

七月號

薈絮



PACIFIC

JULY 2026

VIEWS

Happy Birthday to You!

CELEBRATE THE MOMENT AT THE PACIFIC CLUB

慶祝你的大日子 享受你的生日優惠!

Make your birthday truly unforgettable at The Island View, Pier 6, Capricci or Bauhinia. Share a special meal with friends or family and, with a minimum spend of \$2,000, enjoy a complimentary bottle of Prosecco and a beautifully presented one-pound birthday cake.

Hosting a larger celebration? For birthday banquets of 30 guests or more, enjoy a special rate of \$150 per person for our \$230 beverage package, which includes three hours of free-flow wines, beer, juices and soft drinks. When this package is purchased, each guest will receive an additional welcome glass of Prosecco, and a 1.5-pound birthday cake will be provided for every 10 guests.

Choose from a delicious selection of cakes including Vanilla or Mango Napoléon, Opéra, Matcha, Chocolate Mousse, Fresh Fruit Cream and more.

Available throughout your birthday calendar month, from 1st July 2026 to 30th June 2027. Terms & Conditions and Blackout Dates apply.

歡迎會員與親朋好友前來 Island View、Pier 6、Capricci 或紫荊閣餐廳舉行一個難忘的生日聚餐! 凡聚餐消費滿 \$2,000 或以上, 即可免費獲贈由本會送出的 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。

想安排更大型的慶祝活動? 凡舉辦 30 位或以上賓客的生日聚餐, 可以以 \$150 優惠價享用原價 \$230 的飲品套餐, 包括暢飲三小時葡萄酒、啤酒、果汁及汽水。而選購此飲品套餐後, 每位賓客更可額外免費享用 Prosecco 氣酒一杯, 以及每 10 位賓客可獲贈一個 1.5 磅重的蛋糕。

我們亦為你準備了多款美味的蛋糕選擇, 包括香草或芒果拿破崙蛋糕、歌劇院蛋糕、抹茶蛋糕、朱古力慕斯蛋糕、新鮮水果奶油蛋糕等。

歡迎於你的生日月份內使用此優惠, 有效期由 2026 年 7 月 1 日至 2027 年 6 月 30 日止。優惠受條款及細則約束, 並且不適用於部分日期。

TO BOOK YOUR CELEBRATION 預約你的生日聚餐

Dining Reservation 於餐廳享用午餐或晚餐

The Island View	2118 1846
Pier 6	2118 1878
Capricci	2118 1803
Bauhinia (紫荊閣)	2118 1892
Banqueting Enquiries 私人聚餐	2118 2851 or 2118 2295

Birthday Offer for Banqueting Events and Terms and Conditions 私人聚餐生日優惠 — 條款及細則

- This offer is only applicable to bookings of 30 persons or more made through the Banqueting Office. Minimum spending applies. For enquiries, please contact the Banqueting and Events Department on 2118 2851 / 2118 2295. 此優惠僅適用於透過本會宴會部預訂 30 人或以上的聚餐。設有最低消費要求。如有任何查詢, 請致電 2118 2851 / 2118 2295 與宴會部聯絡。
- Special rate of \$150 per person for the \$230 beverage package, which includes 3 hours of unlimited soft drinks, orange juice, apple juice, selected beer and house wines. 以 \$150 優惠價享用原價 \$230 的飲品套餐, 包括暢飲三小時葡萄酒、啤酒、果汁及汽水。
- One complimentary welcome glass of Prosecco per person based on the confirmed number of guests. 根據確認賓客人數, 每位可獲贈 Prosecco 氣酒一杯。
- One complimentary 1.5-pound birthday cake for every 10 guests. Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 每 10 位賓客可獲贈 1.5 磅重的蛋糕一個。可選擇的蛋糕口味: 經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、林酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period 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, 但每次聚餐僅可兌換此優惠一次, 且僅適用於單一帳單。
- Blackout dates 優惠不適用日期 – 2026: 1/7, 25-26/9, 1/10, 22/12, 24-31/12; 2027: 1/1, 5-9/2, 14/2, 26-29/3, 1/5, 9/5, 13/5, 9/6, 20/6.
- This offer is non-transferable and cannot be exchanged for 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 amend the terms and conditions. All decisions shall be 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。
- The Pacific Club's Banqueting and Events Terms and Conditions also apply. 太平洋會宴會活動的條款及細則亦同時適用於此優惠。

Terms and Conditions for Restaurants 於餐廳用餐 — 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 \$2,000 is required at The Island View, Pier 6, Capricci or Bauhinia restaurants. In Island View, Pier 6, Capricci or Bauhinia restaurants, a minimum spend of \$2,000 is required for the complimentary Prosecco and one-pound birthday cake. 可獲贈 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。
- This promotion is valid during the Member's birthday calendar month, from 1st July 2026 to 30th June 2027. 此推廣活動的有效日期: 2026 年 7 月 1 日至 2027 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 may only be redeemed once per meal period 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 優惠不適用日期 – 2026: 1/7, 25-26/9, 1/10, 22/12, 24-31/12; 2027: 1/1, 5-9/2, 14/2, 26-29/3, 1/5, 9/5, 13/5, 9/6, 20/6.
- A table reservation is required at the selected 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, 所有蛋糕必須最少提前 48 小時預訂。
- Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 可選擇的蛋糕口味: 經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、林酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- The offer is not applicable to banqueting events. 此優惠不適用於私人聚餐活動。
- This offer is non-transferable and cannot be exchanged for 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 amend the terms and conditions. All decisions shall be 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。



Ronald Loges
General Manager
總經理 — 羅納德 陸格

Dear Members

With the summer holidays now underway, July is one of the most enjoyable times of the year at the Club.

Our Junior Summer Programme is now in full swing and proving as popular as ever. If you have not yet had a chance to book, I encourage you to explore the programme featured in the centre pages and see what might appeal to your children.

The Club's summer activities extend well beyond the Junior Summer Programme. The Kids' Race Car Challenge on 25th July promises an exciting afternoon of racing on a fun, inflatable track, followed by interactive workshops and is sure to be one of the highlights of the holiday calendar. See details on page 48. Looking ahead, young swimmers can also begin preparing for the Annual Junior Swimming Gala on 30th August, one of the Club's most anticipated junior events and a wonderful opportunity for children to showcase their progress in the pool. Please turn to page 41 for further details.

There is also plenty to look forward to from a culinary perspective this month. Discover our Live Station Luncheons on page 3, featuring 31 different live cooking stations and a wide variety of freshly prepared international dishes. July also brings a strong French influence to the Club's dining scene. At The Island View Restaurant, our Tour de France Dinner Buffets celebrate the distinctive flavours of France's most celebrated culinary regions, while at Pier 6 we are showcasing two exceptional seasonal ingredients. Our Australian Black Truffle Celebration highlights the rich aroma and distinctive flavour of Australian Black Truffles at the peak of their season, while the arrival of the renowned Morisseau Mussels from Normandy offers Members the opportunity to enjoy one of France's finest seafood specialities. Please turn to pages 6 to 11 to learn more.

Members can also enjoy a variety of more casual dining experiences around the Club. Gather family and friends for Sunday Roast Porchetta at Capricci, enjoy Black Angus Burgers paired with your favourite Milkshake, or discover the vibrant flavours of our Ube-inspired desserts and pastries available throughout July.

Although summer is only just beginning, many Members are already planning ahead for year-end celebrations. If you are considering a festive gathering, corporate function or family celebration, I encourage you to take advantage of our Early Bird Banqueting Offers on page 8 and secure your preferred date well in advance, with great savings to be enjoyed.

I look forward to seeing you and your family at the Club throughout the summer.

尊敬的會員，

隨著暑假來臨，7月是會所一年中最充滿歡樂時光的月份之一。

本會的少年暑期活動正在如火如荼地進行中，並且一如既往地受到歡迎。如果你還未報名參加，我建議你可以瀏覽本刊中間頁中的課程介紹，看看哪些課程適合你的孩子參加。

本會將於今個夏季舉行的精彩活動遠不止於少年暑期活動。於7月25日，我們將舉行一項趣味十足的兒童賽車挑戰賽，讓孩子們在充氣賽道上進行比賽，賽後還可以參與互動工作坊，享受一個歡樂刺激的下午，這必將成為暑期活動的亮點之一，詳情請參閱第48頁。展望未來，各位游泳小健將也可以開始為8月30日舉行的年度少年游泳比賽作好準備，這是會所最受期待的少年比賽項目之一，也是孩子們展示其泳術進步的最佳機會，有關詳情請參閱第41頁。

本月份還有很多精彩的美食活動值得期待。首先，請翻閱第3頁了解本會的「即場烹飪美食」自助午餐；在整個活動中，我們將總共設置31個不同美食的現場烹飪攤位，為你呈現琳瑯滿目的新鮮國際佳餚。此外，本會也將於7月份的餐飲活動中融入濃郁的法式風味。在Island View餐廳，我們的「環法美食之旅」自助晚餐將帶你領略法國最負盛名的美食產區的獨特風味。在Pier 6餐廳，我們將為你呈獻兩種當季特色食材。在「澳洲黑松露慶典」中，我們將帶來澳洲黑松露在最佳賞味期的濃郁香氣及獨特風味；同時，來自諾曼第的著名Morisseau青口也將到達本會，讓大家可以有機會品嚐到法國其中一種最頂級的獨特海產。更多詳情，請參閱第6-11頁。

更多休閒餐飲體驗讓會員享之不盡。歡迎大家於7月份每個星期日與家人朋友前來Capricci餐廳享用意式烤脆皮豬肉卷；品嚐黑安格斯牛肉漢堡搭配你最愛的奶昔；或者探索以紫薯為靈感的甜點及蛋糕的繽紛風味。

雖然夏季才剛剛開始，但很多會員或已開始籌劃年終慶祝活動了。如果你正在考慮舉辦節慶派對、公司活動或家庭聚會，我建議你先了解第8頁內的「早鳥」餐飲折扣優惠詳情，提前預訂你心儀的日子，享受大幅折扣優惠。

我期待你與家人蒞臨本會歡度夏日。

Board of Governors

Henry Tang	唐英年
Vincent Fang	方剛
William Fung	馮國倫
Kathryn Louey	雷羅慧洪
W. Gage McAfee	
David K.P. Li	李國寶
Stephen Tai	戴德豐
K.C. Chan	陳家強
Oscar Chow	周維正
Takeshi Sokai	祖開健

Management 管理階層

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General Manager	總經理	Fax: 2118 0204
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Irene Chan	陳亮而	Tel: 2118 1806
Human Resources Manager	人力資源部經理	Fax: 2118 1832
	E-mail: irene-chan@pacificclub.com.hk	

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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LIVE STATION LUNCHEONS

Throughout July at The Island View Restaurant

7 月份 Island View 餐廳自助午餐 每天帶來不同的即場烹飪美食

Join us every day throughout July at The Island View Restaurant for an extraordinary culinary journey. Our talented team of chefs will elevate your lunch experience, showcasing their talents through 31 different live stations in 31 days, one new culinary discovery a day.

Indulge in freshly stuffed Pani Puri, melt-in-your-mouth thinly sliced Parma Ham, and watch as eggs and semolina transform into pasta dough cooked in your favourite sauce. Explore the exotic flavours of freshly pounded Thai Green Mango Salad or create your own flatbread with the freshest ingredients. Listen to the sizzle of crackling hot Pork Knuckles from the rotisserie oven and watch fluffy Japanese Pancakes prepared before your eyes. Enjoy Belgian Waffles or marvel at our Sushi Chef expertly cutting sashimi fresh to order. This is just a taste of what awaits!

Experience a different culinary delight each day. Join us for a Lunch Buffet like no other and let our chefs take you on a flavourful adventure.

於整個 7 月份的每一天，歡迎大家前來 Island View 餐廳享受非凡的美食之旅。本會的廚師團隊將用他們最好的烹飪技巧來提升你的午餐體驗，31 天帶來 31 個不同主題的即場烹飪攤位，每天都有新發現。

品嚐即場製作的印度小食酥炸脆球 (Pani Puri)；享用切成薄片、入口即化的巴馬火腿；看看以雞蛋和粗麵粉即場搓成意大利麵團，再用你最喜歡的醬汁烹調；品嚐新鮮拌成的泰式青芒果沙律，探索異國風味；或用最新鮮的材料來製作自己的麵包；聆聽烤肉架上熟豬手發出的劈啪聲；或見證熱辣辣的鬆軟日本煎餅如何製成；享用就在你眼前製作的酥脆比利時窩夫；或者由我們技藝精湛的壽司廚師即場為你切割新鮮生魚片等，數之不盡！

每天體驗不同的美食樂趣，快前來享用獨一無二的自助午餐，讓我們的廚師帶你踏上美味之旅！

Monday - Saturday
星期一至六

Adults 成人 Children 小童
\$288 \$190

Sunday
星期日

Adults 成人 Children 小童
\$388 \$256

To book your table, please contact The Island View Restaurant on 2118 1846.
預訂餐桌，請致電 Island View 餐廳：2118 1846。



By Tommy Ko
Membership Manager
撰文：會籍部經理



In this issue, I would like to bring to your attention an exceptional Membership category offering great value, available exclusively to the children of Individual and Corporate Nominee Members aged between 21 and 30 years: Junior Membership. This Membership programme offers a unique opportunity for the next generation to remain a part of the Pacific Club community, and I look forward to welcoming back some familiar faces.

Details of the Junior Membership:

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

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

No Idling Engines Please!

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

Signing Privileges for Members' Children (over 12 years)

In accordance with Club policy, children of Members who are 12 years of age or older may be granted signing privileges at the Club's outlets, provided they hold a Membership Card (with relevant signature) linked to their parent's account. Should you wish to authorise the issuance of such a card for your child, please contact the Membership Office, where our staff will be pleased to assist you with the arrangements at no cost.

Should you require additional information, please contact our Membership Office on 2118 1802 or email to membership@pacificclub.com.hk

在今期薈絮中，我想為大家介紹一項極吸引及優惠的會員計劃——會員子女會籍，專為個人及公司提名會員的21至30歲子女而設。這項會員計劃為他們提供了一個專享的機會繼續成為太平洋會的一份子，而我亦期待再次歡迎一些熟悉的面孔重臨太平洋會。

會員子女會籍之詳情如下：

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

如欲查詢更多詳情或索取申請表格，請致電2118 1802聯絡會籍部，或電郵至 membership@pacificclub.com.hk。

請關掉汽車引擎！

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

會員子女(12歲以上)的簽帳權利

根據本會規條，凡年滿12歲的會員子女可在會所各餐廳及設施行使簽帳權利，但前提是他們必須持有與其父母帳戶相連繫的會員証（附有效簽名）。如果你希望授權本會為你的子女發放此會員証，歡迎聯絡會籍部，我們的工作人員將很樂意為你免費安排。

如需要查詢更多資料，請致電2118 1802聯絡會籍部或發送電子郵件至 membership@pacificclub.com.hk。



Tel : 2118 1828

Fax : 2118 0208

Address : Harbour City, Kowloon, Hong Kong

E-mail : info@pacificclub.com.hk

Website: www.pacificclub.com.hk



TOUR
de
FRANCE

Wednesday 29th to Friday 31st July
Highlights from the Île-de-France Region
and the entire tour

Wednesday 15th to Tuesday 21st July
Highlights from the Auvergne
and Rhône-Alpes Region

Wednesday 22th to
Tuesday 28st July
Highlights from the
Centre-Val de Loire
Region

Wednesday 8th to Tuesday 14st July
Highlights from the
Bordeaux and Nouvelle-Aquitaine Region

Wednesday 1st to Tuesday 7th July
Highlights from the Catalan Region



TOUR DE FRANCE DINNER BUFFETS

Culinary highlights from France's finest regions

環法美食自助晚餐 匯聚法國最著名地區的美食...

THE ISLAND VIEW
RESTAURANT
Island View 餐廳

Join us at The Island View Restaurant throughout July for an unforgettable gastronomic journey through France. Inspired by the regions featured in the Tour de France, this month-long celebration of French cuisine showcases the distinctive flavours and specialities of some of the country's most celebrated culinary destinations.

Enjoy regional appetisers, traditional main courses, artisan cheeses and classic French desserts as the tour travels through a different region each week, offering a fresh and memorable dining experience throughout the month.

於整個7月份，Island View 餐廳將舉行特色自助晚餐，帶領大家踏上法國美食之旅！

受到「環法單車賽」沿途地區的啟發，這為期一個月的法國美食盛宴將展現法國最負盛名的美食勝地的獨特風味及特色佳餚。

在這美食之旅中，每個星期都會帶大家品嚐不同地區的特色開胃菜、傳統主菜、手工芝士及經典法式甜點，讓大家在整個月裡都可以享受到新鮮難忘的用餐體驗。

Flavours of the Catalan Region

加泰隆尼亞風味

1st – 7th JULY
7月1日至7日

Discover the vibrant cuisine of French Catalonia, where Mediterranean influences shine through fresh seafood, grilled meats, colourful vegetables and bold flavours inspired by both France and neighbouring Spain.

探索充滿活力的法國加泰隆尼亞美食，透過新鮮海鮮、烤肉、色彩繽紛的蔬菜來感受地中海風情，以及受法國及鄰國西班牙啟發的濃郁風味。

A Taste of Centre-Val de Loire

中央 - 羅亞爾河谷大區美食

22nd – 28th JULY
7月22日至28日

Experience the elegant flavours of the Loire Valley, known for its fine produce, freshwater fish, seasonal ingredients and classic dishes from one of France's most picturesque regions.

體驗羅亞爾河谷的優雅風味，當地以優質農產品、淡水魚、時令食材及經典菜餚而聞名，是法國風景最優美的地區之一。

Specialities of Bordeaux and Nouvelle-Aquitaine

波爾多及新亞奎丹地區特色菜餚

8th – 14th JULY
7月8日至14日

Explore one of France's most celebrated gastronomic regions, renowned for its exceptional produce, Atlantic seafood, rich meat dishes and traditional recipes that reflect the area's world-famous culinary heritage.

探索法國最著名的美食地區之一，以其卓越的農產品、大西洋海鮮、豐盛的肉類菜餚，以及反映該地區聞名世界的烹飪傳統的經典菜式而聞名。

Parisian Classics from the Île-de-France Region

法蘭西島地區的巴黎經典菜餚

29th – 31st JULY
7月29日至31日

Conclude the journey in and around the French capital with a selection of timeless Parisian favourites, showcasing the refined cuisine and iconic dishes that have made French gastronomy famous around the world.

結束在法國首都及周邊地區的旅程後，不妨再品嚐一些永恆不朽的巴黎美食，感受精緻的烹飪技藝及標誌性菜餚，正是這些菜餚讓法國美食享譽全球。

Flavours of Auvergne and Rhône-Alpes

奧弗涅及羅納 - 阿爾卑斯風味

15th – 21st JULY
7月15日至21日

Enjoy the hearty and comforting cuisine of France's mountain regions, featuring rustic specialities, regional cheeses and dishes inspired by the rich culinary traditions of the Alps and Massif Central.

盡情享受法國山區豐盛而令人舒心的美食，包括鄉村特色菜餚、地區芝士，以及靈感源自阿爾卑斯山及中央高原別具一格的傳統菜餚。

Daily throughout July
7月1日至31日

Time : Dinner
時間 : 晚餐時段

Venue : The Island View Restaurant
地點 : Island View 餐廳

Adults 成人 Children 小童

\$288 \$190

Reservations 訂座 : 2118 1846

EARLY BIRD OFFERS FOR YEAR-END BANQUETING EVENTS

年終聚餐 / 派對 「早鳥」餐飲折扣優惠

Planning a year-end celebration? It may still be July, but early reservations come with exclusive privileges... Confirm your November or December 2026 Pacific Club event in advance and enjoy special savings on our 3-hour free-flow Beverage Packages for groups of 30 or more. The earlier you book, the more you save!

計劃年終慶祝活動? 雖然現在才到了7月, 但提前預訂即可尊享專屬禮遇... 提前確認於2026年11月或12月份在太平洋會舉辦30人或以上的聚餐 / 派對, 即可獲享3小時無限暢飲餐飲套餐的特別折扣優惠。愈早預訂, 優惠愈多!

SUPERIOR BEVERAGE PACKAGE 尊享餐飲套餐

Including 3 hours free-flow of:

- Orange Juice and Apple Juice
- Coca-Cola, Coke Zero, Fanta, Sprite, Schweppes Soda Water
- Carlsberg Draught Beer
- The Wall Chardonnay, New South Wales, Australia
- The Wall Cabernet Sauvignon, New South Wales, Australia

包括3小時無限暢飲:

- 橙汁及蘋果汁
- 可口可樂、無糖可樂、芬達、雪碧、玉泉梳打水
- 嘉士伯生啤酒
- 澳洲 The Wall Chardonnay, New South Wales 白酒
- 澳洲 The Wall Cabernet Sauvignon, New South Wales 紅酒

DELUXE BEVERAGE PACKAGE 豪華餐飲套餐

Including 3 hours free-flow of:

- Orange Juice and Apple Juice
- Coca-Cola, Coke Zero, Fanta, Sprite, Schweppes Soda Water, Ginger Ale, Ginger Beer and Tonic Water
- Carlsberg Draught Beer
- Moët & Chandon N.V. Imperial Brut, Champagne, France
- Sancerre Tradition, Gérard Boulay, Chavignol, Loire, France
- Esprit de Pavie, Château Pavie, Bordeaux, France
- Bombay Sapphire Gin, Absolut Vodka, Bacardi White Rum, Jim Beam Bourbon Whiskey

包括3小時無限暢飲:

- 橙汁及蘋果汁
- 可口可樂、無糖可樂、芬達、雪碧、玉泉梳打水、薑汁汽水、薑汁啤酒及湯力水
- 嘉士伯生啤酒
- 法國 Moët & Chandon, Imperial Brut 無年份香檳
- 法國 Sancerre Tradition, Gérard Boulay, Chavignol, Loire 白酒
- 法國 Esprit de Pavie, Château Pavie, Bordeaux 紅酒
- Bombay Sapphire 藍酒、Absolut 伏特加、Bacardi 白蘭姆酒、Jim Beam 波本威士忌



Book by 30th September 2026

with a signed confirmation letter to enjoy:

- Superior Package : \$130 per person (regular price \$230)
- Deluxe Package : \$400 per person (regular price \$600)

Book by 31st October 2026

with a signed confirmation letter to enjoy:

- Superior Package : \$180 per person (regular price \$230)
- Deluxe Package : \$490 per person (regular price \$600)

Offers apply to events held from **1st November to 30th December 2026**. **Blackout dates:** 22nd, 24th, 25th, 26th, and 31st December.

