

八月號

薈絮



AUGUST 2026

PACIFIC VIEWS

Happy Birthday to You!

CELEBRATE THE MOMENT AT THE PACIFIC CLUB

慶祝你的大日子 享受你的生日優惠！

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

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

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

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

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

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

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

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

TO BOOK YOUR
CELEBRATION
預約你的生日聚餐

Dining Reservation 於餐廳享用午餐或晚餐

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

Birthday Offer for Banqueting Events and Terms and Conditions

私人聚餐生日優惠 — 條款及細則

- This offer is only applicable to bookings of 30 persons or more made through the Banqueting Office. Minimum spending applies. For enquiries, please contact the Banqueting and Events Department on 2118 2851 / 2118 2295. 此優惠僅適用於透過本會宴會部預訂 30 人或以上的聚餐。設有最低消費要求。如有任何查詢，請致電 2118 2851 / 2118 2295 與宴會部聯絡。
- Special rate of \$150 per person for the \$230 beverage package, which includes 3 hours of unlimited soft drinks, orange juice, apple juice, selected beer and house wines. 以 \$150 優惠價享用原價 \$230 的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。
- One complimentary welcome glass of Prosecco per person based on the confirmed number of guests. 根據確認賓客人數，每位可獲贈 Prosecco 氣酒一杯。
- One complimentary 1.5-pound birthday cake for every 10 guests. Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 每 10 位賓客可獲贈 1.5 磅重的蛋糕一個。可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、林酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。
- Blackout dates 優惠不適用日期 – 2026: 1/7, 25-26/9, 1/10, 22/12, 24-31/12; 2027: 1/1, 5-9/2, 14/2, 26-29/3, 1/5, 9/5, 13/5, 9/6, 20/6.
- This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。
- The Pacific Club's Banqueting and Events Terms and Conditions also apply. 太平洋會宴會活動的條款及細則亦同時適用於此優惠。

Terms and Conditions for Restaurants

於餐廳用餐 — 條款及細則

- To qualify for the complimentary one bottle of Prosecco and one-pound birthday cake, a minimum food and beverage spend of \$2,000 is required at The Island View, Pier 6, Capricci or Bauhinia restaurants. 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 2026 to 30th June 2027. 此推廣活動的有效日期：2026 年 7 月 1 日至 2027 年 6 月 30 日期間的會員生日月份內。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。
- Blackout dates 優惠不適用日期 – 2026: 1/7, 25-26/9, 1/10, 22/12, 24-31/12; 2027: 1/1, 5-9/2, 14/2, 26-29/3, 1/5, 9/5, 13/5, 9/6, 20/6.
- A table reservation is required at the selected restaurant. All cakes must be pre-ordered at least 48 hours in advance. 必要在指定的餐廳預訂餐桌，所有蛋糕必須最少提前 48 小時預訂。
- Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、林酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- The offer is not applicable to banqueting events. 此優惠不適用於私人聚餐活動。
- This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。



Ronald Loges
General Manager
總經理 — 羅納德 陸格

Dear Members

With the stifling heat of Hong Kong's summer now bearing down outside, the Pacific Club is the perfect sanctuary for both adults and children alike. As always, there are many sports and leisure activities, as well as dining options for our Members to enjoy.

The Junior Summer Programme was a resounding success in July and continues throughout August. The highlight event this month will, of course, be our Pacific Club Annual Junior Swimming Gala on Sunday, 30th August. Please refer to page 30 for full details on how to register for this Club Classic.

At our restaurants and bars, August brings a wide variety of choices for members and their guests to enjoy. The Island View restaurant's daily Japanese Seafood Dinner Buffet is sure to delight the whole family, whilst Bauhinia restaurant entices with a delectable seven-course set menu of exceptional value.

Our Pastry Chef's masterpiece of the month further elevates the coveted Japanese Peach. Don't let this limited-time opportunity pass and indulge in our individual Japanese Peach & Custard Tartelette.

Are you planning a year-end party for your company, family, or friends? Refer to page 4 for the exclusive early-bird offers available for your private events. In addition, our culinary team has developed an array of add-on options to enhance your events further. Full details on pages 8 & 9.

Looking ahead to next month, we have a special treat for all dessert lovers amongst you. On 12th & 13th September, Italian Guest Pastry Chef Fabio Bardi, A.K.A. Sugar Daddy, will showcase a wide variety of desserts at the Island View restaurant Dessert Buffet, as well as feature a special Afternoon tea Set on Sunday. Please refer to page 10 for full details.

I look forward to seeing you around the Clubhouse.

尊敬的會員，

香港盛夏酷暑難耐，太平洋會便猶如一處清涼的避暑勝地，深受大人及小孩的喜愛。一如以往，本會將為會員提供豐富精彩的體育休閒活動及餐飲選擇，度過炎夏。

於7月份裡，本會的各項少年暑期活動取得了巨大成功，並將於8月份繼續舉行。而本月份的焦點活動當然就是於8月30日（星期日）舉行的太平洋會年度少年游泳比賽；有關如何報名參加這項會所重點賽事的詳細資料，請參閱第30頁。

此外，於8月份，本會各餐廳及酒吧亦為會員及賓客準備了豐富多彩的餐飲選擇。首先，每日在Island View餐廳舉行的日式海鮮自助晚餐，定能讓大人小孩都盡享美食；而紫荊閣則以超值的7道菜式套餐誘惑大家的味蕾。

至於本月份的「糕點師傅精心傑作」，我們將會備受追捧的日本蜜桃的美味提升到新境界，製作出一款精緻的日本蜜桃吉士撻。千萬不要錯過這限時供應的美味，快來品嚐吧！

你是否準備為公司、家人或朋友籌辦年終派對？請參閱本刊第4頁，了解我們為大家的私人派對提供的專屬早鳥優惠。此外，我們的餐飲團隊還安排了一系列加購美食選擇，可進一步提升你的派對體驗。詳情請參閱第8及9頁。

展望下個月，我們為各位甜點愛好者準備了一個特別的驚喜。於9月12日及13日，意大利首席糕點主廚 Fabio Bardi（亦被稱為「Sugar Daddy」）將蒞臨Island View餐廳，在甜點自助餐上展示其各式各樣的美味傑作；此外，他還將會於星期日為我們特別製作下午茶套餐。詳情請參閱第10頁。

我期待在會所與大家相見。

Board of Governors

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

Management 管理階層

Ronald Loges	羅納德 陸格	Tel : 2118 1888
General Manager	總經理	Fax: 2118 0204
	E-mail: ronaldloges@pacificclub.com.hk	
Flora Lam	林淑娟	Tel : 2118 1830
Chief Accountant	總會計師	Fax: 2118 0208
	E-mail: flora-lam@pacificclub.com.hk	
Tommy Ko	高文偉	Tel : 2118 1808
Membership Manager	會籍部經理	Fax: 2118 0209
	E-mail: tommy-ko@pacificclub.com.hk	
Anson Ho	何嘉熹	Tel : 2118 5286
Sports & Leisure Manager	體育及康樂經理	Fax: 2118 0206
	E-mail: anson-ho@pacificclub.com.hk	
Daniel Birkner		Tel : 2118 1825
Head of Culinary & Restaurant Operations	廚藝及餐飲營運總監	Fax: 2118 0207
	E-mail: daniel-birkner@pacificclub.com.hk	
Grace Ng	吳嘉華	Tel : 2118 1824
Banqueting & Events Manager	宴會及活動統籌經理	Fax: 2118 0207
	Email: grace-ng@pacificclub.com.hk	
Irene Chan	陳亮而	Tel : 2118 1806
Human Resources Manager	人力資源部經理	Fax: 2118 1832
	E-mail: irene-chan@pacificclub.com.hk	

Bookings 預約及查詢電話

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

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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? Early reservations come with exclusive privileges... Confirm your November or December 2026 Pacific Club event in advance and enjoy special savings on our 3-hour free-flow Beverage Packages for groups of 30 or more. The earlier you book, the more you save!

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

SUPERIOR BEVERAGE PACKAGE 尊享餐飲套餐

Including 3 hours free-flow of:

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

包括3小時無限暢飲:

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

DELUXE BEVERAGE PACKAGE 豪華餐飲套餐

Including 3 hours free-flow of:

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

包括3小時無限暢飲:

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



Book by 30th September 2026

with a signed confirmation letter to enjoy:

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

Book by 31st October 2026

with a signed confirmation letter to enjoy:

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

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

Terms and conditions apply.

於2026年9月30日前預訂, 並簽署確認信, 即可獲享:

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

於2026年10月31日前預訂, 並簽署確認信, 即可獲享:

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

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

To enquire or reserve, please contact our Banqueting and Events Team on 2118 2851 or 2118 2295. 查詢有關詳情或預訂活動, 請致電 2118 2851 或 2118 2295 與本會宴會部聯絡。



By Tommy Ko
Membership Manager
撰文：會籍部經理



In this issue, I would like to highlight an important service available to all Members: our Lost & Found Service.

If you think you may have misplaced an item within the Club premises, please reach out to our Reception Desk on the 2nd Floor. We maintain a detailed record of found items there. All found items are securely stored for three months, after which any unclaimed items will be disposed of without prior notice. Valuable items, such as luxury watches and jewellery, will be kept safely in our Accounts Department.

To reclaim lost items, the rightful owner must confirm receipt. If the owner is unable to retrieve their belongings in person, they must provide an authorisation letter along with a copy of their identification documents for the designated collector.

Thank you for your attention.

Duplicate Car Parking

Due to the limited parking spaces available at the Club, each eligible Membership holds valid car parking tags that allow for one registered car to be parked in our Car Park or registered for Valet Parking service at any one time.

To avoid the error of parking two cars simultaneously, please check with your family before parking at the Club. Additionally, any extra cars parked under one membership will incur a fixed penalty fee of \$300 for the first five hours and \$100 per hour, or part thereof, for any time exceeding five hours.

