option worth exploring.

於 2005 年，我受邀拍攝一位客戶的婚禮，所以升級了我的攝影機設備。這是我第一次為大型活動進行拍攝，而我知道我經常使用的專業菲林相機並不足以勝任這項工作。

原因與品質無關，這是一個規模和速度的問題。一整天的拍攝時間內我將需要拍攝超過 600 張照片，使用超過 40 卷菲林。更換菲林 40 次會帶來不可接受的風險，我可能會錯過婚禮的重要畫面。

解決這問題的答案顯而易見，那就是使用數碼相機，但在 2005 年時的記憶卡容量只有 4GB，這意味著當記憶卡滿了，我仍然需要更換另一張，而我至少需要 4 至 5 張記憶卡。

時至今日，只需一張現今的記憶卡已經可以輕鬆處理一整天的活動，不過仍存在一些限制。在大型活動期間我仍然需要不時更換鏡頭。拍攝一大群婚禮賓客需要使用非常廣角、大約 20 毫米的鏡頭，但當需要近距離拍攝新娘臉上的表情時則需要使用 70 毫米的長焦鏡頭。更換鏡頭所需的時間有時會導致我錯過重要的鏡頭。

直到現在才有一個可靠的解決方案，就是一款可以從廣角 20 毫米變焦到長 70 毫米的鏡頭，而且不會影響品質。新款 Sony FE 20-70mm 鏡頭恰恰提供了這種多功能性，對於使用 Sony Alpha 全片幅相機的人來說，這是一個受到注目並值得探索的選擇。



Sony FE 20-70mm with hood



Sony FE 20-70mm lens



Sony 20-70mm lens on alpha body



Sony 20-70mm lens on alpha 7C

Kids' Open Fun Session Timetable in June

6月份兒童樂趣活動時間表

SESSION	DATE	TIME	AGE
Green Arts & Crafts	Saturday, 7th	3:00pm – 4:00pm	4 – 10

Pressed Flower Night Lamp Workshop

Calling all young creators aged 5 and above... Join us for a fun and hands-on workshop where you'll make your very own night lamp using real pressed flowers. With help from our friendly instructors, you'll choose your favourite flowers and design a lamp that lights up with soft, gentle glow. Take home your beautiful creation after the class.



押花小夜燈工作坊

所有5歲及以上的會員，快前來參加本會的押花小夜燈工作坊，學習如何運用押花工藝製作獨一無二的小夜燈！透過專業導師的指導，大家將可了解花材的選擇，並將押花與燈光結合，創造充滿詩意的光影藝術，讓花朵在燈光中綻放。工作坊將分別於6月15日及29日星期日舉行，一堂收費——會員\$200，非會員\$320（包括課程當日的兒童遊戲室入場費）。

Date : Sunday (A) 15th June, (B) 29th June
 Time : 2:30pm – 3:30pm
 Venue : Children's Playroom Library
 Price : Member \$200, Guest \$320
 (including Children's Playroom entrance fee)
 Age : 5 years and above

Junior Taekwondo

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

少年跆拳道

參加本會跆拳道班可學習套拳、對策、搏擊等技巧，還可以經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上所有程度的會員參加，6月份4堂收費——會員\$720，非會員\$760。歡迎新學員參加！

Date : Saturday 7th, 14th, 21st & 28th June
 Time : 4:00pm – 5:00pm (All levels)
 Venue : Aerobics Room
 Price : Member \$720, Guest \$760 (for 4 lessons)
 Age : 4 years and above

Rope Skipping Class

Join us for a lively and energetic Rope Skipping Class where children learn a variety of skipping techniques, from solo skills to partner routines. Each session helps improve coordination, fitness, and timing, while also encouraging teamwork and confidence. It's an active, engaging way to stay fit, learn new moves, and enjoy the simple fun of jumping rope.



