



八月號
薈
絮

PACIFIC VIEWS

August 2025



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 August, but early reservations come with exclusive privileges...

Confirm your November or December 2025 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8月，但提前預訂即可尊享專屬禮遇...提前確認於2025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, 2023
- The Wall Cabernet Sauvignon, New South Wales, Australia, 2022

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, 2023年白酒
- 澳洲The Wall Cabernet Sauvignon, New South Wales, 2022年紅酒

DELUXE BEVERAGE PACKAGE 豪華飲品套餐

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, Imperial Brut, Champagne, France, N.V.
- Sancerre Tradition, Gérard Boulay, Chavignol, Loire, France, 2023
- Esprit de Pavie, Château Pavie, Bordeaux, France, 2017
- Gordon's London Dry 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, 2023年白酒
- 法國Esprit de Pavie, Château Pavie, Bordeaux, 2017年紅酒
- Gordon's London 氈酒、Absolut伏特加、Bacardi白蘭姆酒、Jim Beam波本威士忌

Book by 30th September 2025 with a signed confirmation letter to enjoy:

- Superior Package: \$120 per person (regular price \$200)
- Deluxe Package: \$400 per person (regular price \$580)

Book by 31st October 2025 with a signed confirmation letter to enjoy:

- Superior Package: \$150 per person (regular price \$200)
- Deluxe Package: \$480 per person (regular price \$580)

於2025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\$120（原價每位\$200）
- 豪華餐飲套餐 — 早鳥價：每位\$400（原價每位\$580）

於2025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\$150（原價每位\$200）
- 豪華餐飲套餐 — 早鳥價：每位\$480（原價每位\$580）

Offers apply to events held from 1st November to 30th December 2025.

Blackout dates: 21st, 24th, 25th, 26th, and 31st December.

Terms and conditions apply.

此優惠僅適用於2025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21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。

Board of Governors

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Management 管理階層

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Bookings 預約及查詢電話

Gym	健身室	2118 1863
Membership	會籍部	2118 1802
2/F Reception	二樓接待處	2118 1890
G/F Reception	地下接待處	2118 1828
Tennis	網球部	2118 1707
The Island View	西餐廳	2118 1846
Pier 6 Restaurant	扒房	2118 1878
Bauhinia Restaurant	紫荊閣	2118 1892
Bowling Alley & Bar	保齡球館及酒吧	2118 1845
Capricci	意大利餐廳	2118 1803
Banqueting	宴會部	2118 1824
Hair Salon	髮廊	2118 1893
The Spa	美容部	2118 1890

Contents 內容簡介

5 Membership	會員資訊
6 Food & Beverage	佳餚美酒
8 Recreation	悠閒活動
11 Chef's Page	廚師心得
18 Hit The Trail	遠足小徑
20 Junior Summer Programme	兒童暑期活動
22 Event Calendar	活動日誌
28 Tennis	網球資訊
30 Bookworm	開卷有益
31 The Spa	美容情報
32 Fitness	健康情報
35 Golf News	高球資訊
36 In the Frame	攝影知趣
37 Hair	髮式時尚
38 In Full Bloom	創意花坊
40 Kids' Corner	兒童天地
42 Sudoku	數獨
43 Reciprocal Club	海外聯繫會所



Dear Members

We have much to look forward to this August, with seasonal menus and engaging events taking place across the Club. If you are yet to explore our Junior Summer Programme, there's still time to join the fun with a wide range of camps and classes running throughout the month. Turn to the centre pages to discover more.

At The Island View, Friday and Saturday nights in August feature two distinctive dinner themes, woven throughout the month. One highlights the bold and varied regional cuisines of Vietnam,

while the other presents a generous Seafood Buffet featuring a wide variety of the freshest ocean ingredients. Both evenings promise a beautiful setting to enjoy with family and friends. Turn to pages 5 and 6 for the full schedule.

There is something special at Pier 6 this month, where Morisseau Mussels from Normandy take centre stage. Widely considered amongst the world's finest mussels, they are flown in directly by airfreight and gently prepared with a fragrant saffron sauce. This seasonal delicacy is available from 11th August onwards for both lunch and dinner.

Over at Capricci, a new dining experience awaits with *Casa della Nonna*, meaning *Grandmother's House*, on Thursday and Sunday evenings. Inspired by traditional Italian family meals, this rustic dinner offers generous plates of comforting favourites and desserts to share. Wing Wednesdays make their debut at the Club Bar this month, offering a variety of bold flavours alongside the challenge of Hot Wing Roulette. See page 12 to learn more.

On a sweet note, we are pleased to introduce a new Pastry of the Month concept, with a different creation featured every month. In August, the featured pastry is Thai Mango and Japanese Yuzu, available daily in all outlets. And if you are looking for further sweet indulgence, the Arabica Afternoon Tea at The Island View and Oyster Bar pairs coffee's aromatic depth with both savoury and sweet bites.

Finally, we look forward to welcoming families to the Pacific Club Annual Junior Swimming Gala on Sunday, 31st August. As usual, it promises to be a lively afternoon of competition and celebration by the pool. Full details can be found on page 40 and don't forget the entry deadline is Sunday, 17th August.

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

尊敬的會員，

今個8月份讓我們充滿期待，皆因本會將推出選擇豐富的時令菜式及精彩活動。如果你還未了解我們的少年暑期活動，現在就加入我們，參加於8月份期間舉行的各類型精彩夏令營及課程，讓孩子們盡享歡樂假期。請翻閱中間內頁以了解更多資訊。

Island View 餐廳將於8月份逢星期五及六晚上，推出兩個充滿特色的自助晚餐主題。其中一個主打是鮮明獨特而多樣性的越南地區美食；而另一個主題就是採用各種最新鮮食材的海鮮美食。這兩個夜晚都會為你打造一個與家人朋友共享佳餚的美好時光，請翻閱第5及6頁查看日期及詳情。

在Pier 6餐廳，我們亦將會送上一款特別的美食，主角就是產自諾曼第的Morisseau青口。這款青口被公認為世界上最優質的青口之一，直接空運到港，並以芳香的藏紅花醬汁精心烹調。這款時令美食將於8月11日起在午餐及晚餐時段供應。

而Capricci餐廳也將於逢星期四及日晚上為大家準備「祖母的家常晚餐」，帶來全新的用餐體驗。這鄉村式晚餐的靈感源自傳統的意大利家庭晚餐，提供豐盛暖心的佳餚及甜點，讓一家人共享。此外，會所酒吧將於本月份首次推出「週三雞翼日」活動，提供多款刺激口味的雞翼，以及「辣味雞翼輪盤」的挑戰。詳情請參閱第12頁。

接著為你帶來一個「甜蜜」的預告。我們很高興推出一個全新的美食概念——每個月都送上不同創意的精選糕點。於8月份，打頭陣的特色糕點主題是泰國芒果及日本柚子，每日在各餐廳及酒吧供應。如果你想進一步體驗甜蜜的享受，歡迎前來Island View餐廳及Oyster Bar品嚐Arabica下午茶，將咖啡的濃郁香氣與鹹、甜味點心完美結合。

最後，我們期待各個家庭踴躍參加將於8月31日（星期日）舉行的太平洋會年度少年游泳比賽。一如以往，這將會是一個充滿打氣及歡呼聲的下午，詳情請參閱第40頁，還有別忘記截止報名日期為8月17日（星期日）。

我期待與大家在太平洋會見面。

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



PACIFIC CLUB

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Celebrate the Moment Your Birthday, Our Treat!

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 \$200 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 2025 to 30th June 2026. Terms & Conditions and Blackout Dates apply.

To book your celebration:

Dining Reservations: The Island View 2118 1846, Pier 6 2118 1878, Capricci 2118 1803 and Bauhinia 2118 1892

Banqueting Enquiries: 2118 2851 or 2118 2295

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\$200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2025年7月1日至2026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。

預約你的生日聚餐

於餐廳享用午餐或晚餐：請致電Island View - 2118 1846, Pier 6 — 2118 1878, Capricci — 2118 1803, 紫荊閣 — 2118 1892

私人聚餐：請致電 2118 2851 or 2118 2295 查詢詳情

Happy



Birthday

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. 在Island View、Pier 6、Capricci或紫荊閣餐廳用餐消費滿\$2,000，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 2025 to 30th June 2026. 此推廣活動的有效日期：2025年7月1日至2026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 – 2025: 1/7, 1/10, 6–7/10, 21/12 and 24–31/12; 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 and 21/6. 優惠不適用日期：2025年：1/7, 1/10, 6–7/10, 21/12及24–31/12；2026年：1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6及21/6。
- 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、祿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。

Terms and Conditions for Banqueting Events

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 \$200 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\$200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、祿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 – 2025: 1/7, 1/10, 6–7/10, 21/12 and 24–31/12; 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 and 21/6. 優惠不適用日期：2025年：1/7, 1/10, 6–7/10, 21/12及24–31/12；2026年：1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6及21/6。
- 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。



By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko



In this issue, I wish to draw your attention to the topic of Personal Coaching at the Club.

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

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

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

Bring and Borrow Library

Our Bring and Borrow Library is located on the level above the Swimming Pool and is open to all Members. If you have books you no longer need, you are welcome to drop them off and help grow our shared collection. The library operates on an honesty basis, so no registration is required to borrow or return books.

Drive with Care

For everyone's safety, please reduce your speed when driving on Club premises. The Clubhouse Driveway also serves as a pedestrian entrance. Remain alert to both foot traffic and other vehicles and always observe the speed limit.

在今期薈絮中，我欲提及有關本會私人教練之事宜。

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

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

詳情請致電 2118 1890 向二樓接待處查詢。

自助圖書館

本會的自助圖書館設置於游泳池上方的平台，開放予所有會員使用。如大家擁有一些不再需要的舊書籍，歡迎將其捐出交給我們，幫助我們豐富這個共享的書籍收藏。圖書館秉持對會員的信任為原則，因此借閱或歸還書籍均無需登記。

小心駕駛

為了大家的安全，請在會所範圍內行車時保持慢駛。由於會所的行車路亦同時是行人出入通道，請會員必須注意車速，並隨時留意其他車輛及行人之安全。





Fridays & Saturdays 星期五及六

Flavours of Vietnam from North to South

由北部至南部 — 越南美食自助晚餐

This month at The Island View, take a culinary journey through Vietnam's rich and varied regional cuisines, from the bold flavours of the North to the fresh and vibrant dishes of the South. Our chefs present a selection of traditional favourites that celebrate the diversity of Vietnamese cooking.

Enjoy Caramelised Braised Catfish, Prawn Rice Rolls, and steaming bowls of Pho made to order at the live station with Sirloin and Fresh Herbs. Savour Bánh Mì, rotisserie roasted Suckling Pig, and a spread of Charcoal Grilled Chicken, Pork Neck, Sausages, and Seasonal Vegetables. Steaming stir-fry Soft Shell Crabs in Spicy Tamarind Sauce will also be served to your table.

For dessert, treat yourself to a classic selection of Vietnamese sweet delights including Coffee Mousse, Steamed Layer Cake, and Chè Ba Mầu, a delicious trifle of Beans, Pandan Jelly, and Coconut Milk.

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

於8月1日、8日、15日星期五及23日、30日星期六晚上，Island View餐廳將開啟一場美食之旅，探索越南豐富而多樣性的地區美食，從北部的濃郁口味到南部色彩鮮明的清新菜餚，應有盡有。我們的廚師團隊將為你精心準備一系列傳統佳餚，盡展越南烹飪的多樣性。

品嚐焦糖紅燒鯰魚、米紙蝦卷、即點即煮的熱騰騰越南河粉配牛肉及新鮮香菜；以及越南法包、烤乳豬、炭燒雞、豬頸肉、香腸及時令蔬菜等，還有香辣羅望子醬炒軟殼蟹也會送到你的餐桌上。

最後你還可以繼續盡情享用各種越式甜品，包括越南咖啡慕斯、蒸千層糕，當然還有清新美味，以豆子、班蘭果凍及椰漿調製的越南三色冰。

自助晚餐收費：成人\$398

小童6-12歲 \$268，3-5歲 \$208

每位另加\$178可任飲葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

Date : Friday 1st, 8th & 15th August
Saturday 23rd & 30th August

Time : From 6:00pm

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$398, Children 6-12 years \$268, 3-5 years \$208



The Ultimate Pacific Ocean Seafood Dinner Buffet

太平洋終極海鮮美食自助晚餐

Fridays &
Saturdays
星期五及六

This August at The Island View, enjoy a generous Seafood Buffet showcasing the freshest catch from across the Pacific Ocean. From cold appetisers to hot dishes, every item is prepared to highlight the natural quality and flavour of each ingredient.

Feast on freshly shucked Oysters, Lobster, Crab, Prawns, Mussels, Clams, Scallops, Halibut and Cod, with a wide range of chilled and cooked selections to explore. Each adult diner will be served a Char-grilled Baby Turbot at the table, prepared to order.

A traditional Bouillabaisse, served with its classic condiments, makes a comforting addition to the evening. And for those in the mood for something beyond seafood, the Black Angus Prime Rib at the carving station is well worth a visit.

To finish, help yourself to a selection of house-made desserts and seasonal fruit.