Repeated violations of this parking rule will result in a review of your parking privileges by the Membership Committee.

Use of Internet Stations

We have set up several Internet Stations around the Clubhouse for your convenience. These stations can be found in the following locations:

- Next to the Membership Office on the 2nd Floor
- Along the corridor on the 1st Floor, opposite the function rooms

Please note that these stations are intended for checking emails and web browsing only. Online gaming is not permitted at these stations. However, Junior Members can use the Internet Stations in the Children's Playroom to play online games.

Additionally, this service is available exclusively for Members and their Guests.

在今期會員須知中，我想提及一項本會為會員提供的重要服務：失物認領服務。

如果你懷疑自己可能在會所範圍內遺失了物件，請前往本會二樓接待處。我們在那裡詳細記錄所有拾獲的物件，並將失物妥善保存 3 個月，期後若無人認領，本會會自行將其處理，恕不另行通知。貴重失物，如名錶、珠寶首飾等，將會由本會的會計部妥善保管。

當認領失物時，物主必須簽收以證實已取回有關物件。如物主未能親自前來取回失物，有關受託人必須攜同授權書及物主的身分證明文件副本以作核實。

感謝大家的關注

同時停泊兩部車輛

由於本會提供的泊車位有限，因此每一個持有有效電子泊車感應器之會籍只可以在同一時段內，在本會停車場停泊一部已登記車輛，或登記一部已登記車輛使用代客泊車服務。

為免錯誤地同時停泊兩部車輛，請各位在泊車或使用代客泊車服務之前，先向家人查詢是否已在本會使用有關服務。此外，若同一個會籍在本會同時停泊或代泊超過一部車輛，本會將向該額外車輛收取定額罰款——前 5 個小時：\$300，及其後每小時或不足一小時：\$100。

任何進一步違反此泊車守則之會員將被會籍委員會重新檢視其泊車權利。

使用電腦上網服務

本會分別於以下位置設置了電腦以方便大家使用上網服務：

- 二樓會籍部辦公室旁邊
- 一樓走廊通道（宴會廳對面）

本會在此提醒大家，這些電腦僅提供查閱電郵及瀏覽網頁之用，禁止進行網路遊戲。如年少會員想進行網路遊戲，可選擇使用兒童遊戲室內的電腦。

此外，此電腦上網服務僅提供予會員及其賓客使用。



Tel : 2118 1828
Fax : 2118 0208
Address : Harbour City, Kowloon, Hong Kong

E-mail : info@pacificclub.com.hk
Website: www.pacificclub.com.hk





Daily Dinner Buffets at The Island View

JAPANESE SEAFOOD DELIGHTS

Island View 餐廳每日自助晚餐 - 日式海鮮盛宴

Join us at The Island View for our Japanese Seafood Delight Buffets. Indulge in a feast of favourites, including Yellow Tail Tuna, Hamachi, Fillet of Plaice, Octopus, Scallops, Sweet Shrimps, and many more, capturing the essence of the Japanese coast and shorelines.

Your table is awaiting you for an unforgettable dining experience, and you will be transported to the captivating reefs, cliffs and inlets of the Japanese coastline.

歡迎於整個8月份蒞臨 Island View 餐廳，享用我們為你精心準備的日式海鮮自助晚餐，品嚐豐盛佳餚，包括黃鰭吞拿魚、油甘魚、鰹魚片、八爪魚、帶子、甜蝦等美食，感受日本海岸風情。

我們已準備好你的餐桌，為你打造難忘的用餐體驗，讓你彷彿置身於日本海岸迷人的礁石、懸崖及海灣之中。

Daily throughout August
於8月份每日供應

Dinner
晚餐

Venue :
地點 : The Island View Restaurant

Adults 成人 Children 小童
\$288 \$190

Reservations 訂座 : 2118 1846



SPECIAL PROMOTIONS AT BAUHINIA IN AUGUST

紫荊閣 8 月份特別菜式推介



AVAILABLE AT LUNCH AND
DINNER THROUGHOUT AUGUST

Abalone and Chicken Casserole Set Menu 鮑魚雞煲套餐

This month at Bauhinia, indulge in a refined Set Menu, which includes Abalone and Chicken Casserole. Each course is thoughtfully prepared to highlight the richness and depth of traditional flavours.

本月份在紫荊閣，大家可以品嚐到一份精心準備的套餐，當中特別包括一道鮑魚雞煲。每道菜均經過精心烹調，充分展現傳統風味的豐富與深度。

避風塘茄子丁 拼 椒鹽雞軟骨
Deep-fried Diced Eggplant with Garlic, Spicy Salt and Chili
Deep-fried Chicken Cartilage with Spicy Salt

濃邊叉燒皇 拼 海蜆燻蹄
Barbecued Honey-glazed Pork
Marinated Pork Knuckle
in Chinese Spices with Jelly Fish

清蒸石斑
Steamed Garoupa

鮑魚北菇雞煲
Abalone and Chicken Casserole

士多啤梨排骨
Baked Pork Ribs with Strawberry Sauce

蒜茸帶子蒸勝瓜伴菜遠
Steamed Scallops with Angled Loofah,
Choy Sum and Garlic

精美甜品
Daily Dessert

\$428 | per person, minimum 2 persons
每位，兩位起

1ST - 31ST AUGUST
8 月 1 日至 31 日

Chef Keung's Favourite Bites 強師傅舌尖上的美食

In August, make your way to Bauhinia Restaurant and savour a selection of Chef Keung's most cherished recipes. This month's highlights include Pan-fried Oysters with Gravy in Iron Plate, as well as Pork Ribs with Basil in Sweet and Sour Sauce.

於 8 月份，強師傅將於紫荊閣為大家送上多款拿手好菜，包括鐵板燒汁生蠔、九層塔京都一字骨等。



To book your table, please call 2118 1892. 訂座請致電 2118 1892。

SPECIAL ADD-ONS AVAILABLE FOR ALL BANQUETS AND EVENTS

特別加購美食優惠 適用於所有宴會及活動

ELEVATE YOUR BANQUET EXPERIENCE

提升你的宴會體驗

Sweet, Savoury & Spectacular: Banquet Add-Ons to Wow Your Guests!

Transform your event into a sophisticated celebration with our curated banquet add-ons. Each station is crafted to delight guests with gourmet flair and interactive charm, ensuring your occasion is remembered for its elegance as well as its flavour.

甜的、鹹的、令人驚嘆的：多款宴會加購美食，為你的賓客帶來驚喜！

由我們精心安排的宴會加購美食，將你的慶祝活動打造成一場講究、充滿品味的盛宴。每個美食攤位都以獨特的美食及互動體驗為賓客帶來愉快享受，確保你的盛宴不僅食物美味可口，更以其優雅格調令人難忘。

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。



CANDY FLOSS STATION

Whimsical
Indulgence

棉花糖 —
奇趣享受

\$50

per person (Minimum 25 persons)
每位 (最少25人)

POPCORN STATION

Classic Charm

爆米花 —
經典魅力



\$50

per person (Minimum 25 persons)
每位 (最少25人)

EGG WAFFLE STATION

Served with
Condiments

雞蛋仔 —
伴佐料



\$50

per person (Minimum 25 persons)
每位 (最少25人)

BELGIAN WAFFLE STATION

Golden Perfection
Served with Condiments

比利時窩夫餅 —
完美的金黃色
伴佐料



\$58

per person (Minimum 25 persons)
每位 (最少25人)

SINGLE FLAVOUR SLUSHY STATION

Refined
Refreshment

單一口味沙冰 —
綿密清爽



from **\$790** 起
Non-alcoholic (無酒精)

from **\$950** 起
Boozy Slushy (含酒精)

10L
10 公升

TAKOYAKI STATION

Savory Artistry
Served with
Condiments

章魚燒 —
美味的藝術
伴佐料



\$68

per person (Minimum 25 persons)
每位 (最少25人)

POFFERTJES MINI PANCAKE STATION

Delicate Bites
Served with
Condiments

荷蘭迷你鬆餅 —
精緻小點
伴佐料



\$58

per person (Minimum 25 persons)
每位 (最少25人)

CHURROS STATION

Crisp Elegance
Served with
Condiments

吉拿棒 —
酥脆優雅
伴佐料

\$68

per person (Minimum 25 persons)
每位 (最少25人)

"A BANQUET ELEVATED BY TASTE, TEXTURE, AND TIMELESS STYLE."

Celebrate with distinction — add a station that embodies both flavour and finesse.

"一場兼具美味、特色及永恆格調的盛宴。"

以卓越的方式來慶祝 — 增設一個美味與精緻兼備的美食攤位。



LOOKING AHEAD TO SEPTEMBER...
9 月份熱切期待

ITALIAN GUEST PASTRY CHEF FABIO BARDI

at The Island View

意大利客席糕點名廚 FABIO BARDI
蒞臨 Island View 餐廳



The concept is led by Fabio Bardi, Chef and Founder of Sugar Daddy, whose career spans some of the world's most respected culinary destinations. Born in Sardinia, Italy, into a family of restaurateurs, Bardi developed his passion for gastronomy from an early age before training at renowned Italian culinary and pastry schools.

His international career has taken him from the iconic Italian institution San Domenico in New York City to Ladurée in Paris, followed by senior pastry and development roles across Singapore, Hong Kong, Osaka and London. In Hong Kong, Bardi brought his expertise to the three-MICHELIN-starred 8 ½ Otto e Mezzo BOMBANA, later creating locally inspired pastries at Dang Wen Li by Dominique Ansel, and serving as Executive Pastry Chef at one-MICHELIN-starred ESTRO within JIA Group. In 2024, he was named Best Pastry Chef at the Tatler Dining Awards Hong Kong and Macau. After leading the opening of Tozzo and helping establish its pastry direction, Bardi made the decision to part ways with the group to pursue his own vision: an independent pastry and gelato shop built around his Italian roots, international experience, and a more personal expression of modern pastry.