Terms and conditions apply.

於2026年9月30日前預訂, 並簽署確認信, 即可獲享:

- 尊享餐飲套餐 — 早鳥價: 每位\$130 (原價每位\$230)
- 豪華餐飲套餐 — 早鳥價: 每位\$400 (原價每位\$600)

於2026年10月31日前預訂, 並簽署確認信, 即可獲享:

- 尊享餐飲套餐 — 早鳥價: 每位\$180 (原價每位\$230)
- 豪華餐飲套餐 — 早鳥價: 每位\$490 (原價每位\$600)

此優惠僅適用於2026年11月1日至12月30日期間舉辦的活動。不適用於以下日期: 12月22日、24日、25日、26日及31日。優惠附設條款及細則。

To enquire or reserve, please contact our Banqueting and Events Team on 2118 2851 or 2118 2295.

查詢有關詳情或預訂活動,

請致電 2118 2851 或 2118 2295 與本會宴會部聯絡。



MORISSEAU MUSSELS AT PIER 6

Simply Prepared. Perfectly French

MORISSEAU 青口 - 簡單烹調 · 完美的法國風味
由 7 月 7 日起於 PIER 6 餐廳供應

From
7th July
由 7 月 7 日起

The Morisseau Family has been cultivating Bouchot Mussels in the tidal waters near Mont Saint-Michel, located in Normandy, northwestern France, for generations. Widely regarded as the finest mussels on the French market, they are prized for their delicate flavour and unmistakable freshness.

Flown in directly by airfreight, our Morisseau Mussels are prepared with the simplicity they deserve. They are gently steamed and served with a fragrant Saffron Sauce that enhances rather than overwhelms.

Morisseau 家族世世代代都在法國西北部諾曼第聖米歇爾山附近的潮汐水域中養殖木樁青口，這種青口以其細膩的風味及無與倫比的新鮮度而備受讚譽，被廣泛認為是法國市場上最優質的青口。

我們將採用新鮮空運到港的 Morisseau 青口，用簡單的方法烹調以保留其原有鮮味。在清蒸後，佐以芳香的藏紅花醬汁，提升了菜餚的美味，卻不會喧賓奪主。



Available à la carte for lunch and dinner from 7th July onwards, exclusively at Pier 6.
Morisseau 青口自選菜式將由 7 月 7 日起，僅在 Pier 6 餐廳的午餐及晚餐時段供應。

To reserve your table, please call Pier 6 on 2118 1878.
訂座請致電 Pier 6 餐廳：2118 1878。



JULY 2026

WINE HOME DELIVERY SERVICE

7 月份餐酒送貨服務



Moët & Chandon Brut Imperial

Tangy green apple and citrus fruit intensity with nuances of minerals and white flowers. Fine bubbles with notes of brioche, cereals and gooseberries make it a perfect pairing for both fish and meat dishes.

75 cl	\$365/bottle	Qty:	Total Amount:
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Moët & Chandon Grand Vintage 2016

Fleeting aromas of toasted bread, grains and hazelnut offering a fruity and floral bouquet with hints of plum, Mirabelle, quince and aniseed, culminating in a finish reminiscent of the sweet, tangy freshness of clementine and pomelo.

75 cl	\$600/bottle	Qty:	Total Amount:
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Moët & Chandon Grand Vintage 2016 Rosé

Immediate evident fruitiness of syrupy red fruits, crushed strawberries and late-summer blueberries at the forefront. Complemented by floral aromas of rose, hibiscus and violet offering a pleasurable sensation with supple and harmonious profile.

75 cl	\$720/bottle	Qty:	Total Amount:
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Moët & Chandon Collection Impériale Création No. 1

A bouquet of gradually unfurling notes of licorice, mocha and madeleines with a hint of vanilla accompanied by hints of dried figs and Mirabelle plum with an aromatic sweetness interplay of freshness and bitters.

75 cl	\$1,680 /bottle	Qty:	Total Amount:
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Order Form 餐酒訂購表格

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

Free delivery will be provided for purchase of HK\$2,000 and above (Hong Kong, Kowloon and N.T. areas only). Alternatively, pick-up the champagne at the Club Bar.

本月為會員介紹多款 Moët & Chandon 香檳，凡購滿 HK\$2,000 及以上可獲免費送貨服務（只限香港島、九龍及新界地區）；或者可於會所酒吧領取香檳。

A total amount of HK\$_____ will be debited directly to your Pacific Club Member's monthly account.

總額 HK\$_____ 將直接於閣下之太平洋會員結賬戶內扣除。

Member's Name (會員姓名): _____

Membership Number (會員編號): _____

Contact Telephone No. (聯絡電話): _____

Delivery Address (送貨地址): _____

Signature (會員簽名): _____

- For ordering, please present this form to the Club Bar, or fax to 2118 0207 or email to: paul-siu@pacificclub.com.hk
訂購方法：請填妥此表格，並交回會所酒吧；或傳真至 2118 0207；或電郵至 paul-siu@pacificclub.com.hk。
- Please allow 5-7 working days lead time for champagne collection at the Club Bar or free delivery service (Hong Kong, Kowloon and N.T. areas only)
於會所酒吧領取訂購之香檳，或安排免費送貨服務（只限香港島、九龍及新界地區），需時 5-7 個工作日。
- For further information, please call the Club Bar at 2118 1845.
如有查詢，請致電會所酒吧：2118 1845。
- The personal data collected in this order form will be used for order confirmation and delivery arrangement only.
本表格內所收集的個人資料只用作確認訂購及安排送貨之用途。

AUSTRALIAN BLACK TRUFFLE CELEBRATION

澳洲黑松露慶典

July marks the peak of the Australian Black Truffle season, when these highly sought-after Truffles are at their most aromatic and flavourful. While Black Truffles are traditionally associated with France, Australia has become one of the world's leading producers since French truffle spores were successfully introduced to Western Australia in the 1990s. Today, Australian Black Truffles are prized by chefs worldwide for their exceptional quality and intense aroma.

To showcase this remarkable ingredient, our chefs have created a special menu at Pier 6, available for both lunch and dinner throughout the month. Each dish has been carefully designed to highlight the distinctive flavour and fragrance that make Black Truffles one of the most celebrated ingredients.

7月份是澳洲黑松露的盛產期，此時這備受追捧的松露香氣最為濃郁，味道也最為鮮美。

雖然傳統上說起黑松露都會聯想到法國，但自1990年代法國松露孢子成功引入西澳洲以來，澳洲已成為世界領先的黑松露生產國之一。如今，澳洲黑松露因其卓越的品質及濃郁的香氣而受到世界各地廚師的青睞。

為了充分展現這種珍貴食材的魅力，本會廚師團隊為Pier 6餐廳特別設計了一份黑松露菜單，於整個7月份的午餐及晚餐時段供應。每道菜式都經過精心設計，旨在突出使黑松露成為最負盛名食材之一的獨特風味及香氣。

1st - 31st July
7月1日至31日

Venue : Pier 6 Restaurant
地點 : Pier 6 餐廳

3-Course Menu \$799 Per person
3道菜式套餐 每位

4-Course Menu \$899 Per person
4道菜式套餐 每位

Reservations 訂座 : 2118 1878

MENU

*Selection of Freshly Baked Bread,
Butter and Black Truffle Egg Custard*

Roasted Artichoke Velouté with Black Truffle

*Chicken Oyster with Black Truffle Mosaïque**

Black Truffle and Fillet of Dover Sole

*Black Truffle and
Madagascar Vanilla Delight*

Petit Fours

*Included in the 4-Course Menu only.
僅於4道菜式套餐中供應

SUMMER DRINKS

夏日特飲

Cool down this summer with a refreshing collection of seasonal drinks inspired by flavours from around the world. From citrus notes to smooth coffee blends, each glass is designed to bring a little sunshine to your day.

今個夏天，享用多款靈感源自世界各地風味的冰涼時令飲品來幫你消暑吧！從柑橘的清新到醇厚的咖啡香，每一杯都為你的生活帶來一絲陽光。



Brazilian Lemonade
巴西檸檬特飲



Italian Peach Spritz
意式蜜桃氣泡飲



French Lemon Curd Fizz
法式檸檬蛋黃醬氣泡飲



Japanese Yuzu Espresso
日本柚子濃縮咖啡

UBE

AFTERNOON DELIGHTS

7 月份下午美食 — 紫薯甜點

Who can resist the vibrant colour and distinctive flavour of Ube? Throughout July, enjoy a selection of sweet Ube desserts, served each afternoon at the Oyster Bar and The Island View Restaurant.

紫薯那夢幻的顏色及香甜的美味，試問誰能抗拒？於7月份，歡迎於下午時段前來 Oyster Bar 及 Island View 餐廳品嚐多款令人垂涎的香甜紫薯甜點。

- **Warm and Fudgy Chocolate Ube Cake with Ube Ice Cream**
溫暖濃郁的朱古力紫薯蛋糕伴紫薯雪糕
- **Freshly Baked Ube Waffles with Ube Ice Cream and Matcha Custard**
新鮮出爐的紫薯窩夫餅配紫薯雪糕及抹茶吉士
- **Ube Parfait with Rice Balls and Crisps, Red Beans, Crème Chantilly, Vanilla and Ube Ice Cream**
紫薯芭菲伴糯米丸子、脆片、紅豆、香緹奶油、香草及紫薯雪糕
- **Ube Cheesecake with Crème Chantilly and Salted Caramel**
紫薯芝士蛋糕伴香緹奶油及鹽味焦糖

This special Ube Menu will be served daily throughout July from 2:30pm to 5:30pm.

紫薯甜點於7月份每日下午 2時30分至5時30分供應

\$88 | per serving
每份



Available daily at all outlets
每日在所有餐廳及酒吧供應

\$60 | per glass (Mocktail)
每杯(無酒精)

\$90 | per glass (Cocktail)
每杯(有酒精)

BLACK ANGUS BURGERS & MILKSHAKES

at the Club Bar, Oyster Bar and The Island View Restaurant

黑安格斯牛肉漢堡與奶昔

在會所酒吧、Oyster Bar、Island View 餐廳供應

Remember when the happiest meal was the one you chose yourself? Our grown-up version pairs a luxurious Black Angus Burger with your favourite Milkshake for a combination that never disappoints.

還記得你曾挑選過最令自己快樂的餐點嗎？現在我們為你精心打造了這款成人版套餐，將奢華的黑安格斯牛肉漢堡與你最喜歡的奶昔完美配搭，保證讓你心滿意足。

1st - 31st July
7月1日至31日

\$200 Per combo
每份套餐

Step
第一步

1 Choose Your Burger 選擇你喜歡的漢堡

All Burgers are made with 100% Black Angus Beef and served with French Fries or Salad.

所有漢堡均採用 100% 純正黑安格斯牛肉製成，並配搭薯條或沙律。

- French Onion Burger 法式洋蔥漢堡
Caramelised Onions, Pickles and Swiss Cheese
焦糖洋蔥、醃青瓜及瑞士芝士
- Blue Bacon Burger 藍紋芝士煙肉漢堡
Caramelised Onions, Blue Cheese, Bacon and Fig Jam
焦糖洋蔥、藍紋芝士、煙肉及無花果醬
- Jalapeño Popper Burger 墨西哥辣椒釀芝士漢堡
Bacon, Cream Cheese and Jalapeño Pepper Jack Cheese Poppers
煙肉、奶油芝士及墨西哥辣椒釀傑克芝士
- Macho Nacho Burger 勁爆玉米片漢堡
Jalapeños, Sour Cream, Salsa Verde, Tortilla Chips, Nacho Cheese, Guacamole and Pico de Gallo
墨西哥辣椒、酸忌廉、青莎莎醬、玉米片、墨西哥芝士、牛油果醬及墨西哥番茄莎莎醬
- Mac 'n' Cheese Burger 芝士通心粉漢堡
Bacon, Pickles, Mac 'n' Cheese Patty, BBQ Mayonnaise and Scallions
芝士、醃青瓜、芝士通心粉小餡餅、燒烤蛋黃醬及蔥花
- The G.O.A.T. Burger 最強山羊芝士漢堡
Goat Cheese, Caramelised Onions, Figs, Arugula and Truffle Honey
山羊芝士、焦糖洋蔥、無花果、芝麻菜及松露蜜糖

Step
第一步

2 Choose Your Milkshake 選擇你喜歡的奶昔

All Milkshakes are topped with Whipped Cream.
所有奶昔均加上鮮忌廉。

- Churro 吉拿棒奶昔
Vanilla, Cinnamon, Caramel and Chocolate
雲呢拿、肉桂、焦糖、朱古力
- The King 國王奶昔
Vanilla, Peanut Butter, Banana and Chocolate
雲呢拿、花生醬、香蕉、朱古力
- Strawberry 草莓奶昔
Vanilla and Strawberries
雲呢拿、草莓
- The S'mores 棉花糖朱古力奶昔
Vanilla, Marshmallows and Chocolate
雲呢拿、棉花糖、朱古力
- Cookie Monster 餅乾怪獸奶昔
Vanilla, Oreos and Chocolate
雲呢拿、Oreo 餅乾、朱古力



CHEF KEUNG'S FAVOURITE BITES AT BAUHINIA

紫荊閣 — 強師傅舌尖上的美食

Join us at Bauhinia this month for a selection of dishes inspired by Chef Keung's personal favourites. Carefully chosen from the recipes he most enjoys preparing, these seasonal specialities showcase the authentic flavours of Cantonese cuisine.

Featured highlights include Pan-fried Australian Lobster with Basil, Shallots and Scallions and Fish Maw Broth with Sweet Corn.

今個月份，歡迎蒞臨紫荊閣品嚐強師傅的拿手招牌菜。這些精選菜式皆依照他最喜歡的食譜，以當季食材烹煮，充分展現了粵菜的道地風味。

特別推介包括：三蔥九層塔焗澳洲龍蝦、粟米魚肚羹。

1st - 31st July

7月1日至31日

Venue : Bauhinia

地點 : 紫荊閣

Reservations 訂座 : 2118 1892

Our Pastry Chef's Masterpiece UBE MILLE CRÊPES CAKE

太平洋會糕點師傅精心傑作 紫薯千層法式班戟蛋糕

Discover this month's featured creation from our Pastry Chef, the stunning Ube Mille Crêpes Cake.

Each slice is a masterpiece, showcasing the unique flavour and vibrant purple hue of ube. Indulge in layer-upon-layer of delicate crêpes, generously filled with ube cream, offering a perfect balance of sweetness and the rich, nutty taste of ube.

於本月份，歡迎大家前來享用一款令人驚豔的糕點 — 紫薯千層法式班戟蛋糕。

每件蛋糕都是由本會糕點師傅特別精心製作，充分展現了紫薯獨特的風味及鮮豔的紫色色彩。盡情品嚐層層精緻的薄餅，中間塗滿了紫薯蓉，在甜味與濃郁紫薯香味之間實現了完美的平衡。

\$68 | per portion
每件

Available daily in all outlets from 12:00noon
由每日中午12時起在所有餐廳及酒吧供應





By Chef Yip Tsang Keung

Executive Chef, Bauhinia Restaurant

撰文：紫荊閣行政總廚 — 葉增強師傅

THE HUMBLE TOMATO

樸實而美味的蕃茄

One of the most popular home-style dishes is Stir-fried Tomato and Egg. While simple to prepare, a few small techniques can make a big difference.

For light and fluffy eggs, add a little corn starch water to the beaten egg mixture before cooking. The tomatoes should be peeled and cooked thoroughly with a few slices of ginger to bring out their natural sweetness and release more lycopene, a powerful antioxidant found in tomatoes.

Unlike many nutrients, lycopene becomes more readily available when heated and is best absorbed when cooked with a little oil. This makes tomatoes not only delicious, but also highly nutritious.

A simple dish done well is often the most satisfying, and this classic combination of tomato and egg remains one of my personal favourites.

蕃茄炒蛋是廣受歡迎的家常菜之一，雖然做法簡單，但只須一些小技巧便能讓這道菜增色不少。

想要做出輕盈有空氣感的炒蛋，可以在炒之前在蛋漿裡加入少許生粉水。蕃茄一定要去皮，加幾片薑一起炒至全熟，這樣可以激發蕃茄的天然甜味，並釋放出更多的茄紅素——一種存在於蕃茄中的強效抗氧化物。

與其他營養素不同，茄紅素在加熱後更容易被人體吸收，而且用少量油烹煮時吸收效果最佳。這使得蕃茄不僅美味，而且營養豐富。

一道簡單的菜式如果做得好，往往最令人滿足，而蕃茄與雞蛋這個經典組合仍然是我個人最喜歡的菜餚之一。

INGREDIENTS 材料

- 3 Tomatoes, peeled and cut into wedges
3個蕃茄，去皮，切角
- 3 Eggs
3隻雞蛋
- A little Onion, cut into wedges
適量洋蔥，切角
- 2 slices Ginger
2片薑
- 1½ tbsp Sweet and Vinegar Sauce or Sweet and Sour Sauce
1½湯匙糖醋汁或咕嚕汁
- A pinch of Salt
少許鹽
- A few Spring Onion sections
少許蔥段
- Corn Starch Water
生粉水

SEASONING 調味

- 1 tbsp Tomato Sauce
一湯匙蕃茄汁
- 1 tsp Salt
一茶匙鹽
- 1½ tsp Sugar
1½茶匙糖
- 1 bowl Water
一飯碗清水

METHOD 做法

1. Add a little salt and corn starch water to the eggs and beat until light and fluffy. 先打3隻雞蛋，加入少許鹽、生粉水，攪拌至輕盈有空氣感。
2. Heat a little oil in a wok over medium heat. Add the eggs and gently scramble until almost cooked. Remove and set aside. 在鑊中加少許油，以中火加熱。倒入蛋漿，拌炒至快熟但仍鬆軟，倒入碟中備用。
3. Stir-fry the ginger, onion and tomatoes until fragrant. 將薑片、洋蔥及蕃茄一同拌炒至散發香味。
4. Add the seasoning ingredients and simmer gently for about 3 minutes. 加入所有調味料，以慢火煮3分鐘。
5. Return the eggs to the wok and combine with the tomatoes. 將蛋倒回鑊中與蕃茄拌勻。
6. Add a little corn starch water and cook until the sauce thickens slightly. 加少許生粉水煮至收芡。
7. Stir in the sweet and vinegar sauce, mixing well. 然後加入糖醋汁，拌勻。
8. Transfer to a serving plate, garnish with spring onion and serve immediately. 上碟後加上蔥段即成。



LAM TSUEN TO LIN AU

A surprisingly beautiful forest can be hiked through on this little-used hill trail that connects two valleys.

This is a wild, unmarked trail that is suitable for experienced hikers. Long trousers are recommended for the tall grass sections. Walking time: 3 hours.

Take the East Rail to Tai Wo station and change to bus 64K, destination Yuen Long. This KMB double-decker leaves the town and travels up the Lam Tsuen valley, a place of villages and farms. Alight at the stop named San Tsuen, opposite Kwan Yik store (which is your last chance to buy drinks).

Walk back along the road from the bus stop, and then take the third turning on your right. It's a proper road rather than a village track, and it has signs pointing to She Shan. At the next junction, turn right in the direction of Tin Liu Ha.

This metalled road finishes at a bridge over a stream. Cross it and bear right at the blue sign for Sheung Tin Liu Ha village. Then keep to the wide track that goes straight ahead. It brings you out to an open area and you should then aim for the footpath which is edged by stones. This takes you to the back of the old village, where a yellow pennant stands on some open ground between traditional grey-brick village houses. Your cement trail strikes off rightwards into the forest directly from here.

At first the narrow path is largely hidden by overgrowth of shrubs and flowering plants, but this changes very quickly: as soon as you enter the tree cover, the trail becomes clear and easy to follow.

The path meanders uphill past a range of large and mature trees. This thick forest may once have been used as a fung shui wood by the villagers below. Bear left at the pink pole to

continue going up. As you get higher, young bamboo begins to appear, and then stepping stones start to mark your way, raising the possibility that this forgotten trail was built long ago by human hands. Or are they the stones of a waterway that has long since changed its route? It's hard to tell.

Suddenly you are out of the forest and on the edge of a high plateau full of tall grasses. Keep left at the fork to skirt your way around the left-hand side of this green valley. The grass obscures your path here, so walk carefully because at some points it drops away sharply to your right.

Suddenly, a surprise in this high, remote area: a set of small farmed fields appear through the greenery. Fed by waters from hills all around, this must be a fertile place.

Carry on straight ahead until the path starts to descend towards a stream that you can hear before you see it. You must clamber over a fallen tree, but then you step out onto a cement path beside the wide, flat brook. Turn left, walk across the little dam and very soon you find yourself back in civilisation at the isolated upland village of Lin Au.

Turn right and walk past the terrace of village houses and ancestral halls to find the single-track road, and then follow it all the way downhill, past an abandoned school on your left and assorted Buddhist temple buildings on your right, until you reach sea level once again at Kam Shek village. Signs point you across the river footbridge back to Tai Wo MTR.