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

於8月22日、29日星期五及2日、9日、16日星期六晚上，歡迎前來 Island View 餐廳享用從太平洋新鮮捕獲的魚類及海鮮自助美食。從冷盤到熱菜，每一道菜式都力求展現食材的天然品質及風味。

豐富美食包括新鮮去殼生蠔、龍蝦、螃蟹、大蝦、青口、蜆、扇貝、比目魚及鱈魚，還有各種冷盤及熱菜任君選擇；此外，每位成年客人還可以享用一份即點即做的炭烤小多寶魚，直接送到你的餐桌上。

當然不可缺少傳統的馬賽魚湯配搭經典佐料，為夜晚增添一抹暖意。如果除了海鮮之外你還想品嚐其他美食，那麼在烤肉區準備的黑安格斯上等肋排絕對不容錯過。

最後，你可以享用我們的精選自製甜點及時令水果來完滿結束這頓晚餐。

Date : Friday 22nd & 29th August
Saturday 2nd, 9th & 16th August
Time : From 6:00pm
Time : Dinner
Venue : The Island View Restaurant
Price : Adults \$498, Children 6-12 years \$328, 3-5 years \$208

晚餐收費：成人\$498
小童6-12歲 \$328；3-5歲 \$208

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、橙汁/蘋果汁及汽水

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



Fascia Exercise Training

Unlock your body's full potential with our Fascia Exercise Training class, held every Monday. This specialised session focuses on gentle, controlled movements designed to improve flexibility, mobility, and overall body resilience. By targeting fascia (the connective tissue that supports muscles and joints), you'll enhance movement efficiency, reduce stiffness, and promote long-term physical wellbeing.

筋膜運動訓練

透過我們於星期一舉行的筋膜運動訓練課程釋放你身體的潛能！這訓練課程旨在透過一連串可控的動作提高靈活性、機動性和身體的彈性。透過鍛鍊筋膜—支撐肌肉和關節的結締組織—可以提高運動效率、減少僵硬並促進長久的身體健康。課程適合16歲及以上的會員參加，8月份4堂收費—會員\$720，非會員\$1,200。

備註：課程以廣東話授課

Date : Monday 4th, 11th, 18th & 25th August

Time : 1:30pm – 2:30pm

Venue : Aerobics Room

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

Age : 16 years and above

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



Jazz Dance

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

爵士舞班

參加本會爵士舞課程，跟隨導師循序漸進地學習爵士舞基本動作，配以音樂跳出各種舞步。課程於星期四舉行，適合16歲及以上的會員參加，8月份4堂收費—會員\$720，非會員\$1,200。

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

Time : 3:00pm – 4:00pm

Venue : Aerobics Room

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

Age : 16 years and above



Funky Dance

Funky Dance is a fun and easy aerobic workout that combines upbeat music with simple dance moves. In just one hour, you'll burn calories while dancing to the rhythm, completing up to 7,000 steps. It's an energetic way to stay fit and have fun at the same time!

Funky舞蹈班

Funky Dance是一種有趣、簡單，又充滿活力的有氧跳舞運動，以不同的音樂和舞步形式來消耗體內的卡路里，在一小時的課堂內便可完成多達7,000個舞步。課程於星期五舉行，適合16歲及以上的會員參加，8月份5堂收費—會員\$900，非會員\$1,500。

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

Time : 12:00noon – 1:00pm

Venue : Aerobics Room

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

Age : 16 years and above





Zumba Fitness

Step into the vibrant world of Zumba Fitness, where every class is a celebration of movement and music! Zumba is not just a workout; it's a global dance phenomenon that blends exhilarating rhythms from around the world with easy-to-follow moves to create a dynamic fitness experience.

尊巴健體舞班

走進尊巴健體舞充滿活力的世界，每一課堂都充滿動感及音樂的快樂！尊巴舞不僅是一種鍛鍊，更是一項全球性的舞蹈熱潮，將世界各地令人興奮的節奏與易於遵循的動作融為一體，創造出充滿活力的健身體驗。課程於星期日舉行，適合16歲及以上的會員參加，8月份5堂收費——會員\$900，非會員\$1,500。

Date : Sunday 3rd, 10th, 17th, 24th, 31st August
Time : 10:00am – 10:45am (45 minutes)
Venue : Aerobics Room
Price : Member \$900, Guest \$1,500 (for 5 lessons)
Age : 16 years and above

Stretching Exercise Class

Regular stretching is key to more than just preventing injuries; it's a holistic approach to enhancing your quality of life. In our classes, you'll learn the proper techniques to correct your posture, increase flexibility, and boost blood circulation. These exercises are also designed to relieve stress and enhance coordination, contributing to overall sports performance and reducing the risk of future injuries.

伸展運動班

定期進行伸展運動不僅能預防受傷，亦是提高生活品質的全面方法。在我們的課程中，大家可學習掌握糾正姿勢、增強靈活性及促進血液循環。這些練習還旨在緩解壓力及增強協調性，有助於提高整體運動表現並降低未來受傷的風險。課程於星期五舉行，適合16歲及以上的會員參加，8月份5堂收費——會員\$900，非會員\$1,500。備註：課程以廣東話授課

Date : Friday 1st, 8th, 15th, 22nd & 29th August
Time : 3:00pm – 4:00pm
Venue : Aerobics Room
Price : Member \$900, Guest \$1,500 (for 5 lessons)
Age : 16 years and above
Instruction: Please note, this class is taught in Cantonese only



Schedule in August 八月份課程

Monday

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

Tuesday

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

Wednesday

Tennis Team Training	10:00am – 12:00noon Ladies
Pickleball Night <i>*New Class</i>	8:00pm – 10:00pm

Thursday

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

Friday

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

Saturday

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

Sunday

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

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

康體部於每個月25日開始接受下個月份各類團體課程的報名。

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

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



Morisseau Mussels at Pier 6

Simply Prepared. Perfectly French

Morisseau 青口

簡單烹調・完美的法國風味

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.

Available à la carte for lunch and dinner from 11th August onwards, exclusively at Pier 6.

To reserve your table, please call Pier 6 on 2118 1878.

Morisseau家族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。這些青口被廣泛認為是法國市場上最優質的青口，以其細膩的風味和無與倫比的新鮮度而備受讚譽。

我們將採用新鮮空運到港的Morisseau青口，以簡單的方法烹調。在清蒸後，佐以芳香的藏紅花醬汁，提升了菜餚的鮮美，卻不會喧賓奪主。

Morisseau青口自選菜式將由8月11日起，僅在Pier 6餐廳的午餐及晚餐時段供應。

訂座請致電 2118 1878。



Morisseau Mussels in Saffron Sauce

藏紅花汁燴法國藍青口

This month, I'm sharing a simple yet elegant dish that highlights the natural sweetness of Morisseau Mussels. Farmed in the tidal waters of Mont-Saint-Michel in Normandy, France, they are prized for their delicate flavour and plump texture. Steamed with white wine, saffron and cream, this is summer dining at its finest.

本月份，我將與大家分享一道簡單卻優雅的菜式，完全突顯出法國藍青口（Morisseau）的天然甜味。這款青口產於法國諾曼第聖米歇爾山的潮汐水域，以其細膩及飽滿的口感而備受讚譽。以白酒、番紅花及奶油蒸煮而成，堪稱夏日美食的最佳之作。



By Head of Culinary & Restaurant Operations, Daniel Birkner

撰文：廚藝及餐飲營運總監 — Daniel Birkner

PREPARATION

Mussels Preparation:

Rinse the mussels under cold running water. Scrub the shells with a brush to remove any debris. Discard any mussels that are open and do not close when tapped.

Saffron Infusion:

In a small bowl, combine the saffron threads with 2 tablespoons of warm water. Allow it to steep for about 10 minutes.

準備材料

青口：

用冷水沖洗青口。用刷子刷洗貝殼以去除所有碎屑。丟棄所有已打開而且輕敲後沒有閉合的青口。

浸泡藏紅花：

用一個小碗，將藏紅花絲浸泡在兩湯匙的溫水內，浸約10分鐘。

INGREDIENTS

- Morisseau Mussels : 2 kg, cleaned and debearded
- Olive Oil : 50 ml
- Shallots : 2, finely chopped
- Garlic : 4 cloves, minced
- White Wine : 250 ml (preferably dry)
- Fish Stock : 200 ml
- Saffron Threads : 1-2 pinch (about 0.1-0.3 g)
- Heavy Cream : 200 ml
- Fresh Parsley : 1 bunch, chopped, for garnish
- Salt and Pepper : to taste
- Lemon Wedges : for serving

食 材

- 法國藍青口 : 2公斤，洗淨去鬚
- 橄欖油 : 50毫升
- 紅蔥頭 : 2個，切碎
- 大蒜 : 4瓣，切碎
- 白酒 : 250毫升（最好是乾的）
- 魚湯 : 200毫升
- 藏紅花絲 : 1-2撮（約0.1-0.3克）
- 濃奶油 : 200毫升
- 新鮮蕃茜 : 1束，切碎，用於裝飾
- 鹽和胡椒 : 適量
- 檸檬角 : 用於裝飾

INSTRUCTIONS

1. In a large sauté pan or pot, heat the olive oil over medium heat. Add the chopped shallots and garlic, and sauté until translucent and fragrant, about 2-3 minutes.
2. Pour in the white wine and increase the heat to high. Let it simmer for 2-3 minutes to reduce slightly.
3. Add the cleaned mussels to the pot, along with the fish stock and the saffron infusion (including the threads). Stir gently to combine.
4. Cover the pot and cook for about 5-7 minutes, shaking the pot occasionally, until the mussels have opened. Discard any mussels that remain closed.
5. Reduce the heat to low. Stir in the heavy cream and season with salt and pepper to taste. Allow it to heat through for about 2 minutes.
6. Divide the mussels among four bowls, spoon the saffron sauce over, and garnish with freshly chopped parsley. Serve with lemon wedges on the side.

做法

1. 在一個大的炒鍋中，用中火加熱橄欖油。加入切碎的紅蔥頭及大蒜，翻炒約 2-3 分鐘至半透明並散發出香味。
2. 加入白酒然後調至大火，燉煮 2-3 分鐘至稍為收汁。
3. 放入清洗乾淨的青口，然後將魚湯、藏紅花絲連浸泡水一起放入鍋中，輕輕攪拌均勻。
4. 蓋上鍋蓋，煮約 5-7 分鐘，偶爾搖晃鍋子，直到青口殼打開。丟棄所有仍然閉合的青口。
5. 青口煮熟後轉小火，拌入濃奶油，並依口味用鹽及胡椒調味，加熱約 2 分鐘。
6. 將青口分裝在四個碗中，用湯匙淋上番紅花汁，並用新鮮切碎的蕃茜裝飾。佐以檸檬角即可享用。

TIPS 溫馨提示

- Ensure that the mussels are as fresh as possible for the best flavour. 選擇的青口愈新鮮愈好，以確保最佳的風味。
- Pair the dish with crusty bread or a side of rice to soak up the delicious sauce. 搭配硬麵包或白飯，以吸收美味的醬汁。

If you'd prefer to leave the work to us, we invite you to Pier 6 this month, where Morisseau Mussels take centre stage. This saffron-infused dish is featured, so allow our chefs to prepare it for you! See the previous page for details.

如果你想把烹調的工作交給我們，我們誠意邀請你前來 Pier 6 餐廳享用本月份的主打菜式 — Morisseau 青口，這道充滿藏紅花香味的菜餚就是其中之一，詳情請參閱前一頁，讓我們的廚師為你精心烹製吧！



Oyster Fridays Every Friday Night at the Club Bar

週五「盡享生蠔」之夜
每個星期五晚上在會所酒吧舉行

Start the weekend in style with freshly-shucked Oysters, served by the piece with your choice of classic Mignonette and Lemon or a Spicy Bloody Mary Shot.

Pair your Oysters with a glass of selected Champagne at a special price of \$78 and toast to a refined Friday evening.

Date : Every Friday in August

Venue : Club Bar

於8月份逢星期五晚上前來會所酒吧，以品嚐即叫即開的新鮮生蠔來開啟美好的週末。生蠔將以每隻計算，配搭香草檸檬醬或辣味血腥瑪麗酒一同享用。

更可同時享用精選香檳來配搭生蠔，每杯只需\$78。

齊來為快樂的星期五夜晚乾杯！



Wing Wednesdays at the Club Bar

週三雞翼日
於8月份逢星期三在會所酒吧舉行

Spice up your midweek with a menu dedicated to Chicken Wings at the Club Bar.

Choose from a variety of seasonings, or opt for the Tasting Platter for a little bit of everything.

Feeling adventurous? Be sure to try our Hot Wing Roulette, a plate of wings with heat levels ranging from mild to one million on the Scoville scale. Sign the Wing Waiver, and we'll serve a glass of milk alongside...just in case!

Add a chilled pint of Carlsberg for only \$50 with any wing order.

Available Every Wednesday in August at the Club Bar

於逢星期三前來會所酒吧享用我們的雞翼專屬菜單，為你在一星期的中段時間增添一抹刺激的辣味。

你可以從多種調味中選擇喜歡的口味，也可以選擇拼盤，品嚐不同的口味。

喜歡接受挑戰？那麼一定要試試我們的辣味雞翼輪盤，這盤雞翼的辣度從微辣到史高維爾辣度表上的一百萬度不等。簽署雞翼免責協議書後，我們將為你奉上一杯牛奶...以防萬一！

點選任何口味的雞翼，只需另加\$50即可享用冰鎮嘉士伯啤酒一杯。



Celebrate Your Academic Milestone at Pier 6

在 Pier 6 餐廳慶祝你的學術里程碑

A new academic year is about to begin, bringing fresh goals and new challenges. Whether you are preparing to start university or returning for another year, this is a meaningful moment worth celebrating.