"Sugar Daddy is my love letter to Italian pastry culture, but with Hong Kong energy," said Fabio Bardi, Chef and Founder of Sugar Daddy. "I wanted to create something that feels luxurious but not serious, indulgent but not heavy, and deeply rooted in Italian craftsmanship while still being playful, modern and a little bit cheeky."

Chef Fabio and the Club's team of pastry chefs collaborate to prepare a wide-ranging dessert buffet at The Island View, including:

Chef Fabio 將與本會的糕點師團隊攜手合作，在 Island View 餐廳精心準備琳瑯滿目的甜點自助餐，包括：

12th September (Saturday)

9月12日 (星期六)

- Live-action Stations for Dinner
晚餐時段即場甜點製作攤位

13th September (Sunday)

9月13日 (星期日)

- Lunch and Dinner
午餐及晚餐時段
- A special Afternoon Tea Set
特別下午茶套餐

Sugar Daddy 餐廳的主廚兼創辦人 Fabio Bardi，其職業生涯遍及全球一些最負盛名的美食勝地。Bardi 出生於意大利撒丁島的一個餐飲世家，從小就對美食充滿熱情，之後在意大利著名的烹飪及糕點學校接受專業培訓。

他的國際職業生涯遍及全球，從紐約標誌性的意大利餐廳 San Domenico 到巴黎的 Ladurée，隨後到新加坡、香港、大阪及倫敦擔任高級糕點師及研發的職位。在香港，Bardi 將他的專業技藝帶到了米芝蓮三星餐廳 8 ½ Otto e Mezzo BOMBANA，之後在 Dominique Ansel 的 Dang Wen Li 餐廳創作了充滿本地特色的糕點，並擔任 JIA 集團旗下米芝蓮一星餐廳 ESTRO 的行政糕點主廚。於 2024 年，他榮獲香港及澳門 Tatler 餐飲大獎最佳糕點師的稱號。在主導 Tozzo 餐廳的開幕並幫助其確立糕點方向後，Bardi 決定離開該集團，追求自己的願景：打造一間獨立運作的糕點及意式雪糕店，製作出融合他的意大利血統、國際經驗及更具個人風格的現代糕點。

Sugar Daddy 的主廚兼創始人 Fabio Bardi 說：「Sugar Daddy 是我寫給意大利糕點文化的情書，但又融入了香港的活力。我想要創造一種感覺，既奢華又不失輕鬆，既令人沉醉又不感厚重，既深深植根於意大利傳統工藝，又兼具趣味性、現代感及一絲俏皮。」



STACKED SENSATION

Your New Favourite Sandwich

層層疊的美味
你全新的摯愛三文治

Pan Bagnat — Southern French Summer Sandwich

A Provençal classic that turns simple ingredients into sun-soaked perfection: a crusty bread, soaked in flavour, filled with tomato, bell pepper, cucumber, eggs, tuna, olives, capers, red onions, basil, and herb and lemon vinaigrette. Let it rest, and the flavours meld for an effortless, vibrant summer bite.

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

法國南部夏季三文治 — Pan Bagnat

這道普羅旺斯經典美食，將簡單的食材化為陽光下的完美佳餚：酥脆的麵包內加入濃郁的醬汁，夾著番茄、甜椒、青瓜、雞蛋、吞拿魚、橄欖、酸豆、紅洋蔥、羅勒，以及香草檸檬醋汁。靜置片刻，各種食材的味道會完美融合，帶來一款令人感到輕鬆愜意、充滿活力的夏季美食。

整個 8 月份在會所酒吧、Oyster Bar 及 Island View 餐廳供應，同時亦歡迎使用外賣自取服務。

\$99 | per serving
每份

Our Pastry Chef's Masterpiece JAPANESE PEACH & CUSTARD TARTELETTE

太平洋會糕點師傅精心傑作 日式蜜桃吉士撻

Inspired by Auguste Escoffier's Peach Melba, this petite showstopper celebrates peak-season Japanese peaches at their most fragrant.

A whole poached and cored peach is filled with raspberry coulis and vanilla custard — tender fruit, silky cream, and bright, tart sparkle sealed together in one elegant bite.

It is perfect for summer..

這款精緻小巧的甜點靈感源自奧古斯特·埃斯科菲耶的蜜桃梅爾巴，選用當季最香甜的日本蜜桃為材料，展現其最佳風味。

一顆完整的蜜桃經過水煮去核，填入覆盆子果醬及香草吉士醬 — 鮮嫩的果肉、絲滑的忌廉及清爽酸甜的口感完美融合，咬一口已令人回味無窮。

這是非常適合夏天享用。

\$98 | per portion
每件



AVAILABLE DAILY IN ALL
OUTLETS FROM 12:00NOON
由每日中午 12 時起
在所有餐廳及酒吧供應



CHUNG HOM SHAN

An unsignposted trail in the Southern District offers you access to a surprisingly weird landscape of giant rocks and great views out to sea.

A degree of quite easy scrambling is required on this trail, which also has some steep drops, so it is not recommended for small children. Bring water. Walking time: 2.5 hours.

From Admiralty MTR station, turn right from Exit C onto Queensway to the bus stop for Citybus 6X. Sit upstairs and ride this route, through Deepwater Bay and Repulse Bay, until you reach the stop named Chung Hom Kok Beach.

From the bus stop, walk straight ahead, past a battered blue sign pointing to the Cheshire Home, along Chung Hom Kok Road. There's no traffic and it quickly narrows into a single-track road.

Very soon, there's a lay-by on your left, in the shadow of a large rocky outcrop. Between the trees, a hidden trail leads upwards, marked by ribbons tied to branches. First on roots, and then on bare rock, this first rise leads you up to the top of the outcrop, from where you have a great view of Chung Hom Kok Beach and its bay. Take care at the edge.

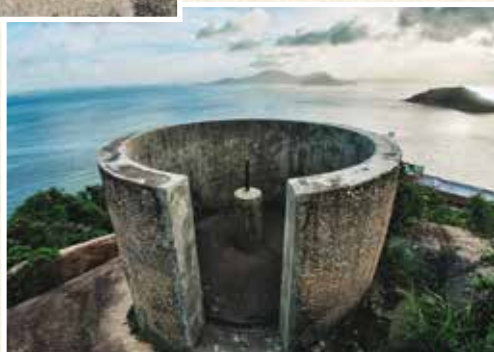
The trail now leads back into the forest and turns right and left, right and left, all the while taking you gradually higher up the hillside. When you emerge from the tree cover, you can see some enormous rocks balanced on the hilltop above. Aim for them. There is really only one path to follow, and it's marked by regular ribbons.

When you reach the big rocks, there's a gap for you to squeeze through, but if you're not too keen on that, you can also walk around the huge stone. From up here, you can see the old Blake Pier at Stanley. Bear right to keep to the ridge of the hill, aiming for a further group of rocks on the next rise.

At this next stop, you have wonderful views over the South China Sea, and as far away as Lantau Island. Carry on along the ridge. At the next standing stone, which marks Chung Hom Shan, the highest point of this hike, you should bear left – and the ribbon hikers come to our aid once again, marking a trail that now dips down into the forest and leads to a trig point.

From here, it's all downhill, past an army searchlight position from the 1940s, until you descend back onto the road at the back of the Cheshire Home. On your left, there's a garden and another surviving wartime building, and if you like, you can follow the road down to the shore. Otherwise, turn right and follow the road back to the bus stop where you started.

If you're going back to town, the bus stop you need is on the opposite side of the roundabout. But you could walk from here down to Chung Hom Kok Beach for a swim; or alternatively, take the steps leading downhill behind your arriving bus stop, which leads through Ma Hang Park to Stanley.





春坎山

在南面地區有一條沒有路標的小徑，可以帶你領略一處奇特的景觀：巨大的岩石及壯麗的海景。

這條小徑需要進行一定程度的攀爬，而且有一些陡峭的落斜，因此不建議兒童前往。請攜帶足夠的飲用水。步行時間：2.5 小時。

從金鐘港鐵站 C 出口處右轉進入皇后大道，前往城巴 6X 巴士站。到上層就座，這巴士會途經深水灣及淺水灣，直至抵達名為春坎角海灘的車站下車。

從巴士站沿著春坎角道直走，經過一塊指向慈氏護養院的破舊藍色路牌。路上沒有車輛，道路很快變窄成一條單行道。

很快，在左側位於一塊露出地面的巨大岩石陰影下有一個停車區。樹叢間，一條隱密的小徑向上延伸，樹枝上繫著絲帶作為標記。先是沿著樹根，然後是露出的岩石，這段上坡路會帶你到達那巨大岩石的頂端，在那裡你可以飽覽春坎角海灘及其海灣的壯麗景色。請注意腳下的岩石邊緣。

小徑又再返回樹林裡，蜿蜒曲折，一路往上，逐漸攀升。當你走出樹林時，你可以看到山頂上有一些巨大的岩石，彷彿保持平衡地屹立著。朝著它們走去。實際上只有一條路可行走，而且沿途都有絲帶標記。

當走到巨石旁邊時，你會發現一個可以讓你擠過去的縫隙，但如果你不想這麼做，也可以繞著巨石走走。從這裡可以看到赤柱的舊卜公碼頭。向右走，沿著山脊前進，目標是下一個山坡上的另一組岩石。

下一站，你可以欣賞南中國海的壯麗景色，遠眺大嶼山。繼續沿著山脊前進。到達下一塊標誌著春坎山的立石後——今次徒步旅程的最高點，請向左轉——標記著徒步路線的絲帶再次出現，指引著我們沿著小徑向下進入樹林，最終到達一個三角測量點。

從這裡開始，一路下坡，經過一個於 1940 年代興建的軍隊探照燈陣地，直到回到慈氏護養院後面的路上。你的左邊有一個花園及另一座倖存的戰時建築，如果你有興趣，可以沿路走到海邊；否則，右轉，沿路走回你出發的巴士站。

如果你要返回市區，巴士站就在回旋處的另一側。不過，你可以從這裡步行前往春坎角海灘游泳；或者，也可以從巴士站後面的梯級下山，穿過馬坑公園前往赤柱。



SUMMER DRINKS 夏日特飲

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

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



Brazilian Lemonade
巴西檸檬特飲



French Lemon Curd Fizz
法式檸檬蛋黃醬氣泡飲



Italian Peach Spritz
意式蜜桃氣泡飲



Japanese Yuzu Espressonic
日本柚子濃縮咖啡

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

\$60 | per glass (Mocktail)
每杯(無酒精)

\$90 | per glass (Cocktail)
每杯(有酒精)



POACHED PEACHES WITH CUSTARD & RASPBERRY COULIS

水煮蜜桃佐香草吉士及覆盆子醬汁

Peak-season peaches, reimagined in the spirit of Chef Auguste Escoffier's **Peach Melba**: tender poached Japanese peaches, perfumed and elegantly prepared, then filled with raspberry coulis for a bright, jewel-toned contrast. Finish with **silky vanilla custard** — the creamy note that makes Melba unmistakable. Sweet, classic, and gloriously summer-ripe in every bite.