林村到蓮澳

這條鮮有人到的山間小徑連接著兩個山谷，沿途可以徒步穿越一片出乎意料的美麗樹林。

這是一條未經標記的荒野步行路線，適合經驗豐富的健行者。路段草叢較多，因此建議穿著長褲。步行時間：3小時。

乘搭東鐵至太和站，轉乘 64K 巴士，目的地為元朗。這輛九巴雙層巴士會離開市區，沿著林村谷而上，沿途可見村莊和農田。在名為「新村」的車站下車，車站對面就是均益士多（這裡是你購買飲料的最後機會）。

從巴士站沿路往回走，在第三個路口右轉。這是一條正規大路，而不是鄉村小路，而且指向有指示牌。在下一個路口，右轉，朝田寮下方向走。

這條鋪砌好的路盡頭是一座橫跨溪流的橋。過橋後，在看到藍色的上田寮下村路牌時，向右轉。然後沿著寬闊的小路直行。這條路會把你帶到一片開闊的地帶，然後你應該朝著一條用石頭砌成的人行路走去。這條路會帶你到舊村子的後方，那裡有一面黃色的旗幟插在傳統灰色磚瓦房之間的空地上。從這裡，你踏上的水泥路會直接向右轉進入樹林。

起初，狹窄的小路大部分被茂密的灌木和開花植物遮蔽，但這種情況很快就會改變：一旦進入樹蔭下，小路就變得清晰易辨。

小路蜿蜒而上，途經一片高大茂密的樹林。這片茂密的樹林或許曾被山下的村民當作風水木材。在粉紅色路標處向左轉，繼續向上行。隨著地勢升高，幼竹開始出現，隨後，腳下也踏著石塊前行，這不禁讓人懷疑這條被遺忘的小路是否在很久以前由人工所建造的。又或許，這石塊地是早已改道的河道遺跡？現在已不得而知了。

瞬間你便走出了樹林，來到一片長滿長草的高地邊緣。在岔路口向左走，繞過這片綠色山谷的左側。這裡的草叢遮蔽了你的路徑，所以要小心行走，因為有些地方右側是陡峭的懸崖。

忽然間，在這片高海拔的偏遠地區出現了一個驚喜：綠蔭掩映下，出現了一片小農田。四周山巒的溪水滋養著這片土地，想必這地十分肥沃。

繼續直行，直至小路開始向下延伸，通往一條溪流，你還沒看到溪流就能聽到潺潺水聲。你必須跨過一棵倒下的大樹，然後踏上鋪設在寬闊平坦的小溪旁的水泥路。左轉，穿過小水壩，很快你就會回到文明世界，來到與世隔絕、位於高山上的村莊：蓮澳。

右轉，穿過村莊的排屋和祠堂，找到一條單行路，然後沿著這條路一路下坡，左邊會經過一座廢棄的學校，右邊會經過一些佛教寺廟建築，直至再次到達錦新村的水平面。路標會指引你穿過河上的步行橋，回到太和東鐵站。



OYSTER FRIDAYS

Every Friday is Oyster Night at the Club Bar!

會所酒吧

週五「盡享生蠔」之夜

Every Friday in July
7月份逢星期五

Club Bar
會所酒吧

A plate of freshly shucked Oysters and a cold glass of Champagne remains one of life's great combinations. Throughout July, Friday evenings at the Club Bar are dedicated to exactly that.

Enjoy Oysters served freshly opened to order with classic Mignonette and Lemon, or with a Bloody Mary Shot. Selected Champagne will also be available at a special price of \$78 per glass throughout the evening.

一盤新鮮即開的生蠔，配上一杯冰鎮香檳，堪稱人生絕配。於7月份逢星期五晚上，會所酒吧將為你奉上這般美妙的體驗。

你可以享用即叫即開的生蠔，佐以經典的香草檸檬醬或辣味血腥瑪麗酒。而當晚的精選香檳也將以每杯 \$78 的優惠供應。

SUNDAY ROAST PORCHETTA

Every Sunday in July

週日意式烤脆皮豬肉卷 7 月份逢星期日供應

Gather family and friends for a traditional Italian Sunday lunch at Capricci. Fresh from the stone oven, our Porchetta features Pork Belly rolled with Rosemary, Thyme, Garlic, Lemon Zest and Fennel, then slow-roasted and served with Roasted Potatoes, Apples and Chimichurri. This is a dish made for leisurely Sunday afternoons.

與家人朋友齊聚 Capricci 餐廳，享用傳統的意式週日午餐美食。本會的意式烤脆皮豬肉卷以石爐新鮮烤製而成，將豬腩肉裹上迷迭香、百里香、大蒜、檸檬皮及茴香，以慢火烤製，搭配烤薯仔、蘋果及阿根廷青醬一同享用。這道菜是悠閒週日下午的理想選擇。

\$228 | per portion
每份

Limited portions available
限量供應，售完為止。

For reservations, please call Capricci on 2118 1803.
訂座請致電 Capricci 餐廳：2118 1803。



STACKED SENSATION

Your New Favourite Sandwich

層層疊的美味 你全新的摯愛三文治



CHORIPÁN

阿根廷烤香腸三文治

This month's Stacked Sensation brings the flavours of Argentina to the Club with Choripán, a classic grilled Chorizo sandwich served in crisp bread and topped with delicious Chimichurri and Salsa Criolla. It is a true South American favourite.

Available throughout July at the Club Bar, Oyster Bar, The Island View and for Takeaway.

本月份「層層疊的美味」系列會將阿根廷風味帶到本會，為大家送上經典的烤香腸三文治 — Choripán。這款三文治選用酥脆的麵包夾著烤香腸，淋上美味的阿根廷青醬及克里奧爾莎莎醬，是道地的南美美食。

整個7月份在會所酒吧、Oyster Bar 及 Island View 餐廳供應，同時亦歡迎使用外賣自取服務。

\$99 | per serving
每份

The New Tech Titans of China: Innovation Under Pressure in the World's Most Ambitious Economy

by Rebecca Fannin

China's technology sector continues to reshape the global economy. In this timely and insightful book, Rebecca Fannin explores the companies, industries and innovations driving China's rise as a tech superpower.

From AI, blockchain and quantum computing to digital currencies, surveillance technology and green innovation, the book offers a clear look at the sectors shaping China's ambitions. It also examines the global influence of platforms such as TikTok and Temu, alongside the growing regulatory and geopolitical pressures facing Chinese technology companies.

Sharp and highly relevant, The New Tech Titans of China is an essential read for anyone interested in the future of technology, global competition and China's role in the decade ahead.



中國的科技產業正持續重塑全球經濟格局，在這本切合時宜、見解深刻的著作中，Rebecca Fannin 深入探討推動中國崛起為科技超級大國的企業、產業及創新。

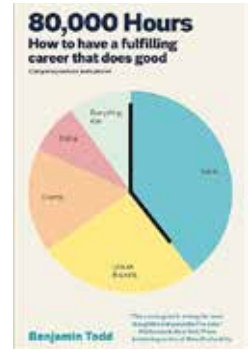
從 AI、區塊鏈及量子計算到虛擬貨幣、監控技術及綠色創新，本書清晰地展現了塑造中國雄心壯志的各個領域。書中也分析了 TikTok 及 Temu 等平台的全球影響力，以及中國科技企業面臨日益增長的監管和地緣政治壓力。

《Tech Titans of China》一書觀點銳利、切合實際，對於任何關注科技未來、全球競爭及中國未來十年發展方向的人來說，都是一本必讀之作。

80,000 Hours: How to Have a Fulfilling Career That Does Good

by Benjamin Todd

Most of us will spend around 80,000 hours at work over the course of our lives, making career choice one of the most important decisions we ever make. In this thought provoking book, Benjamin Todd challenges conventional advice and offers a practical framework for building a career that is both personally rewarding and socially impactful.



Drawing on more than a decade of research from the non profit organisation 80,000 Hours, Todd explores what truly makes a fulfilling job, how to identify the world's most pressing challenges, and where individuals can have the greatest positive impact. He also examines the future of work, including the influence of artificial intelligence and automation on career opportunities.

Insightful, accessible and backed by research, 80,000 Hours provides valuable guidance for students, professionals and anyone seeking a career that combines purpose, fulfilment and meaningful contribution.

我們一生中大約會花費 8 萬個小時在工作上，因此，職業選擇是我們人生中最重要決定之一。在這本引人深思的著作中，Benjamin Todd 挑戰了傳統的職業建議，並提供一個切實可行的框架，幫助讀者建立一份既能帶來個人成就感又能產生社會影響的職業生涯。

Todd 借鑒非營利組織「80,000 小時」十餘年的研究成果，探討了真正能帶來成就感的工作要素、如何識別當今世界面臨的最緊迫挑戰，以及個人能夠在哪些方面發揮最大的積極作用。他也展望了工作的未來，包括人工智能及自動化對職業發展機會的影響。

《80,000 小時》一書見解深刻、通俗易懂，並以研究為支撐，為學生、專業人士，及任何尋求將目標、成就感及有意義貢獻相結合的職業的人士提供了寶貴的指導。

From now until 31st July, 2026, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount. 由現在至7月31日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
216 Pacific Place, Admiralty

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

Kelly & Walsh Ltd
金鐘太古廣場216號舖

香港圖書文具有限公司
中環德輔道中25號

Junior Summer Programme 2026

CHILDREN'S DEVELOPMENT 兒童智能啟發

STEM SCIENCE LAB COMMANDER (6 – 12 YEARS)

STEM 科技實驗室指揮官 (6-12 歲)

Step into the role of a young science commander through a series of exciting experiments and hands-on science projects. Guided by instructors, children discover fascinating scientific ideas while learning more about the world around them.

本課程設有各種科學實驗涵蓋相關的科學知識，學員透過動手製作科學教材及導師的詳細解說，深入了解身邊的科學現象，還能啟發學員對科學的興趣。

課堂內容參考：災難求生警報器、自製手提吸塵機

DATE	Thursday, 30th July
TIME	10:00am – 12:30pm
PRICE	Member \$850, Guest \$900
CLASS CODE	CD01



STEM AI TECHNOLOGY INVENTOR (6 – 12 YEARS)

STEM AI 科技發明家 (6-12 歲)

This class introduces children to the principles behind robotics and artificial intelligence, including simple mechanics and electricity. Through model building and practical activities, participants develop problem-solving skills while learning how intelligent machines work.

本課程將向孩子們介紹這些技術背後的原理，包括基礎機械、電學以及簡單的人工智能系統如何做出決策。他們將建構模型，探索智能機器的工作原理，培養解決問題的能力，並更清楚地理解現代機器人技術背後的原理。

課堂內容參考：智能 Ai 聲控小檯燈、智能編程車

DATE	Monday, 20th July
TIME	1:30pm – 4:00pm
PRICE	Member \$850, Guest \$900
CLASS CODE	CD04



STEM MECHANICAL CREATIVITY WORKSHOP (6 – 12 YEARS)

STEM 機械創意工作坊 (6-12 歲)

This workshop introduces children to science through engaging experiments and simple circuit building. Through practical activities and observation, the programme encourages curiosity while strengthening creative thinking and confidence in learning.

本工作坊透過趣味實驗和簡單的電路搭建，引導孩子們探索科學世界。透過將實踐活動與觀察和驗證相結合，激發孩子們的好奇心，增強他們的創造性思維，並幫助他們培養更自信的學習態度。

課堂內容參考：自製迷你小風扇、行星儀模型製作

DATE	Friday 7th August
TIME	10:00am – 12:30pm
PRICE	Member \$850, Guest \$900
CLASS CODE	CD05



STEM SCIENCE & ENGINEERING JUNIOR MASTER (6 – 12 YEARS)

STEM 科學機械小達人 (6-12 歲)

This course introduces children to the foundations of science and engineering through practical activities and model building. With a focus on experimentation and teamwork, the programme encourages curiosity while strengthening problem-solving and critical thinking skills.

本課程透過趣味實作活動，如搭建模型和驗證想法來探索 STEM 概念，介紹科學和工程的基礎知識及運作的原理。課程著重設計思考、實驗和團隊合作，旨在激發孩子的好奇心，同時增強解決問題和批判性思考的能力。

課堂內容參考：太陽能發電原理、電動星球模型、風力發電裝置實驗

DATE	Thursday, 30th July
TIME	1:30pm – 4:00pm
PRICE	Member \$850, Guest \$900
CLASS CODE	CD02



STEM MOTION MODEL LITTLE GENIUS (6 – 12 YEARS)

STEM 機動模型小奇才 (6-12 歲)

Through the theme of amusement parks, children design and build moving models while discovering simple scientific principles in a fun and engaging way. The course encourages creativity, coordination and an understanding of motion through hands-on learning.

課程以遊樂園為主題，讓孩子們設計充滿趣味的科學手工模型。在創造和測試的過程中，他們不僅能培養協調能力、創造力，還能更清晰地理解運動規律，並享受將想法轉化為實際設計的樂趣。

課堂內容參考：機動海盜船、電動閃避車

DATE	Monday, 20th July
TIME	10:00am – 12:30pm
PRICE	Member \$850, Guest \$900
CLASS CODE	CD03



STEAM CARTOON SCIENCE & ART DESIGN STUDIO (3 – 6 YEARS)

STEAM 卡通科學藝術設計工作室 (3-6 歲)

Through cartoon-style projects and guided activities, children combine science and art in a fun and creative way. The programme encourages curiosity, builds confidence and introduces young learners to imaginative design and making.

透過不同的卡通科學作品，孩子們可以發揮想像力，將簡單的科學概念融入其中。在指導性活動和創意製作的引導下，激發他們的好奇心，增強自信，並體驗科學與藝術表達相結合的樂趣。

課堂內容參考：黏土卡通磁力實驗、太陽能小裝置、隨意門中的多啦 A 夢、Labubu 溫度計

DATE	Tuesday & Thursday 18th & 20th August
TIME	2:00pm – 3:30pm
PRICE	Member \$980, Guest \$1,080
CLASS CODE	CD06

STEM SCIENCE EXPLORERS DIY (3 – 6 YEARS) STEM 科學探索隊 DIY (3-6 歲)

This course inspires young children's interest in science through imaginative and hands-on projects. Guided by instructors, participants explore simple scientific ideas while developing logical thinking and problem-solving skills.

這課程旨在激發孩子們對科學的好奇心和探索精神。導師將會指導他們完成創意十足、而且實用的科學作品，在學習科學知識的同時，培養邏輯思維和解決問題的能力。

課堂內容參考：自製卡通時鐘、電動旋轉飛碟、Minions 不倒翁



DATE	Tuesday & Thursday 18th & 20th August
TIME	3:30pm – 5:00pm
PRICE	Member \$980, Guest \$1,080
CLASS CODE	CD07

FORMULA ONE FLASHING LIGHT RC CAR BUILDER (8 – 12 YEARS)

FORMULA ONE 閃燈積木遙控跑車 (8-12 歲)

Inspired by Formula One racing, this course introduces children to the design and mechanics of remote-controlled cars. As they assemble their own RC car models, they develop coordination, problem-solving skills and an understanding of motion and control.

這課程將帶領孩子們探索遙控車的構造和運作方式，從而清楚地理解背後的原理。在組裝自己的遙控車模型的過程中，孩子們可以培養協調和解決問題的能力。

課堂內容參考：教授遙控車原理、教授組合過程、遙控車控制技巧、摩打和電的運作、遙控車運作的科學原理

DATE	Thursday & Friday 6th & 7th August
TIME	1:30pm – 4:00pm
PRICE	Member \$1,080, Guest \$1,180
CLASS CODE	CD08

MATHEMATICAL THINKING COMPETITION CHALLENGE (6 – 12 YEARS)

數學思維競賽大比拼 (6-12 歲)

This two-day course brings mathematics to life through games and puzzle-based challenges that encourage independent thinking. Children strengthen logical reasoning, problem-solving skills and spatial awareness while building confidence in mathematics.

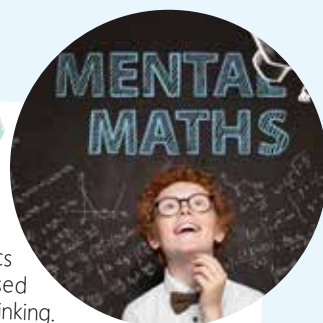
*This course will provide materials in Chinese only

這為期兩天的課程將透過趣味遊戲和益智挑戰，讓數學變得生動有趣，並鼓勵孩子們獨立思考，在解決各種問題的過程中，能夠增強邏輯推理能力，提升解決問題的技巧，培養空間感知能力。

註：本課程使用中文教材

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	Tuesday & Wednesday 21st & 22nd July
TIME	(A) 12:00noon – 2:00pm / (B) 3:00pm – 5:00pm
PRICE	Member \$920, Guest \$1,020
AGE	(A) 6 – 8 years / (B) 9 – 12 years
CLASS CODE	CD09A & CD09B



OLYMPIAD MATH WORKSHOP (6 – 12 YEARS) 奧林匹克數學研習坊 (6-12 歲)

This workshop introduces children to more challenging mathematical problems that encourage creative thinking and logical reasoning. With guided support, participants strengthen analytical skills and build confidence in tackling advanced mathematics.

*This course will provide materials in Chinese only

課程將幫助孩子們投入豐富有趣的數學世界，開拓思路、訓練思維、提高分析力。通過推理分析，將繁複的題目予以條理簡化，逐一剖析，從而學習有效地解決問題，訓練專注力。

註：本課程使用中文教材

課堂內容參考：簡單推理、數列規律、速算與巧算、數字謎訓練、趣味思考數學謎題、數學推理遊戲、競賽試題研習

DATE	Thursday & Friday 13th & 14th August
TIME	(A) 10:00am – 12:00noon (B) 12:00noon – 2:00pm
PRICE	Member \$920, Guest \$1,020
AGE	(A) 6 – 8 years (B) 9 – 12 years
CLASS CODE	CD10A & CD10B



ABACUS MENTAL ARITHMETIC COURSE (6 – 12 YEARS) 珠心算腦力全開課程 (6-12 歲)

This course develops fast and accurate calculation skills through abacus techniques, while strengthening concentration, memory and visualisation skills. Each participant will receive their own abacus to continue practising at home.

*This course will provide materials in Chinese only

本課程運用算盤技巧，培養孩子們快速且準確的運算能力。隨著學習的深入，他們的專注力、記憶力和視覺化能力也會提升，進而養成更專注、更有效率的學習方法。每位學員將獲得一個算盤，以便在家中繼續學習。

註：本課程使用中文教材

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	Thursday & Friday 13th & 14th August
TIME	3:00pm – 5:00pm
PRICE	Member \$920, Guest \$1,020
CLASS CODE	CD11

EARLY YEARS ABACUS MENTAL ARITHMETIC COURSE (3 – 6 YEARS)

幼兒珠心算課程 (3-6 歲)

This course introduces young children to numbers through simple and engaging abacus techniques. Children develop confidence with numbers while strengthening concentration, memory and imagination. Each participant will receive their own abacus to continue practising at home.

本課程以清晰有趣的方式，透過簡單的算盤技巧，引導幼兒認識數字。過程中，他們會逐漸建立起對數字的自信，同時增強專注力、記憶力和想像力。每位學員將獲得一個算盤，以便在家中繼續學習。

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；珠心算基礎；珠心算直加直減；湊數、補數、差數加減運珠原理

DATE	Thursday & Friday 6th & 7th August
TIME	10:00am – 12:00noon
PRICE	Member \$920, Guest \$1,020
CLASS CODE	CD12

KOREAN COURSE (6 – 12 YEARS)

兒童韓文班 (6-12 歲)

An introduction to the Korean language that helps children recognise Hangul, form simple sentences and use everyday expressions through guided activities and interactive practice. The programme builds confidence while encouraging an interest in Korean language and culture.

孩子們將透過引導式活動和互動練習，學習辨識韓文、造簡單句子及使用日常用語。課程著重培養聽說能力，幫助孩子在輕鬆運用韓文的同時，培養對韓國文化和交流的濃厚興趣。



DATE	(A) Wednesday & Thursday 15th & 16th July (B) Thursday & Friday 20th & 21st August
TIME	10:00am – 12:00noon
PRICE	Member \$1,000, Guest \$1,100
CLASS CODE	CD17A & CD17B

EARLY MATH THINKING EXPLORATION CAMP (3 – 4 YEARS)

幼兒數學小思維探索營 (3-4 歲)

This course introduces young children to early mathematical ideas through engaging activities designed to build confidence with numbers and patterns. The programme encourages logical thinking and problem solving while laying a strong foundation for future learning.



本課程以清晰有趣的方式向幼兒介紹早期數學概念，培養理解力和靈活思考能力。透過簡單的活動幫助幼兒識別模式、探索數字並建立自信，支持邏輯思維的發展，鼓勵他們快速、靈活地解決問題，為未來的學習奠定堅實的基礎。

課堂內容參考：幫助幼兒發展數學概念和技巧；具備思維、邏輯元素；規律與推理；數學思維練習；數學教學遊戲

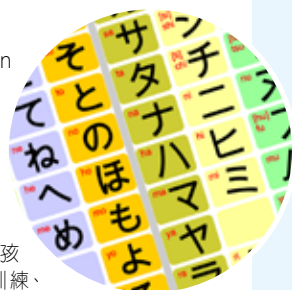
DATE	Monday & Wednesday 10th & 12th August
TIME	12:00noon – 2:00pm
PRICE	Member \$920, Guest \$1,020
CLASS CODE	CD13

JAPANESE COURSE (6 – 12 YEARS)

兒童日文班 (6-12 歲)

This engaging course introduces children to Japanese through interactive lessons covering pronunciation, Hiragana, Katakana and simple conversations. Through regular practice and activities, children build confidence and develop a natural interest in the language.