Mark the occasion with a memorable lunch or dinner at Pier 6. Chef Daniel has created a seasonal menu to honour this important step in your academic journey. Share the moment with your family and friends over a delicious meal in a beautiful setting.

Available for lunch and dinner at Pier 6 from 18th August to 5th September

Menu requires prior reservation
\$599 per person

Includes one Coffee or Tea

新學年即將開始，同時亦帶來新的目標及挑戰。無論你是正準備升讀大學，還是重返校園開始新學年，這都是一個值得慶祝的重要時刻。

前來 Pier 6 餐廳享用一頓難忘的午餐或晚餐，紀念這一刻。Chef Daniel 已精心設計了一份時令菜單，以紀念你在學業旅程中這重要的一步。在優美的環境中，與家人朋友一起享用美味佳餚，分享這一刻興奮期待的心情。

這精選菜單將於8月18日至9月5日期間在 Pier 6 餐廳午餐及晚餐時段供應

必須提前預訂，請致電2118 1878

每位 \$599，包括一杯咖啡或茶

M E N U

Mosaique of Summer Vegetables | Olive Tapenade | Basil

Vichyssoise with Crispy Hen's Egg and Black Truffle

Black Angus Beef Tenderloin with Red Wine Jus and Caramelised Shallots | Spinach and Potato Crisp
Or

Crispy Baked Fillet of Cod Fish with Noilly Prat Sabayon | Confit Fennel and Samphire

Summer Delight of Confit Pineapple and Coconut

For reservations, please contact Pier 6 on 2118 1878
預約及查詢，請致電 2118 1878。



Special Promotion at Bauhinia Abalone, Baby Pigeon and Lobster Set Menu

紫荊閣8月份特別套餐優惠 鮑魚、童子鴿及龍蝦套餐

This month at Bauhinia, indulge in a refined Set Menu celebrating three treasured delicacies: Abalone, Baby Pigeon and Lobster. Each course is thoughtfully prepared to highlight the richness and depth of traditional flavours.

本月份，紫荊閣將隆重推出一份精緻的套餐，包括三大珍饈：鮑魚、童子鴿及龍蝦。每道菜品均經過精心烹調，充分展現傳統風味的豐富與深度。

套餐收費：每位\$650，兩位起

於紫荊閣午餐及晚餐時段供應，訂座請致電 2118 1892。

*此優惠套餐不適用於宴會廳用餐

\$650 per person, minimum 2 persons

Available for lunch and dinner at Bauhinia

This promotion is not available for dining in Banquet Rooms

To reserve your table, please call Bauhinia on 2118 1892

豉椒炒花蛤 拼 松露野菌香煎腐皮卷 拼 日式芥末雲耳
Stir-fried Clams with Black Beans and Chilli
Deep-fried Bean Curd Sheet with Mushrooms and Black Truffle
Marinated Black Fungus with Wasabi

紅燒七頭鮑魚伴鵝掌
Braised Abalone in Oyster Sauce with Goose Webs

瑞士汁燒童子鴿 (每位半隻)
Roasted Baby Pigeon with Swiss Sauce
(Half piece per person)

椰子鮮茄浸莧菜
Simmered Chinese Spinach with Tomato
and Coconut in Bouillon

上湯焗波士頓龍蝦伴伊麵 (每位半隻)
Pan-fried Boston Lobster in Bouillon with E Fu Noodles
(Half piece per person)

芒果雪糕 或 精美甜品
Mango Ice Cream or Daily Dessert





Casa della Nonna Rustic Dinner at Grandma's

Available every Thursday and Sunday
from 6:00pm at Capricci.

Nothing tastes quite like a meal made by Grandma. Every Thursday and Sunday evening at Capricci, we bring that comforting spirit to life with Casa della Nonna, a rustic dinner inspired by family gatherings at Grandmother's table.

Join us for simple dishes, and the joy of sharing generous platters with those you love. Start with bowls of fresh salad, pass around steaming plates of pasta, delicious main courses, and end the evening with sweet, traditional treats.

Bring the family, pour a glass of wine, and enjoy a meal that feels like home.

\$299 per person including Table Wine and Espresso

To make your reservation, please call Capricci on 2118 1803.

祖母的家常晚餐

逢星期四及日傍晚6時起在Capricci餐廳供應

沒有什麼比祖母做的飯菜更美味了。於8月份逢星期四及日晚上，Capricci餐廳將為大家送上「祖母的家常晚餐」，這頓晚餐的靈感源自於在祖母家聚會時餐桌上的菜式，讓這種溫馨的氛圍帶入生活中。

與我們一起享用簡單的菜餚，及感受與摯愛分享美食的喜悅。從一碗碗新鮮的沙律開始，到熱氣騰騰的意大利麵、美味的主菜，最後以甜點及傳統美食結束美好的夜晚。

與家人同行，倒上一杯葡萄酒，享受一頓家常的晚餐。

晚餐收費 — 每位\$299，包括佐餐葡萄酒及濃縮咖啡

訂座請致電Capricci餐廳：2118 1803。

Chef Keung's Favourite Bites at Bauhinia

紫荊閣 — 強師傅舌尖上的美食

Join us at Bauhinia Restaurant and enjoy a selection of Chef Keung's most cherished recipes. August's highlights include Pan-fried Abalone with Scallion and Gravy as well as Cold Sliced Abalone with Asparagus.

於8月份，歡迎前來紫荊閣品嚐由強師傅為大家特別推介的拿手菜式，包括日本燒汁京蔥鮑魚角、涼伴露筍鮑魚，以及其他精選菜式。

訂座請致電 2118 1892。

Date : 1st - 31st August

Venue : Bauhinia

Reservations : 2118 1892





Your Lunch or Dinner Events at the Harbour Room

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

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

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

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

Harbour Room 午宴或晚宴

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

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

Harbour Room於星期一至日均可供會員預訂舉行私人宴會。

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

Summer Sips

at the Club Bar and Oyster Bar

會所酒吧及Oyster Bar每日供應 夏日特飲

Whether you are soaking up the afternoon sun or relaxing in the evening, enjoy a refreshing selection of summer-inspired cocktails and mocktails designed for leisurely moments at the Club.

無論是沐浴於午後陽光，還是在夜晚放鬆身心，會所酒吧及Oyster Bar都為你準備了冰涼清爽的夏日雞尾酒和無酒精雞尾酒，讓你在閒暇盡享愜意時光。



Cocktails雞尾酒

\$90 per glass (每杯)

Purple Rain

A floral medley of Butterfly Pea Tea, Gin, St. Germain, Elderflower Syrup, Lime Juice, and Tonic Water.

蝶豆茶、氈酒、St. Germain調酒、接骨木花糖漿、青檸汁和湯力水的花香混合。

Fizz Breeze

Yuzu Honey, Fresh Mint, Orange and Lime topped with Prosecco.

柚子蜂蜜、新鮮薄荷、橙和青檸，加上Prosecco氣酒。

Mocktails無酒精雞尾酒

\$70 per glass (每杯)

Rose Garden

Rose Vanilla Tea with Strawberry Syrup, Raspberry Purée, and Ginger Ale.

玫瑰香草茶配草莓糖漿、覆盆子泥和薑汁汽水。

Yellow Kite

A twist of Calamansi Juice and Passionfruit Purée and Syrup with Jasmine Tea and Tonic Water.

金桔汁、百香果泥及糖漿、茉莉花茶和湯力水混合調配而成。

Available daily at the Club Bar and Oyster Bar

Arabica Afternoon Tea

at The Island View Restaurant & Oyster Bar

Arabica咖啡美食下午茶

於Island View餐廳及Oyster Bar供應

Discover how coffee can transform an afternoon tea!

Known for its smooth body and complex notes, Arabica coffee pairs beautifully with ingredients like mushrooms, soy sauce, vanilla, sesame and raspberries, creating incredible flavour combinations.

Treat yourself to a range of sweet and savoury creations, thoughtfully prepared to highlight Arabica's depth and complexity. For an extra indulgence, upgrade to our house-infused Espresso Martini. Made with vodka steeped in cracked Arabica beans, this is sure to add an elegant kick to your afternoon.

齊來探索如何將Arabica咖啡變成下午茶美食！

Arabica咖啡以其順滑的口感及豐富的香氣而聞名，與蘑菇、醬油、香草、芝麻及覆盆子等食材是完美的配搭，能創造出令人難以置信的風味組合。

犒賞自己，於8月份前來Island View餐廳及Oyster Bar品嚐我們一系列以Arabica咖啡精心製作的甜味及鹹味美食，完全可以突顯出其深度及複雜性。想要更奢華的享受，不妨升級享用我們自製浸泡的 Espresso Martini。這款馬丁尼以伏特加浸泡在Arabica碎咖啡豆中調製而成，定能為你的午後時光增添一抹優雅的氣息。



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

\$148 per person, inclusive of tea or coffee

Espresso Martini Upgrade: \$70 (excluding refill)

下午茶美食供應時間：每日下午2時至5時30分

收費：每位\$148，包括咖啡或紅茶

升級享用Espresso Martini：另加\$70（不包括續杯）

Kam Shan Family Walk

金山家樂徑

A reasonably easy and mostly shaded hike for the height of summer is easily reached from Kowloon.

This trail is a gentle, steady climb for the first half, but that's more than you need to raise some perspiration at this time of year. Walking time: 2 hours.

From Sham Shui Po, board KMB buses 72 or 81 and alight at the stop named Shek Lei Pui Reservoir. Walk ahead for a few minutes to find the left turn for Golden Hill Road and the Kam Shan Country Park. (If you're coming from the opposite direction, buses 72 and 81 pick up outside the Royal Park Hotel in Sha Tin. Get off at the Shek Lei Pui Reservoir bus stop, cross the footbridge and turn right).

Follow the single-track Golden Hill Road across the two dams and then carry on uphill past a small rockface cascade and a few picnic areas until you meet the wooden archway announcing the Kam Shan Family Walk. This takes you into the cool, shaded forest.



The trail crosses a burbling stream and then comes to a fork. Turn left to follow the steps higher up into the woods. Your way is signposted by yellow-painted family trail markers, and it's a mostly natural path of earth and roots.

As you climb higher, the slope down into the thickly forested gorge on your left becomes steeper, so take care as you walk. Gaps in the trees offer views of the green mountains that surround this landscape of reservoirs.

There are no directional choices to make. The trail carries on winding through the forest until you reach another wooden archway and you're back at Golden Hill Road. Turn left to complete your downhill circuit to where you started. From this higher section of the waterworks road, you can enjoy views over the Kowloon foothills to the towers of Hong Kong Island.



You'll meet some family groups of macaques on your way back downhill, and likely some boar too if it's approaching evening. Keep a respectful distance and they will leave you alone. On our sweltering July visit, some monkeys were reclining on their backs in an effort to keep cool, and others were splashing in puddles and stream waters. Remember to keep your bags closed as you pass the monkeys, to prevent any attempts to steal food, and avoid opening bags or pockets; any zipping sound will draw the attention of these hungry creatures.



從九龍出發，可以輕鬆到達一條在盛夏時節也算相當輕鬆且多為樹蔭覆蓋的遠足路線。

這條路線的前半段坡度平緩，但足以讓你在這個季節汗流浹背。步行時間：兩小時。

從深水埗出發，乘搭九巴 72 號或 81 號，在石梨貝水塘站下車。向前走幾分鐘，左轉即可到達金山路和金山郊野公園。（如果你從相反方向出發，72 號和 81 號巴士會在沙田帝都酒店外上車。在石梨貝水塘巴士站下車，過行人天橋後右轉。）

沿著單向行的金山路穿過兩座水壩，繼續上坡，經過一座小型岩壁瀑布和幾個野餐區，直至看到通往金山家樂徑的木拱門。這條路會帶你進入一片陰涼的樹林中。



這條小路穿過一條潺潺的小溪，然後來到一個分岔路口。左轉，沿著梯級向上走，進入樹林。黃色的家樂徑標記為你指示方向，這條路幾乎完全是由泥土和樹根鋪成的自然小徑。

隨著你愈爬愈高，左側通往茂密樹林峽谷的山坡也變得愈來愈陡峭，所以行走時務必小心。透過樹木間的空隙，可以欣賞到環繞著這片水庫的青山綠水。

無需選擇方向。路徑蜿蜒穿過樹林，直至到達另一個木拱門，然後回到金山路。左轉完成下坡路段，回到出發點。從水庫通道的這一段地勢較高的路段，你可以欣賞到九龍山麓和香港島高樓的壯麗景色。

下山途中，你會遇到一些獼猴家族，如果天色漸晚，還可能會遇到野豬。保持適當的距離，牠們就不會打擾你。我們在悶熱的 7 月期間造訪，有些猴子仰面朝天躺著乘涼，有些則在水坑和溪水中嬉戲。經過猴子時，記得收好你的包包，以防牠們偷取食物，也不要打開包包或口袋；任何拉鍊的聲音都會引起這些飢餓動物的注意。



NEW

Pastry of the Month

We're excited to introduce a new treat for Members to enjoy. Each month, our Pastry Chefs will prepare a special pastry using the finest ingredients and seasonal fruits. Flavours will change monthly, giving you something fresh to look forward to.

Throughout August, try our **Thai Mango** and **Japanese Yuzu Pastry**. Light, refreshing, and full of flavour, it's available in all outlets daily from 12.00noon at \$58 per piece.