Alternatively, come and try our version here at the Club, available in all outlets throughout August.

盛夏蜜桃，以奧古斯特・埃斯科菲耶主廚的「蜜桃梅爾巴」為靈感重新演繹：嫩滑的日本蜜桃以水煮方式細緻烹調，令其散發出優雅的香氣，再填入覆盆子醬汁，呈現出明亮寶石般的對比。最後淋上絲滑的香草吉士醬——那份奶香正是梅爾巴的經典標誌。香甜、經典，每一口都充滿盛夏的風味。

或者，歡迎大家於 8 月期間前來本會各餐廳品嚐我們的版本。

By Daniel Birkner
Head of Culinary &
Restaurant Operations
撰文：廚藝及餐飲營運總監



INGREDIENTS (SERVES 4) 材料(4人份量)

Peaches 蜜桃

- 4 firm, Ripe Japanese Peaches
4 個成熟但結實的日本蜜桃
- 1 litre of Water
一公升水
- 250g Sugar
250克砂糖
- 1 Vanilla Bean
一根香草莢
- Lemon Zest
檸檬皮絲
- Pinch of Salt
少許鹽

Vanilla Custard 香草吉士

- 500ml Whole Milk
500毫升全脂牛奶
 - 1 Vanilla Bean
一根香草莢
 - 4 Egg Yolks
4 個蛋黃
 - 60g Sugar
60克砂糖
 - 30g Cornstarch
30克粟粉
 - 30g Butter
30克牛油
1. Warm milk with vanilla until steaming.
將牛奶及香草加熱至冒出蒸氣。
 2. Whisk yolks + sugar + cornstarch until smooth.
蛋黃 + 砂糖 + 粟粉拌勻至滑順。
 3. Temper: whisk in some hot milk, then pour the mixture back into the saucepan.
回溫：先加入少量熱牛奶拌勻，再倒回鍋中。
 4. Cook, stirring constantly, until thick enough to coat a spoon (2–5 minutes).
不斷攪拌，直到汁液濃稠到可以掛在湯匙上（約 2–5 分鐘）。
 5. Whisk in butter for silkiness. Strain if desired.
加入牛油攪拌至絲滑，需要時可過濾。
 6. Cover surface (touching) and cool down.
用保鮮膜覆蓋，冷卻備用。

Raspberry Coulis 覆盆子醬汁

- 250g Raspberries
250克覆盆子
 - 60–100g Sugar
60–100克砂糖
 - 1–2 tsp Lemon Juice
1–2茶匙檸檬汁
 - Pinch of Salt
少許鹽
 - Water, as needed
適量清水
1. Simmer raspberries + sugar + lemon + pinch salt around 5–10 minutes.
覆盆子 + 砂糖 + 檸檬汁 + 鹽，以小火煮 5–10 分鐘。
 2. Press through a fine sieve.
倒入細網的篩子中壓出醬汁。
 3. Loosen with a splash of water to the desired pour.
視乎需要加少許清水調整濃度。
 4. Taste and adjust sweetness/acid. Cool.
品嚐並調整甜酸度，冷卻備用。

INSTRUCTIONS 製作方法

1. Peel 去皮

- » Score a small "X" on the bottom of each peach. 在蜜桃底部用刀鏟出一個小 "X"。
- » Dip in simmering water for 20–30 seconds (just to loosen skins), then peel immediately. 放入微沸的清水中待 20–30 秒 (只為令果皮剝落)，然後立即剝皮。

2. Bring poaching liquid to a boil 煮滾糖水

- » In a wide pot, combine water, sugar, vanilla bean, lemon zest, and salt. 在大鍋中加入清水、砂糖、香草莢、檸檬皮絲及鹽。
- » Bring to a full boil to dissolve sugar. 煮至完全沸騰，砂糖溶解。

3. Poach 水煮蜜桃

- » Add peeled peaches. 放入去皮的蜜桃。
- » Return to a gentle boil briefly. 再次以小火煮沸片刻。
- » Turn off the heat. 熄火。

4. Rest overnight in the liquid 浸泡過夜

- » Let peaches cool in the liquid at room temperature for 30–60 minutes. 在室溫下，讓蜜桃在糖水中冷卻 30–60 分鐘。
- » Cover and refrigerate, then rest overnight (minimum 8 hours). 覆蓋並冷藏過夜 (至少浸泡 8 小時)。
- » The next day, peaches will be deeper in flavour and very tender. 隔日蜜桃風味更濃郁，口感非常柔嫩。

5. Core after overnight poaching 去核

- » Remove peaches from the liquid and drain briefly. 從糖水中取出蜜桃，稍微瀝乾。
- » Core the peaches: Cut around the pit and remove it cleanly. Simpler to use a pair of kitchen tweezers to pull the stone out. 去除果核：沿著桃核周圍切開，然後完整地取出果核。用廚房鉗子會更簡單。
- » Keep the peach intact; create a "cup" at the top for filling. 保持蜜桃完整，在頂部切出一個「杯狀」開口，以便填入餡料。

6. Fill and serve 填餡及上桌

- » Fill each cored peach with raspberry coulis (to taste). 將覆盆子醬汁填入蜜桃中 (份量依喜好)。
- » Top with vanilla custard. 在上面加香草吉士。
- » Finish with additional coulis around the plate/bowl. 最後在盤中淋上額外的醬汁。完成。



Highlights from THE FATHER'S DAY REPTILE ENCOUNTER

父親節爬蟲探索活動花絮

Our reptile exploration event in June was a blast! Thank you to all the amazing parents and children who joined us for a memorable day of hands-on learning and fun.

Here is a look back at some of the best moments from the day. Thank you for your wonderful support and we hope to see you at the next one!

我們於 6 月份舉辦的父親節爬蟲探索活動已順利完成，活動當天，家長及孩子們透過與爬行動物的近距離互動，共度了一個充滿知性及樂趣的難忘父親節。

特此送上當日活動的精彩花絮。感謝大家的支持及踴躍參與，並期待在下次活動中再與大家見面。



1929: The Inside Story of The Greatest Crash in Wall Street History

by Andrew Ross Sorkin

From the bestselling author of *Too Big to Fail*, comes a spellbinding narrative of the most infamous stock market crash in history one with ripple effects that still shape our society today.

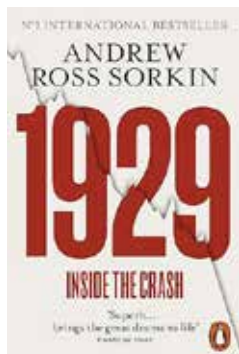
In 1929, the world watched in shock as the unstoppable Wall Street bull market went into a freefall, wiping out fortunes and igniting a depression that would reshape a generation. But behind the flashing ticker tapes and panicked traders, another drama unfolded—one of visionaries and fraudsters, titans and dreamers, euphoria and ruin. With unparalleled access to historical records and newly uncovered documents, New York Times bestselling author Andrew Ross Sorkin takes readers inside the chaos of the crash, behind the scenes of a raging battle between Wall Street and Washington and the larger-than-life characters whose ambition and naivety in an endless boom led to wreckage. The dizzying highs and brutal lows of this era eerily mirror today's world—where markets soar, political tensions mount, and the fight over financial influence plays out once again.

This is not just a story about money. 1929 is a tale of power, psychology, and the seductive illusion that "this time is different." It's about disregarded alarm bells, financiers who fell from grace, and skeptics who saw the crash coming—only to be dismissed until it was too late. Hailed as a landmark book, *Too Big to Fail* reimagined how financial crises are told. Now, with 1929, Sorkin delivers an immersive, electrifying account of the most pivotal market collapse of all time—with lessons that remain as urgent as ever. More than just a history, 1929 is a crucial blueprint for understanding the cycles of speculation, the forces that drive financial upheaval, and the warning signs we ignore at our peril.