本課程以輕鬆愉快的互動形式授課，帶領孩子們學習掌握日文技巧，包括日文發音訓練、五十音及片假名的運用、簡單會話練習、角色扮演及情景對話等活動，讓孩子們積極參與，並在過程中增強學習的自信心與積極性，提升溝通能力，並培養對日文的濃厚興趣。



DATE	(A) Wednesday & Thursday 15th & 16th July (B) Thursday & Friday 20th & 21st August
TIME	12:00noon – 2:00pm
PRICE	Member \$1,000, Guest \$1,100
CLASS CODE	CD16A & CD16B

PRIMARY SCHOOL MATH THINKING & OPERATIONS PREP CLASS (5 – 6 YEARS)

升小數學思維運算預備班 (5-6 歲)

Designed for children preparing to enter primary school, this course strengthens mathematical thinking and basic operations through engaging activities and games. The programme encourages logical reasoning and flexible problem solving while building confidence with numbers.

這課程專為準備升小學或數學能力較高的孩子設計，通過有趣的活動和遊戲，提升邏輯思維和數學運算能力。課程鼓勵他們運用不同方式解決問題，讓學習變得有趣，幫助建立自信。

課堂內容參考：分類思維技巧；加數練習；排序思維訓練；推理、思考訓練；認識時間



DATE	Monday & Wednesday 10th & 12th August
TIME	10:00am – 12:00noon
PRICE	Member \$920, Guest \$1,020
CLASS CODE	CD14

DATA THINKING STATISTICS ANALYST (6 – 12 YEARS)

數據思維統計學分析師 (6-12 歲)

This course introduces children to key statistical ideas in a clear and engaging way. Through practical examples and activities, students learn how to collect, interpret and present data while developing logical thinking skills.

*This course will provide materials in Chinese only

本課程以清晰易懂、引人入勝的方式向孩子介紹關鍵的統計概念。透過實際案例和活動，學生將學習如何收集、解讀和呈現數據，同時培養邏輯思考能力。

註：本課程使用中文教材

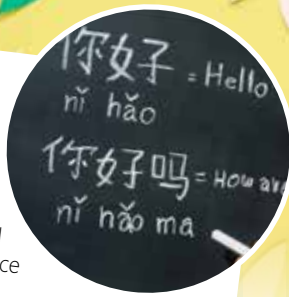
課堂內容參考：基本統計學；資料蒐集、整理、展示；概率分佈；統計推論；資料結果分析

DATE	Monday & Thursday 20th & 23rd July
TIME	2:00pm – 3:30pm
PRICE	Member \$820, Guest \$920
CLASS CODE	CD15

MANDARIN COURSE (6 – 12 YEARS) 兒童普通話班 (6-12 歲)

This course builds a strong foundation in Mandarin through structured lessons focused on pronunciation, tones and essential vocabulary. Through guided practice and interactive activities, children develop confidence in speaking and listening.

本課程透過清晰、結構化的課程，著重講解發音、聲調和基礎詞彙，為孩子打下紮實的普通話基礎。孩子將學習如何運用聲母和韻母來構成發音，並將這些知識運用到簡單的對話和日常情境中。課程採用指導練習和互動活動相結合的方式，培養孩子聽說讀寫的能力。

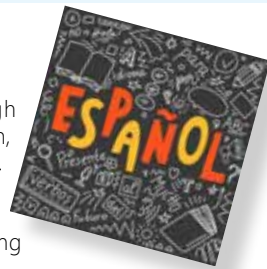


DATE	(A) Monday & Thursday 20th & 23rd July (B) Thursday & Friday 13th & 14th August
TIME	1:00pm – 3:00pm
PRICE	Member \$920, Guest \$1,020
CLASS CODE	CD18A & CD18B

SPANISH COURSE (5 – 12 YEARS) 兒童西班牙文班 (5-12 歲)

Discover the Spanish language through engaging lessons that introduce pronunciation, vocabulary and simple sentence patterns. Through games, music and role play, children develop confidence in speaking while enjoying a fun and interactive learning experience.

課程透過生動有趣的學習體驗探索西班牙語，從發音入門，逐步學習顏色、數字、文具、動物和日常活動等主題。透過視覺輔助工具、遊戲和指導練習學習常用句型，並以音樂、節奏和角色扮演融入每一堂課，鼓勵孩子們自信地開口說西班牙語。



DATE	Thursday & Friday
PRICE	Member \$1,100, Guest \$1,200

CLASS CODE	Class	Age	Date	Time
CD19A	A	5-8 years	25th & 26th June	2:00pm-3:30pm
CD19B	B	9-12 years	25th & 26th June	3:30pm-5:00pm
CD19C	C	5-8 years	2nd & 3rd July	2:00pm-3:30pm
CD19D	D	9-12 years	2nd & 3rd July	3:30pm-5:00pm
CD19E	E	5-8 years	9th & 10th July	2:00pm-3:30pm
CD19F	F	9-12 years	9th & 10th July	3:30pm-5:00pm

FRENCH COURSE (5 – 12 YEARS OLD) 兒童法文班 (5-12 歲)

Children learn French through familiar topics, simple conversations and engaging activities designed to make learning enjoyable and easy to follow. Games, songs and stories help build confidence while introducing elements of French culture.

孩子們透過熟悉的話題、簡單的對話和引人入勝的活動來學習法文，這些活動旨在讓學習變得輕鬆愉快。遊戲、歌曲和故事有助於培養孩子的自信心，同時介紹法國文化元素。



DATE	Monday & Wednesday
PRICE	Member \$1,100, Guest \$1,200

CLASS CODE	Class	Age	Date	Time
CD20A	A	5-8 years	22nd & 24th June	2:00pm-3:30pm
CD20B	B	9-12 years	22nd & 24th June	3:30pm-5:00pm
CD20C	C	5-8 years	6th & 8th July	2:00pm-3:30pm
CD20D	D	9-12 years	6th & 8th July	3:30pm-5:00pm

PLAY GROUP 趣味學習

CHINESE CHESS CHALLENGE (6 – 12 YEARS) 小小象棋王挑戰賽 (6-12 歲)

A game of strategy and quick thinking, Chinese Chess introduces children to core rules, movements and tactics. Friendly competition throughout the course helps strengthen analytical and problem-solving skills.

中國象棋是一項考驗策略、耐心和反應能力的智力遊戲，能為孩子帶來有益的腦力挑戰。本課程以介紹核心規則和棋子走位，引導學生學習更高階的戰術和決策技巧，有助增強學生的自信心，提升分析和解決問題的能力。

DATE	Monday & Wednesday (A) 27th & 29th July (B) 17th & 19th August
TIME	1:00pm – 3:00pm
PRICE	Member \$950, Guest \$1,050
CLASS CODE	PG01A & PG01B



ENGLISH STORY PERFORMER (6 – 12 YEARS) 英語故事表演家 (6-12 歲)

This course develops confidence in spoken English through conversation, storytelling and role play. Students practise pronunciation, intonation and sentence structure while building natural communication skills.

本課程先透過簡單的對話，逐步提升到富有表現力的故事敘述，從而培養孩子英語口語的自信心。他們在指導性的口語活動中練習發音、語調和清晰的句式結構。角色扮演和日常情境的融入使每節課都生動有趣，幫助他們更自信地運用英語。

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	Monday & Tuesday 20th & 21st July
TIME	(A) 10:00am – 11:30am (B) 11:30am-1:00pm
PRICE	Member \$820, Guest \$920
AGE	(A) 6 – 8 years, (B) 9 – 12 years
CLASS CODE	PG02A & PG02B

ART & MUSIC ENSEMBLE (3 – 6 YEARS) 幼兒藝術音樂大合奏 (3-6 歲)

This programme introduces young children to music and performance through singing, movement and simple instrument play. Guided sessions encourage expression, confidence and early musical awareness in a fun group setting.

本課程透過唱歌、律動和簡單的樂器演奏，向幼兒介紹音樂和表演。在指導下，他們可探索節奏和聲音，同時鼓勵他們表達自我，與他人互動，幫助建立自信，培養早期音樂意識，並享受在團體環境中合作的樂趣。

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	Thursday & Friday 16th & 17th July
TIME	2:00pm – 4:00pm
PRICE	Member \$950, Guest \$1,050
CLASS CODE	PG03

LITTLE ENGLISH MUSIC STARS (3 – 6 YEARS) 幼兒英語音樂明星小舞台 (3-6 歲)

Songs, storytelling and playful activities introduce young children to everyday English in a natural and enjoyable way. Through guided interaction, they build confidence while developing pronunciation and simple sentence patterns.

透過唱歌、說故事、遊戲和角色扮演，孩子們在無壓力的環境中學習發音、節奏和簡單的句型。引導式互動鼓勵他們傾聽、回應和表達，並逐漸建立自信，同時培養他們對英語的積極而持久的興趣。

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	Thursday & Friday 6th & 7th August
TIME	12:00noon – 1:30pm
PRICE	Member \$900, Guest \$1,000
CLASS CODE	PG04

LITTLE YOUTUBER CHALLENGE (6 – 12 YEARS) 小小YOUTUBER 主持人 (6-12 歲)

Children learn how to speak naturally on camera, share stories and present with confidence. Through recordings and fun challenges, they develop expression, body language and communication skills.

*This course will provide materials in Chinese only
在課程中，孩子們將學習如何在鏡頭前自然地說話、分享故事並自信地展示出來。他們將練習語音語調、表情和肢體語言，同時錄製短片並完成有趣的挑戰。

註：本課程使用中文教材

課堂內容參考：說話技巧；身體語言；口才提升訓練；語言藝術；個人演講訓練



DATE	Monday & Thursday 20th & 23rd July
TIME	12:00noon – 2:00pm
PRICE	Member \$920, Guest \$1,020
CLASS CODE	PG07

LITTLE MAGIC GENIUS CHALLENGE (6 – 12 YEARS) 魔術小天才挑戰賽 (6-12 歲)

Children explore the art of magic through engaging tricks and simple performances. With regular practice, they build confidence, presentation skills and enjoy the excitement of bringing illusions to life.

孩子們將探索充滿奇幻與驚喜的魔術世界，學習各種魔術技巧，並搭建簡易的「魔術舞台」進行表演。透過定期練習，孩子們能夠建立自信，提升表演技巧，並享受將每個魔術變為現實的樂趣。

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 (A) 27th & 29th July (B) 17th & 19th August
TIME	10:00am – 12:00noon
PRICE	Member \$950, Guest \$1,050
CLASS CODE	PG05A & PG05B

LITTLE YOUTUBER STAR SPEECH TRAINING (3 – 6 YEARS) 小小YOUTUBER 小明星口才訓練成長班 (3-6 歲)

This course helps young children build confidence in speaking and self-expression through guided activities and simple performances. Participants develop pronunciation, rhythm and communication skills in a fun and supportive environment.

本課程旨在幫助幼兒培養說話和自我表達能力，自信地表達自己的想法。透過簡單的活動和指導練習，學習清晰自然地表達想法，練習發音、節奏和基本的肢體語言，而聆聽、回應和參與小型表演能讓他們更自在地表達自己。

課堂內容參考：訓練表達能力；訓練膽量及知識；增強會話的流暢及說話能力；訓練聆聽能力；對答訓練

DATE	Thursday & Friday 6th & 7th August
TIME	2:00pm – 4:00pm
PRICE	Member \$950, Guest \$1,050
CLASS CODE	PG08

LITTLE ENGLISH MAGIC ACADEMY (3 – 6 YEARS) 幼兒英語魔法小學院 (3-6 歲)

Magic becomes a playful way to learn everyday English through songs, storytelling, role play and simple tricks. Children build confidence while developing listening and speaking skills in a fun and imaginative setting.

魔術也可成為學習日常英語的有趣方式。孩子們在參與歌曲、故事、角色扮演和互動遊戲的同時，探索簡單的魔術技巧，從而幫助提高他們的聽力和口語能力，建立自信，更自在地運用英語。

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	Thursday & Friday 16th & 17th July
TIME	12:00noon – 2:00pm
PRICE	Member \$950, Guest \$1,050
CLASS CODE	PG06

LITTLE GLOBAL EXPLORERS (3 – 6 YEARS) 小小環球旅遊文化探索者 (3-6 歲)

Children discover different cultures through stories, activities and simple introductions to languages, traditions and the arts. The programme encourages curiosity and builds awareness of the world around them.

孩子們將透過故事、活動及對語言、傳統和藝術的簡單介紹，探索不同的文化。透過展示世界各地的生活，幫助他們自然地體認到異同，激發好奇心，提升認知，並培養對塑造全球社區的人民和文化的欣賞。

課堂內容參考：特色手工製作；知名地標故事及製作；認識世界各地文化；語言與問候學習；各國節慶介紹

DATE	Thursday & Friday 16th & 17th July
TIME	10:30am – 12:00noon
PRICE	Member \$900, Guest \$1,000
CLASS CODE	PG11



LITTLE DREAMERS: CAREER EXPLORERS (3-6 YEARS)

幼兒職業體驗夢想家 (3-6 歲)

Curiosity takes the lead as children explore a range of everyday professions through guided role play and themed activities. Each session introduces simple tasks and ideas linked to different careers, helping them understand how people work and contribute in daily life.

在引導式角色扮演和主題活動中，孩子的好奇心將引領他們探索各種日常職業。每節課堂都會介紹與不同職業相關的簡單任務和概念，幫助他們了解人們如何在日常生活中工作和貢獻。

課堂內容參考：設計師 -- 職業介紹；機械工程師 -- 手工製作；老師 -- 發掘學生的夢想職業；醫生 -- 話劇表演；銀行家 -- 職業模擬遊戲

DATE	Monday & Wednesday 10th & 12th August
TIME	2:00pm - 3:30pm
PRICE	Member \$950, Guest \$1,050
CLASS CODE	PG12



ARTS & CRAFTS 美術及手工藝

STEAM NEON MOSAIC CLAY 3D ART (6-12 YEARS) STEAM 霓虹燈馬賽克黏土立體藝術畫 (6-12 歲)

Children create their own three-dimensional designs using mosaic pieces and flexible neon strips. As participants shape and arrange each element, they explore structure, design and creativity through hands-on art making.

鮮豔的色彩和閃亮的燈光交相輝映，孩子們用馬賽克碎片和柔韌的霓虹燈條創作出屬於自己的立體作品。在塑造、排列和連結每個元素的過程中，探索結構和設計在實踐中的運作方式，鼓勵孩子們進行原創性思考，培養精細的協調能力，並在作品成型時獲得成就感。

課堂內容參考：基本黏土操作技巧；設計自己的馬賽克圖案；霓虹燈的組合原理；廣告彩基本技法；構圖技巧

DATE	Tuesday & Wednesday (A) 21st & 22nd July (B) 4th & 5th August
TIME	10:00am - 12:00noon
PRICE	Member \$1,000, Guest \$1,100
CLASS CODE	AC01A & AC01B

CREATIVE RADIO DRAMA VOICE ACTORS (6-12 YEARS) 創意趣味廣播劇配音師 (6-12 歲)

This imaginative course helps children develop expression, creativity and teamwork through voice acting. Participants use tone, rhythm and emotion to bring stories and characters to life while creating their own radio drama.

*This course will provide materials in Chinese only

本課程旨在培養孩子的表達能力與創造力，透過聲音演繹角色，打造生動有趣的故事情境，同時提升口語技巧，與同伴分享創意，共同製作專屬的廣播劇。

註：本課程使用中文教材

課堂內容參考：角色聲音創作；故事即興演繹；音效製作；對話練習；小劇場演出

DATE	Wednesday & Thursday 22nd & 23rd July
TIME	10:00am - 12:00noon
PRICE	Member \$920, Guest \$1,020
CLASS CODE	PG09



CHINESE DEBATE & ELOQUENCE TRAINING (6-12 YEARS) 中文辯論口才對戰訓練班 (6-12 歲)

Children develop reading, writing, listening and speaking skills while learning how to structure arguments and express ideas clearly. Through guided debates, they strengthen logical reasoning and communication skills.

*This course will provide materials in Chinese only

孩子們將學習如何建構論點和清晰回應，提升閱讀、寫作、聽力和口語能力。透過指導練習和結構化的辯論，能夠增強邏輯推理能力，學會自信地表達觀點，並成為更有效的溝通者。

註：本課程使用中文教材

課堂內容參考：語言及聲控運用；辯論技巧；辯論經常出現的問題；辯論評判的角色；辯論比賽

DATE	Tuesday & Wednesday 4th & 5th August
TIME	(A) 10:00am - 11:30am (B) 11:30am - 1:00pm
PRICE	Member \$820, Guest \$920
AGE	(A) 6 - 8 years, (B) 9 - 12 years
CLASS CODE	PG10A & PG10B



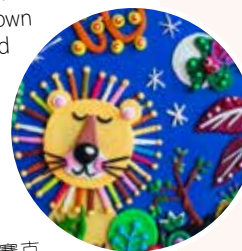
EARLY YEARS CLAY MOSAIC 3D ART (3-6 YEARS) 幼兒黏土馬賽克立體藝術畫 (3-6 歲)

This art course blends colour and structure to spark creativity in young children. Using soft clay and vibrant mosaic pieces, participants will design their own 3D artwork, exploring shapes, textures, and patterns in a fun, hands-on way.

這是一個結合色彩和三維結構的藝術創作課程，激發幼兒的創造力。他們將學習如何利用柔軟的黏土材質和鮮豔的馬賽克，創作出立體藝術作品，以趣味十足的動手實踐方式探索形狀、紋理和圖案。

課堂內容參考：基本黏土操作技巧；設計馬賽克圖案；構圖技巧；黏土混色技巧；黏土保存法

DATE	Tuesday & Wednesday (A) 21st & 22nd July (B) 4th & 5th August
TIME	12:00noon - 1:30pm
PRICE	Member \$950, Guest \$1,050
CLASS CODE	AC02A & AC02B



NEON 3D ART INSTALLATION X ROTATING CLAY MUSIC BOX (6-12 YEARS)

霓虹燈立體藝術裝置 X 旋轉黏土音樂盒 (6-12 歲)

Children explore clay techniques as they create a glowing neon art installation and rotating music box. The course develops coordination, creativity and design skills through hands-on making.

本課程讓孩子探索各種黏土的技法，創作出屬於自己的設計，並鍛鍊協調性和控制力。他們用黏土捏出各種有趣的造型，並以此為靈感，為一件閃亮的霓虹藝術裝置和一個旋轉音樂盒進行個性化創作，將創造力與動態和光影完美融合。

課堂內容參考：卡通霓虹燈立體藝術裝置製作；《Chiikawa x Sanrio》音樂盒製作；顏色搭配技巧；黏土混色技巧；黏土保存法

DATE	Tuesday & Wednesday 4th & 5th August
TIME	1:00pm - 3:00pm
PRICE	Member \$1,000, Guest \$1,100
CLASS CODE	AC03

DIY SPARKLING CLAY CAPSULE MACHINE (6-12 YEARS) DIY 閃亮黏土扭蛋機專門店 (6-12 歲)

Children design and build their own capsule toy machine while learning how simple moving mechanisms work. Handmade clay creations and neon lighting add a fun finishing touch to the project.

本課程以扭蛋機為主題，帶孩子們親手製作屬於自己的專屬扭蛋機，並講解扭蛋機的安裝和操作原理，及霓虹燈所涉及的創作技巧。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。

課堂內容參考：扭蛋機安裝技巧及操作原理；《Labubu》黏土製作；《Chiikawa》黏土製作；扭蛋機裝飾；顏色搭配技巧及黏土保存法

DATE	Monday & Wednesday 13th & 15th July
TIME	10:00am - 12:00noon
PRICE	Member \$1,000, Guest \$1,100
CLASS CODE	AC04

KPOP DEMON HUNTERS X LABUBU CLAY & ART PARTY (3-12 YEARS) KPOP 獵魔女團 X LABUBU 黏土及繪畫派對 (3-12 歲)

Inspired by Kpop Demon Hunters and Labubu, children create clay macarons while learning shaping, detailing and decoration techniques. A drawing segment introduces line work, colour and basic forms.

受《Kpop 獵魔女團》的鮮明風格和 Labubu 的獨特個性啟發，這工作坊將黏土製作與繪畫相結合，讓孩子們親手製作黏土馬卡龍，學習塑形、細節刻畫和裝飾技巧；同時也將探索線條、色彩和基本形狀的運用。

課堂內容參考：《Kpop 獵魔女團》Rumi 黏土馬卡龍製作；Labubu 黏土馬卡龍製作；《Kpop 獵魔女團》Zoey 繪畫；《Labubu》Mokoko 繪畫

DATE	Wednesday & Thursday 15th & 16th July
TIME	(A) 10:00am - 12:00noon (B) 12:00noon - 2:00pm
PRICE	Member \$980, Guest \$1,080
AGE	(A) 3 - 6 years, (B) 6 - 12 years
CLASS CODE	AC05A & AC05B

CHIIKAWA X SANRIO CLAY & ART PARTY (3-12 YEARS) CHIIKAWA X SANRIO 黏土及繪畫派對 (3-12 歲)

Inspired by Chiikawa and Sanrio characters, children create clay pieces while learning shaping and decoration techniques. Drawing activities help build confidence with line work, colour and basic forms.

來自 Chiikawa 和 Sanrio 的經典卡通人物為這創意工作坊的主角。孩子們將親自製作黏土作品，學習塑形、細節刻畫和裝飾技巧，從而培養協調性和控制力，同時探索線條、色彩和基本形狀的運用，在發展創意和藝術興趣的過程中建立自信。

課堂內容參考：Chiikawa x My Melody 黏土製作；Chiikawa x Hangyodon 水怪黏土製作；Chiikawa x 布甸狗 - 繪畫；Chiikawa x Kuromi - 繪畫

DATE	Thursday & Friday 6th & 7th August
TIME	(A) 10:00am - 12:00noon (B) 12:00noon - 2:00pm
PRICE	Member \$980, Guest \$1,080
AGE	(A) 3 - 6 years, (B) 6 - 12 years
CLASS CODE	AC06A & AC06B

FUGGLER CLAY & ART PARTY (6-12 YEARS) 搞怪 FUGGLER「牙齒怪」黏土及繪畫派對 (6-12 歲)

Children sculpt and paint their own monster characters while learning clay moulding and colour mixing techniques. A drawing segment introduces line work, colour coordination and character design.