全新推出 — 本月精選糕點

我們非常高興為會員推出一項全新的美食推介。每個月份，我們的糕點師傅都會採用上等食材及時令水果精心製作一款特別的糕點，而且每月不同，讓你對即將可以品嚐到的新款糕點充滿期待。

於整個 8 月份，歡迎前來品嚐泰式芒果及日式柚子糕點。這款糕點口感清爽，香味濃郁，由每日中午 12 時起在各餐廳及酒吧供應，每份 \$58。



Junior Summer Programme 2025

兒童暑期活動 2025



Children's Development 兒童智能啟發

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

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

STEM 科學模型設計學院 (6 — 12歲)

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

課堂內容參考：神奇懸浮燈、自製電動機械人

Date : Wednesday 13th August

Time : 10:00am – 12:30pm

Venue : Harbour Room, 1/F

Price : Member \$850, Guest \$900



STEM: Interstellar Technology Laboratory (6 – 12 years)

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

STEM 星際科技實驗室 (6 — 12歲)

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

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

Date : Wednesday 13th August

Time : 1:00pm – 3:30pm

Venue : Harbour Room, 1/F

Price : Member \$950, Guest \$1,000



STEM: Science Experimentation (3 – 6 years)

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



STEM科學變變變 (3 — 6歲)

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

課堂內容參考：電動小風扇、自製迷你小檯燈、電動模擬乾衣機、大眼仔潛望鏡

Date : Wednesday & Friday 6th & 8th August

Time : 12:00noon – 2:00pm

Venue : Playroom Library, 1/F

Price : Member \$980, Guest \$1,080

STEM: Science Toy Designer (3 – 6 years)

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

STEM 科學玩具設計師 (3 — 6歲)

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

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

Date : Wednesday & Friday 6th & 8th August

Time : 10:00am – 12:00noon

Venue : Playroom Library, 1/F

Price : Member \$980, Guest \$1,080

Japanese Communication Course (6 – 12 years)

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

日文基礎溝通用語 (6 — 12歲)

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

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

Date : Monday & Wednesday 4th & 6th August

Time : 1:00pm – 3:30pm

Venue : Harbour Room, 1/F

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



Korean Communication Course (6 – 12 years)

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



韓文基礎溝通用語 (6 — 12歲)

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

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

Date : Monday & Wednesday 4th & 6th August

Time : 10:00am – 12:30pm

Venue : Harbour Room, 1/F

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



Children's Development 兒童智能啟發

Math Logical Thinking Course (3 – 6 years)

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

幼兒數學邏輯思維課程 (3 – 6歲)

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

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

Date : Wednesday & Friday 6th & 8th August
Time : 2:00pm – 4:00pm
Venue : Playroom Library, 1/F
Price : Member \$920, Guest \$1,020

Play Group 趣味學習

English Drama Academy (3 – 12 years)

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



英語話劇訓練班 (3 — 12歲)

本會經驗豐富的導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，來激發學員對學習英語的興趣。

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

Arts & Crafts 美術及手工藝

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

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

Jellycat 繪畫及黏土夢幻旗艦店 (3 — 6歲)

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

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

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



Chiikawa Painting & Clay Time (3 – 12 years)

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

Chiikawa 繪畫及黏土時光 (3 — 12歲)

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

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

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



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

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

Duffy 與迪士尼好友繪畫旅程 (3 — 12歲)

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

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

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



Coloured Sketch Exploration (6 – 12 years)

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

色彩的魔力—彩色素描探索 (6 — 12歲)



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

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

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



EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>The Ultimate Pacific Ocean Seafood Dinner Buffet at The Island View 2nd, 9th, 16th, 22nd & 29th</p>	 <p>Junior Summer Programme in August 2025 Please contact the 2/F Reception on 2118 1890 for details.</p>	 <p>Pacific Club Annual Junior Swimming Gala 2025 31st</p>	 <p>Pacific Club Junior Swimming Competition</p>	 <p>Pacific Club Junior Swimming Competition</p>	 <p>Pacific Club Junior Swimming Competition</p>	 <p>Pacific Club Junior Swimming Competition</p>
<p>Zumba Fitness / Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Miniature Summer Dessert Clay Workshop</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Sunday Lunch Buffet at The Island View</p> <p>Casa della Nonna – Rustic Dinner at Capricci</p> <p>3</p>	<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>4</p>	<p>Afternoon Water Aerobics</p> <p>Yoga</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Men's Double Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>5</p>	<p>Tennis Team Training</p> <p>Pickleball Night</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Wing Wednesdays at Club Bar</p> <p>6</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>Jazz Dance</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Casa della Nonna – Rustic Dinner at Capricci</p> <p>7</p>	<p>Afternoon Water Aerobics / Funky Dance</p> <p>Yoga / Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Special Summer Promotion - Relax & Retreat 1st – 31st</p> <p>Pasty of the Month at all Outlets 1st – 31st</p> <p>"Chef Kaung's Favourite Bites" Promotion at Bauhinia 1st – 31st</p> <p>Arabica Afternoon Tea at The Island View & Oyster Bar 1st – 31st</p> <p>Summer Cocktails & Mocktails at Club Bar & Oyster Bar 1st – 31st</p> <p>Abalone, Baby Pigeon and Lobster Set Menu at Bauhinia 1st – 31st</p> <p>Cold Brew Coffee at Club Bar & Oyster Bar 1st – 31st</p> <p>Flavours of Vietnam Dinner Buffet at The Island View</p> <p>Oyster Fridays at Club Bar</p> <p>1</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>The Ultimate Pacific Ocean Seafood Dinner Buffet at The Island View</p> <p>9</p>
<p>Zumba Fitness / Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Sunday Lunch Buffet at The Island View</p> <p>Casa della Nonna – Rustic Dinner at Capricci</p> <p>10</p>	<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Morisseau Mussel Menu at Pier 6 from 11th onwards</p> <p>11</p>	<p>Afternoon Water Aerobics</p> <p>Yoga</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Wing Wednesdays at Club Bar</p> <p>12</p>	<p>Tennis Team Training</p> <p>Pickleball Night</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Wing Wednesdays at Club Bar</p> <p>13</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>Jazz Dance</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Casa della Nonna – Rustic Dinner at Capricci</p> <p>14</p>	<p>Miniature Summer Dessert Clay Workshop</p> <p>Afternoon Water Aerobics / Funky Dance</p> <p>Yoga / Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Flavours of Vietnam Dinner Buffet at The Island View</p> <p>Oyster Fridays at Club Bar</p> <p>8</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>The Ultimate Pacific Ocean Seafood Dinner Buffet at The Island View</p> <p>16</p>
<p>Zumba Fitness / Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Miniature Bakery Clay Workshop</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Sunday Lunch Buffet at The Island View</p> <p>Casa della Nonna – Rustic Dinner at Capricci</p> <p>17</p>	<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>"Celebrate Your Academic Milestone" Lunch & Dinner at Pier 6 18th Aug - 5th Sept</p> <p>18</p>	<p>Afternoon Water Aerobics</p> <p>Yoga</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Wing Wednesdays at Club Bar</p> <p>19</p>	<p>Tennis Team Training</p> <p>Pickleball Night</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Wing Wednesdays at Club Bar</p> <p>20</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>Jazz Dance</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Casa della Nonna – Rustic Dinner at Capricci</p> <p>21</p>	<p>Afternoon Water Aerobics / Funky Dance</p> <p>Yoga / Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Flavours of Vietnam Dinner Buffet at The Island View</p> <p>Oyster Fridays at Club Bar</p> <p>15</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Flavours of Vietnam Dinner Buffet at The Island View</p> <p>23</p>
<p>Zumba Fitness / Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Pacific Club Annual Junior Swimming Gala 2025 (31st)</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Sunday Lunch Buffet at The Island View</p> <p>Casa della Nonna – Rustic Dinner at Capricci</p> <p>24/31</p>	<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>25</p>	<p>Afternoon Water Aerobics</p> <p>Yoga</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Wing Wednesdays at Club Bar</p> <p>26</p>	<p>Tennis Team Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Wing Wednesdays at Club Bar</p> <p>27</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>Jazz Dance</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Casa della Nonna – Rustic Dinner at Capricci</p> <p>28</p>	<p>Miniature Bakery Clay Workshop</p> <p>Afternoon Water Aerobics / Funky Dance</p> <p>Yoga / Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Oyster Fridays at Club Bar</p> <p>The Ultimate Pacific Ocean Seafood Dinner Buffet at The Island View</p> <p>22</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Flavours of Vietnam Dinner Buffet at The Island View</p> <p>30</p>

September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training	Water Aerobics Yoga	Tennis Team Training Pickleball Night	Yoga Tennis Team Training Jazz Dance	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Saturday Dinner Buffet at The Island View
	1	2	3	4	5	6
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy	Water Aerobics Yoga	Tennis Team Training Pickleball Night	Yoga Tennis Team Training Jazz Dance	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Saturday Dinner Buffet at The Island View
7	8	9	10	11	12	13
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy	Water Aerobics Yoga	Tennis Team Training Pickleball Night	Yoga Tennis Team Training Jazz Dance	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Saturday Dinner Buffet at The Island View
14	15	16	17	18	19	20
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy	Water Aerobics Yoga	Tennis Team Training Pickleball Night	Yoga Tennis Team Training Jazz Dance	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Saturday Dinner Buffet at The Island View
21	22	23	24	25	26	27
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy	Water Aerobics Yoga	Tennis Team Training Pickleball Night	Yoga Tennis Team Training Jazz Dance	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Saturday Dinner Buffet at The Island View
28	29	30	Yoga Class Every Mon, Tue, Thur, Fri & Sun (except Public Holiday)		Pickleball Night Every Wednesday	

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

Recreation

Food & Beverage



Junior Summer Programme 2025

兒童暑期活動 2025



Other Sports 其他運動

Wall Climbing (6 – 10 years)

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

CLINIC	DAY	DATE	TIME
C	Tue & Fri	12th, 15th, 19th & 22nd August	11:30am – 1:00pm
D	Tue & Fri	12th, 15th, 19th & 22nd August	2:30pm – 4:00pm

攀石班 (6 – 10歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

Venue : Children's Playroom (Climbing Wall)

Price : Member \$970, Guest \$1,170

Age : 6 – 10 years

Remark : Please wear sports clothes and shoes to the class



Rope Skipping Class (7 – 12 years)

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

花式跳繩班 (7 – 12歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

Date : (B) Sunday 3rd, 10th, 17th & 24th August

Time : 4:30pm – 5:20pm

Venue : Gym Aerobics Room, 1/F

Price : Member \$720, Guest \$920

Remark : Please wear sports clothes and shoes to the class

Mini Pickleball Clinic (3½ – 6 years)

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

CLINIC	DATE
D	6th, 7th & 8th August
E	13th, 14th & 15th August

迷你匹克球班 (3½ – 6歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

Date : Wednesday – Friday

Time : 9:00am – 10:00am

Venue : Gym Aerobics Room, 1/F

Price : Member \$690, Guest \$840

Remark : Please wear sports clothes and shoes to the class

Pickleball Clinic (7 – 16 years)

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



CLINIC	DATE
D	6th, 7th & 8th August
E	13th, 14th & 15th August

匹克球班 (7 – 16歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

Date : Wednesday – Friday

Time : 10:00am – 12:00noon

Venue : Outdoor Tennis Court, 4/F

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

Remark : Please wear sports clothes and shoes to the class



Basketball Clinic (9 – 15 years)

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

CLINIC	DATE
D	4th, 6th & 8th August
E	11th, 13th & 15th August
F	18th, 20th & 22nd August

籃球班 (9 – 15歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

Date : Monday & Wednesday & Friday

Time : 2:00pm – 3:00pm

Venue : Outdoor Tennis Court, 4/F

Price : Member \$690, Guest \$840

Remark : Please wear sports clothes and shoes to the class



Golf 高爾夫球班



Junior Golf Clinic (3 – 17 years)

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

CLINIC	AGE	DAY	DATE	TIME
G	3 – 7 years	Mon & Thu	4th, 7th, 11th & 14th August	2:00pm – 3:00pm
H	8 – 17 years	Mon & Thu	4th, 7th, 11th & 14th August	3:00pm – 4:00pm
I	3 – 7 years	Tue & Fri	12th, 15th, 19th & 22nd August	2:00pm – 3:00pm
J	8 – 17 years	Tue & Fri	12th, 15th, 19th & 22nd August	3:00pm – 4:00pm

高爾夫球班 (3 – 17歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

Venue : Golf Driving Range, 4/F

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

Remark : Please wear sports clothes and shoes to the class

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

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

高爾夫球親子班 (4 歲及以上)

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

註：學員需穿著舒適的運動服及運動鞋上課

Date : Saturday

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

Time : 4:00pm – 5:00pm

Venue : Golf Driving Range, 4/F

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

Remark : Please wear sports clothes and shoes to the class

Tennis 網球班

Mini Tennis Clinic (3½ – 6 years)

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

CLINIC	DATE
E	5th, 6th & 7th August
F	12th, 13th & 14th August
G	19th, 20th & 21st August
H	26th, 27th & 28th August

迷你網球班 (3½ — 6 歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

Date : Tuesday – Thursday

Time : 11:00am – 12:00noon

Venue : Indoor Tennis Court, 4/F

Price : Member \$690, Guest \$840

Remark : Please wear sports clothes and shoes to the class



Tennis Clinic (7 – 14 years)

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

CLINIC	DATE
E	5th, 6th & 7th August
F	12th, 13th & 14th August
G	19th, 20th & 21st August
H	26th, 27th & 28th August

網球班 (7 — 14歲)

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

註：學員需穿著舒適的運動服及運動鞋上課

Date : Tuesday – Thursday

Time : 2:00pm – 4:00pm

Venue : Indoor Tennis Court, 4/F

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

Remark : Please wear sports clothes and shoes to the class



Junior Summer Programme 2025

兒童暑期活動 2025



Summer Swimming School 暑期游泳班



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

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



ENROLLMENT 報名

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

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

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

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

課程報名，請與二樓接待處的工作人員聯絡，或致電 2118 1890。

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



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



Meet Our New Swimming Coaches

認識我們的新任游泳教練

We are pleased to welcome three outstanding professionals to our coaching team here at the Pacific Club: Stephen Tsui, Kary Suen, and Tiffany Yip. With extensive experience, proven results, and a shared passion for teaching, they are ready to support swimmers of all ages and levels from August 2025.