暢銷書《Too Big to Fail》的作者帶來了一本引人入勝的敘事作品，講述了歷史上最臭名昭著的股市崩盤，其連鎖反應至今仍在影響著我們的社會。

1929年，全球震驚地目睹了勢不可擋的華爾街牛市突然暴跌，無數財富化為烏有，一場席捲全球的經濟大蕭條改變了一代人的命運。然而，在閃爍的股票行情和驚慌失措的交易員背後，另一場劇情正在上演——一場關於遠見者與騙子、巨頭與夢想家、狂喜與毀滅的交錯。憑藉對歷史記錄和新發現的文件獨家查閱，《紐約時報》暢銷作家 Andrew Ross Sorkin 帶領讀者深入了解金融危機的混亂局面，揭開華爾街與華盛頓之間激烈鬥爭的幕後真相，並展現那些在無休止的繁榮中，因野心和天真而最終走向毀滅的傳奇人物。那個時代令人眼花繚亂和殘酷的高低起伏，不禁令人聯想到當今世界——市場飆升，政治局勢日益緊張，爭奪金融影響力的鬥爭再次上演。

《1929》不僅是一個關於金錢的故事，更講述了權力、心理，以及“這次不一樣”這種誘人錯覺的故事；關乎被忽視的警鐘、失勢的金融家，以及那些預見金融危機到來卻最終被忽視的懷疑論者。被譽為里程碑之作的《Too Big to Fail》重新定義了金融危機的敘事方式。如今，Sorkin 的《1929》一書，以引人入勝、扣人心弦的筆觸，講述了史上最關鍵的市場崩盤。《1929》不僅是一部歷史著作，更是理解投機週期、金融動盪背後的驅動力及忽視警示信號便會付出慘痛代價的關鍵藍圖。



This Way Up: When Maps Go Wrong (and Why it Matters)

by The Map Men

The debut book from the YouTube sensation and all-round cartographical nerds, The Map Men! Hello, we're the Map Men, and in the following pages we've selected what we believe to be some of the very best wrong maps.

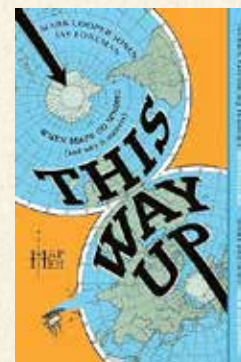
Some of them are decades old, some are centuries old, and some are so recent they're being published today (or yesterday, if you're reading this tomorrow). They include world maps, colonial maps, corporate maps, Soviet maps, pioneer maps, news maps and maps whose intended use was hijacked for a French surrealist political movement in the 1950s.

Whether you're an avid map junkie or simply 'map-curious', you will uncover a unique tale of adventure, error and unexpected humour in each chapter, as we attempt to answer the question: 'What on earth happened here?' So, ditch the compass (or disable location services) and set out on a journey with us, the Map Men, into a world of cartographic chaos and mappy mishaps. Because the worst maps are the best maps.

來自 YouTube 紅人兼全能地圖愛好者「地圖達人」的首部著作！大家好，我們是「Map Men」，在接下來的篇幅中，我們精選了一些我們認為最好的錯誤地圖。

有些地圖已有數十年歷史，有些甚至已有數百年，也有些地圖非常新近，今天（或者如果你明天讀到這篇文章，那就是昨天）才剛剛出版。這些地圖包括世界地圖、殖民地地圖、組織架構地圖、蘇聯地圖、拓荒者地圖、新聞地圖，以及一些地圖其原始用途在 1950 年代被法國超現實主義政治運動所利用。

無論你是地圖狂熱愛好者，還是僅僅對地圖感到「好奇」，你都會在每一章中發現一段獨特的冒險故事，其中穿插著各種錯誤和意想不到的幽默，我們將嘗試解答「這裡到底發生了什麼事？」這個問題。所以，丟掉指南針（或關閉定位服務），與我們這些「Map Men」一起踏上旅程，進入一個充滿地圖混亂和地圖錯誤的世界。因為「The worst maps are the best maps」（最爛的地圖就是最好的地圖）。



From now until 31st August, 2026, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount. 由現在至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

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

Kelly & Walsh Ltd
金鐘太古廣場216號舖

香港圖書文具有限公司
中環德輔道中25號



JUNIOR SUMMER SWIMMING 2026 暑期游泳班 2026

Class	Date	Day	Time	Coach	Fees	
					Member	Guest
Pre-school Swimming (3 - 4 years)						
I3	4/8, 6/8, 11/8, 13/8	Tues, Thurs	9:00am - 10:00am	ILK	720	920
I4	18/8, 20/8, 25/8, 27/8	Tues, Thurs	9:00am - 10:00am	ILK	720	920
P2	6/8, 13/8, 20/8, 27/8	Thurs	12:00noon - 1:00pm	PHL	720	920
F2	3/8, 10/8, 17/8, 24/8, 31/8	Mon	2:00pm - 3:00pm	FCY	900	1150
Elementary (4 - 14 years)						
I3	4/8, 6/8, 11/8, 13/8	Tues, Thurs	10:00am - 11:00am	ILK	740	940
I4	18/8, 20/8, 25/8, 27/8	Tues, Thurs	10:00am - 11:00am	ILK	740	940
P2	6/8, 13/8, 20/8, 27/8	Thurs	2:00pm - 3:00pm	PHL	740	940
P4	5/8, 12/8, 19/8, 26/8	Weds	5:00pm - 6:00pm	PHL	740	940
F3	4/8, 7/8, 11/8, 14/8	Tues, Fri	3:00pm - 4:00pm	FCY	740	940
F4	18/8, 21/8, 25/8, 28/8	Tues, Fri	3:00pm - 4:00pm	FCY	740	940
Intermediate (4 - 14 years)						
I4	4/8, 6/8, 11/8, 13/8	Tues, Thurs	11:00am - 12:00noon	ILK	760	960
I5	18/8, 20/8, 25/8, 27/8	Tues, Thurs	11:00am - 12:00noon	ILK	760	960
P2	6/8, 13/8, 20/8, 27/8	Thurs	1:00pm - 2:00pm	PHL	760	960
F2	1/8, 8/8, 15/8, 22/8, 29/8	Sat	3:00pm - 4:00pm	FCY	950	1200
Advanced (4 - 14 years)						
I2	3/8, 10/8	Mon	11:00am - 12:30pm	ILK	560	660
I4	7/8, 14/8, 21/8, 28/8	Fri	9:00am - 10:30am	ILK	1120	1320
P2	5/8, 12/8, 19/8, 26/8	Weds	2:00pm - 3:30pm	PHL	1120	1320
P4	5/8, 12/8, 19/8, 26/8	Weds	3:30pm - 5:00pm	PHL	1120	1320
F2	4/8, 11/8, 18/8, 25/8	Tues	4:00pm - 5:30pm	FCY	1120	1320
Intensive (8 years or above)						
I7	7/8, 14/8, 21/8, 28/8	Fri	10:30am - 12:30pm	ILK	1480	1680
I8	7/8, 14/8, 21/8, 28/8	Fri	4:00pm - 6:00pm	ILK	1480	1680
P2	1/8, 8/8, 15/8, 22/8, 29/8	Sat	1:00pm - 3:00pm	PHL	1850	2100
F3	1/8, 6/8, 8/8, 13/8, 15/8	Thurs, Sat	4:00pm - 6:00pm	FCY	1850	2100
F4	20/8, 22/8, 27/8, 29/8	Thurs, Sat	4:00pm - 6:00pm	FCY	1480	1680
Competition (8 years or above)						
I2	7/8, 14/8, 21/8, 28/8	Fri	12:30pm - 2:30pm	ILK	1480	1680
S3	4/8, 6/8, 11/8, 13/8	Tues, Thurs	10:00am - 12:00 noon	ST	1480	1680
S4	18/8, 20/8, 25/8, 27/8	Tues, Thurs	10:00am - 12:00 noon	ST	1480	1680



ENROLLMENT 報名

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

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

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

- 學員參加3項課程或以上，課程費用可獲95折優惠。此優惠不適用於高爾夫球、網球及游泳課程。
- 課程費用將記入會員之月結賬戶內。
- 本會將於課程開始前10天通知會員課程是否達到開班人數（除特別註明截止報名日期的課程外）。
- 除非會員自行取消，所有已達到開班人數的課程將於截止報名日自動確認，並在截止日期後不得取消或更改。
- 非會員之課程費用，已包括使用兒童遊樂室，但不包括使用其他運動設施。
- 所有課程學員必須遵守本會之條款及規則。
- 太平洋會及課程教練均不負責學員之一切意外、受傷及個人或他人財物損失。

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

查詢或報名，請與二樓接待處聯絡，或致電2118 1890。

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 (A)	1:30pm – 2:30pm
Men's Double Training	7:00pm – 9:00pm Men's (B)
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

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

* Members can sign up various group classes at 2/F Sports Desk on or after the 25th of each month for the next month's classes.
康體部於每個月25日開始接受下個月各類型團體課程的報名。

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



ZUMBA FITNESS

尊巴健體舞班

Let the bright rhythms and Latin beats awaken your inner athlete. Our Zumba class beautifully fuses infectious dance choreography with high-efficiency fitness, creating a high-energy party that keeps you fully engaged from start to finish. In this joyful atmosphere, members will not only boost their cardiovascular endurance but also experience the pure joy of breaking a sweat. Perfect for all fitness levels, this group dance workout invites you to stay active, burn fat with confidence, and soak up the electric energy.

讓明快的節奏與拉丁律動喚醒身體的運動細胞。本會尊巴健體舞班將充滿感染力的舞蹈與高效體能訓練完美融合，打造一場讓人全程投入的高能量派對。學員不僅能在歡樂的氛圍中提升心肺耐力，更能純粹地享受揮灑汗水的快感。本課程適合任何體能水平的人士參與，一同在熱烈的音樂氣氛中保持活力、自信燃脂。

DATE 日期

Sunday 2nd, 9th, 16th, 23rd & 30th August
8月2日、9日、16日、23日及30日（星期日）

TIME 時間

10:00am – 10:45am (45 minutes)
上午10時至10時45分（45分鐘）

VENUE 地點

Aerobics Room

PRICE 收費

Member \$950, Guest \$1,550 (for 5 lessons)
會員\$950，非會員\$1,550（5堂）

AGE 年齡

16 years and above
16歲及以上

FUNKY DANCE

FUNKY舞蹈班

Dynamic music and fun choreography come alive in this vibrant class inspired by street dance and modern pop! Designed to boost rhythm and coordination, it delivers an exciting, active workout that flies by. Best of all, participants can achieve up to 7,000 dance steps in just one hour!