孩子們將親手製作並繪畫屬於自己的特別版 Fuggler「牙齒怪」，把古靈精怪的角色化為獨一無二的藝術品。同時孩子們將學習黏土混色技巧及塑形方法等。此外還有繪畫環節，教授線條運用、色彩搭配與角色設計，讓孩子們在紙上與立體作品中同時展現想像力。

課堂內容參考：飛天小女警 x 牙齒怪黏土製作；海綿寶寶 x 牙齒怪黏土製作；小丑 Joker x 牙齒怪繪畫；超人 Superman x 牙齒怪繪畫



DATE	(A) Monday & Wednesday 13th & 15th July (B) Tuesday & Wednesday 4th & 5th August
TIME	3:00pm - 5:00pm
PRICE	Member \$980, Guest \$1,080
CLASS CODE	AC07A & AC07B

ZOOPTOIA X JELLYCAT CLAY & ART PARTY (3-12 YEARS) 優獸大都會 X JELLYCAT 繪畫及黏土派對 (3-12 歲)

Inspired by favourite Zootopia and Jellycat characters, children sculpt clay figures while learning shaping and preservation techniques. A drawing segment introduces line work, colour and character design.

孩子們將以《優獸大都會》和《Jellycat》中的經典角色為靈感，學習黏土的混合、塑形及簡單的保存技巧。雕塑和設計自己的角色。繪畫環節將介紹線條、色彩和基本角色設計。

課堂內容參考：《優獸大都會》兔仔朱迪黏土製作；《Jellycat》Bashful Bunny 黏土製作；《優獸大都會》狐狸阿力繪畫；《Jellycat》Cake / Fruits 繪畫

DATE	Thursday & Friday 30th & 31st July
TIME	(A) 10:00am - 12:00noon (B) 12:00noon - 2:00pm
PRICE	Member \$980, Guest \$1,080
AGE	(A) 3 - 6 years, (B) 6 - 12 years
CLASS CODE	AC08A & AC08B



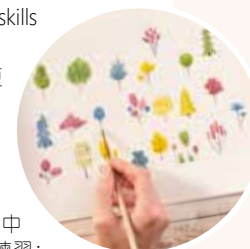
COLOURED SKETCH EXPLORATION (6-12 YEARS) 色彩的魔力 - 彩色素描探索 (6-12 歲)

This course introduces sketching techniques with a focus on colour, form and structure. Through observation and guided practice, children strengthen drawing skills and self-expression.

孩子們將學習如何有目的地運用色彩，從而更清晰地理解形體、深度和結構。透過觀察和指導練習，培養孩子的耐心，強化他們的繪畫技巧，並幫助他們更有信心地表達自我。

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	Monday & Wednesday 13th & 15th July
TIME	12:00noon - 2:00pm
PRICE	Member \$980, Guest \$1,080
CLASS CODE	AC09



EARLY YEARS FUN PASTEL ART GALLERY (3-6 YEARS) 幼兒趣味和諧粉彩藝術館 (3-6 歲)

Soft pastels provide a gentle introduction to colour and mark making. Children explore simple techniques as they work with still life and basic landscapes, learning how to blend colours and create light and shadow.

柔和的粉彩筆能溫和地引導孩子認識色彩和繪畫技巧。在創作靜物和簡單的風景畫時，探索各種簡單的繪畫技法，學習如何調和色彩及如何表現光影效果。

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



DATE	Monday & Wednesday 13th & 15th July
TIME	2:00pm - 3:30pm
PRICE	Member \$880, Guest \$980
CLASS CODE	AC10

CHINESE HARD-PEN CALLIGRAPHY (6-12 YEARS) 中文硬筆書法家 (6-12 歲)

Children develop clear and balanced writing through hard pen calligraphy, learning stroke formation, character structure and layout. Regular practice helps strengthen coordination, patience and concentration.

孩子們將透過硬筆書法練習，培養清晰勻稱的書寫能力，學習筆畫構成、漢字結構和佈局的基礎知識，及正確的筆壓和筆順。透過定期練習，他們將提高協調性、耐心和專注力，同時培養對漢字文化和藝術價值的欣賞。

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	Tuesday & Wednesday 21st & 22nd July
TIME	10:00am - 12:00noon
PRICE	Member \$920, Guest \$1,020
CLASS CODE	AC11

AROMATIC BATH BOMB WORKSHOP (4-12 YEARS) 香薰沐浴球工作坊 (4-12 歲)

Children create their own colourful bath bombs while learning how to mix, shape and combine ingredients. The workshop introduces different scents and simple aromatherapy concepts in a fun hands-on setting.

孩子們將透過親自製作色彩繽紛的沐浴球，學習如何混合、塑形和精心配搭各種原料。他們將探索不同的香氣，體驗芳香療法的舒緩功效，理解簡單的配方，同時享受親手製成品的成就感，並將成品帶回家。

報名截止日期：7月10日



DATE	Friday 24th July
TIME	2:00pm - 3:30pm
PRICE	Member \$300, Guest \$350
ENROLLMENT DEADLINE	10th July
CLASS CODE	AC12

DECOUPAGE TABLE LAMP WORKSHOP (6-12 YEARS) 碟古巴特拾燈工作坊 (6-12 歲)

Children explore the decorative art of decoupage by creating colourful paper designs on a table lamp. The workshop encourages creativity through pattern, colour and design.

「碟古巴特」是一種拼貼裝飾藝術形式，利用剪紙圖案來改造日常物品，並塗上光滑的保護層。在這工作坊裡，孩子們將用色彩和創意裝飾一盞檯燈，探索如何將不同的元素組合起來，創造出美麗的圖案。

報名截止日期：7月15日

DATE	Wednesday 29th July
TIME	2:00pm - 3:30pm
PRICE	Member \$300, Guest \$350
ENROLLMENT DEADLINE	15th July
CLASS CODE	AC13



MINI GARDEN CRYSTAL BALL WORKSHOP (6-12 YEARS) 園藝水晶球工作坊 (6-12 歲)

Using a clear crystal ball container, children arrange succulents and decorative elements to create their own miniature garden. The workshop encourages creativity while exploring colour, texture and composition.

孩子將透過透明的水晶球容器，放入多肉植物與各種裝飾，打造屬於自己的迷你綠色世界。在創作過程中，孩子學會如何組織和平衡每個細節，以實踐的方式探索色彩、紋理和構圖。這種體驗有助於激發創造力，並培養更強的設計意識。

報名截止日期：7月16日

DATE	Thursday 30th July
TIME	2:00pm - 3:30pm
PRICE	Member \$300, Guest \$350
ENROLLMENT DEADLINE	16th July
CLASS CODE	AC14



TURKISH MOSAIC CANDLE LAMP WORKSHOP (6-12 YEARS) 土耳其馬賽克蠟燭燈工作坊 (6-12 歲)

Inspired by Turkish mosaic art, children arrange coloured glass pieces onto a lampshade to create their own decorative candle lamp. The workshop introduces pattern, colour and design.

受土耳其馬賽克藝術悠久傳統的啟發，讓孩子們探索這種藝術風格獨特的圖案和色彩。他們將挑選彩色玻璃片，將其排列到燈罩上，學習如何在設計中營造平衡和細節。

報名截止日期：7月22日

DATE	Wednesday 5th August
TIME	2:00pm - 3:30pm
PRICE	Member \$300, Guest \$350
ENROLLMENT DEADLINE	22nd July
CLASS CODE	AC15



FLUID BEAR WORKSHOP (4 - 12 YEARS) 流體熊工作坊 (4-12 歲)

Fluid art offers a distinctive way of painting, where colours are poured and guided to flow and blend without the use of brushes. In this workshop, children apply this technique to bear models, watching patterns form as the paint moves across the surface.

流體藝術是一種獨特的繪畫方式，無需畫筆，只需將顏料傾倒並引導其流動和融合。孩子們將運用這種技法在小熊模型上作畫，觀察顏料在小熊身上流動時所形成的圖案，過程中鼓勵孩子嘗試以不同的色彩和動態效果，最終創作出獨一無二的作品。

報名截止日期：7月24日



DATE	Friday 7th August
TIME	2:00pm - 3:30pm
PRICE	Member \$300, Guest \$350
ENROLLMENT DEADLINE	24th July
CLASS CODE	AC16



BREAD CLOCK CLAY WORKSHOP (6 - 12 YEARS) 麵包時鐘輕黏土工作坊 (6-12 歲)

This class encourages children to shape soft clay into bread-inspired designs, transforming them into their own working clocks.

孩子們將利用軟黏土捏出各種麵包造型，並將它們變成自己親手製作的時鐘。在這過程中，他們不僅能鍛鍊精細動作技能，還能探索形狀和細節。最終的作品獨具匠心，兼具實用功能和創意思考。

DATE	Sunday 26th July
TIME	2:00pm - 3:30pm
PRICE	Member \$220, Guest \$270
CLASS CODE	AC19

NO-BAKE CLAY WORKSHOP (6 - 12 YEARS) 免燒陶泥工作坊 (6-12 歲)

No-bake clay offers an accessible way to explore sculpting, using a soft material that is easy to shape and hardens naturally without firing. In this workshop, children create their own designs, developing focus and fine motor control as they work through each stage.

「免燒陶泥」為探索雕塑藝術提供了一種便捷的方式，它質地柔軟，易於塑形，無需燒製即可自然硬化。在這工作坊裡，孩子們可以創作自己的作品，並在製作過程中培養專注力和精細動作技能。

報名截止日期：7月30日



DATE	Thursday 13th August
TIME	2:00pm - 3:30pm
PRICE	Member \$300, Guest \$350
ENROLLMENT DEADLINE	30th July
CLASS CODE	AC17

DRIED FLOWER COASTER WORKSHOP (5 - 12 YEARS) 夏日乾花杯墊工作坊 (5-12 歲)

Capture the colours of summer in a piece to take home. Children select from a range of dried flowers and learn how to arrange them with care, creating balanced and eye-catching designs before setting them into coasters.

孩子們可以挑選各種乾燥花，學習如何精心佈置，創造出平衡而引人注目的設計，然後將它們放入杯墊中。每一件作品都是獨一無二的，體現了孩子們對色彩和構圖的選擇，同時培養他們對細節的關注和設計感。



DATE	Sunday 2nd August
TIME	2:30pm - 3:30pm
PRICE	Member \$180, Guest \$230
CLASS CODE	AC20

MINIATURE HOTPOT SET CLAY WORKSHOP (5 - 12 YEARS) 迷你黏土火鍋工作坊 (5-12 歲)

Children create their own miniature hotpot set using coloured clay, shaping familiar ingredients while developing coordination and attention to detail.

孩子們將利用彩色黏土製作屬於自己的迷你火鍋，捏出餃子、蔬菜和精緻的湯底等熟悉的食材。在這過程中，孩子不僅能鍛鍊協調能力和細節把控能力，還能探索形狀和質感。

DATE	Sunday 12th July
TIME	2:30pm - 3:30pm
PRICE	Member \$200, Guest \$250
CLASS CODE	AC18



EGG TART CLAY FRIDGE MAGNET WORKSHOP (5 - 12 YEARS) 蛋撻黏土冰箱貼工作坊 (5-12 歲)

A Hong Kong favourite, recreated in clay. Children shape the signature pastry shell and smooth custard centre, focusing on detail as they build each layer.

用黏土重現香港經典甜點「蛋撻」。孩子們將利用黏土捏出標誌性的酥皮和香滑蛋心，在製作每一步驟時都注重細節。成品會被做成冰箱貼，可以把這份有趣的禮物帶回家。

DATE	Sunday 16th August
TIME	2:30pm - 3:30pm
PRICE	Member \$200, Guest \$250
CLASS CODE	AC21

SPORTS 其他運動

POP JAZZ DANCE (6 – 12 YEARS) POP JAZZ 流行爵士舞 (6-12 歲)

Set to upbeat music, children learn coordinated routines that build rhythm, control and expression. This energetic class introduces the style and precision of jazz dance, while helping participants develop confidence and stage presence.

Pop Jazz 融合了流行音樂的活力與爵士舞的風格與美感，伴隨著歡快的旋律，孩子們可學習注重節奏、控制和表現的協調動作。這舞蹈為孩子們提供了一種自信而富有感染力的方式來提升他們的肢體協調能力和舞台表現力。

DATE	Monday & Tuesday 3rd & 4th August
TIME	3:00pm – 4:30pm
VENUE	Aerobics Room, 1/F
PRICE	Member \$880, Guest \$980
CLASS CODE	OS01



K-POP DANCE (6 – 12 YEARS) K-POP 舞蹈 (6-12 歲)

Inspired by popular K-Pop music, this workshop introduces children to energetic choreography and movement. With clear guidance, participants develop rhythm, coordination and confidence, while enjoying the excitement of dance.

伴隨著熱門的韓流歌曲，帶領孩子們體驗現代舞的風格和活力。在清晰且循序漸進的指導下，學習基本動作、節奏和協調性，同時培養表演自信及團隊合作。

DATE	Thursday
TIME	3:00pm – 4:00pm
VENUE	Aerobics Room, 1/F
PRICE	Member \$380, Guest \$480

CLASS CODE	Class	Date
OS04A	A	25th June & 2nd July
OS04B	B	9th & 16th July
OS04C	C	23rd & 30th July
OS04D	D	6th & 13th August
OS04E	E	20th & 27th August



CHINESE DANCE (6 – 12 YEARS) 中國舞 (6-12 歲)

Children are introduced to the graceful movements and flowing gestures of Chinese dance in a fun and engaging setting. Sessions focus on rhythm, coordination and confidence, while offering a gentle introduction to the beauty and style of Chinese dance.

這是專為孩子們設計的舞蹈課程，將透過優美的身體動作，學習「手、眼、身、法」的表現方式，並掌握舞蹈中的節奏感與律動。在課堂中，導師會以趣味互動的方式，教授孩子們基本舞步、身體協調與表演技巧，讓他們在舞蹈中培養耐性、專注力與自信心。

DATE	Monday & Tuesday (A) 27th & 28th July (B) 10th & 11th August
TIME	3:00pm – 4:30pm
VENUE	Aerobics Room, 1/F
PRICE	Member \$880, Guest \$980
CLASS CODE	OS02A & OS02B



EARLY YEARS BALLET (3 – 6 YEARS) 幼兒芭蕾舞 (3-6 歲)

Young children are guided through simple ballet positions and gentle steps in a structured and enjoyable way. As they move to music, they develop coordination, rhythm and confidence, while becoming more comfortable in dance.

本入門課程讓幼兒在系統性的指導下學習簡單的姿勢和輕柔舞步。伴隨著音樂律動，他們將培養協調性、節奏感和控制力，並建立對自身動作的自信。每節課堂都著重培養幼兒的優雅姿態和自然表達能力。

DATE	Monday & Tuesday (A) 13th & 14th July (B) 20th & 21st July
TIME	3:00pm – 4:30pm
VENUE	Aerobics Room, 1/F
PRICE	Member \$880, Guest \$980
CLASS CODE	OS03A & OS03B



WALL CLIMBING (6 – 10 YEARS) 攀石班 (6-10 歲)

Children discover the challenge and enjoyment of Climbing in this four-session class. Guided by professional instructors, participants learn balance, coordination and climbing techniques, while building confidence and strength.

無論是初次接觸攀石，還是已有經驗的小小攀石高手，都能在課程中找到適合的挑戰。課程由專業攀石教練全程指導，透過生動有趣的方式教授攀石技巧，包括手腳協調、重心控制及路線規劃。孩子們將在安全的環境下培養力量、耐力和平衡感，享受攀石的樂趣與成就感。

TIME	6 – 10 years
VENUE	Children's Playroom (Climbing Wall), 1/F
PRICE	Member \$1,000, Guest \$1,200

CLASS CODE	Class	Day	Date	Time
OS05A	A	Tues & Fri	21st, 24th, 28th & 31st July	11:30am – 1:00pm
OS05B	B	Tues & Fri	21st, 24th, 28th & 31st July	2:30pm – 4:00pm
OS05C	C	Mon & Thu	3rd, 6th, 10th & 13th August	11:30am – 1:00pm
OS05D	D	Mon & Thu	3rd, 6th, 10th & 13th August	2:30pm – 4:00pm



BADMINTON CLINIC (7-16 YEARS) 羽毛球班 (7-16 歲)

This summer, we invite young players to spend time on court developing their Badminton skills with guidance from our experienced coach. Sessions combine practice with plenty of play, helping children improve their movement and skills on the court, whilst also making new friends.

今個暑假，我們誠摯邀請年少會員前來參加羽毛球班，在經驗豐富的教練指導下提升羽毛球技能。課程將練習與大量的比賽相結合，幫助學員提高場上移動和技巧，同時也能結交新朋友。

註：學員須穿著運動服和運動鞋上課



DATE Thursday
VENUE Aerobics Room, 1/F

CLASS CODE	Class	Age	Date	Time	Price
OS08A	A	7-11 years	2nd, 9th & 16th July	4:30pm - 5:30pm	Member \$810, Guest \$960
OS08B	B	12-16 years	2nd, 9th & 16th July	5:30pm - 6:30pm	Member \$810, Guest \$960
OS08C	C	7-11 years	23rd & 30th July	4:30pm - 5:30pm	Member \$540, Guest \$640
OS08D	D	12-16 years	23rd & 30th July	5:30pm - 6:30pm	Member \$540, Guest \$640
OS08E	E	7-11 years	6th & 13th August	4:30pm - 5:30pm	Member \$540, Guest \$640
OS08F	F	12-16 years	6th & 13th August	5:30pm - 6:30pm	Member \$540, Guest \$640
OS08G	G	7-11 years	20th & 27th August	4:30pm - 5:30pm	Member \$540, Guest \$640
OS08H	H	12-16 years	20th & 27th August	5:30pm - 6:30pm	Member \$540, Guest \$640

JUNIOR TABLE TENNIS COURSE (6-13 YEARS) 乒乓球訓練班 (6-13 歲)

Fast and engaging, Table Tennis helps children sharpen their reactions and develop control at the table. Guided by our professional coach, participants learn techniques and tactics in a fun environment.

乒乓球運動節奏快、強度高、趣味性強，能讓孩子有機會提高反應速度，並在球桌上真正掌握控制力。在專業教練的指導下，孩子們將在輕鬆愉快的氛圍中學習技巧和戰術。

註：學員須穿著運動服和運動鞋上課



DATE Tuesday
(A) 14th & 21st July
(B) 28th July & 4th August
TIME 1:30pm - 3:00pm
VENUE Gym Activities Room, 1/F
PRICE Member \$480, Guest \$580
CLASS CODE OS07A & OS07B

BASKETBALL CLINIC (9-15 YEARS) 籃球班 (7-16 歲)

Players are introduced to the fast paced game of Basketball through fun and active sessions. Guided by our experienced coach, participants practise key skills such as dribbling, shooting and defensive play, while enjoying game situations on court.

課程適合不同程度的學員參加，由經驗豐富的教練指導，教授運球、投籃和防守等關鍵技巧。訓練內容包括對抗賽，讓學員有機會學以致用。

註：學員須穿著運動服和運動鞋上課



TIME 6:00pm - 7:00pm
VENUE Outdoor Tennis Court, 4/F

CLASS CODE	Class	Day	Date	Price
OS09A	A	Mon & Weds & Fri	6th, 8th & 10th July	Member \$720, Guest \$870
OS09B	B	Tues & Thurs	7th & 9th July	Member \$480, Guest \$580
OS09C	C	Mon & Weds & Fri	13th, 15th & 17th July	Member \$720, Guest \$870
OS09D	D	Tues & Thurs	14th & 16th July	Member \$480, Guest \$580
OS09E	E	Mon & Weds & Fri	20th, 22nd & 24th July	Member \$720, Guest \$870
OS09F	F	Tues & Thurs	21st & 23rd July	Member \$480, Guest \$580
OS09G	G	Mon & Weds & Fri	27th, 29th & 31st July	Member \$720, Guest \$870
OS09H	H	Tues & Thurs	28th & 30th July	Member \$480, Guest \$580
OS09I	I	Mon & Weds & Fri	3rd, 5th & 7th August	Member \$720, Guest \$870
OS09J	J	Tues & Thurs	4th & 6th August	Member \$480, Guest \$580
OS09K	K	Mon & Weds & Fri	10th, 12th & 14th August	Member \$720, Guest \$870
OS09L	L	Tues & Thurs	11th & 13th August	Member \$480, Guest \$580
OS09M	M	Mon & Weds & Fri	17th, 19th & 21st August	Member \$720, Guest \$870
OS09N	N	Tues & Thurs	18th & 20th August	Member \$480, Guest \$580

ROPE SKIPPING CLASS (7-12 YEARS) 花式跳繩班 (7-12 歲)

This course helps children improve their Rope Skipping through clear and progressive training. Participants develop coordination, timing and stamina, while building confidence as their skills improve.

在專業教練的指導下提供清晰循序漸進的訓練，學員將逐步提升技術，重點培養協調性、時機掌握與控制力。隨著技能的穩定提高，定期練習有助於增強耐力、敏捷性和自信心。

註：學員須穿著運動服和運動鞋上課

DATE Sunday
TIME 4:30pm - 5:20pm
VENUE Aerobics Room, 1/F
PRICE Member \$400, Guest \$500

CLASS CODE	Class	Date
OS06A	A	5th & 12th July
OS06B	B	19th & 26th July
OS06C	C	2nd & 9th August
OS06D	D	16th & 23rd August



TENNIS & PICKLEBALL 網球及匹克球班

MINI TENNIS CLINIC (3½ – 6 YEARS) 迷你網球班 (3½-6 歲)

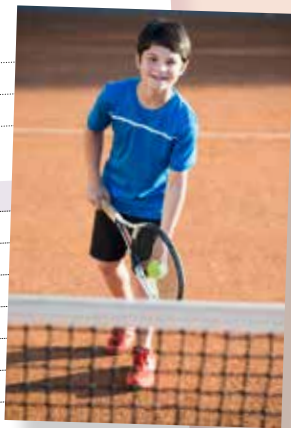
Designed for young children, these summer sessions introduce Tennis through movement, simple techniques and game-based activities.