Fluent in English, Cantonese, and Mandarin, Stephen, Kary, and Tiffany offer a personalised and accessible approach to instruction. Whether you are just starting out or training at a competitive level, our new coaches are committed to helping you build confidence, improve technique, and reach your full potential in the pool.

我們熱烈歡迎3位傑出的專業游泳教練加入太平洋會的教練團隊：Stephen Tsui、Kary Suen 及 Tiffany Yip。他們經驗豐富，在其專長上成績斐然，並對教學充滿熱情，將於2025年8月起為本會各年齡層、各級程度的游泳學員提供指導。

Stephen、Kary 及 Tiffany 能說流利英語、廣東話及普通話，提供個人化且易於理解的教學方法。無論你是希望學習基本技巧的初學者，還是已達到競技水平想要精進技術，我們的新教練都將致力於幫助你建立自信、提升技巧，並在泳池中充分發揮你的潛能。



Stephen Tsui

With over 25 years of coaching experience, Stephen works with swimmers from early learners to elite competitors. His deep knowledge of all four strokes, combined with strong communication skills, allows him to identify and correct technique errors effectively. Many of his students have gone on to break school records and earn top honours in competitions.

Stephen擁有超過25年的教學經驗，曾指導過各種從初學者到頂尖級別的游泳選手。他對4種泳姿的深入了解，加上卓越的溝通能力，使他能夠有效地識別並糾正技術錯誤。他的多位學生都曾經在學界比賽中打破紀錄，並在不同比賽中屢創佳績並榮獲多個獎項。



Kary Suen

Kary brings 15 years of expertise in structured swim training, aquatic fitness, and water-based stretching. She specialises in custom programmes that cater to swimmers of all ages and abilities, with a focus on stroke development, endurance, and overall performance.

Kary在全面的游泳訓練、水上健體課程及水中伸展運動方面擁有15年的專業經驗。她擅長為不同年齡層及技術水平的學員設計個人化的訓練計劃，著重於泳姿技巧、耐力訓練及整體表現提升。



Tiffany Yip

A former member of the Hong Kong Fin Swimming Team, Tiffany has over 15 years of coaching experience and a strong background in competitive swimming. Her strategic guidance, motivational style, and technical insight enable swimmers to refine their skills and progress with confidence.

Tiffany曾是香港蹼泳隊成員，擁有超過15年的教學經驗，並在競技游泳領域擁有深厚的知識。她的策略性指導、激勵學員的風格，及對技術的深刻見解，均能幫助游泳學員提升技能，並增強自信。



To book a swimming lesson, please contact the 2/F Reception on 2118 1890.
預約游泳課程，請致電 2118 1890 與二樓接待處聯絡



Sunday Social Tennis

Join fellow Members each Sunday for two enjoyable hours of tennis in a relaxed and welcoming setting. Sunday Social Tennis is open to players of all levels and offers a chance to refine your game and take part in the friendly atmosphere that defines the Club's tennis community.

週日網球聯誼聚會

於星期日下午，與其他會員在輕鬆愜意的氛圍中享受兩小時的網球樂趣！本會的「週日網球聯誼聚會」歡迎任何技術水平的會員參加，讓大家有機會提升球技，並融入會所網球部友好的氛圍中。只需做好準備，即可開始比賽。活動收費每位\$170（設茶點招待）。此聚會只供成年會員參加。

Date : Sunday 3rd, 10th, 17th, 24th & 31st August
Time : 5:00pm – 7:00pm
Venue : Outdoor Tennis Courts
Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)
Age : Adults Only



Junior Tennis Academy

Designed for ages 3½ to 16, the Pacific Club's Junior Tennis Academy offers a structured pathway for young players to learn, improve, and enjoy the game. Led by our experienced coaches, sessions are tailored to suit different age groups and skill levels, combining technical development with engaging, age-appropriate drills. Fees are charged monthly.

青少年網球訓練

本會的青少年網球訓練班於星期六上午舉行，專為3½-16歲會員而設，為年輕球員提供結構化的學習、提升和享受網球的途徑。課程由經驗豐富的教練指導，根據不同年齡和技能水平度身定制，將技術提升與合適其年齡的趣味訓練相結合。8月份課程收費 — A班（3½ – 6歲，5堂）：會員\$1,050，非會員\$1,650；B班（6-16歲，5堂）：會員\$1,400，非會員\$2,000。

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



Ladies' Morning Tennis

Join us on Monday mornings for a focused two-hour session designed to sharpen your skills. Led by our professional coaches, these small group clinics concentrate on technique, footwork and match play tactics in a practical and engaging environment. Each session is limited to 10 ladies, so early enrollment is recommended.

女子早上網球練習

透過參加本會於星期一舉行的女子早上網球練習班，提升你的網球技術！這兩小時的專注訓練課程由我們的專業教練指導，透過小組訓練，在務實有趣的環境中，專注提升技術、步法和比賽戰略。每班僅限10名學員參加，請儘早報名。課程收費：每位\$310（包括場租及飲品招待）。

Date : Monday 4th, 11th, 18th & 25th August
Time : 10:00am – 12:00noon (Intermediate / Advanced Level)
Venue : Indoor Tennis Courts
Price : \$310 (for 2 hours, including court charges and selected beverages at the Tennis Lounge)



Contact the 4/F Tennis Reception on 2118 1707 for booking details.
預約課程，請致電2118 1707與四樓網球部聯絡。



Pickleball Night

NEW

Fast-paced, easy to pick up, and fun to play, Pickleball has quickly become a favourite around the world. Now available at the Club, Pickleball Night offers a relaxed way to try something new while staying active. Led by Coach Cindy, each two-hour evening session includes basic technique training, casual group practice, and friendly games. This is a great opportunity to get involved and enjoy an evening of light competition and social play.

全新 — 匹克球晚間聚會

匹克球節奏明快、學習簡單且趣味十足，迅速風靡全球。本會現於星期三晚上舉行「匹克球晚間聚會」，由教練Cindy帶領，讓大家在保持活力的同時，輕鬆嘗試新事物。這每節兩小時的晚間課程包含基礎技巧訓練、輕鬆的小組練習和友誼賽，是放鬆心情、認識新朋友和擁抱健康活力生活的最佳方法。活動歡迎14歲及以上的會員參加，收費：每節/兩小時 — 每位\$250。

Date : Wednesday 6th, 13th & 20th August

Time : 8:00pm – 10:00pm

Venue : Outdoor Tennis Court

Price : \$250 per session (for 2 hours)

Age : 14 years and above



Pickleball Private Lessons

Whether you're new to Pickleball or ready to refine your skills, private lessons offer focused instruction tailored to your level. Build confidence, improve technique and enjoy faster results with guidance from our expert coaches. To book, please call or visit the Tennis Reception.

Private Lessons (1pax)

1-hour	\$630 per person
Package of 10, 1-hour lessons	\$6,100 per person

Semi-Private Lessons (2pax)

1-hour	\$335 per person
Package of 10, 1-hour lessons	\$3,250 per person

匹克球私人課程

無論你是匹克球新手，還是準備提升球技，本會的私人課程都能根據你的水平度身定制，助你建立自信，提升技巧，在我們專業教練的指導下快速取得成效。預約課程，請致電或前往網球部接待處。

私人課程（一人）

一小時課程	： 每位\$630
10 堂一小時課程	： 每位\$6,100

半私人課程（二人）

一小時課程	： 每位\$335
10 堂一小時課程	： 每位\$3,250



Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約課程，請致電2118 1707與四樓網球部聯絡。

The Golden Road: How Ancient India Transformed the World

by William Dalrymple

From the award-winning historian and bestselling author William Dalrymple comes a bold and illuminating new history of India's overlooked influence on the ancient world.

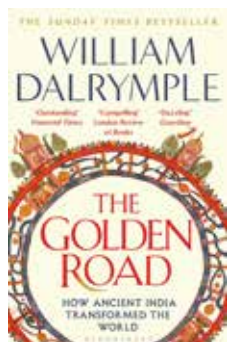
Between 250 BC and 1200 AD, Indian ideas, art, science and spiritual traditions shaped the civilisations of Asia, the Middle East and beyond. From the Red Sea to the Pacific, a vibrant flow of music, mathematics, mythology, religion, astronomy and literature radiated outward, forging what Dalrymple calls the Golden Road a powerful current of cultural exchange that carried Indian knowledge across continents.

Drawing on a lifetime of scholarship and storytelling, Dalrymple restores India to its rightful place at the centre of the ancient world. With insight and clarity, he reveals how Indian thought transformed global civilisation and laid foundations that still resonate today.

獲獎歷史學家和暢銷書作家 William Dalrymple 帶來了一部大膽而富有啟發性，關於印度在古代世界被忽視的影響的新歷史。

在西元前 250 年至西元 1200 年間，印度的思想、藝術、科學和精神傳統塑造了亞洲、中東及其他地區的文明。從紅海到太平洋，音樂、數學、神話、宗教、天文學和文學的活力之流向外傳播，鑄造了 Dalrymple 所說的“黃金之路”，一條強大的文化交流洪流，將印度的知識傳播到各大洲。

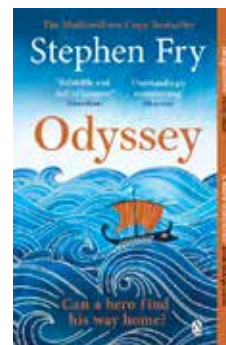
Dalrymple 憑藉著畢生的學術研究和豐富的敘事經驗，將印度重新置於古代世界中心的應有地位。他以敏銳的洞察力和清晰的思路，揭示了印度思想如何改變了全球文明，並奠定了至今仍能產生影響力的基礎。



Odyssey

by Stephen Fry

Stephen Fry's Odyssey is a powerful and poetic retelling of one of the greatest journeys in literature. It is a story of love and endurance, of longing and return, of the deep human desire to find home again.



Odysseus, the wily King of Ithaca, has brought the war at Troy to a dramatic close. But his triumph is short-lived. With thoughts of his wife Penelope and young son Telemachus filling his heart, he sets sail for Ithaca, hoping for a swift return. The gods, however, have other plans. Offended by his pride, Poseidon condemns him to years of wandering, lost among the waves.

What follows is a journey of unimaginable challenges. Odysseus faces one-eyed giants, deadly whirlpools, shape-shifting witches, alluring sirens, and divine rivals, each determined to keep him from reaching his homeland. Through it all, he remains driven by memory, love, and the quiet strength of hope.

Completing the trilogy that began with Mythos and Heroes, Fry brings warmth, humour and insight to this timeless tale, capturing both its grandeur and its aching humanity. Odyssey is a celebration of storytelling, resilience, and the enduring power of home.

Stephen Fry 的《Odyssey》以強勁有力且詩意的方式，重述了文學史上最偉大的旅程之一。這是一個關於愛與忍耐、渴望與回歸的故事，講述了人類對家園的深切渴望。

狡猾的伊薩卡國王 Odysseus 戲劇性地結束了特洛伊戰爭。但他的勝利卻曇花一現。他滿懷對妻子 Penelope 和年幼兒子 Telemachus 的思念，揚帆前往伊薩卡，希望能早日回家。然而，眾神另有安排。Poseidon 被他的傲慢所激怒，判他多年漂泊，迷失在波濤之中。

接下來的旅程充滿了難以想像的挑戰。Odysseus 要面對獨眼巨人、致命漩渦、變幻莫測的女巫、誘人的海妖，以及神祇般的對手，每一個都決心阻止他返回故土。然而，記憶、愛及希望的靜默力量始終驅動著他。

Fry 完成了以《Mythos》及《Heroes》為開端的三部曲最後之作，為這個永恆的故事注入了溫暖、幽默和洞察力，既捕捉了它的宏偉壯麗，也捕捉了其中令人心酸的人性。《Odysseus》是對故事敘述、堅韌不拔的精神，以及家的永恆力量的頌揚。

From now until 31st August, 2025, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount.

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

Kelly & Walsh Ltd.
216 Pacific Place, Admiralty

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Summer Promotion Relax & Retreat

「放鬆・養膚」 夏日美容及按摩優惠

Step into a sanctuary of calm with our exclusive **Relax & Retreat** summer promotion at the Pacific Club Spa. This indulgent package includes a 1 hour and 25 minute facial of your choice, followed by a deeply soothing 55-minute foot massage.

Let go of everyday stress as our expert therapists restore radiance to your skin and ease tension from head to toe. Whether you're in need of a quiet escape or simply time to recharge, this thoughtfully designed experience promises complete renewal.