動感十足的音樂與趣味編舞完美交融，在這啟發自街舞與現代流行風格的活力課程中釋放精彩！本課程旨在提升節奏感與身體協調性，為你帶來既興奮又充滿活力的運動體驗，讓時間在不知不覺中飛逝。最有趣的是，學員在短短一小時內就能挑戰高達 7,000 步的舞蹈步伐！

DATE 日期

(A) Wednesday 5th, 12th, 19th & 26th August
(B) Friday 7th, 14th, 21st & 28th August
A班 — 8月5日、12日、19日及26日（星期三）
B班 — 8月7日、14日、21日及28日（星期五）

TIME 時間

12:00noon – 1:00pm
中午12時至下午1時

VENUE 地點

Aerobics Room

PRICE 收費

Member \$760, Guest \$1,240 (for 4 lessons)
會員\$760，非會員\$1,240（4堂）

AGE 年齡

16 years and above
16歲及以上

STRETCHING EXERCISE CLASS

伸展運動班

Take time to reset the body with our relaxing Stretching Exercise Class, focused on lengthening muscles and improving everyday movement. Slow and steady exercises help reduce the risk of injury, increase range of motion, and leave the body feeling lighter and more refreshed. Ideal for all fitness levels, this class is especially beneficial for those looking to unwind, recover after exercise or maintain better flexibility and balance.

前來參加本會伸展運動班放鬆身心，感受煥然一新的感覺吧！課程專注於延伸肌肉與改善日常活動能力，透過緩慢而穩定的練習，有效降低運動受傷的風險，擴大關節活動度，並讓身體感覺更輕鬆、煥然一新。這課程適合各種體能水準的人士參與，特別有助於放鬆身心、運動後恢復，以及維持更好的柔軟度與身體平衡。

DATE 日期	(A) Friday 7th, 14th, 21st & 28th August (B) Thursday 6th, 13th, 20th & 27th August A班 — 8月7日、14日、21日及28日（星期五） B班 — 8月6日、13日、20日及27日（星期四）
TIME 時間	(A) 3:00pm – 4:00pm (B) 12:00noon – 1:00pm A班 — 下午3時至4時 B班 — 中午12時至下午1時
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760，非會員\$1,240（4堂）
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	(A) Instructor: Max, Cantonese Speaking only (B) Instructor: Tree, Cantonese & English A班 — 教練：Max，廣東話 B班 — 教練：Tree，廣東話及英語



FASCIA EXERCISE TRAINING

筋膜運動訓練

Fascia Exercise Training targets the body's connective tissues using flowing stretches and controlled movements to melt away tension and boost mobility. This gentle, low-impact program is designed to enhance posture, coordination, balance, and circulation, making it an excellent fit for any fitness level.

「筋膜運動訓練」透過一系列流暢的伸展與控體動作，深層釋放結締組織的緊繃感，從而顯著提升靈活性與機動性。這項溫和且低衝擊性的課程，旨在改善體態、協調性、平衡感與血液循環，非常適合各種體能水平的人士參與。

DATE 日期	(A) Monday 3rd, 10th, 17th, 24th & 31st August (B) Wednesday 5th, 12th, 19th & 26th August A班 — 8月3日、10日、17日、24日及31日（星期一） B班 — 8月5日、12日、19日及26日（星期三）
TIME 時間	(A) 1:30pm – 2:30pm (B) 11:00am – 12:00noon A班 — 下午1時30分至2時30分 B班 — 上午11時至中午12時
VENUE 地點	Aerobics Room
PRICE 收費	(A) Member \$950, Guest \$1,550 (for 5 lessons) (B) Member \$760, Guest \$1,240 (for 4 lessons) A班 — 會員\$950，非會員\$1,550（5堂） B班 — 會員\$760，非會員\$1,240（4堂）
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	Please note that this class is taught in Cantonese only 廣東話授課

SUMMER HOLIDAY PERSONAL TRAINING PACKAGE FOR STUDENTS

學生暑期優惠 - 私人健身課程

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 \$3,100 (regular price \$3,400). 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.

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\$3,100購買5堂私人健身課程（原價\$3,400）。每堂課程都根據個人目標量身定制，無論是增強力量、改善體能或增高運動表現，我們的專業教練都可以幫助你。優惠套票有效期為2個月。

Coaching Session (每堂)	5-Lesson Package (5堂套票)
1 hour (一小時)	\$3,400 \$3,100

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



HYROX



DISCOVER HYROX: THE GLOBAL FITNESS RACE FOR EVERYONE

HYROX, a fast-growing phenomenon in the athletic community, is a global indoor fitness competition that seamlessly combines running with functional strength exercises. Often hailed as "The World Series of Fitness Racing," it is a sport truly designed for everyone. The race format requires participants to complete a total of 8 kilometres of running — divided into eight 1-kilometre segments — alternating with eight functional workout stations in a fixed sequence. These standardised stations consist of the SkiErg, Sled Push, Sled Pull, Burpee Broad Jumps, Rowing, Farmers Carry, Sandbag Lunges, and Wall Balls.

Hosted inside expansive indoor exhibition halls, HYROX events generate an electric, spectator-friendly atmosphere. Because the format is strictly standardised worldwide, athletes can easily compare their times across global leaderboards and track personal progress, much like in a traditional marathon. To welcome all fitness levels, the competition offers multiple divisions: Open (accessible to most), Pro (featuring heavier weights for elite competitors), Doubles (pairs sharing the workout load), and Relays (teams of four), with distinct age groups ensuring fair rankings.

What truly sets HYROX apart is its remarkable inclusivity and vibrant community focus, drawing men and women of all generations. Unlike alternative competitive fitness disciplines, it features low technical barriers to entry, completely omitting complex Olympic weightlifting and advanced gymnastics. This allows fitness newcomers to confidently debut in the Open division with scaled efforts, while seasonal elites push their limits in the Pro bracket.

The age range of competitors spans remarkably from teenagers to vibrant seniors in their 80s, frequently turning events into inspiring gatherings for families and friends. The cooperative Doubles and Relay formats encourage social participation, successfully transforming intense training regimes into shared, bonding lifestyle experiences. Supported by uniform global rules and a lively festival environment, the sport fosters a uniquely supportive "HYROX family" culture where spectators

actively cheer on every participant from start to finish. This rapid growth — now attracting hundreds of thousands of racers annually — stems from its focus on highly measurable goals, the reward of progressive training, and a brilliant blend of endurance, power, and mental grit that is as achievable as it is challenging.

For those pursuing weight loss, muscle definition, and elevated physical conditioning, HYROX training delivers exceptional results due to its hybrid nature. Alternating between sustained aerobic running and intense functional stations creates a massive metabolic demand, often burning 800 to over 1,200 calories per session. This unique formula aggressively promotes fat loss while effectively preserving and building lean muscle mass.

While the running segments enhance cardiovascular endurance and optimise fat oxidation, the functional stations systematically sculpt the entire body:

- Sled Push and Pull: forge lower-body and core power
- Farmers Carry and Sandbag Lunges: develop leg strength and grip endurance
- Rowing and the SkiErg: engage the back and arms
- Wall Balls and Burpee Broad Jumps: maximise explosive power and shoulder definition

To prepare, athletes typically use periodised training programs that blend long base-building runs, strength sessions focused on core movement mechanics, and full-event simulations. By applying progressive overload — gradually increasing weight parameters, reducing recovery intervals, or accelerating running paces — members steadily elevate their stamina. Coupled with dedicated recovery, targeted nutrition, and mobility work, most participants report visible muscle toning, improved body composition, and a dramatic boost in daily energy within a few months, all while forging an unbreakable sense of mental resilience.



探索 HYROX： 專為大眾打造的全球健身賽事

近年在體育界掀起熱潮的 HYROX，是一項將跑步與功能性力量訓練完美結合的全球室內健身競賽。它常被譽為「健身界的世界盃」，是一項真正打破門檻、人人皆可參與的運動。其標準比賽流程要求參賽者完成總計 8 公里的跑步（分為 8 個一公里的賽段），並在每段跑步之間依序挑戰一個特定的功能性訓練站。這 8 大標準訓練站包括：滑雪機（SkiErg）、雪橇推送（Sled Push）、雪橇拖拉（Sled Pull）、波比跳遠（Burpee Broad Jumps）、划船機（Rowing）、農夫行走（Farmers Carry）、沙袋弓步（Sandbag Lunges）以及牆球（Wall Balls）。

HYROX 賽事皆在寬敞的室內大型展覽廳舉行，營造出熱血澎湃且極具觀賞性的高能氛圍。由於競賽格式在全球實行嚴格的標準化，運動員可以像參加傳統馬拉松一樣，輕鬆對標全球排行榜並精準追蹤個人進步。為了兼顧不同體能水平的健兒，賽事設有多個組別：適合大眾開拓潛能的公開組（Open）、挑戰精英負重的專業組（Pro）、雙人分擔強度的雙人組（Doubles），以及 4 人齊心的接力組（Relay），並配合分明的年齡分組以確保競爭的公平性。

HYROX 最引人入勝之處，在於其無與倫比的包容性及充滿凝聚力的社群氛圍，成功吸引了跨越各個年齡層的男女共同參與。與其他競技健身項目不同，HYROX 的技術門檻相對親民，完全捨棄了複雜的奧林匹克舉重及高難度體操動作，這讓健身新手能滿懷信心地下場體驗公開組的樂趣，同時也讓資深健兒能在專業組中不斷突破自我極限。