這專為幼兒設計的暑期網球課程，將透過運動、簡易技巧和遊戲活動，向幼兒介紹網球運動。

註：學員須穿著運動服和運動鞋上課

DATE	Tuesday – Thursday
TIME	11:00am – 12:00noon
VENUE	Indoor Tennis Court, 4/F
PRICE	Member \$720, Guest \$870

Class	Date
A	23rd, 24th & 25th June
B	30th June, 1st & 2nd July
C	7th, 8th & 9th July
D	14th, 15th & 16th July
E	21st, 22nd & 23rd July
F	28th, 29th & 30th July
G	4th, 5th & 6th August
H	11th, 12th & 13th August
I	18th, 19th & 20th August
J	25th, 26th & 27th August



MINI PICKLEBALL CLINIC (3½ – 6 YEARS) 迷你匹克球班 (3½-6 歲)

Pickleball offers an easy and enjoyable introduction to racquet sports, combining elements of tennis, badminton and table tennis. Designed for young children, these fun sessions introduce simple skills and movement, fostering an early interest in the game.

匹克球融合了網球、羽毛球和乒乓球的元素，為孩子們提供一種輕鬆有趣的球拍運動入門方式。這專為兒童設計的趣味課程，透過簡單的技巧和動作，培養他們對這項運動的早期興趣。

註：學員須穿著運動服和運動鞋上課

DATE	Wednesday – Friday
TIME	9:00am – 10:00am
VENUE	Aerobics Room, 1/F
PRICE	Member \$720, Guest \$870

Class	Date
A	24th, 25th & 26th June
B	1st, 2nd & 3rd July
C	8th, 9th & 10th July
D	15th, 16th & 17th July
E	22nd, 23rd & 24th July
F	29th, 30th & 31st July
G	5th, 6th & 7th August
H	12th, 13th & 14th August
I	19th, 20th & 21st August



TENNIS CLINIC (7 – 14 YEARS) 網球班 (7-14 歲)

網球班 (7-14 歲)

This summer, children are invited to spend time on the Pacific Club tennis courts developing their skills. Guided by our professional coaches, participants work through the fundamentals in a clear progression, building confidence in their strokes, movement and overall control.

今個暑假，我們邀請孩子們到太平洋會網球場上學習及提升球技。在專業教練的指導下，孩子們將循序漸進地學習基本功，逐步增強擊球、移動和整體控制的自信心。

註：學員須穿著運動服和運動鞋上課

DATE	Tuesday – Thursday
TIME	2:00pm – 4:00pm
VENUE	Indoor Tennis Court, 4/F
PRICE	Member \$1,380, Guest \$1,530

Class	Date
A	23rd, 24th & 25th June
B	30th June, 1st & 2nd July
C	7th, 8th & 9th July
D	14th, 15th & 16th July
E	21st, 22nd & 23rd July
F	28th, 29th & 30th July
G	4th, 5th & 6th August
H	11th, 12th & 13th August
I	18th, 19th & 20th August
J	25th, 26th & 27th August



PICKLEBALL CLINIC (7 – 16 YEARS) 匹克球班 (7-16 歲)

Pickleball brings together the pace of tennis, the control of badminton and the quick reactions of table tennis. In these sessions, players aged 7 to 16 build their skills under the guidance of our coach, developing technique, footwork and confidence on court.

匹克球融合了網球的快節奏、羽毛球的控球技巧和乒乓球的快速反應。在這課程中，7 - 16 歲的學員將在教練的指導下提升技能，發展技術、步法和球場上的自信心。

註：學員須穿著運動服和運動鞋上課

DATE	Wednesday – Friday
TIME	10:00am – 12:00noon
VENUE	Outdoor Pickleball Court, 4/F
PRICE	Member \$1,380, Guest \$1,530

Class	Date
A	24th, 25th & 26th June
B	1st, 2nd & 3rd July
C	8th, 9th & 10th July
D	15th, 16th & 17th July
E	22nd, 23rd & 24th July
F	29th, 30th & 31st July
G	5th, 6th & 7th August
H	12th, 13th & 14th August
I	19th, 20th & 21st August



GOLF 高爾夫球班

PARENT-CHILD GOLF (4 YEARS AND ABOVE, WITH PARENT) 高爾夫球親子班 (4 歲及以上)

Designed for parents and children to enjoy together, these sessions introduce the basics of golf in a relaxed and welcoming setting, under the guidance of the Club's golf professional.

此課程以親子形式進行，專業教練將會指導學員基礎技巧，讓家長與小孩可一同體驗高爾夫球的樂趣，同時增進感情及創造美好回憶。

註：學員須穿著運動服和運動鞋上課

DATE

Saturday
(A) 4th & 11th July
(B) 18th & 25th July
(C) 1st & 8th August
(D) 15th & 22nd August

TIME

4:00pm – 5:00pm

VENUE

Golf Driving Range, 4/F

PRICE

Member \$1,540, Guest \$1,740 per pair



JUNIOR GOLF CLINIC (3 – 17 YEARS) 高爾夫球班 (3-17 歲)

This summer, children take to the range to discover the game of golf. With guidance from the Club's golf professional, participants build their swing step-by-step, learning how to strike the ball with confidence.

今個暑假，讓孩子們前來練習場，探索高爾夫球的樂趣。在本會專業教練的指導下，孩子們可循序漸進地練習揮桿，學習如何自信地擊球。

註：學員須穿著運動服和運動鞋上課

VENUE

Golf Driving Range, 4/F

PRICE

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

AGE

3 – 7 years & 8 – 17 years

Class	Age	Day	Date	Time
A	3 – 7 years	Mon & Thurs	6th, 9th, 13th & 16th July	2:00pm – 3:00pm
B	8 – 17 years	Mon & Thurs	6th, 9th, 13th & 16th July	3:00pm – 4:00pm
C	3 – 7 years	Tues & Fri	7th, 10th, 14th & 17th July	2:00pm – 3:00pm
D	8 – 17 years	Tues & Fri	7th, 10th, 14th & 17th July	3:00pm – 4:00pm
E	3 – 7 years	Mon & Thurs	20th, 23rd, 27th & 30th July	2:00pm – 3:00pm
F	8 – 17 years	Mon & Thurs	20th, 23rd, 27th & 30th July	3:00pm – 4:00pm
G	3 – 7 years	Tues & Fri	21st, 24th, 28th & 31st July	2:00pm – 3:00pm
H	8 – 17 years	Tues & Fri	21st, 24th, 28th & 31st July	3:00pm – 4:00pm
I	3 – 7 years	Mon & Thurs	3rd, 6th, 10th & 13th August	2:00pm – 3:00pm
J	8 – 17 years	Mon & Thurs	3rd, 6th, 10th & 13th August	3:00pm – 4:00pm
K	3 – 7 years	Tues & Fri	4th, 7th, 11th & 14th August	2:00pm – 3:00pm
L	8 – 17 years	Tues & Fri	4th, 7th, 11th & 14th August	3:00pm – 4:00pm
M	3 – 7 years	Mon & Thurs	17th, 20th, 24th & 27th August	2:00pm – 3:00pm
N	8 – 17 years	Mon & Thurs	17th, 20th, 24th & 27th August	3:00pm – 4:00pm

SUMMER SWIMMING SCHOOL 暑期游泳班 2026

Class	Date	Day	Time	Coach	Fees	
					Member	Guest
Pre-school Swimming (3 - 4 years)						
I1	7/7, 9/7, 14/7, 16/7	Tues, Thurs	9:00am - 10:00am	ILK	720	920
I2	21/7, 23/7, 28/7, 30/7	Tues, Thurs	9:00am - 10:00am	ILK	720	920
I3	4/8, 6/8, 11/8, 13/8	Tues, Thurs	9:00am - 10:00am	ILK	720	920
I4	18/8, 20/8, 25/8, 27/8	Tues, Thurs	9:00am - 10:00am	ILK	720	920
P1	2/7, 9/7, 16/7, 23/7, 30/7	Thurs	12:00noon - 1:00pm	PHL	900	1150
P2	6/8, 13/8, 20/8, 27/8	Thurs	12:00noon - 1:00pm	PHL	720	920
F1	6/7, 13/7, 20/7, 27/7	Mon	2:00pm - 3:00pm	FCY	720	920
F2	3/8, 10/8, 17/8, 24/8, 31/8	Mon	2:00pm - 3:00pm	FCY	900	1150
Elementary (4 - 14 years)						
I1	7/7, 9/7, 14/7, 16/7	Tues, Thurs	10:00am - 11:00am	ILK	740	940
I2	21/7, 23/7, 28/7, 30/7	Tues, Thurs	10:00am - 11:00am	ILK	740	940
I3	4/8, 6/8, 11/8, 13/8	Tues, Thurs	10:00am - 11:00am	ILK	740	940
I4	18/8, 20/8, 25/8, 27/8	Tues, Thurs	10:00am - 11:00am	ILK	740	940
I5	6/7, 13/7, 20/7, 27/7, 3/8, 10/8	Mon	9:00am - 10:00am	ILK	1110	1410
P1	2/7, 9/7, 16/7, 23/7, 30/7	Thurs	2:00pm - 3:00pm	PHL	925	1175
P2	6/8, 13/8, 20/8, 27/8	Thurs	2:00pm - 3:00pm	PHL	740	940
P3	8/7, 15/7, 22/7, 29/7	Weds	5:00pm - 6:00pm	PHL	740	940
P4	5/8, 12/8, 19/8, 26/8	Weds	5:00pm - 6:00pm	PHL	740	940
F1	7/7, 10/7, 14/7, 17/7	Tues, Fri	3:00pm - 4:00pm	FCY	740	940
F2	21/7, 24/7, 28/7, 31/7	Tues, Fri	3:00pm - 4:00pm	FCY	740	940
F3	4/8, 7/8, 11/8, 14/8	Tues, Fri	3:00pm - 4:00pm	FCY	740	940
F4	18/8, 21/8, 25/8, 28/8	Tues, Fri	3:00pm - 4:00pm	FCY	740	940



Class	Date	Day	Time	Coach	Fees	
					Member	Guest
Intermediate (4 - 14 years)						
I1	6/7, 13/7, 20/7, 27/7, 3/8, 10/8	Mon	10:00am - 11:00am	ILK	1140	1440
I2	7/7, 9/7, 14/7, 16/7	Tues, Thurs	11:00am - 12:00noon	ILK	760	960
I3	21/7, 23/7, 28/7, 30/7	Tues, Thurs	11:00am - 12:00noon	ILK	760	960
I4	4/8, 6/8, 11/8, 13/8	Tues, Thurs	11:00am - 12:00noon	ILK	760	960
I5	18/8, 20/8, 25/8, 27/8	Tues, Thurs	11:00am - 12:00noon	ILK	760	960
P1	2/7, 9/7, 16/7, 23/7, 30/7	Thurs	1:00pm - 2:00pm	PHL	950	1200
P2	6/8, 13/8, 20/8, 27/8	Thurs	1:00pm - 2:00pm	PHL	760	960
F1	4/7, 11/7, 18/7, 25/7	Sat	3:00pm - 4:00pm	FCY	760	960
F2	1/8, 8/8, 15/8, 22/8, 29/8	Sat	3:00pm - 4:00pm	FCY	950	1200
Advanced (4 - 14 years)						
I1	6/7, 13/7, 20/7, 27/7	Mon	11:00am - 12:30pm	ILK	1120	1320
I2	3/8, 10/8	Mon	11:00am - 12:30pm	ILK	560	660
I3	3/7, 10/7, 17/7, 24/7, 31/7	Fri	9:00am - 10:30am	ILK	1400	1650
I4	7/8, 14/8, 21/8, 28/8	Fri	9:00am - 10:30am	ILK	1120	1320
P1	8/7, 15/7, 22/7, 29/7	Weds	2:00pm - 3:30pm	PHL	1120	1320
P2	5/8, 12/8, 19/8, 26/8	Weds	2:00pm - 3:30pm	PHL	1120	1320
P3	8/7, 15/7, 22/7, 29/7	Weds	3:30pm - 5:00pm	PHL	1120	1320
P4	5/8, 12/8, 19/8, 26/8	Weds	3:30pm - 5:00pm	PHL	1120	1320
F1	7/7, 14/7, 21/7, 28/7	Tues	4:00pm - 5:30pm	FCY	1120	1320
F2	4/8, 11/8, 18/8, 25/8	Tues	4:00pm - 5:30pm	FCY	1120	1320
Intensive (8 years or above)						
I5	3/7, 10/7, 17/7, 24/7, 31/7	Fri	10:30am - 12:30pm	ILK	1850	2100
I6	3/7, 10/7, 17/7, 24/7, 31/7	Fri	4:00pm - 6:00pm	ILK	1850	2100
I7	7/8, 14/8, 21/8, 28/8	Fri	10:30am - 12:30pm	ILK	1480	1680
I8	7/8, 14/8, 21/8, 28/8	Fri	4:00pm - 6:00pm	ILK	1480	1680
P1	4/7, 11/7, 18/7, 25/7	Sat	1:00pm - 3:00pm	PHL	1480	1680
P2	1/8, 8/8, 15/8, 22/8, 29/8	Sat	1:00pm - 3:00pm	PHL	1850	2100
F1	2/7, 4/7, 9/7, 11/7	Thurs, Sat	4:00pm - 6:00pm	FCY	1480	1680
F2	16/7, 18/7, 23/7, 25/7, 30/7	Thurs, Sat	4:00pm - 6:00pm	FCY	1850	2100
F3	1/8, 6/8, 8/8, 13/8, 15/8	Thurs, Sat	4:00pm - 6:00pm	FCY	1850	2100
F4	20/8, 22/8, 27/8, 29/8	Thurs, Sat	4:00pm - 6:00pm	FCY	1480	1680
Competition (8 years or above)						
I1	3/7, 10/7, 17/7, 24/7, 31/7	Fri	12:30pm - 2:30pm	ILK	1850	2100
I2	7/8, 14/8, 21/8, 28/8	Fri	12:30pm - 2:30pm	ILK	1480	1680
S1	7/7, 9/7, 14/7, 16/7	Tues, Thurs	10:00am - 12:00noon	ST	1480	1680
S2	21/7, 23/7, 28/7, 30/7	Tues, Thurs	10:00am - 12:00 noon	ST	1480	1680
S3	4/8, 6/8, 11/8, 13/8	Tues, Thurs	10:00am - 12:00 noon	ST	1480	1680
S4	18/8, 20/8, 25/8, 27/8	Tues, Thurs	10:00am - 12:00 noon	ST	1480	1680



ENROLLMENT 報名

- 5% discount is available for enrolling in 3 or more classes (not applicable to golf, tennis, or swimming classes).
- Tuition fees will be debited from the Member's account.
- The Club will notify members 10 days before the class begins whether the minimum enrollment has been reached (except for classes with a specially noted registration deadline).
- Unless cancelled by the Member, all classes that have reached the minimum enrollment will be automatically confirmed on the registration deadline and cannot be cancelled or changed thereafter.
- Guest prices include the entry fee for the Children's Playroom but exclude other sports facilities.
- All participants must adhere to the Club's rules and regulations.
- Pacific Club and its coaches/instructors are not responsible for any accidents, injuries, or personal losses incurred by participants or others.

For enquiries or registration for Tennis, Golf, Pickleball, and Basketball classes, please contact the 4/F Tennis Reception or call 2118 1707.

For enquiries or registration of Other Classes, please contact the 2/F Reception or call 2118 1890.

- 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10天通知會員課程是否達到開班人數（除特別註明截止報名日期的課程外）。

- 除非會員自行取消，所有已達到開班人數的課程將於截止報名日自動確認，並在截止日期後不得取消或更改。

- 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。

網球、高爾夫球、匹克球及籃球課程的查詢或報名，請與四樓網球接待處聯絡，或致電 2118 1707。

其他課程的查詢或報名，請與二樓接待處聯絡，或致電2118 1890。

By Andy Au of Andy's Florist 撰文及圖片 | Andy's Florist

AN ELEGANT LOTUS CENTREPIECE

優雅的荷花中心擺設

This striking arrangement showcases the sculptural beauty of Pink Lotus and White Siam Tulips, complemented by living plants and natural twigs. With its combination of height, texture and organic form, it makes an eye-catching centrepiece for any setting.

這款引人注目的花卉擺設展現了粉紅荷花及白薑荷花雕塑般的美感，再配搭鮮活的植物及天然樹枝，巧妙地融合了高度、質感及自然形態，使其成為在任何場合中都令人矚目的中心裝飾擺設。



WHAT YOU'LL NEED 所需材料

- Various Plants:
Pink Lotus, White Siam Tulip, Song of India, Philodendron Birkin
多種植物：
粉紅荷花、白薑荷花、金邊百合竹、金鑽葉
- A few Long Twigs
幾條幼長的樹枝
- An Oval Vase with a narrow opening
一個橢圓形小口花瓶
- 3-4 Thick Artificial Stem Wires
3-4 支粗的仿花莖鐵絲
- Floral Paper Wire
花藝紙鐵絲

INSTRUCTIONS 步驟

1. Firstly, fill the vase with water 首先，在花瓶內注入清水。
2. Weave several twigs into a loose hoop and secure them with floral wire, leaving small gaps between the twigs for a more natural appearance. 用幾條幼長樹枝交織成一個略為鬆動的環，用紙鐵絲固定形狀。在樹枝間保留一些空隙，讓外觀更自然。
3. Position the twig hoop over the mouth of the vase. Thread 3 - 4 artificial stem wires through different sections of the hoop and insert them into the vase to provide support and stability. Use floral wire to secure the twigs and stem wires together. 將樹枝環套在花瓶口上，將 3-4 支仿花莖鐵絲從不同位置穿過樹枝之間，並插入花瓶內以固定位置。再用紙鐵絲將樹枝與仿花莖鐵絲綁在一起。
4. Gently fold the outer petals of the Pink Lotus inwards to create a more distinctive shape. 將粉紅荷花外層花瓣的尖端小心地向內摺，為花朵製造出更獨特的形狀。
5. Thread the Pink Lotus stems through the twig structure and arrange them in the vase. 將粉紅荷花穿過樹枝之間插入花瓶內。
6. Thread the White Siam Tulips through the twigs and position them slightly lower than the lotus flowers to create depth. 將白薑荷花穿過樹枝之間插入花瓶內，固定在粉紅荷花下的稍低位置，以營造層次感。
7. Carefully remove the Song of India and Philodendron Birkin from their pots and gently clear away the soil from the roots. 將金邊百合竹、金鑽葉小心地從花盆中取出，並清除根部的泥土。
8. Insert the two plants into the arrangement at varying heights on either side of the flowers to create balance and visual interest. 將兩種植物一高一低地插入花朵的兩旁，以營造平衡感並使之更為悅目美觀。

SPA PROMOTIONS IN JULY

7月份美容療程優惠



GUINOT
INSTITUT • PARIS

PEELING

SKIN RENOVATION CARE

- Reduces signs of ageing
- Reduces dull complexion

The alternate to
chemical peeling

HYDRA PEELING SKIN RENEWAL TREATMENT

水潤新生療程

Reveal brighter, smoother and more radiant skin with the Hydra Peeling Skin Renewal Treatment. This gentle yet effective treatment stimulates cellular renewal and helps remove dull, dead skin cells to improve skin texture and clarity. It helps reduce the appearance of fine lines, dark spots and other visible signs of ageing, leaving the complexion looking fresher, more even and revitalised.

水潤新生療程讓肌膚更明亮、更光滑、更容光煥發。這款溫和而有效的護理能夠促進細胞更新，幫助去除暗沉的死皮細胞，從而改善膚質，提升肌膚透明度。它有助於減少細紋、色斑及其他可見的衰老跡象，使膚色更水潤透亮、膚色均勻、煥發活力。

~~\$1,520~~ \$1,216

(1hr 25mins) (1小時25分鐘)

GUINOT LIFT SUMMUM TREATMENT

煥顏緊膚修護療程

Rediscover a firmer, more youthful appearance with the Lift Summum Treatment, an advanced anti-ageing facial designed for mature skin. Specialised massage techniques and targeted masks work on the face, neck and décolletage to smooth the appearance of wrinkles, improve skin firmness and redefine facial contours. The result is skin that looks lifted, refreshed and beautifully radiant.

煥活緊緻，重現青春光彩，體驗專為熟齡肌膚設計的高級抗老臉部護理－煥顏緊膚修護療程。專業的獨特按摩手法和特製面膜用於臉頰及肩頸，有效撫平皺紋，提升肌膚緊緻度，重塑臉頰輪廓。保養後，肌膚緊緻提升，煥發活力，光彩照人。

~~\$1,520~~ \$1,216

(1hr 25mins) (1小時25分鐘)



GUINOT
INSTITUT • PARIS

TREATMENT

LIFT SUMMUM

SMOOTHS
the skin

RESCULPTS
the facial contour

FIRMS
the décolleté

Schedule in July 七月份課程

MONDAY

Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate/ Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training (A)	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

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

WEDNESDAY

Tennis Team Training	10:00am – 12:00noon Ladies
Fascia Exercise Training (B)	11:00am – 12:00noon
Funky Dance	12:00noon – 1:00pm (A)
Junior Swimming School	5:00pm – 6:00pm Advanced (C: 4 – 14 years old)
Holistic Aquatic Exercise Training	6:00pm – 7:00pm (A)

THURSDAY

Yoga	10:30am – 11:30am (C)
Stretching Exercise	12:00noon – 1:00pm (B)
Tennis Team Training	7:00pm – 9:00pm Men's (A)

FRIDAY

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

SATURDAY

Junior Swimming School	10:00am – 11:00am Elementary (A: 36-47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	4:00pm – 5:00pm (All Levels)
Junior Pickleball Academy	2:00pm – 3:00pm (A: 3½-6 years) 3:00pm – 4:00pm (B: 7-11 years)

SUNDAY

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

* Members can sign up 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日開始接受下個月各類型團體課程的報名。

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

HOLIDAY NOTICE 課程暫停舉行

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

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



FUNKY DANCE
FUNKY舞蹈班

Get moving with Funky Dance, an energetic class packed with dynamic routines and great rhythms. Blending contemporary dance moves with upbeat music, this fun and fast paced workout helps improve coordination, balance and cardiovascular fitness while keeping you motivated from start to finish. With up to 7,000 steps completed in a single session, it is a great way to stay active while having fun on the dance floor.