於8月份，太平洋會美容部為會員送上「放鬆・養膚」夏日美容及按摩優惠，讓大家踏入可遠離壓力的寧靜天堂。這款奢華套餐包括1小時25分鐘的面部護理（指定療程選任其一），以及55分鐘的舒緩足部按摩。

讓我們的專業美容按摩師為你重煥肌膚光彩，從頭到腳得到舒緩，卸下日常壓力。無論你是想享受片刻寧靜，還是只想給自己充充電，這份精心設計的體驗都能為你帶來煥然一新的感覺。

Special Price: \$1,480
(originally up to ~~\$1,880~~)
Available from
1st to 31st August

優惠價\$1,480
(原價高達~~\$1,880~~)
優惠期：8月1日至31日



- Diana Dickson Caviar Collagen Moisture Programme
魚子精華骨膠療程
- Guinot Hydra Summum
活肌水凝療程
- Guinot Hydra Peeling Skin Renewal Treatment
水潤新生療程
- Guinot Lift Summum Treatment
煥顏緊膚修護療程
- Guinot Whitening Facial Treatment
美白亮肌療程
- Hydrating Intensive Treatment Hydra Hyaluronic Acid⁴
微分子透明質酸水漾療程
- Sothys Detox Energie Intensive Treatment
五加蔘能量光感療程
- Bernard Cassiere Spirulina Youth Treatment
螺旋藻逆轉時光美肌療程

Spa Promotions in August 8月份美容療程優惠



Guinot Hydradermie Lift Deluxe (1hr 45mins) ~~\$1,580~~ \$1,264

This revolutionary lifting facial utilises a gentle microcurrent, the Hydraderm machine (exclusive to Guinot), and massages to drain toxins. It improves microcirculation and skin tone, creates a healthy radiance and stimulates collagen and elastin production to smooth fine lines and wrinkles. This results in more extreme muscle lifting, skin toning, and a youthful and visibly rejuvenated appearance.

Guinot Hydradermie 雙效機理極緻緊膚療程〔1小時45分鐘〕

此革命性面部提升療程利用 Guinot 獨有的 Hydraderm 儀器，以溫和的微電流按摩排出毒素，改善微循環和膚色，回復健康的光澤；刺激膠原蛋白和彈性蛋白的產生，能撫平面部、頸部和眼睛周圍細緻部位的細紋和皺紋。這抗衰老皮膚治療能令肌肉有所提升，改善皮膚色調，從而煥發青春的外觀。

Diana Dickson Caviar Eye Treatment (45mins) ~~\$640~~ \$544

Indulge in the richness of caviar, abundant in vitamins, minerals, and lipids. This treatment is designed to smooth wrinkles, firm the skin, and address puffiness around the delicate eye area.



Diana Dickson 魚子眼部修護療程〔45分鐘〕

進行 Diana Dickson 魚子眼部修護療程可利用魚子所含有的豐富維他命和礦物質，幫助細胞修護，改善黑眼圈和皺紋。

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

Understanding Joint Mobility

了解關節靈活性

Joint mobility is essential to almost every form of movement. Whether walking, running, or simply standing, the joints must move smoothly and reliably. Over time, however, factors such as ageing, inactivity, and poor posture can lead to stiffness, discomfort, and a reduced range of motion. This article looks at the causes of joint strain, how movement patterns can be affected, and the importance of muscle strength, balance, and endurance in preserving joint health.

關節活動能力是人體各種形式活動功能的核心，無論是行走、跑步還是簡單的站立，關節都必須能夠順暢可靠地活動。然而，隨著時間的推移，老化、缺乏運動及不良姿勢等因素會導致關節出現僵硬、不適及活動範圍減少。本文將探討關節勞損的原因、運動模式受到的影響，以及肌肉力量、平衡能力及耐力在維持關節健康的重要性。



By Personal Trainer, Max Ng
撰文：私人健身教練 – Max Ng

What Causes Joint Strain

Strain on the joints often results from a combination of overuse, poor posture, inactivity, or injury. Repetitive actions such as long hours at a desk, heavy lifting, or high-impact sports can wear down cartilage and cause inflammation. A sedentary lifestyle weakens the muscles and ligaments that support the joints, making them more vulnerable to stress. Excess body weight increases pressure on the knees and hips, while ageing reduces natural lubrication and cartilage elasticity, making movement less comfortable.



How Movement Is Affected

As joint mobility declines, stride length and rhythm often change. Pain or stiffness in the hips or knees may cause a person to adjust how they walk, often without realising it. These small compensations can gradually lead to misalignment, particularly in the hips or lower back. Focused training or physiotherapy can help restore a more natural gait and improve overall movement.

The Link Between Mobility and Balance

Balance relies not only on the joints themselves but also on muscle strength and a sense known as proprioception. This is the body's ability to sense its position and movement. When joints

are restricted or muscles are weak, proprioception declines and the risk of falls increases. This is especially true for older adults. Building strength in the core, glutes, and legs helps to improve stability. Activities such as standing on one leg, tai chi, and yoga are excellent ways to strengthen control and coordination.

Why Strength and Endurance Matter

Muscles act as a cushion for the joints, helping to absorb the impact of movement. Maintaining muscle mass protects joint structures, improves flexibility, and lowers the risk of arthritis. Resistance training using weights, resistance bands, or body weight is an effective way to build strength. The quadriceps, glutes, and calves should be a particular focus since they support the joints most involved in daily activity.

Endurance is just as important as strength. Without it, muscles tire quickly, leaving joints exposed to strain. For instance, poor calf endurance can lead to instability in the knees or ankles during long periods of walking or standing. Low-impact, high-repetition activities such as swimming, brisk walking, stair climbing, or yoga are excellent ways to build endurance. Regular stretching also helps maintain muscle length and joint flexibility.

Supporting Long-Term Joint Health

Joint mobility is a foundation of healthy movement and independent living. By understanding what affects the joints and taking regular steps to support them through strength training, daily movement, proper nutrition, and rest, we can protect our mobility for the long term. With consistent effort, strong and flexible joints can support an active and confident life at any age.



關節勞損的成因

關節勞損通常是由過度使用、不良姿勢、缺乏活動或受傷等多種因素造成的。長時間伏案工作、搬運重物或進行高強度運動等重複性動作都會磨損軟骨並引致發炎。久坐的生活方式會削弱支撐關節的肌肉及韌帶，使其更容易受到壓力；體重過重亦會增加膝蓋及臀部的壓力；而老化會降低關節的天然潤滑度和軟骨彈性，使活動變得不適。

活動如何受到影響

隨著關節活動能力下降，步幅及節奏通常會改變。臀部或膝蓋的疼痛或僵硬亦可能會導致人們不自覺地調整步態。這些細微的“遷就”會逐漸導致錯位，尤其是在臀部或下背部。透過針對性的訓練或物理治療可以幫助恢復更自然的步態，並改善整體運動。

靈活性與平衡之間的聯繫

關節及肌肉力量對保持平衡非常重要，還有一種感覺被稱為本體感覺，是指身體感知自身位置及活動的能力。當關節受限或肌肉無力時，本體感覺就會下降，跌倒的風險也會增加，老年人尤其如此。增強核心肌群、臀部及腿部的力量有助於提高穩定性。單腳站立、太極拳及瑜伽等活動均有效增強控制力及協調性。

力量及耐力為何重要

肌肉作為關節的緩衝墊，有助於吸收活動時帶來的衝擊力。保持肌肉質量可以保護關節結構，提高靈活性，並降低關節炎的風險。使用重量、阻力帶或自身體重進行阻力訓練是增強力量的有效方法。特定訓練股四頭肌、臀大肌及小腿肌肉尤其重要，因為它們支撐著日常活動中最常使用的關節。

耐力與力量同等重要。缺乏耐力，肌肉會容易疲勞，導致關節承受壓力。例如，小腿耐力不足會導致長時間行走或站立時膝蓋或腳踝不穩定。低衝擊、高重複性的活動，例如游泳、快步走、爬樓梯或瑜伽，都是增強耐力的絕佳方法。定期伸展也有助保持肌肉長度及關節靈活性。

支持關節的長久健康

關節活動能力是維持健康活動及獨立生活的基礎。了解損害關節的因素，並透過肌力訓練、日常活動、正確的營養吸收及休息等規律的措施來保護關節健康，我們就能長期維持關節活動能力。透過持續的努力，強健靈活的關節能夠支持我們在任何年齡都能積極自信地生活。



Summer at the Gym

夏日健身優惠

NEW



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 August. Enjoy a special rate on a 10-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.

Each Member may purchase up to two packages, valid for one month.

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8月份，我們將為會員送上課程優惠，以特別優惠價\$7,000（原價\$7,200）購買10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。

請注意，是項課程優惠有效日期為一個月，而每位會員最多只可購買兩個課程。

Coaching Session

1 hour

10-Lesson Package

~~\$7,200~~ \$7,000

Summer Holiday Personal Training Package for Students

Make the most of the summer break with focused, one-on-one training. Throughout August, students aged 14 and above can enjoy a special 5-session Personal Training Package for just \$2,900 (regular price \$3,250). Each session is customised to individual goals, whether it's building strength, improving fitness or enhancing athletic performance. The package is valid for two months.

私人健身課程 — 學生暑期優惠

充分利用暑假進行針對性的一對一訓練。於8月份，本會為14歲及以上的學生會員送上私人健身課程優惠，以優惠價\$2,900購買5堂私人健身課程（原價\$3,250）。每堂課程都會根據個人目標量身定制，無論是增強力量、改善體能或提高運動表現，我們的專業教練都可以幫助你。



Personal Training at the Club

Ready to take your fitness to the next level? Our certified Personal Trainers are here to support you every step of the way. Whether your goal is weight loss, strength building, improved flexibility or simply feeling better day to day, they will design a customised programme to suit your needs and keep you motivated.

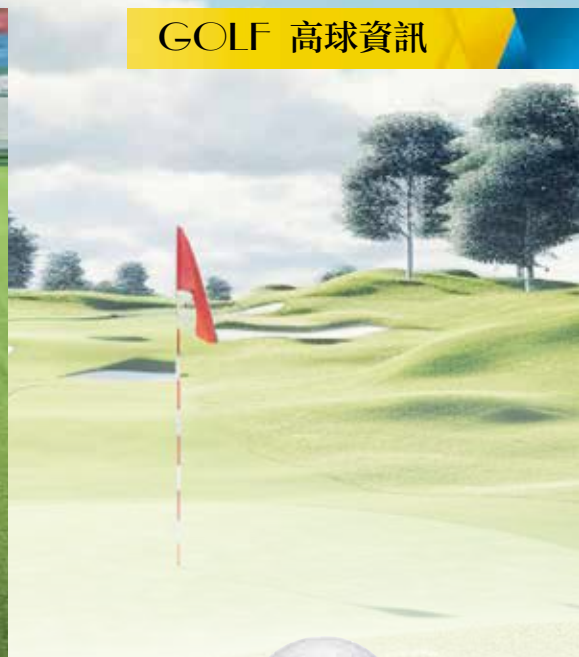
Enjoy focused, one-on-one sessions in a dedicated training space and experience a more personalised approach to your health and wellbeing. Book your Personal Training today.

太平洋會私人健身課程

準備提升你的體能？本會的私人健身教練正正可以幫助你一步一步達成目標！無論你的目標是瘦身、增強力量、提高靈活性還是改善整體健康，他們都會設計一套量身定制的健身計劃來滿足你的需求，並全程給予你鼓勵和支持。

在專屬的訓練空間享受一對一的專注指導，體驗更個人化的健康計劃，請立即預約課程。

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



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

Practice Golf at Home 在家練習高爾夫技術

You don't always need to head to the course to improve your golf game. With a few simple drills, you can make real progress right at home.

Start by working on your swing mechanics. One useful drill is the shoulder rotation exercise. Stand still with your lower body and head steady. First, rotate your left shoulder 90 degrees to simulate the backswing. Then rotate your right shoulder 90 degrees to mimic the downswing. This movement strengthens key muscles, improves flexibility, and helps build stability in your legs and core.

Pay close attention to your abdominal muscles and thighs as they form the base of a strong swing. When working on the downswing, lead with your hips while keeping your upper body relaxed. Let the power build from the ground up and rotate through your core. This creates a smooth, powerful motion that transfers energy efficiently through your swing.

You can also hone your putting at home using a simple mat, or stand in front of a mirror to check your posture and alignment. Just 15 to 20 minutes a day can improve your muscle memory and swing consistency.

Don't forget to stretch. Staying flexible helps prevent injuries and supports a full range of motion. With regular at-home practice, you will see the results next time you're out on the course by hitting more accurate, confident shots with better control and distance.