參賽者的年齡跨度極大，從朝气蓬勃的青少年到年逾 80、活力不減的長者皆樂在其中，賽事更常成為家庭及朋友間激勵彼此的社交盛會。充滿合作精神的雙人組及接力組進一步促進了社交互動，將高強度的訓練日常轉化為共享、締結深厚情誼的生活風格體驗。在統一的全球規則及嘉年華般的熱烈氣氛支持下，這項運動營造出無比溫馨的「HYROX 大家庭」文化，全場觀眾及親友團的吶喊加油聲往往從起點一路綿延至終點。這種爆發式的增長——目前每年吸引數十萬人參賽——正是源於它具備高度可衡量的目標、漸進式訓練帶來的成就感，以及那份兼具挑戰性及自我實現的耐力、力量及意志力的完美結合。

對於追求減脂、肌肉雕塑及顯著提升體能素質的人士而言，HYROX 憑藉其「混合體能」的訓練特性帶來卓越的成效。在持續的有氧跑步與高強度功能站之間交替切換，會產生巨大的代謝需求，每堂訓練通常能燃燒 800 至超過 1,200 卡路里。這種獨特的訓練公式能高效促進脂肪消耗，同時有效維持並刺激瘦肌肉生長。

當跑步賽段不斷強化心肺耐力並優化脂肪氧化時，功能訓練站則在系統化地雕塑全身肌群：

- 雪橇拖拉：全方位鍛鍊下肢爆發力及核心穩定
- 農夫行走及弓步：深度強化腿部力量及握力耐力
- 划船機及滑雪機：精準啟動背部與手臂線條
- 牆球與波比跳遠：極大化肌肉的爆發力及肩部雕塑

為了應對賽事，運動員通常會採用週期性訓練計劃，將長距離基礎跑步訓練、以核心運動力學為重點的肌力訓練及全程賽事模擬結合。透過漸進超負荷原則——逐步增加訓練負重、縮短休息間隔或加快跑速，運動員的身體素質將獲得階梯式的蛻變。配合到位的肌肉恢復、針對性的營養攝取及柔軟度訓練，大多數參與者都能在短短數月內看到體態線條的顯著改善、體脂率的下降及日常活力的全面提升，並在此過程中訓練出無堅不摧的心理韌性。



By Daniel Wong

Personal Trainer

撰文：私人健身教練



Canon G7 X III



Sony RX100 VII



Hot-shoe for external flash



Panasonic Lumix L10 black



Panasonic Lumix L10

BIG FLASH FOR SMALL CAMERAS

小型相機的大閃光燈

Compact digital cameras such as the Ricoh GR series and the Fujifilm X100 series are still very popular. Such cameras have a wide-angle fixed focal length lens in the range of 28mm to 35mm, and one or two with 40mm.

By "compact", I refer to cameras that are not only small, but also have a built-in lens that is not interchangeable.

Among such compact digital cameras, there are a few that have a zoom lens. The Sony RX100 series remains very popular, as does the Canon G7 X series.

But the one thing that is missing from most compact digital cameras is a hot-shoe (a mounting point on the top of a camera) for attaching an external flash gun or remote triggering of off-camera flash guns. The tiny built-in flash found in all truly compact cameras is rather unsuitable for achieving a professional portrait lighting result.

You can't use off-camera flash, you are limited to using only "available light", and that puts a big limitation on when and where you can capture beautiful images. If you want to take your photography to a whole new level, you need to learn how to create good lighting, which requires a camera with a traditional hot shoe for triggering external flash guns.

Just recently, Panasonic introduced the new Lumix L10 compact digital camera which does have a flash hot-shoe, and a built-in stabilized 24-75mm (full-frame equivalent) zoom lens from Leica, and a large maximum aperture of f1.7 (at 24mm) and f2.8 (at 75mm). To top that off, it also has a four-thirds sensor, which is larger than the 1-inch sensor in the RX100 but smaller than the APS-C sensor in the Canon G7 X. It's an impressive camera.

Ricoh GR 系列及 Fujifilm X100 系列等輕便數碼相機一直非常受大眾歡迎，因為這類相機通常配備 28 毫米至 35 毫米焦距的廣角定焦鏡頭，也有少數機型配備 40 毫米鏡頭。

我所說的「輕便」相機，不僅指體積小巧，而且鏡頭不可更換。

在這些輕便數位相機中，也有一些配備了變焦鏡頭，如 Sony RX100 系列及 Canon G7 X 系列便非常受歡迎。

但大多數輕便數碼相機都缺少一個用於連接外部閃光燈或遙控離機閃光燈的熱靴介面（位於相機頂部的金屬接點座）。所有真正的輕便相機都配備的微型內建閃光燈並不適合拍攝專業的人像照片，難以達到理想的佈光效果。

如果你無法使用離機閃光燈，就只能依靠「現有光源」，而這會極度限制你拍攝精美照片的時間及地點。如果你想將攝影等級提升到一個全新的高度，就需要學習如何創造良好的光線，而這需要一部帶有傳統熱靴接口的相機來觸發外置閃光燈。

最近，Panasonic 推出了新款 Lumix L10 輕便數碼相機，它配備了閃光燈熱靴，內建 Leica 24-75 毫米（全片幅等效焦距）防抖變焦鏡頭，最大光圈分別為 f1.7（24 毫米）和 f2.8（75 毫米）。此外，它還採用了 4/3 吋感測器，尺寸大於 RX100 的 1 吋感測器，但小於 Canon G7 X 的 APS-C 感測器。這是一款令人印象深刻的相機。

By Craig Norris www.momentsbycraig.com

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

MINI GREEN GARDEN

迷你綠色花園

This beautiful indoor arrangement showcases a lush, multi-textured miniature garden. It sits elegantly on a swirling, earth-toned glass plate.

這款精緻美麗的室內擺設展現了一個鬱鬱蔥蔥、層次豐富的迷你花園。它優雅地擺放在一個紋理優雅、色調柔和的玻璃盤上。

WHAT YOU'LL NEED 所需材料

- Various Green Plants:
Alocasia Callalily, Rainbow Fern, Sesame Fern
多種綠色植物：
白犀牛海芋、彩虹蕨、芝麻芒
- Bun Moss
球狀苔蘚
- Dried Moss
乾地衣
- A Large, Round Glass Plate
一個大的圓形玻璃盤
- A Small Round Glass Container
一個細的圓形玻璃器皿
- Hemp Rope
麻繩
- Glass Beads
玻璃珠

INSTRUCTIONS 步驟

1. Remove the plants from their pots, wrap the roots tightly with dried moss, and secure with hemp rope to form neat moss balls. 將植物從花盆中取出，用乾地衣包裹著根部，繞上麻繩固定成整齊的球狀。
2. Place some dried moss in the centre of a glass plate. 將一些乾地衣放在玻璃盤的中央。
3. Place the glass beads into a glass container, then set the container on the dried moss, slightly tilted. 將玻璃珠放入玻璃器皿內，然後將玻璃器皿微微傾斜地擺放在乾地衣上。
4. Place the Rainbow Fern into the glass container. 將彩虹蕨放入玻璃器皿內。
5. Place the Alocasia Callalily and the Sesame Fern slightly tilted next to the Rainbow Fern (glass container). 將白犀牛海芋及芝麻芒微微傾斜地放在彩虹蕨（玻璃器皿）的旁邊。
6. Place some bun moss in front of the plants. 將球狀苔蘚放在植物的前面。
7. Spray water on the bun moss regularly to keep them moist. 定時為球狀苔蘚噴水以保持其濕潤。





GOLF SWING RHYTHM 揮杆的節奏

In a perfect golf swing, proper mechanics are certainly important — for example, the swing plane differs between long clubs and short irons. However, the swing's rhythm and the precise timing of the club release are equally critical.

When initiating the backswing, start by rotating the body and arms together, only cocking the wrists after the initial extension. During the downswing, shift your weight smoothly to the left side with your hips while keeping your head centred. Maintain the angle between your arms and the club as you swing down. Before reaching the midpoint, engage your core to generate power through rotation, and only release the club's power when the club head is in front of your body. At the moment of impact, keep your grip relaxed

在完美的揮杆過程中，動作固然重要，例如長杆及短桿的揮杆平面有所不同。但是，揮杆的節奏及球桿的釋放時機同樣至關重要。

開始上杆時，應先讓身體及雙臂同步帶動旋轉上杆，待充分伸展後再彎曲手腕。下杆時，髖部需將重心順暢轉移至左側，同時頭部保持置中位置。下桿過程中，保持手臂與球桿之間的角度。在到達力點前，收緊核心肌群，利用旋轉產生強大動力，並且只有當球杆到達身體前方時才釋放力量。擊球瞬間，握杆務必保持放鬆。

Golf Private Lessons 高爾夫球私人課堂

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

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

PRIVATE LESSONS (1 PAX) 私人課程 (一人)

1-hour 一小時課程 **\$770 per person** 每位 \$770

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

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

1-hour 一小時課程 **\$435 per person** 每位 \$435

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

PICKLEBALL COACH CINDY NG JOINS TEAM HONG KONG 匹克球教練 CINDY NG 入選港隊

Our Club's Pickleball coach, Cindy Ng, recently captured the championship title in the Women's Doubles Open Category at the Pickleball World Cup 2026 Hong Kong, China Representative Team Selection Tournament, organised by the Hong Kong, China Tennis Association. With 24 teams competing in the women's division, Cindy distinguished herself through superb skills, calm decision-making, and seamless teamwork with her partner. This victory not only highlights her dedication and professionalism but also spotlights the growing sport of Pickleball in Hong Kong.

Cindy will now officially join Team Hong Kong to compete at the World Cup in Da Nang, Vietnam this September. As one of the largest international Pickleball events, the tournament will gather elite players from around the globe. Cindy has expressed her determination to give her very best, aiming for outstanding results while promoting Pickleball to a wider audience.