參加活力四射的 Funky 舞蹈班，一同動起來吧！這課程融合了動感十足的舞蹈動作及動態的節奏，將現代舞步與歡快的音樂完美結合。這種趣味十足、節奏明快的鍛鍊方式有助於提升協調性、平衡性及心肺功能，並讓你從頭到尾保持興奮的情緒。每次課程最多可完成 7,000 個舞步，讓你盡情舞動，保持活力。

DATE 日期 (A) Wednesday 8th, 15th, 22nd & 29th July
(B) Friday 3rd, 10th, 17th, 24th & 31st July
A班 會員\$760，非會員\$1,240 (4堂)
B班 會員\$950，非會員\$1,550 (5堂)

TIME 時間 12:00noon – 1:00pm
中午 12時至下午1時

VENUE 地點 Aerobics Room

PRICE 收費 (A) Member \$760, Guest \$1,240 (for 4 lessons)
(B) Member \$950, Guest \$1,550 (for 5 lessons)
A班 會員\$760，非會員\$1,240 (4堂)
B班 會員\$950，非會員\$1,550 (5堂)

AGE 年齡 16 years and above
16歲及以上

ZUMBA FITNESS

尊巴健體舞班

Stay active and energised with Zumba Fitness, a fun and effective workout that combines easy to follow dance inspired movements with cardio exercise. Set to upbeat music, this full body class helps improve stamina, coordination and overall fitness while burning calories and keeping exercise enjoyable. Suitable for all fitness levels.

尊巴健體舞讓你充滿活力! 這項趣味十足且高效的健身課程, 將簡單易學的舞蹈動作與有氧運動完美結合。伴隨著動態的音樂, 有助於提升耐力、協調性及整體健康水平, 同時燃燒卡路里, 讓運動充滿樂趣。課程適合所有健身程度的人士參加。

DATE 日期	Sunday 5th, 12th, 19th & 26th July 7月5日、12日、19日及26日 (星期日)
TIME 時間	10:00am – 10:45am (45 minutes) 上午 10時至10時45分 (45分鐘)
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760·非會員\$1,240 (4堂)
AGE 年齡	16 years and above 16歲及以上



FASCIA EXERCISE TRAINING

筋膜運動訓練

Discover the benefits of healthier movement with our Fascia Exercise Training Class. Focusing on the body's connective tissues, this class combines stretching, mobility work and gentle exercises to help release tension, improve flexibility and enhance posture. Regular practice can help reduce stiffness, improve range of motion and leave you feeling more relaxed and energised.

The class is suitable for all fitness levels.

參加本會的筋膜運動訓練課程, 體驗更健康的身體活動帶來的益處。本課程專注於放鬆身體的結締組織, 結合伸展、靈活度訓練及輕柔的運動, 幫助釋放壓力、提升柔軟度並改善體態。定期運動有助於減輕僵硬感、擴大活動範圍, 讓你倍感放鬆及活力充沛。

本課程適合所有健身程度的人士參加。

DATE 日期	(A) Monday 6th, 13th, 20th & 27th July (B) Wednesday 8th, 15th, 22nd & 29th July A班 7月6日、13日、20日及27日 (星期一) B班 7月8日、15日、22日及29日 (星期三)
TIME 時間	(A) 1:30pm – 2:30pm (B) 11:00am – 12:00noon A班 下午 1時30分至2時30分 B班 上午 11時至中午12時
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760·非會員\$1,240 (4堂)
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	Please note this class is taught in Cantonese only 廣東話



STRETCHING EXERCISE CLASS

伸展運動班

Give your body the attention it deserves with our Stretching Exercise Class. This gentle class focuses on improving flexibility and mobility while helping to reduce muscle tightness and tension. Regular stretching can support better movement, improve posture and contribute to overall wellbeing.

Suitable for all fitness levels, it is an ideal way to stay active and keep your body moving comfortably.

參加本會的伸展運動班, 讓你的身體得到應有的照顧。這課程旨在以溫和的伸展動作來提升柔軟性及靈活性, 同時幫助緩解肌肉緊張及僵硬。定期伸展可以改善你的活動能力, 改善體態, 並促進整體健康。

本課程適合所有健身程度的人士參加, 是保持活力、讓身體能夠舒適活動的理想方式。

DATE 日期	(A) Friday 3rd, 10th, 17th, 24th & 31st July (B) Thursday 2nd, 9th, 16th, 23rd & 30th July A班 7月3日、10日、17日、24日及31日 (星期五) B班 7月2日、9日、16日、23日及30日 (星期四)
TIME 時間	(A) 3:00pm – 4:00pm (B) 12:00noon – 1:00pm A班 下午 3時至4時 B班 中午 12時至下午1時
VENUE 地點	Aerobics Room
PRICE 收費	Member \$950, Guest \$1,550 (for 5 lessons) 會員\$950·非會員\$1,550 (5堂)
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	(A) Instructor: Max, Cantonese Speaking only (B) Instructor: Tree, Cantonese & English A班 教練: Max·廣東話 B班 教練: Tree·廣東話及英語





THE DEADLIFT BALANCING ACT

Ask a group of experienced gym-goers how often they deadlift and many will give the same answer: once a week.

It is easy to understand why. Few exercises are as physically demanding as the deadlift. A heavy session can leave your entire body feeling fatigued, from your grip and upper back to your glutes, hamstrings and core. For some lifters, that is enough reason to avoid doing them more often.

Yet despite its reputation, the deadlift remains one of the most effective exercises for developing total body strength. Few lifts recruit as many major muscle groups in a single movement. It builds strength, increases muscle mass and develops the kind of functional power that carries over into sport and everyday life.

The question is not whether you should deadlift, but how often?

For years, the traditional approach has been one hard deadlift session each week. For many people, that works perfectly well. However, growing evidence suggests that spreading the same amount of work across two or even three sessions may offer several advantages, particularly when the goal is building strength or muscle.

This does not necessarily mean spending more time in the gym or lifting heavier weights. In many cases, it simply means organising your training differently. Smaller, more frequent sessions can help reduce fatigue, improve recovery and allow you to maintain better technique throughout each workout.

Potential benefits of deadlifting more than once a week include:

- Improved recovery between sessions
- Better technique through more frequent practice
- Reduced fatigue during individual workouts
- Increased opportunities for muscle growth and strength gains
- More consistent long-term progress

For muscle growth, two deadlift sessions per week is often a practical target. More experienced strength athletes may benefit from slightly higher frequency, provided recovery remains a priority.

Beginners should take a more conservative approach. One well-planned session per week is usually enough while learning the movement and building confidence with the lift. As technique improves and recovery becomes easier, a second weekly session can often be introduced successfully.



As a general guide:

- Beginners : 1 deadlift session per week
- Intermediate lifters : 1 to 2 sessions per week
- Advanced lifters : 2 to 3 sessions per week, depending on goals and recovery

Of course, frequency is only one part of the equation. Deadlifts place considerable demands on both the muscles and the nervous system, and increasing training frequency without allowing adequate recovery can quickly become counterproductive.

The most effective deadlift programme is rarely the one that looks most impressive on paper. It is the one that allows you to train consistently, recover properly and continue making progress month after month.

So, is once a week enough? For some lifters, absolutely. For others, a second session each week may be the difference between maintaining progress and taking it to the next level. Ultimately, long-term progress depends on finding the right balance between training and recovery.



硬拉的平衡之道

如果問一群經驗豐富的健身愛好者，他們多久做一次硬拉，很多人都會給予相同的答案：每週一次。

原因顯而易見。很少運動像硬拉一樣對身體要求如此之高。一次大重量的硬拉訓練會讓你全身都感到疲勞，從握力、上背部到臀部、腘繩肌及核心肌群。對一些舉重愛好者來說，這足以成為他們減少硬拉訓練次數的理由。

儘管硬拉出名令人畏懼，但它仍然是增強全身力量最有效的訓練動作之一。很少有其他舉重動作能在一次動作中挑戰如此多的主要肌群，它能提升整體力量，增加肌肉質量，並培養出能夠應用於運動及日常生活的實用性力量。

但問題不在於你是否應該進行硬拉訓練，而是應多久進行一次？

多年來，傳統的做法是每週進行一次高強度的硬拉訓練。對許多人來說，這種方法效果很好。然而，愈來愈多的證據表明，將相同的訓練量分散成兩至三次可能會帶來很多好處，尤其是目標是增強力量或肌肉的情況下。

這並不表示你一定要花費更多時間在健身房或舉起更重的重量。在很多情況下，這只是意味著你要改變訓練安排。更短時間、更頻繁的訓練可以幫助減少疲勞，促進恢復，並讓你在每次訓練中保持更好的技巧。

每週進行多次硬拉訓練的潛在益處包括：

- 訓練期間恢復更快
- 透過更頻繁的練習提升技術水平
- 減少單次訓練中的疲勞感
- 增加肌肉生長及力量提升的機會
- 更穩定的長期進步

為了促進肌肉增長，每週兩次硬拉訓練通常是一個比較實際的目標。經驗豐富的力量型運動員可以適當增加訓練頻率，前提是恢復仍然是首要考慮因素。

初學者應該採取更保守的方法。在學習動作及建立硬拉信心的過程中，每週一次的精心設計訓練就已經足夠了。隨著技術的提高及恢復能力的增強，通常可以成功地增加至每週兩次訓練。

一般建議：

- 初學者：每週 1 次硬拉訓練
- 中級訓練者：每週 1-2 次訓練
- 高級訓練者：每週 2-3 次訓練，次數取決於目標及恢復狀況

當然，訓練頻率只是影響訓練效果的因素之一。硬拉對肌肉及神經系統都有相當大的要求，如果訓練頻率增加而沒有給予足夠的恢復時間，很快就會適得其反。

最有效的硬拉訓練計畫往往不是紙上編排好，看起來最完美的計畫，而是能讓你堅持訓練，充分恢復，並持續進步。

那麼，每週一次訓練就足夠了嗎？對一些舉重運動員來說，絕對足夠。但對其他人來說，每週兩次訓練或許是保持進步並不斷提升的關鍵。歸根究底，長期進步取決於訓練與恢復之間能否找到適合的平衡。



By Derek Ma
Personal Trainer

撰文：私人健身教練

TIME CHANGE FOR SWIMMING POOL CLEANING DURING THE SUMMER HOLIDAYS 暑期泳池清潔時間更改

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

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

HOLISTIC AQUATIC EXERCISE TRAINING FOR ADULTS 綜合水中運動訓練

Enjoy a complete workout in the water that supports both physical fitness and overall well being. This low impact class combines cardio exercises such as aqua jogging and interval training with strength work using water resistance and specialised equipment. Sessions also incorporate stretching, balance and coordination exercises, together with mindful breathing techniques to help reduce stress and promote relaxation.

Suitable for all fitness levels, this enjoyable class helps improve cardiovascular health, muscle tone, flexibility, balance and mobility while being gentle on the joints.

在水中享受全方位的鍛鍊，提升體能及整體健康。這項低衝擊課程結合了水中慢跑及間歇訓練等有氧運動，並利用水阻力及專用器械進行的肌力訓練。課程中還包含伸展、平衡及協調練習，以及正念呼吸技巧，幫助減輕壓力，放鬆身心。

這項趣味十足的課程適合所有健身水平的人士參加，有助於改善心血管健康、肌肉張力、柔韌性、平衡性及靈活性，活動溫和而不會傷害關節。

DATE 日期	(A) Wednesday 8th, 15th, 22nd & 29th July A班 7月8日、15日、22日及29日 (星期三)
TIME 時間	(A) 6:00pm – 7:00pm A班 晚上6時至7時
VENUE 地點	Swimming Pool Aerobics Room
PRICE 收費	Member \$720, Guest \$1,200 (for 4 lessons) 會員\$720、非會員\$1,200 (4堂)
AGE 年齡	16 years and above 16歲及以上



AFTERNOON WATER AEROBICS 水中健康舞下午茶

Stay active and refreshed this summer with our Afternoon Water Aerobics class. Exercising in the water provides excellent cardiovascular and muscular conditioning while remaining gentle on the joints, making it suitable for a wide range of fitness levels. The class combines energising aerobic movements with strength and mobility exercises to help improve fitness, balance and overall wellbeing.

Please note that during the summer months, all Water Aerobics sessions are consolidated into these afternoon classes only.

今個夏天，前來參加本會的水中健康舞下午茶，保持活力充沛、精神爽利吧！在水中運動能有效增強心肺功能及肌肉力量，同時對關節溫和，適合各種健身程度的人士參加。課程將活力四射的有氧運動與肌力及靈活性練習結合，幫助提升體能、平衡能力及整體健康水準。

請注意，在夏季期間，所有水中健康舞班均集中在下午進行。

DATE 日期	(A) Tuesday 7th, 14th, 21st & 28th July (B) Friday 3rd, 10th, 17th, 24th & 31st July A班 7月7日、14日、21日及28日 (星期二) B班 7月3日、10日、17日、24日及31日 (星期五)
TIME 時間	3:00pm – 4:00pm 下午3時至4時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member \$180 daily / \$1,700 per 10 classes Guest \$300 daily 會員\$180 (每堂) / \$1,700 (10堂) 非會員\$300 (每堂)
AGE 年齡	14 years and above 14歲及以上



PACIFIC CLUB Junior Swimming Competition



Coming Soon...

ANNUAL JUNIOR SWIMMING GALA 2026 即將舉行... 少年游泳比賽 2026

DATE
日期

Sunday, 30th August
日期: 8月30日 (星期日)

TIME
時間

2:00pm to 5:30pm
下午2時至5時30分

VENUE
地點

Pacific Club Swimming Pool
太平洋會游泳池

The Pacific Club's biggest junior swimming event of the year is back!

Join us on Sunday, 30th August as our young swimmers dive into an exciting afternoon of racing, determination, achievement and fun. From first-time competitors to experienced swimmers, the Annual Junior Swimming Gala is a wonderful opportunity for children to showcase their skills, and challenge themselves in front of family and friends.

Enrollment Forms are now available from the 2/F Reception. Entries close on Sunday, 16th August, and late registrations will not be accepted.

Reserve your place early and be part of one of the Club's most anticipated junior events of the year.

Please note that the Swimming Pool will be reserved exclusively for gala participants from 1:00pm to 6:00pm on the event day. We appreciate Members' understanding and support as we cheer on the young swimmers.

太平洋會一年一度的少年游泳比賽即將再次舉行!

於 8 月 30 日星期日,歡迎加入我們,與各位年輕游泳健將一起在泳池中激烈競賽,體驗充滿挑戰、拼搏、成就感及樂趣的下午。無論是初次參賽的新手還是經驗豐富的游泳健將,這一年一度的少年游泳比賽都是孩子們展示技能、在家人朋友面前挑戰自我的最佳機會。

報名表格現可於二樓接待處索取。截止報名日期為 8 月 16 日 (星期日)。比賽程序一經確定及通知參賽者後,本會將不會再接受任何報名。

請儘早報名參與本會這其中一項最令人期待的年度少年賽事。

請注意,比賽當日游泳池將於下午 1 時至 6 時暫時關閉以進行比賽,我們在此感謝大家的體諒。請為各位年輕參賽者打氣!

JUNIOR SWIMMING CLASSES 少年游泳課程

Date	Time	Class	Price	Age	Coach
Wednesday	5:00pm – 6:00pm	Advanced (C)	\$220/hour	4-14 years old	Kary
Friday	6:00pm – 7:00pm	Intermediate (A)	\$180/hour	4-14 years	Ip Lai Kuen
Friday	7:00pm – 8:30pm	Advanced (B)	\$260/1½ hour	7-17 years	Ip Lai Kuen
Saturday	10:00am – 11:00am	Elementary (A)	\$180/hour	36–60 months	Ip Lai Kuen
Saturday	11:00am – 12:00noon	Intermediate (B)	\$180/hour	4-14 years	Ip Lai Kuen
Saturday	12:00noon – 1:00pm	Elementary (B)	\$180/hour	48 months and above	Ip Lai Kuen

The Pacific Club's Junior Swimming Classes help children build confidence in the water while developing essential swimming skills. Guided by experienced instructors, swimmers progress through age appropriate techniques, water safety skills and stroke development at their own pace. Whether your child is just starting out or looking to refine their stroke technique, these classes are perfect to build confidence in the pool.

太平洋會少年游泳課程旨在幫助孩子建立水中自信,並培養必要的游泳技能。在經驗豐富的教練指導下,學員將按照自己的節奏,學習適合年齡的游泳技巧、水上安全知識及泳姿改進方法。無論你的孩子是初學者還是希望提升泳姿技巧,這些課程都是幫助他們建立游泳自信的理想選擇。



JUNIOR TENNIS ACADEMY

青少年網球訓練

Whether your child is picking up a racket for the first time or looking to develop their game, the Pacific Club Junior Tennis Academy offers a fun and structured pathway to improvement. Open to children aged 3½ to 16, each weekly session focuses on developing technique, coordination and court awareness in an enjoyable environment.

Please note that fees are charged on a monthly basis.

無論你的孩子是初次拿起球拍，還是希望提升球技，太平洋會青少年網球訓練班都能提供充滿樂趣且結構化的訓練途徑。訓練班專為 3½ 至 16 歲的年輕學員而設，每週課程都著重於以輕鬆愉快的氛圍培養他們的技術、協調性及場上表現。

請注意，課程以按月收費。



DATE 日期	Saturday 4th, 11th, 18th & 25th July 7月4日、11日、18日及25日 (星期六)
TIME 時間	(A) 10:00am – 11:00am (B) 11:00am – 1:00pm A班 上午 10時至11時 B班 上午 11時至下午1時
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	(A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,400, Guest \$1,880 (for 4 lessons) A班 會員\$880·非會員\$1,360 (4堂) B班 會員\$1,400·非會員\$1,880 (4堂)
AGE 年齡	(A) 3½ – 6 years / (B) 6 – 16 years A班 3½-6歲·B班 6-16歲

HOLIDAY NOTICE 課程暫停舉行

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

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

SUNDAY SOCIAL TENNIS

週日網球聯誼聚會

Looking for more court time this July? Our Sunday Social Tennis sessions offer the perfect opportunity to play, practise and meet fellow Members in a relaxed setting. Taking place on the indoor court, each two-hour session will have coaches present throughout to provide guidance.

想在 7 月份多些享受網球運動嗎？本會的週日網球聯誼聚會就能提供最好的機會，讓你在輕鬆的氛圍中與人對打、進行練習並結識其他會員。活動在室內網球場進行，每堂兩小時，全程皆由專業教練指導。

DATE 日期	Sunday 5th, 12th, 19th & 26th July 7月5日、12日、19日及26日 (星期日)
TIME 時間	5:00pm – 7:00pm 下午5時至晚上7時
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverage at the Tennis Lounge) 會員\$320·非會員\$440 (兩小時，包括場租及飲品招待)
AGE 年齡	14 years and above 14歲及以上



SUNDAY JUNIOR TENNIS

週日青少年網球班

Give your child something to look forward to every Sunday. Designed for children aged 4 to 16, our Junior Tennis programme combines expert coaching with enjoyable on-court activities that help young players develop skills. Please note that fees are charged on a monthly basis.

讓孩子的每個星期日都充滿期待。本會的青少年網球班專為 4 至 16 歲的年輕學員設計，將專業教練指導與趣味十足的場上活動相結合，幫助年輕學員提升技能。

請注意，課程以按月收費。



DATE 日期	Sunday 5th, 12th, 19th & 26th July 7月5日、12日、19日及26日 (星期日)
TIME 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 5:00pm A班 下午 2時至3時 B班 下午 3時至5時
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	(A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,400, Guest \$1,880 (for 4 lessons) A班 會員\$880·非會員\$1,360 (4堂) B班 會員\$1,400·非會員\$1,880 (4堂)
AGE 年齡	(A) 4 – 7 years (B) 8 – 16 years A班 4-7歲·B班 8-16歲



LADIES' MORNING TENNIS

女子早上網球練習

Take your match play to the next level with our Ladies' Morning Tennis sessions. Designed for players looking to improve their performance in competitive situations, these two hour clinics focus on tactical awareness, point construction, shot selection and court positioning. To ensure personalised instruction and plenty of court time, each clinic is limited to 10 players. Early enrollment is recommended.

參加本會的女子早上網球練習班，提升你的比賽水準！這兩小時的訓練課程專為希望在比賽中提高表現的學員而設計，重點在於增強戰術意識、得分策略、擊球選擇及場上站位等知識。為確保個人化指導及充足的場地練習時間，每堂僅限 10 名學員參加，請儘早報名。

DATE 日期	Monday 6th, 13th, 20th & 27th July 7月6日、13日、20日及27日 (星期一)
TIME 時間	10:00am – 12:00noon (Intermediate / Advanced Level) 上午10時至中午12時 (中級/高級班)
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverages at the Tennis Lounge) 會員\$320·非會員\$440 (兩小時，包括場租及飲品招待)
AGE 年齡	14 years old and above 14歲及以上



JUNIOR PICKLEBALL ACADEMY

少年匹克球訓練

Come and play Pickleball with Coach Nico! Specially designed for children aged 3½ to 11, this fun and fast-growing sport combines elements of Tennis, Badminton and Table Tennis.