想提高爾夫球的技術並不一定需要到球場上，透過幾個簡單而實用的訓練方法，即使在家中也可以幫助你改進打球的技术。

首先從練習揮桿動作開始。肩部旋轉練習是一個很有用的練習。站立，保持下半身和頭部穩定。首先，將左肩旋轉90度，模擬上桿動作。然後將右肩旋轉90度，模擬下桿動作。這個練習可以鍛鍊關鍵肌肉，提升柔軟度，並有助於增強腿部和核心肌群的穩定性。

密切注意腹部肌肉和大腿，因為它們是強力揮桿的基礎。下桿時，應由下半身帶動臀部率先旋轉，同時保持上半身放鬆，讓力量從底部向上積聚，並透過核心肌群旋轉。這樣可以形成流暢、有力的動作，從而有效地將能量傳遞到揮桿中。

你也可以在家中利用簡單的墊子練習推桿，或是站在鏡子前檢查自己的姿勢和準心。每日只需15-20分鐘，就能提升肌肉記憶力和揮桿的穩定性。

同時別忘記要拉筋，以伸展運動來保持身體柔軟度，這有助預防受傷，並支持全方位的活動。定期在家練習，在下一次上場時，你就能看到效果，擊球更精準、更有自信，控制力更強，距離也更遠。

Golf Private Lessons 高爾夫球私人課堂

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

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

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

Contact the 4/F Tennis Reception on 2118 1707 for booking details.
預約及查詢，請致電 2118 1707。

Private Lessons (1 pax) 私人課程（一人）—

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

1-hour 一小時課程	\$430 per person 每位\$430
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Package of 4, 1-hour lessons 4 堂一小時課程	\$1,600 per person 每位\$1,600
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Not All Zooms Are Equal

並非所有變焦都一樣

I recently shared my impressions of Sony's new 20 - 70mm zoom lens, a compact and lightweight option that seems to offer plenty of versatility in a travel-friendly package. It is rare to see this kind of range in such a small body, which makes it appealing for photographers who prioritise portability.

Of course, nothing comes without compromise. The key to its slim profile is a decision to limit the maximum aperture to f4. For many photographers, this trade-off is entirely reasonable. It keeps the lens affordable, easier to carry, and well suited for landscape, street or general-purpose photography in good lighting conditions.

However, there are times when an f4 aperture is simply not enough. There are two key limitations that appear when using a lens with an f4 maximum aperture.

The first is performance in low light. Shooting indoors, at dusk, or in any poorly lit environment without flash often requires a higher ISO setting. The higher the ISO, the more digital noise you introduce into your image, especially when using a smaller sensor. If your subject is in motion, such as dancing or playing sports, you will need a faster shutter speed, which forces the ISO even higher. At that point, image quality begins to drop.

The second is depth of field control. While f4 can give some background separation, it is not especially shallow. If you are trying to isolate your subject with a soft, creamy background, f4 may not deliver the look you want. It is adequate, but not dramatic.

Traditionally, the answer has been to use a prime lens. Primes with apertures of f2.0, f1.8 or even wider are designed to handle low-light situations and create strong background blur. The trade-off is that you lose the flexibility of a zoom. That is why the newly announced Sigma 17 - 40mm f1.8 DC is worth a closer look. It is a zoom lens with a constant f1.8 aperture, something rarely found outside of cinema lenses or large full-frame zooms.

Even more surprising, it is only slightly longer and heavier than Sony's 20 - 70mm f4. This opens up real possibilities for photographers who need strong low-light performance and better subject separation, all without giving up the ability to zoom.

There is one important limitation. This Sigma lens is designed for APS-C sensor cameras only. It will not work properly on full-frame bodies. For photographers who use Sony's APS-C models such as the a6000 series, it could be a game changer. If you mostly shoot in good light and want a sharp, quiet, and compact lens for everyday use, the Sony 20 - 70mm f4 is a solid choice. It is ideal for travel, video, and general photography where convenience and reliability matter most.

If your photography involves low light, fast subjects or a need for stronger depth of field control, and you use an APS-C camera, then the Sigma 17 - 40mm f1.8 may offer a better fit. It gives you that extra flexibility without needing to switch to prime lenses.

Each lens reflects a different design philosophy, and neither is universally better. It all comes down to your camera system and the way you shoot. Because not all zooms are equal!



f4 aperture compared to f1.8

By Craig Norris

www.momentsbycraig.com



Sony 20-70mm f4 lens



Sigma 17-40mm f1.8 lens



Sony 20-70mm f4 lens close-up



Sigma 17-40mm f1.8 close-up

最近跟大家分享了我對 Sony 新款 20-70 毫米變焦鏡頭的感受，這是一款小巧輕便的選擇，功能多樣，方便攜帶。如此小巧的機身卻有著如此廣角的拍攝範圍實屬罕見，這對於注重便攜性的攝影師來說極具吸引力。

當然，任何事都有妥協的空間。其纖薄外形的關鍵在於將最大光圈限制在 f4。對許多攝影師來說，這種妥協完全合理。它價格實惠，便於攜帶，並且非常適合在良好的光線條件下拍攝風景、街景或普通用途的照片。

然而，在某些情況下，f4 光圈根本不夠用。使用最大光圈為 f4 的鏡頭時，有兩個關鍵限制。

首先是昏暗光線環境下的表現。在室內、黃昏或任何光線不足且不使用閃光燈的環境下拍攝，通常需要更高的 ISO 設定。然而 ISO 愈高，影像中的數位雜訊就愈多，尤其是在使用較小的感測器時。如果主體處於活動狀態，例如跳舞或運動，則需要更快的快門速度，這迫使 ISO 更高。此時，影像品質就會開始下降。

第二是景深控制。雖然 f4 可以實現一些背景分離，但效果並不特別淺。如果你想用柔和、奶油色的背景來突出拍攝對象，f4 可能無法達到你想要的效果。它是足夠，但不夠震撼。

傳統上，解決方法是使用定焦鏡頭。光圈為 f2.0、f1.8 甚至更大的定焦鏡頭旨在應對低光照環境並創造強烈的背景虛化效果。這樣做的代價是失去了變焦鏡頭的彈性。因此，新發布的 Sigma 17-40 毫米 f1.8 DC 鏡頭值得仔細研究。這是一款擁有固定 f1.8 光圈的變焦鏡頭，除了電影鏡頭或大型全片幅變焦鏡頭外，很少有這樣的鏡頭。

更令人驚訝的是，它的長度和重量僅比 Sony 20-70 毫米 f4 鏡頭略高。這為那些需要強大的低光性能和更佳主體分離度的攝影師提供了真正可靠的選擇，同時又無需放棄變焦功能。

不過也有一個重要的限制。這款 Sigma 鏡頭僅適用於 APS-C 感光元件相機，並無法在全畫幅機身上正常工作。對於使用 Sony APS-C 型號（例如 a6000 系列）的攝影師來說，這款鏡頭可能會帶來顛覆性的變化。如果你主要在良好的光線下拍攝，並且想要一款清晰、安靜且小巧的日常使用鏡頭，那麼 Sony 20-70 毫米 f4 鏡頭是一個不錯的選擇。它是旅行、影片拍攝，以及注重便利性和可靠性的普通攝影的理想選擇。

但如果你的攝影涉及低光源、快速拍攝的物體，或者需要更強的景深控制，並且使用的是 APS-C 畫幅相機，那麼 Sigma 17-40 毫米 f1.8 鏡頭或許更適合你。它能夠為你提供額外的靈活性，無需更換定焦鏡頭。

每款鏡頭都體現了不同的設計理念，並沒有哪一款鏡頭是絕對更好的。一切取決於你的相機系統和拍攝方式。畢竟，並非所有變焦鏡頭都一樣好！

Hair Product Sale in August 8月份頭髮產品優惠

Be Mineral Shampoo, 300ml

~~\$300~~ \$270

Revitalise your hair with Be Mineral Shampoo, a premium solution designed specifically for weak and sensitised hair.

- **Plumping Effect:** Adds volume and fullness to fine, delicate hair.
- **Advanced Protection:** Formulated with a Polymeric Multifunctional Complex and Limnanthes Alba, this shampoo adheres to the hair cuticle, shielding it from environmental stressors.
- **Deep Hydration:** Provides essential moisture to keep hair soft and manageable.
- **Enhanced Shine:** Improves overall hair health, leaving it shiny and vibrant.

Treat yourself to Be Mineral Shampoo and enjoy visibly plumper, shinier hair with every wash.

Be Mineral 洗髮水，300毫升

Be Mineral 洗髮水是一款專為脆弱及敏感髮質設計的優質解決方案，讓你的頭髮煥發活力。

- **豐盈效果：**令纖細秀髮變得輕巧豐盈。
- **加強保護：**配方採用聚合多功能複合物及白花草配製而成，可黏附在頭髮角質層上，保護其免受環境壓力的影響。
- **深層保濕：**提供保濕作用，保持頭髮柔軟且易於打理。
- **增強光澤：**改善頭髮的整體健康，使其充滿光澤、活力。

享受 Be Mineral 洗頭水帶來的好處，每次洗髮後頭髮都會明顯變得豐盈、亮澤。



Notio Solid Wax

~~\$260~~ \$230

This skincare-focused styling wax nourishes both hair and hands while delivering a strong, lasting hold. Its lightweight formula adds texture and definition, creating a natural, three-dimensional finish that moves with you. Ideal for daily use, it keeps your hairstyle in place while caring for your skin with gentle, hydrating ingredients.

Notio 護肌髮蠟

這款以護膚為主的造型髮蠟可以同時滋養頭髮和雙手，提供強效持久的定型效果。其輕盈配方可提升頭髮的質感和線條，隨著你移動創造出自然、立體的效果。非常適合日常使用，既可以保持你的髮型，同時用溫和的保濕成分護理你的皮膚。



Paul Mitchell Firm Style Freeze and Shine Super Spray, 250ml

~~\$150~~ \$135

Maximum Hold • Finishing Spray

Paul Mitchell's Freeze and Shine Super Spray® offers strong hold and shine. This hairspray is ideal for coarse hair types, providing powerful styling capabilities while creating a glossy finish. Its robust styling ingredients lock in any hairstyle. The styling and shine super spray also helps protect hair from sun damage.

Paul Mitchell 強力造型及定型噴霧，250毫升

Paul Mitchell 的 Freeze and Shine Super Spray® 定型噴霧，帶來強效定型和亮澤效果。這款定型噴霧非常適合粗硬髮質使用，在打造亮澤造型的同時，還能提供強大的造型能力，其強效的造型成分能夠打造任何髮型，而亮澤功效還能保護頭髮免受陽光傷害。



THIS MONTH'S PROMOTION

10% Discount on Intensive Hair Care Treatments

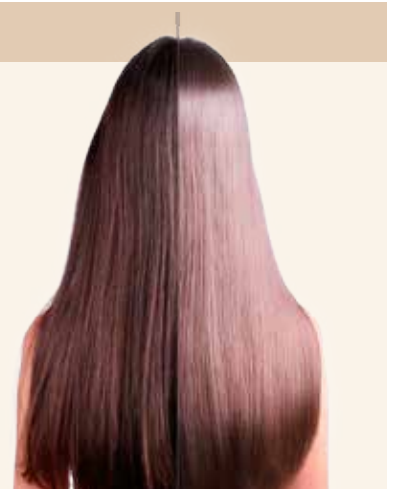
Throughout the month of August, enjoy 10% discount on Intensive Hair Care Treatments (including Curepod and Trisys Triphilia treatments). These treatments can help to repair and improve damaged hair caused by swimming pool chlorine, strong sunlight, dryness, colouring, perming, and/or straightening.

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

深層頭髮護理9折優惠

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

查詢及預約服務，請致電 2118 1893。



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

Balancing Nature

具平衡技巧的植物擺設

Bring the balance of nature indoors with this striking arrangement that is the perfect centrepiece for any home
 這款引人注目的擺設將自然的平衡帶入室內，是任何家居都適用的完美重點裝飾。

1. Drill a hole at the top of the tree trunk. Insert one bamboo tube at a slight angle and secure it firmly with glue.
2. On the second bamboo tube, cut a small notch about one-third of the way down, sized to fit the thickness of the first bamboo tube.
3. Cut two more notches of different lengths along the remaining two-thirds of the second bamboo tube.
4. Fit the first bamboo tube into the small notch of the second tube to form a cross. Tie them securely with hemp rope, making sure the two remaining notches on the second tube face upward.
5. Using glue, cover the tree trunk completely with dried moss.
6. Attach the mini cactus plants individually onto the moss-covered trunk using glue.
7. Fix the hanging plant in place on the dried moss using glue.
8. Carefully insert the Desert Roses into the two upward-facing notches on the bamboo tube. Wrap their roots with hemp rope for stability.
9. Add a few more hanging plants between the Desert Roses for visual interest.
10. Throughout the process, keep adjusting the angles of the two bamboo tubes to maintain balance and prevent tipping.
11. Occasionally spray water onto the moss and hemp rope to help keep the plants hydrated.