花式跳繩班

參加本會充滿活力的花式跳繩班，學員除了可以學習各種單人及雙人跳繩技巧外，每次訓練都有助於提升協調性、體能和時間準確度，還可以增強團隊合作和自信心。這是一種積極、有趣的方式來保持健康，學習新的動作，並享受跳繩的簡單樂趣。課程於星期日舉行，適合7–12歲會員參加，6月份4堂收費——會員\$720，非會員\$760。

Date : Sunday 8th, 15th, 22nd & 29th June
 Time : 4:30pm – 5:20pm (50 mins)
 Venue : Aerobics Room
 Price : Member \$720, Guest \$760 (for 4 lessons)
 Age : 7 – 12 years



Find the way home

Please help the squirrel find the way home.
 請幫小松鼠尋找回家的路。

Win a Fabulous Prize

Fax your answer to the Editor at Fax No. 2118 0209 or pass your entry to the 2/F Reception. All correct entries will be placed into a draw to be held on Sunday, 30th June. The winner will receive a fabulous prize.

贏取精美禮品

請將答案傳真至2118 0209或交回二樓接待處。所有答中的小朋友均可參加於6月30日（星期日）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

Wall Climbing

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



運動攀石訓練班

接受更高的挑戰，參加運動攀石訓練班吧！這項運動有助提升個人運動質素、強化體質、增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。課程於星期六下午舉行，適合6-10歲的會員參加，6月份兩堂收費——會員\$450，非會員\$570（包括課程當日的兒童遊戲室入場費）。

Date : Saturday 21st & 28th June
Time : 2:00pm – 3:30pm
Venue : Children's Playroom (Climbing Wall)
Price : Member \$450, Guest \$570 (for 2 lessons, including Children's Playroom entrance fee)
Age : 6 – 10 years



English Drama Academy

Led by an experienced instructor, this dynamic class blends storytelling, role-play, scriptwriting, dance, speech, and narration to bring language to life. Designed to spark creativity and build confidence, the programme also helps participants strengthen their communication skills, express themselves clearly, and think on their feet, all while having fun through drama.

英語話劇訓練班

本會的英語話劇訓練班由經驗豐富的導師指導，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，來激發學員的創造力、提高語言及溝通技巧、增強解決問題的能力，並建立自信心。課程於星期一下午舉行，適合3-12歲的會員參加，6月份4堂收費——會員\$800，非會員\$840。

Date : Monday 9th, 16th, 23rd & 30th June
Time : (A) 5:30pm – 6:30pm
(B) 4:30pm – 5:30pm
Venue : Gym Activities Room
Price : Member \$800, Guest \$840 (for 4 lessons)
Age : (A) 3 – 5 years
(B) 6 – 12 years

Junior Badminton Lessons

Our Junior Badminton Programme is for junior players aged 6 to 16 years. In these group classes, our experienced coaches are dedicated to helping children of all skill levels develop their badminton abilities to take their game to the next level.



少年羽毛球 – 團體訓練班

本會羽毛球訓練班於星期五晚上舉行，專為6-16歲的會員而設，透過課程學員將可發展他們的技能、提高比賽水平，並享受打羽毛球的樂趣。6月份4堂收費——會員\$1,040，非會員\$1,080。

Date : Friday 6th, 13th, 20th & 27th June
Time : (A) 6:30pm – 7:30pm
(B) 7:30pm – 8:30pm
Venue : Aerobics Room
Price : Member \$1,040, Guest \$1,080 (for 4 lessons)
Age : (A) 6 – 10 years
(B) 11 – 16 years

Junior Badminton Lessons (Private)

Help your child take their badminton skills to the next level with personalised coaching in a one-on-one setting. Our experienced coach will tailor each session to suit your child's needs, building confidence and improving technique.

Private Lessons

1pax: \$700/hour (including court hire)
2pax: \$900/hour (including court hire)

少年羽毛球 — 私人課程

讓孩子學習羽毛球知識及提升個人技巧，歡迎報名參加本會的私人羽毛球班，由經驗豐富的專業羽毛球教練針對每位學員的獨特優點、缺點及目標而度身設計適合他們的課程。查詢及預約時間請致電2118 1890。

私人課程收費（包括場租）

一人：\$700 / 每堂一小時
二人：\$900 / 每堂一小時



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

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

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

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

請於6月18日(星期三)前將答案傳真至 2118 0206、電郵至vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於7月份(星期一至四，特別節日活動除外)到 The Island View 餐廳享用二人晚市套餐或自助晚餐。祝各位好運！

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

Name 會員姓名：_____

Membership No. 會員編號：_____

Contact Tel. No 聯絡電話：_____

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

May
Solution
5月份
遊戲答案

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

Congratulations to the winner
of last month's puzzle

恭喜上期得獎者

Ms Kwok Chi Oi



Pizza at Capricci

Capricci 餐廳 - 滋味薄餅

Head to Capricci for the very best pizza in town!