Easy to learn, each class introduces children to the basics. It is a great way to build coordination, and confidence, while having plenty of fun on court.

前來與教練 Nico 一起享受匹克球運動吧! 這項趣味十足、發展迅速的運動專為 3½ 歲至 11 歲的兒童設計, 融合了網球、羽毛球及乒乓球的元素。

匹克球易於上手, 每節課堂都會向學員介紹基本規則。他們不僅能從中獲得樂趣, 還能在球場上鍛鍊協調能力及建立自信心。

DATE 日期	Saturday 4th, 11th, 18th & 25th July 7月4日、11日、18日及25日(星期六)
TIME 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 4:00pm A班 下午 2時至3時 B班 下午 3時至4時
VENUE 地點	Gym Aerobics Room, 1/F 一樓健身室Aerobics Room
PRICE 收費	(A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,120, Guest \$1,600 (for 4 lessons) A班 會員\$880·非會員\$1,360 (4堂) B班 會員\$1,120·非會員\$1,600 (4堂)
AGE 年齡	(A) 3½ – 6 years (B) 7 – 11 years A班 3½至6歲 B班 7至11歲



PICKLEBALL PRIVATE LESSONS

匹克球私人課程

Whether you are new to Pickleball or looking to take your game to the next level, our Private Lessons provide personalised coaching tailored to your individual needs. With the coach's full attention, you will develop technique, improve shot selection, refine court positioning and build greater confidence on court.

Suitable for players of all ages and abilities, these one-on-one sessions offer an effective way to accelerate progress and enjoy the game even more.

無論你是匹克球新手, 還是希望增進球技, 匹克球私人課程都能提供根據你的個人需求度身定制的個人化指導。

每堂一對一課程都會根據你的程度度身定制, 重點在於培養你在球場上的自信心、控球能力和穩定性。在教練的悉心指導下, 你將能提升技術、改善擊球技巧、優化場上站位, 並在球場上建立更強的自信心。

這一對一課程適合所有年齡及程度的學員參加, 是加速進步、享受比賽樂趣的有效途徑。



Private Lessons 私人課程 (1 pax/人)

1-hour \$650 per person
一小時課程 每位\$650

Package of 10, 1-hour lessons \$6,300 per person
10堂一小時課程: 每位\$6,300

Semi-Private Lessons 半私人課程 (2 pax/人)

1-hour \$345 per person
一小時課程 每位\$345

Package of 10, 1-hour lessons \$3,350 per person
10堂一小時課程: 每位\$3,350



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

MASTERING YOUR SWING PATH 掌握揮桿軌跡

A good swing path is one of the keys to hitting consistent golf shots. While many golfers focus on fixing their downswing, the real cause of poor swing path is often found in the backswing.

If the club is taken back too steeply or too flat, it becomes much more difficult to return the club to the ball on the correct path. This can lead to slices, hooks and inconsistent ball striking.

To create a sound backswing, start the movement with your upper body and shoulders, allowing the club to move naturally away from the ball. As the club travels back, keep it balanced along the target line and maintain your original posture. The clubface should stay in line with the left arm, the left arm should remain straight, and the right elbow should fold naturally to approximately 90 degrees while pointing towards the ground.

A correct backswing helps place the club in the ideal position at the top of the swing, making it easier to deliver the club on the proper path during the downswing. By focusing on these fundamentals, golfers can improve both accuracy and consistency while developing a more reliable swing.

良好的揮桿軌跡是穩定擊球的關鍵之一。許多高爾夫球手專注於糾正下桿動作，但揮桿軌跡不佳的真正原因往往在於上桿。如果上桿角度過陡或過平，就很難讓球桿沿著正確的軌跡擊球，這會導致切球、勾球及擊球不穩定。

要打出流暢的上桿動作，首先要帶動上半身及肩膀，讓球桿自然地遠離球。在球桿的後擺過程中，保持身體平衡，沿著目標線揮桿，並保持初始的站姿。桿面應與左臂保持在一條直線上，左臂應保持伸直，右手肘應自然彎曲至約 90 度，並指向地面。

正確的上桿動作有助於將球桿置於揮桿頂點的理想位置，從而使下桿時球桿更容易沿著正確的軌跡移動。透過專注於這些基本動作，高爾夫球手可以提高擊球的準確性及穩定性，並養成更可靠的揮桿習慣。

Golf Private Lessons 高爾夫球私人課堂

Whether you are new to golf or looking to improve your scores, Golf Private Lessons provide dedicated one-on-one instruction tailored to your needs. Work closely with our Golf Professional to improve your swing and overall consistency. With personalised guidance and immediate feedback, you can make faster progress and gain greater confidence every time you step onto the course..

無論你是高爾夫球新手，還是希望精進球技，本會高爾夫球私人課程都能為你提供度身定制的專屬一對一指導。與我們的專業教練密切合作，改進你的揮桿動作，提升整體穩定性。透過個人化的指導及即時回應，你可以更快地進步，並在每次踏上球場時都充滿自信。

PRIVATE LESSONS (1 PAX) 私人課程 (一人)

1-hour 一小時課程	\$770 per person 每位 \$770
Package of 4, 1-hour lessons 4 堂一小時課程	\$3,000 per person 每位 \$3,000

SEMI-PRIVATE LESSONS (2 PAX) 半私人課程 (二人)

1-hour 一小時課程	\$435 per person 每位 \$435
Package of 4, 1-hour lessons 4 堂一小時課程	\$1,650 per person 每位 \$1,650

THE BATTLE AGAINST CAMERA SHAKE

與相機震動的戰鬥

When learning photography, we must develop the ability to hold the camera perfectly still while the shutter is open. Any movement of the camera during that moment will result in a loss of sharpness in the image. Even a slight movement can cause blur. This problem is known as camera shake.

If we cannot hold the camera still, the traditional solution is to mount it on a tripod, especially when using a telephoto lens such as a 200mm lens. The longer the focal length of the lens, the more difficult it becomes to keep the camera steady.

As a general rule when shooting hand held, it is advisable to use a shutter speed that is at least equal to the focal length of the lens. So for the 200mm lens mentioned above, we need a shutter speed of at least 1/200th of a second or faster. If we are taking photographs indoors, achieving such a fast shutter speed can be difficult without increasing the ISO setting or adding extra lighting.

The technology to reduce camera shake first became available in 1995 when Canon introduced the first telephoto lens with Image Stabilizer technology. Then, in 2004, Minolta introduced the first digital SLR camera that could stabilise the image by moving the sensor rather than the lens. Minolta called the system "Anti Shake", and Sony inherited the technology when it acquired Minolta's camera business.

Today, some cameras can stabilise both the lens and sensor simultaneously, providing a level of shake reduction that photographers could once only dream about. At last, it has become possible to shoot indoors with a hand held long lens. I experienced it myself just a week ago when I borrowed a Canon EOS R6 Mark III. The results were remarkable.

學習攝影時，我們必須訓練在快門打開時保持相機絕對穩定的能力。此時相機的任何晃動都會導致影像清晰度下降，即使是輕微的也會造成模糊，這個問題被稱為相機震動。

如果無法保持相機穩定，常用的解決方法是將其安裝在三腳架上，尤其是在使用 200 毫米等長焦鏡頭時。鏡頭焦距愈長，保持相機穩定就愈困難。

一般來說，手持相機拍攝時，建議使用最少相等於鏡頭焦距的快門速度。因此，對應於上面提到的 200 毫米鏡頭，我們便需要使用最少 1/200 秒或更快的快門速度。如果在室內拍攝，在沒有提高 ISO 感光度或增加照明的情況下，是很難達到如此快速的快門速度。

減少相機震動的技術最早於 1995 年問世，當時 Canon 推出了首款配備影像穩定器技術的遠攝鏡頭。隨後，在 2004 年，Minolta 推出了首款透過移動感光元件而非鏡頭來穩定影像的數碼單鏡反光相機，並將該系統命名為 Anti Shake (防手震)，而 Sony 在收購 Minolta 的相機業務後也獲得了這項技術。

如今，有些相機可以同時穩定鏡頭和感光元件，為攝影師提供過去夢寐以求的防手震效果。最終，使用手持長焦距鏡頭進行室內拍攝已不再成為問題。就在一個星期之前，我借用了一部 Canon EOS R6 Mark III 相機，親身體驗一番，其拍攝效果令人驚訝。



Canon EOS R6 Mark III with lens



Canon EOS R6 Mark III top view



Camera-shake example



Canon RF 24-105mm F4 lens



~~\$200~~ \$180

BE COLOR SHAMPOO (PH5.5)

BE COLOR魚子精華角蛋白洗髮水(PH5.5)

Specially formulated for colour-treated and chemically treated hair, Be Color Shampoo gently cleanses while helping to maintain softness, shine and colour vibrancy. Enriched with caviar extract, keratin and collagen, it moisturises, reduces frizz and improves manageability, leaving hair stronger and healthier-looking.

這款專為染燙後秀髮研發的 Be Color 魚子精華角蛋白洗髮水，提供溫和清潔，同時幫助保持頭髮柔軟、亮澤及鮮豔色彩。它富含魚子萃取物、角蛋白及膠原蛋白，能夠深層滋潤頭髮，減少毛躁，改善髮質易梳理，讓頭髮更強韌、更健康。

NO3 GLATTY MATTY GLATTYSPIKE GEL, 150ML

NO3閃亮造型啫喱，150毫升

Create long lasting styles with this quick drying gel, designed to provide strong hold with a natural looking shine. Its advanced formula helps maintain control and flexibility, allowing you to shape and define your hair with ease throughout the day.

Ideal for short hair and suitable for use on wet or dry hair. Simply apply a small amount to your palms, rub hands together and work evenly through the hair before styling.

這款快乾造型啫喱可打造持久造型，並賦予頭髮自然光澤。其先進配方有助於保持頭髮的柔韌性及控制力，讓你輕鬆打造各種髮型，並保持一整天的造型效果。

產品尤其適合短髮，乾濕髮皆可使用。只需取適量於掌心，雙手搓揉均勻後塗抹於頭髮上，即可開始造型。



~~\$240~~ \$215



~~\$200~~ \$180

FUDGE MEMBRANE GAS, 200ML

FUDGE多功能造型噴霧，200毫升

Create shape, texture and long lasting hold with this versatile styling spray. Formulated with DynamX™ polymer technology, it provides strong yet flexible control, helping to keep hair in place while maintaining natural movement. Perfect for adding definition and lasting style without stiffness or stickiness.

這款創新的 Fudge 多功能造型噴霧可打造充滿質感的理想造型，效果持久。產品採用先進的 DynamX™ polymer 聚合物配方，提供強勁且靈活的控制力，讓造型自然，同時又可保持捲曲。完美打造線條分明的持久髮型，且不會使頭髮僵硬或黏膩。

HAIR PRODUCT SALE IN JULY 7月份頭髮產品優惠

THIS MONTH'S PROMOTION 本月特別優惠

10% DISCOUNT ON FULL HEAD HIGHLIGHT TREATMENTS

Refresh your look and brighten your hair for this summer with a Full Head Highlight Treatment at the Pacific Club Hair Salon. Whether you're looking for subtle enhancements or bold transformations, our expert stylists are ready to create the perfect highlights tailored to your personal style.

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

全頭顏色挑染9折優惠

於7月份，歡迎前來會所髮廊惠顧全頭顏色挑染服務，換一個煥然一新、更加亮麗的造型迎接夏日。無論你是想進行細微的顏色補染還是大膽的改變，我們的專業髮型師都可以根據你的個人風格及喜好打造出完美的亮麗髮色。

查詢詳情及預約服務，請致電 2118 1893。





HOLIDAY NOTICE 課程暫停舉行

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

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

KIDS' RACE CAR CHALLENGE

兒童賽車挑戰賽

Designed for young speedsters, the Kids' Race Car Challenge promises an afternoon of fun and excitement. Children can race around our safe inflatable track in specially designed cars, before enjoying interactive, hands-on workshops. It is the perfect summer highlight for an unforgettable time at the Club.

專為小小賽車手而設的兒童賽車挑戰賽，定能為孩子們帶來一個充滿樂趣及刺激的下午。他們可以在安全的充氣賽道上駕駛特製賽車，之後還能參與互動式實踐工作坊，這絕對是本會夏季活動的亮點，讓大家度過一段難忘的時光。

DATE 日期	Saturday, 25th July 7月25日 (星期六)
TIME 時間	4:00pm - 5:30pm 下午4時至5時30分
VENUE 地點	Outdoor Tennis Court No.5 室外5號網球場
PRICE 收費	Member \$330, Guest \$390 會員\$330，非會員\$390
AGE 年齡	10 years and under 10歲及以下



JUNIOR TAEKWONDO

少年跆拳道

One of the Club's most popular youth programmes, Junior Taekwondo offers children the opportunity to develop fitness, coordination and self confidence. Under the guidance of our experienced instructors, students learn new techniques, build discipline and focus, and work steadily towards higher belt levels. New participants are always welcome to join.

少年跆拳道是本會其中一項最受歡迎的青少年課程，為孩子們提供提升體能、協調性及自信心的機會。在經驗豐富的教練指導下，學員可學習新的技術，培養自律性及專注力，並穩定提升段位級別。歡迎新學員參加！



DATE 日期	Saturday 11th July 7月11日 (星期六)
TIME 時間	4:00pm - 5:00pm (All levels) 下午4時至5時 (所有級別)
VENUE 地點	Aerobics Room
PRICE 收費	Member \$190, Guest \$200 會員\$190，非會員\$200
AGE 年齡	4 years and above 4歲及以上

ENGLISH DRAMA ACADEMY

英語話劇訓練班

Led by an experienced instructor, English Drama Academy provides a fun and engaging way for children to develop their English language skills through storytelling, role play, script writing, speech, dance and performance. Through creative activities and self expression, participants build confidence, strengthen communication skills and improve their spoken English.

在經驗豐富的導師帶領下，英語話劇訓練班為孩子們提供一種寓教於樂的方式，透過說故事、角色扮演、劇本創作、演講、舞蹈及表演等活動，幫助他們提升英語語言技能。透過創意活動及自我表達，學員能夠建立自信，增強溝通能力，並提高英語口語水平。

DATE 日期	Monday 6th, 13th, 20th & 27th July 7月6日、13日、20日及27日 (星期一)
TIME 時間	(A) 5:30pm – 6:30pm (B) 4:30pm – 5:30pm A班 下午 5時30分至晚上6時30分 B班 下午 4時30分至5時30分
VENUE 地點	Gym Activities Room
PRICE 收費	Member \$840, Guest \$880 (for 4 lessons) 會員\$840，非會員\$880 (4堂)
AGE 年齡	(A) 3 – 5 years (B) 6 – 12 years A班 3-5歲，B班 6-12歲



JUNIOR BADMINTON LESSONS (PRIVATE)

少年羽毛球 — 私人課程

These one-on-one badminton lessons are tailored to each junior player's age, ability, and learning pace. Sessions focus on technique, footwork with clear guidance to help players improve consistency and confidence on court. Suitable for beginners as well as those looking to refine their skills through personalised coaching.

這一對一羽毛球課程是根據每位少年學員的年齡、能力及學習進度度身定制。課程重點在於技術及步法，並提供清晰的指導，幫助學員提高球場上的穩定性及自信心。課程適合初學者及希望透過個人化指導提升技能的學員參加。

PRIVATE LESSONS 私人課程收費

1pax : \$720/hour (including court hire) 一人 : \$720/每堂一小時 (包括場租)
2pax : \$920/hour (including court hire) 二人 : \$920/每堂一小時 (包括場租)

TABLE TENNIS LESSONS (PRIVATE)

乒乓球 — 私人課程

One-on-one table tennis coaching designed around your ability and goals. Led by experienced instructors, each session sharpens technique, improves game awareness, and supports confident progress, whether you are starting out or fine tuning competitive skills.

這一對一乒乓球課程將根據學員的能力及目標度身定制，由經驗豐富的教練指導，每堂都能幫助他們提升技術水平、增強比賽意識及自信，無論是初學者還是希望精進比賽技能都適合參加。

1 HOUR 每堂一小時	\$460 per person (including court hire) 每位\$460 (包括場租)
1½ HOURS 每堂1½小時	\$680 per person (including court hire) 每位\$680 (包括場租)
2 HOURS 每堂兩小時	\$880 per person (including court hire) 每位\$880 (包括場租)



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

SUDOKU© PUZZLES BY PAPPOCOM

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

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

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

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

vivian-ng@pacificclub.com.hk by latest Tuesday, 14th July. Alternatively, you may pass your entry to the 2/F Reception Desk. All correct entries will be placed into a draw. The winner will receive a Set Dinner/Bufferet for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in August. Good Luck!

請於7月14日(星期二)前將答案傳真至2118 0206、電郵至vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於8月份(星期一至四，特別節日活動除外)到The Island View 餐廳享用二人晚市套餐或自助晚餐。祝各位好運!

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

June Solution
6月份遊戲答案

.....
Congratulations to the winner of last month's puzzle

恭喜上期得獎者
Ms Betty Wong

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

SPECIAL DISCOUNT ON PILATES PERSONAL TRAINING PACKAGE

普拉提私人訓練課程優惠

Restore balance, strength and control with our Pilates Personal Training offer this July. Enjoy a special rate on a 5-session package designed to improve posture, flexibility and core stability. Our experienced Pilates Instructors focus on mindful movement and functional alignment to support long-term wellbeing.

參加本會的普拉提私人訓練課程，助你恢復平衡、力量和控制力。於7月，我們將為會員送上課程優惠，以特別優惠價 \$3,750 (原價 \$3,900) 購買5堂私人普拉提訓練課程。普拉提運動能改善身體姿勢、靈活性和核心穩定性。我們經驗豐富的教練將專注於大家的身心靈活動和功能性協調上進行訓練，讓大家達到長久的健康。

Coaching Session	5-Lesson Package
1 hour	\$3,900 \$3,750



To book, please contact the Gym Reception on 2118 1863
預約課程，請致電健身室：2118 1863。



OXFORD AND CAMBRIDGE CLUB LONDON

Located on prestigious Pall Mall in the heart of St James's, the Oxford and Cambridge Club is one of London's most distinguished private members' clubs. Founded in 1830, it has served as a gathering place for members of the two ancient universities for almost two centuries and remains a welcoming destination for reciprocal members visiting the capital.

Housed within an impressive Grade II listed clubhouse designed by Sir Robert Smirke, the architect of the British Museum, the Club combines historic character with modern comforts. Members enjoy access to an elegant Coffee Room, a second dining room, two bars, extensive library facilities, a roof terrace, business facilities, sports amenities and more than 40 guest bedrooms.

The Coffee Room remains the social heart of the Club and serves breakfast, lunch and dinner seven days a week. For more informal dining and refreshments, members can also make use of the Club's bars and additional dining spaces throughout the clubhouse.

The Club provides excellent facilities for both business and leisure. A dedicated business area offers a quiet place to work or hold informal meetings, while sporting facilities include two squash courts and a traditional Billiard Room equipped for billiards, snooker and pool. The extensive library, containing more than 20,000 volumes, provides a peaceful retreat from the bustle of central London.



For those visiting London, the Club's accommodation is particularly appealing. More than 40 comfortable guest bedrooms are available throughout the year, offering excellent value in one of London's most desirable locations. Complimentary WiFi is available throughout the clubhouse, making it an ideal base for both business and leisure travellers.



Just a short walk from Buckingham Palace, St James's Park, Piccadilly and London's renowned West End theatres, the Oxford and Cambridge Club is perfectly positioned for exploring the city while enjoying the comfort and traditions of one of London's most respected private clubs.

The next time you travel to London, be sure to obtain a Letter of Introduction and experience the hospitality of the Oxford and Cambridge Club, where Pacific Club Members are most welcome.



Oxford and Cambridge Club 坐落於聖詹姆斯區中心地帶上著名的帕摩爾街，是倫敦最負盛名的私人會所之一。會所創立於 1830 年，近兩個世紀以來一直是牛津及劍橋兩所古老大學成員的聚會場所，至今仍是到訪倫敦的海外聯繫會所會員喜愛的好去處。

會所位於一座氣勢宏偉的二級保護建築物內，由大英博物館的設計師 Sir Robert Smirke 設計，完美融合了歷史韻味與現代舒適。會員可享用優雅的主餐廳 Coffee Room、一間副餐廳、兩間酒吧、藏書豐富的圖書館、屋頂露台、商務中心、運動設施及超過 40 間客房。

Coffee Room 一直是會所的社交中心，每星期 7 天供應早餐、午餐及晚餐。如會員想更輕鬆地享用輕食及茶點，則可以前往會所內的酒吧及其他用餐場所。

此外，會所也為商務及休閒活動提供一流的設施。專屬商務區環境安靜，是工作或舉行非正式會議的理想選擇；而運動設施包括兩個壁球場及一個配備齊全的傳統桌球室，可進行美式、英式及花式等桌球運動。藏書超過兩萬冊的大型圖書館，絕對是遠離倫敦市中心喧囂的靜謐之所。

對於到訪倫敦的人士而言，會所的住宿設施極具吸引力。會所全年提供超過 40 間舒適的客房，位於倫敦其中一個最理想的地區之內，提供超值的住宿體驗。而且免費無線網絡涵蓋整間會所，使其成為商務及休閒旅客的理想下榻之處。

Oxford and Cambridge Club 地理位置優越，距離白金漢宮、聖詹姆斯公園、皮卡迪利大街及倫敦著名的西區劇院僅幾步之遙，是探索這座城市的理想之選，同時還能享受這間倫敦最受人士敬重之一的私人會所提供的舒適環境及傳統。

下次，當你計劃前往倫敦時，請務必向本會索取一封介紹信，親身體驗 Oxford and Cambridge Club 對太平洋會會員的熱情款待。

LPG

INNER POWER.
BETTER LIFE.

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

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.