1. 在樹幹頂部鑽一個洞。將一支竹管稍微傾斜插入，並用膠水牢牢固定。
2. 在第二支竹管上，約三分之一處剪開一個小缺口，大小與第一支竹管的粗幼相等。
3. 沿著第二支竹管剩餘的三分之二部分，再剪開兩個不同長度的缺口。
4. 將第一支竹管嵌入第二支竹管的小缺口中，形成十字形。用麻繩將它們牢牢綁住，確保第二支竹管上剩下的兩個缺口朝上。
5. 用膠水將乾苔蘚完全覆蓋樹幹。
6. 用膠水將迷你仙人掌分開黏貼在覆蓋乾苔蘚的樹幹上。
7. 用膠水將懸垂植物固定在乾苔蘚上。
8. 小心地將沙漠玫瑰插入竹管上兩個朝上的缺口中，用麻繩包裹它們的根部以保持穩定。
9. 在沙漠玫瑰之間添加一些懸垂植物，以增加視覺趣味。
10. 整個過程中，須不斷調整兩支竹管的角度的，以保持平衡，防止傾倒。
11. 偶爾向乾苔蘚和麻繩噴水，為植物保持水分。



What You'll Need:

- Mini Cactus Plants
- 8 Adenium Obesum (Desert Roses) with Roots
- A Hanging Plant in a pot
- 2 Long Dry/Fresh Bamboo Tubes
- Dried Moss
- A section of Tree Trunk (around 2lbs)
- Hemp Rope
- Electric Drill
- Glue and Scissors

材料：

- 迷你仙人掌
- 8棵沙漠玫瑰（連根部）
- 一盆懸垂植物
- 兩支乾/新鮮長竹筒
- 乾苔蘚
- 一段粗樹桿（約兩磅重）
- 麻繩
- 電鑽
- 膠水及剪刀



Yoga at the Club

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

Venue : Aerobics Room

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

Remark : Packages must be completed within 4 months

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

瑜珈班

本會瑜珈團體課程由專業教練教授，逢星期一、二、四、五及日舉行（公眾假期除外）。

收費：會員每堂 \$180，10堂套票 \$1,620（套票必須於4個月內完成）
非會員每堂\$300

另設有私人課堂，每位收費每小時\$680，套票必須於4個月內完成。

報名請致電 2118 1890。

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

Basketball Private Lessons

私人籃球課堂

Take your game to the next level with private basketball coaching at the Pacific Club.

Tailored to your experience and goals, each session focuses on skill development, technique, and game awareness. Whether you are just starting out or working to improve specific areas like shooting, footwork or defence, our professional coach will guide you with targeted drills and expert feedback. One-on-one training offers the fastest way to grow as a player.

在太平洋會的私人籃球教練指導下，將你的籃球水平提升到新的高度。

每節課程均會根據你的經驗和目標度身定制，專注於技能發展、技巧和比賽意識。無論你是初學者，還是正在努力提升投籃技巧、控球、步法和防守能力，我們的專業教練都會為你提供有針對性的一對一訓練指導，幫助你快速成長。

Private Lessons (1pax)	私人課程（一人）
1-hour : \$650 per person	一小時課程 : 每位\$650
1½hour : \$900 per person	1½小時課程 : 每位\$900
Private Lessons (2pax)	半私人課程（二人）
1-hour : \$900 per session	一小時課程 : 每堂\$900
(Additional participant: \$200/pax, up to 8 pax)	〔額外參加者：每堂/每位\$200，上堂人數最多8位〕

Contact the 4/F Tennis Reception on 2118 1707 for booking details.
預約私人籃球課堂，請致電 2118 1707 向四樓網球部查詢。





COMING THIS MONTH...
即將舉行...

Annual Junior Swimming Gala 2025

少年游泳比賽 2025

Get ready to make a splash at this year's Pacific Club Annual Junior Swimming Gala 2025! Join us on **Sunday, 31st August**, for an unforgettable day of excitement, competition, and fun at the pool.

Enrollment forms are now available at the 2/F Reception. Please ensure you submit your completed forms by latest **Sunday, 17th August**. Late registrations will NOT be accepted, so act fast!

現在就開始作好準備參加本年度「太平洋會少年游泳比賽」吧！這個令人興奮、好玩又刺激的比賽將於8月31日（星期日）舉行，歡迎所有年輕會員參加。

報名表格現可於二樓接待處索取。截止報名日期為8月17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。

Date 日期	Sunday, 31st August / 8 月 31 日（星期日）
Time 時間	2:00pm – 5:30pm / 下午 2 時至 5 時 30 分
Location 地點	Pacific Club Swimming Pool / 太平洋會游泳池

Please note, in order to accommodate this fantastic event, the Swimming Pool will be exclusively reserved for our junior competitors from 1:00pm to 6:00pm on the event day. We appreciate your understanding and support as we cheer on our young swimmers.

請注意，比賽當日游泳池將於下午1時至6時暫停開放予其他會員使用，我們在此感謝大家的體諒。請為各位年輕參賽者打氣！

Time Change for Swimming Pool Cleaning During the Summer Holidays

Please note that throughout 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.

暑期游泳池清潔時間更改

請注意，於8月份暑假期間，本會游泳池之清潔時間將暫時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。

Find the Way Out

Please help the adventurer find the way home.

請幫冒險家尋找回家的路。



Win a Fabulous Prize

Fax your answer to the Editor at Fax No. 2118 0209 or pass your entry to the 2/F Reception. All correct entries will be placed into a draw to be held on Sunday, 31st August. The winner will receive a fabulous prize.

贏取精美禮品

請將答案傳真至 2118 0209 或交回二樓接待處。所有答中的小朋友均可參加於8月31日（星期日）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

Miniature Summer Dessert Clay Workshop

Get creative this summer with a hands-on workshop that is as sweet as it looks. Learn how to sculpt tiny, mouth-watering desserts from clay, including colourful jellies, swirled ice creams and dainty cakes, all in miniature form. Join us and create your very own collection of adorable summer display treats.

迷你夏日甜品黏土工作坊

今年夏天，前來親手製作可愛的迷你甜品模型，盡情發揮你的創意吧！在這個充滿樂趣的活動中，你將學習如何運用黏土製作令人垂涎欲滴的迷你夏日甜點，包括色彩繽紛的雪糕、果凍及精緻的蛋糕等，打造精緻細膩的小小藝術品。工作坊將分別於8月3日（星期日）及8月8日（星期五）舉行，適合5歲及以上的會員參加，一堂收費——會員\$180，非會員\$300（包括課程當日的兒童遊戲室入場費）。

Date : (A) Sunday 3rd August

(B) Friday 8th August

Time : (A) 2:30pm – 3:30pm

(B) 11:30am – 12:30pm

Venue : Children's Playroom Library

Price : Member \$180, Guest \$300

(Including Children's Playroom entrance fee)

Age : 5 years and above



Miniature Bakery Clay Workshop

In this creative session, you'll learn how to use clay to craft various baked goods like cupcakes, bread, and cookies, transforming them into realistic and detailed mini models. These baked display treats can be taken home after the class.

迷你黏土烘焙工作坊

在這個創意工作坊中，孩子們將可學習如何利用黏土製作各種烘焙食品，如紙杯蛋糕、麵包及餅乾，並將它們變成細緻逼真的迷你模型，然後帶回家中展示。工作坊將分別於8月17日（星期日）及8月22日（星期五）舉行，適合5歲及以上的會員參加，一堂收費——會員\$180，非會員\$300（包括課程當日的兒童遊戲室入場費）。

Date : (A) Sunday 17th August

(B) Friday 22nd August

Time : (A) 2:30pm – 3:30pm

(B) 11:30am – 12:30pm

Venue : Children's Playroom Library

Price : Member \$180, Guest \$300

(Including Children's Playroom entrance fee)

Age : 5 years and above



Junior Taekwondo

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

少年跆拳道

參加本會跆拳道班可學習套拳、對策、搏擊等技巧，還可以經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上所有程度的會員參加，8月份5堂收費——會員\$900，非會員\$950。歡迎新學員參加！

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

Time : 4:00pm – 5:00pm (All levels)

Venue : Aerobics Room

Price : Member \$900, Guest \$950 (for 5 lessons)

Age : 4 years and above



Junior Badminton Lessons

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

少年羽毛球 – 團體訓練班

本會羽毛球訓練班於星期五晚上舉行，專為6-16歲的會員而設。透過課程學員將可以提升羽球技能，建立自信，並與其他球員一起在球場上享受有趣、充滿活力的氛圍。8月份4堂收費——會員\$1,040，非會員\$1,080。

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

Time : (A) 6:30pm – 7:30pm

(B) 7:30pm – 8:30pm

Venue : Aerobics Room

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

Age : (A) 6 – 10 years

(B) 11 – 16 years

Junior Badminton Lessons (Private)

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

Private Lessons

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

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

少年羽毛球 – 私人課程

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

私人課程收費（包括場租）

一人：\$700 / 每堂一小時

二人：\$900 / 每堂一小時

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 Monday, 18th August. Alternatively, you may pass your entry to the 2/F Reception Desk. All correct entries will be placed into a draw. The winner will receive a Set Dinner/Buffer for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in September. Good Luck!

請於8月18日(星期一)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9月份(星期一至四，特別節日活動除外)到 The Island View 餐廳享用二人晚市套餐或自助晚餐。祝各位好運！

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

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

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

July Solution
7月份遊戲答案

Congratulations to the winner of last month's puzzle
恭喜上期得獎者
Ms Sabrina Ho

This Month at Bã Ramen

Cold Matcha Soba with Hand-pulled Chicken in Spicy Red Miso Broth "Tsukemen Style"

Try something new this August. Our Cold Matcha Soba is served tsukemen style with hand-pulled chicken and a bold red miso dipping broth. Light, spicy, and full of flavour.

\$138 per bowl

拉麵吧每月推介

手撕雞抹茶冷蕎麥沾麵，佐以辛辣紅味噌湯

於8月份，不妨前來拉麵吧體驗一種新嘗試——以沾麵形式品嚐手撕雞抹茶冷蕎麥麵，配搭濃郁的紅味噌湯。清淡、辛辣，口感豐富。

手撕雞抹茶冷蕎麥沾麵——每碗 \$138。

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

Live Sports at the Club Bar

精彩體育賽事 酒吧現場直播

Catch every point, goal, and nail-biting finish live at the Club Bar. With worldwide sports events shown on our big screen, it's the perfect spot to enjoy football, rugby, tennis and more, all with your favourite drink in hand.

Call the Club Bar on 2118 1845 for more details.

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

前來會所酒吧透過我們的大螢幕觀看全球體育賽事直播，每一分、每一球都帶來緊張刺激的氣氛。這裡是你一邊暢飲，一邊欣賞足球、檯球、網球等精彩賽事的理想場所。

查詢詳情請致電 2118 1845。

酒吧營業時間：每日上午 11 時至晚上 11 時





The Racquet Club of Philadelphia

Philadelphia, Pennsylvania, USA

Founded in 1889 and located just off Rittenhouse Square, The Racquet Club of Philadelphia (RCOP) is one of the most historically significant private clubs in the United States. Housed in a Georgian Revival building designed by renowned architect Horace Trumbauer, the Club has long been a hub for sporting excellence and refined social engagement. It is also listed on the National Register of Historic Places.

The clubhouse itself is an architectural landmark, with grand staircases, richly panelled rooms, and elegant lounges that preserve the grace of the Gilded Age while offering modern comforts. The Club features one of the only active Real Tennis courts in the country, a sport with deep British roots. It also includes racquets and squash courts that have hosted generations of national and international champions.

RCOP holds a unique place in the history of squash, being the birthplace of doubles squash as we know it today. Its original doubles court, built in 1907, remains in use, accompanied by six singles courts for both recreational and competitive play. The racquets court is also a key attraction and regularly hosts tournaments that draw elite players from across North America.

Beyond racquet sports, members enjoy a comprehensive fitness centre set within a former ballroom. It offers group classes, personal training, and wellness treatments. A historic indoor swimming pool clad in marble, one of the first of its kind, is available for laps, aquatics, and private events. The Club also houses a sauna, steam room, and traditional gentlemen's barbershop.

Dining options include the casual Gold Leaf Café and the more refined 1889 Pub and Grille, both popular gathering spots after a match or during social events. Overnight accommodation is available in thirteen guest rooms and suites, each thoughtfully appointed and inclusive of daily breakfast.

If your travels take you to Philadelphia, be sure to request a Letter of Introduction to The Racquet Club of Philadelphia, a place that warmly welcomes Pacific Club Members.



費城 The Racquet Club of Philadelphia (RCOP) 成立於 1889 年，位於 Rittenhouse 廣場附近，是美國歷史上最具影響力的私人會所之一。會所坐落在一座由著名建築師 Horace Trumbauer 設計的喬治亞復興風格建築內，已被列入國家歷史建築名錄中，長久以來一直是體育賽事和高階社交活動的中心。



會所本身就是一座建築地標，擁有宏偉的樓梯、華麗的房間和優雅的休息室，既保留了鍍金時代的優雅，又提供現代化的舒適設施。Real Tennis 是一種老式的球拍運動，在英國擁有著深厚的根源，美國國內僅有幾座這種老式的 Real Tennis 球場仍在使用的，其中一座就在 RCOP 內。此外，會所還設有球拍運動球場和壁球場，更曾經舉辦過多次重大的國內和國際比賽。

RCOP 在壁球歷史上佔有獨特的地位，是我們現今所知的雙打壁球的發源地。其最初的雙打球場建於 1907 年，至今仍在使用的，同時還設有 6 個單打球場，用於休閒和競技比賽。球拍運動球場也是會所的一大亮點，會定期舉辦比賽，吸引來自北美各地的精英球員參加。

除了球拍類運動，會員還可以使用由宴會廳改建而成的綜合健身中心，那裡提供各種團體課程、私人訓練和健康護理。歷史悠久的大理石室內泳池是同類型泳池建築中的首批之一，可用於游泳、水上運動和私人活動。會所還設有桑拿浴室、蒸汽浴室和傳統的男士理髮店。

餐飲選擇包括休閒的咖啡館 Gold Leaf Café 和裝潢更精緻的酒吧餐廳 1889 Pub and Grille，兩者都是比賽後或社交活動期間的熱門聚會場所。會所亦設有 13 間經過精心佈置的客房和套房提供住宿服務，並包括提供每日早餐。

因此，若你計劃即將前往費城，請攜同本會的介紹信到訪 The Racquet Club of Philadelphia — 一個讓太平洋會會員感到賓至如歸的地方。

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

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