Baked to perfection, each pizza offers an irresistible taste of Italy, served daily.

Reservations: 2118 1803

歡迎前來 Capricci 餐廳品嚐全城裡最美味的薄餅！

我們供應的每份薄餅都是烤焗至完美，
散發著令人無法抗拒的意大利風味。

訂座請致電 2118 1803。



Live Sports at the Club Bar

精彩體育賽事 酒吧現場直播

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

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

Call the Club Bar on 2118 1845 for more details.

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

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

查詢詳情請致電 2118 1845。

酒吧營業時間：星期一至日：上午 11 時至晚上 11 時

RACV Healesville Country Club & Resort

Healesville, Victoria, Australia



Tucked away in the heart of the Yarra Valley, just over an hour's drive from Melbourne, the RACV Healesville Country Club & Resort offers a refined escape amidst vineyards, native bushland, and mountain views. With its tranquil setting and thoughtfully designed facilities, the club provides a seamless blend of relaxation, recreation, and understated luxury.

Dining at the club highlights the rich produce of Victoria. Banyalla, the signature restaurant, features seasonal menus crafted with local ingredients, accompanied by sweeping views of Mount Riddell. For something more informal, Riddell's Green offers a laid-back atmosphere with classic comfort dishes, light bites, and a selection of drinks, ideal after a day of golf or exploring the region.

Facilities include an 18-hole championship golf course designed by Michael Clayton, a 25-metre indoor swimming pool, fully equipped fitness centre, and tennis courts. The resort's One Spa offers an extensive menu of massage, beauty, and wellness treatments, all delivered in a serene setting that looks out over the valley. Located in the heart of one of Australia's most celebrated wine regions, guests are also perfectly placed to discover nearby cellar doors and vineyard experiences across the Yarra Valley.



Accommodation ranges from elegant Lawn View rooms to Premium Mountain View rooms, all offering king-sized beds, private balconies or patios, and modern comforts. Interconnecting rooms are available for families or larger groups.

If your travels take you to Victoria, be sure to request a Letter of Introduction for the RACV Healesville Country Club & Resort, a place that warmly welcomes Pacific Club Members.

RACV Healesville 鄉村俱樂部及度假村坐落在雅拉河谷中心地帶，距離墨爾本僅一個多小時車程，為客人提供被抱擁在葡萄園、原生叢林和山景之中的精緻度假勝地。俱樂部環境寧靜，設施設計精良，將休閒、娛樂和低調奢華完美融合。

在俱樂部用餐可以品嚐到維多利亞州內豐富的物產。俱樂部的招牌餐廳 Banyalla 提供以當地食材烹製的時令菜單，並可欣賞 Riddell 山峰



的壯麗景色。如果想找尋更休閒的用餐體驗，Riddell's Green 餐廳擁有輕鬆的氛圍，供應經典的家常菜式、小食和各種飲品，是打完一天高爾夫球或遊覽該地區後的理想去處。



俱樂部內的其他設施包括由 Michael Clayton 設計的 18 洞比賽標準高爾夫球場、25 米室內游泳池、設備齊全的健身中心和網球場。度假村內的 One Spa 亦提供多種按摩、美容和健康護理服務，所有服務均在俯瞰山谷的寧靜環境中進行。度假村位於澳洲最著名的葡萄酒產區之一的中心地帶內，客人可以輕鬆遊覽附近的酒窖及雅拉河谷的葡萄園。



度假村亦設有多款住宿選擇，從優雅的草坪景觀房到高級山景房，均配有特大號床、私人露台或平台，以及現代化的舒適設施。相連房適合家庭或較大的團體入住。

如果你將計劃前往維多利亞州，請攜同本會的介紹信到訪 RACV Healesville 鄉村俱樂部及度假村——一個讓太平洋會會員感到賓至如歸的好去處。

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

LPG

**INNER POWER.
BETTER LIFE.**

LPG endermologie®

「動能活化」
啟動內源力量



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

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