本會匹克球教練 Cindy Ng 早前參加由中國香港網球總會主辦的「匹克球世界盃 2026 中國香港代表隊選拔賽」公開組女雙比賽並勇奪冠軍。女子組共有 24 支隊伍角逐，她憑著精湛球技、冷靜判斷及與拍檔的默契合作，成功脫穎而出。這場勝利不僅展現了她多年來的努力及專業，更為香港匹克球運動增添光彩。

Cindy 將正式成為港隊成員，代表香港出戰於今年 9 月在越南峴港舉行的世界盃。這是匹克球界最具規模的國際賽事之一，屆時來自世界各地的頂尖球員將同場競技。Cindy 表示，她定會全力以赴，爭取佳績，並希望透過比賽讓更多人認識及喜愛匹克球。



JUNIOR PICKLEBALL ACADEMY 少年匹克球訓練

Come and play Pickleball with Coach Nico! Specially designed for children aged 3½ to 11, this fun and fast-growing sport combines elements of Tennis, Badminton and Table Tennis. Easy to learn, each class introduces children to the basics. It is a great way to build coordination and confidence, while having plenty of fun on the court.

前來與教練 Nico 一起享受匹克球運動吧！這項趣味十足、發展迅速的運動專為 3½ 歲至 11 歲的兒童設計，融合了網球、羽毛球及乒乓球的元素。匹克球易於上手，每節課堂都會向孩子介紹基本規則。他們不僅能從中獲得樂趣，還能在球場上鍛鍊協調能力及建立自信心。

DATE 日期	Saturday 1st, 8th, 15th, 22nd & 29th August 8月1日、8日、15日、22日及29日（星期六）
TIME 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 4:00pm A班 下午 2時至3時 B班 下午 3時至4時
VENUE 地點	Gym Aerobics Room, 1/F 一樓健身室Aerobics Room
PRICE 收費	(A) Member \$1,100, Guest \$1,700 (for 5 lessons) (B) Member \$1,400, Guest \$2,000 (for 5 lessons) A班 會員\$1,100·非會員\$1,700 (5堂) B班 會員\$1,400·非會員\$2,000 (5堂)
AGE 年齡	(A) 3½ – 6 years (B) 7 – 11 years A班 3½至6歲 B班 7至11歲

PICKLEBALL PRIVATE LESSONS

匹克球私人課程

Whether you are new to Pickleball or looking to take your game to the next level, our Private Lessons provide personalised coaching tailored to your individual needs. With the coach's full attention, you will develop technique, improve shot selection, refine court positioning and build greater confidence on court. Suitable for players of all ages and abilities, these one-on-one sessions offer an effective way to accelerate progress and enjoy the game even more.

無論你是匹克球新手，還是希望增進球技，匹克球私人課程都能提供根據你的個人需求度身定制的個人化指導。每堂一對一課程都會根據你的程度度身定制，重點在於培養你在球場上的自信心、控球能力和穩定性。在教練的悉心指導下，你將能提升技術、改善擊球技巧、優化場上站位，並在球場上建立更強的自信心。

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



Private Lessons 私人課程 (1 pax/人)

1-hour \$650 per person
一小時課程 每位\$650

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

Semi-Private Lessons 半私人課程 (2 pax/人)

1-hour \$345 per person
一小時課程 每位\$345

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



CONGRATULATIONS TO OUR SPIRIT OF WIMBLEDON CHAMPIONS! 溫布頓致敬賽 — 恭喜各位得獎者！

A heartfelt thank you to all our members who joined the Spirit of Wimbledon Tournament! Your enthusiasm, sportsmanship, and dazzling all-white outfits brought the Wimbledon spirit to life on our hard courts. From thrilling rallies to shared laughter, it was a true celebration of tennis and community. We look forward to seeing you again at our upcoming events — let's keep the energy going!

衷心感謝各位會員參與本會的溫布頓致敬賽！大家的熱情、運動精神以及純白色的球衣裝束，讓溫布頓的氛圍在硬地球場上完美重現。從場上的精彩對決到彼此的歡笑聲，這是一場屬於網球與社群的盛會。期待各位會員繼續支持，於未來的活動中再次相聚！



Champion 冠軍
Byron Yiu & Doris Lau

1st Runner-Up 亞軍
James Mok & Debbie Wong

2nd Runner-Up 季軍
Terence Chan & Karen Chan

JUNIOR TENNIS ACADEMY

青少年網球訓練

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

Please note that fees are charged on a monthly basis.

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

請注意，課程按月收費。



DATE
日期

TIME
時間

VENUE
地點

PRICE
收費

AGE
年齡

Saturday 1st, 8th, 15th, 22nd & 29th August
8月1日、8日、15日、22日及29日（星期六）

(A) 10:00am – 11:00am

(B) 11:00am – 1:00pm

A班 上午10時至11時

B班 上午11時至下午1時

Indoor Tennis Courts
室內網球場

(A) Member \$1,100, Guest \$1,700 (for 5 lessons)

(B) Member \$1,750, Guest \$2,350 (for 5 lessons)

A班 會員\$1,100·非會員\$1,700 (5堂)

B班 會員\$1,750·非會員\$2,350 (5堂)

(A) 3½ – 6 years / (B) 6 – 16 years

A班 3½-6歲·B班 6-16歲



SUNDAY JUNIOR TENNIS

週日青少年網球班

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

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

請注意，課程按月收費。

DATE 日期	Sunday 2nd, 9th, 16th, 23rd & 30th August 8月2日、9日、16日、23日及30日（星期日）
TIME 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 5:00pm A班 下午2時至3時 B班 下午3時至5時
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	(A) Member \$1,100, Guest \$1,700 (for 5 lessons) (B) Member \$1,750, Guest \$2,350 (for 5 lessons) A班 會員\$1,100、非會員\$1,700（5堂） B班 會員\$1,750、非會員\$2,350（5堂）
AGE 年齡	(A) 4 – 7 years (B) 8 – 16 years A班 4-7歲，B班 8-16歲

LADIES' MORNING TENNIS

女子早上網球練習

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

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

DATE 日期	Monday 3rd, 10th, 17th, 24th & 31st August 8月3日、10日、17日、24日及31日（星期一）
TIME 時間	10:00am – 12:00noon (Intermediate / Advanced Level) 上午10時至中午12時（中級/高級班）
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverages at the Tennis Lounge) 會員\$320、非會員\$440（兩小時，包括場租及飲品招待）
AGE 年齡	14 years old and above 14歲及以上



SUNDAY SOCIAL TENNIS

週日網球聯誼聚會

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

想在 8 月份多些享受網球運動嗎？本會的週日網球聯誼聚會就能提供最好的機會，讓你在輕鬆的氛圍中與人對打、進行練習並結識其他會員。活動在室內網球場進行，每堂兩小時，全程皆由專業教練指導。

DATE 日期	Sunday 2nd, 9th, 16th, 23rd & 30th August 8月2日、9日、16日、23日及30日（星期日）
TIME 時間	5:00pm – 7:00pm 下午5時至晚上7時
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverage at the Tennis Lounge) 會員\$320、非會員\$440 （兩小時，包括場租及飲品招待）
AGE 年齡	14 years and above 14歲及以上





SPA PROMOTIONS IN AUGUST

8月份美容療程優惠

SOTHYS HYDRATING INTENSIVE TREATMENT HYDRA HYALURONIC ACID

SOTHYS 微分子透明質酸水漾療程

This high-performance treatment combines four sources of hyaluronic acid with two Sothys patented active ingredients, which are especially suitable for dehydrated skin. The absolute hydration solution with six stages to quench, hydrate and plump the skin, renewing its youthfulness.

獨具慧眼的 Sothys 融合尖端科學技術、四種來源的玻尿酸、兩種 Sothys 專利活性成分及多項領先美肌水漾知識，特別適合缺水肌膚使用；有機胜肽及海藻筍促進脂質製造及重新激活水分流動，提升肌膚含水量；再注入牛肝菌及高、低、微分子透明質酸，特別適合缺水性肌膚。療程結合 6 個步驟全方位補水，為肌膚帶來如嬰兒般水漾豐盈的質感。

~~\$1,520~~

~~\$1,216~~

(1hr 25mins) (1小時25分鐘)



~~\$1,620~~

~~\$1,296~~

(1hr 45mins) (1小時45分鐘)

GUINOT HYDRADERMIE LIFT DELUXE

GUINOT 雙效機理極緻緊膚療程

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, resulting in more extreme muscle lifting, skin toning, and a youthful and visibly rejuvenated appearance.

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。

HAIR PRODUCT SALE IN AUGUST 8 月份頭髮產品優惠

BE HAIR BE MINERAL SHAMPOO, 300ML BE HAIR BE MINERAL 洗髮水·300毫升

Be Hair's Be Mineral Shampoo is a professional plumping treatment specifically formulated to restore weak, fragile, and damaged hair. Powered by a multifunctional polymer complex, it bonds directly to the cuticles to instantly boost density, volume, and natural body. Meanwhile, nutrient-rich Meadowfoam Seed Oil locks in vital hydration, smoothing out porous textures and sealing split ends. This advanced formula creates a protective, brilliant shield over the hair fibres, safeguarding strands from chemical treatments, heat styling, and environmental stressors for a healthy, radiant shine.

Be Hair Be Mineral 洗髮水是一款專為細軟、脆弱及受損髮質打造的專業級修護洗髮水。配方融合了獨特的多元聚合物複合物，能緊密貼合髮絲角質層，瞬間提升秀髮的密度、蓬鬆度及豐盈質感。同時，富含營養的白池花籽油能深層鎖水，有效撫平毛躁、修護空洞結構並收斂分叉。這款洗髮水能在髮絲表面形成一層防護光澤膜，保護脆弱毛髮免受化學燙染、熱工具和環境傷害，讓秀髮恢復健康耀眼的光澤。



~~\$300~~ \$270



~~\$150~~ \$135

PAUL MITCHELL FIRM STYLE FREEZE AND SHINE SUPER SPRAY, 250ML PAUL MITCHELL 閃亮定型噴霧·250毫升

Paul Mitchell Firm Style Freeze and Shine Super Spray provides maximum, long-lasting hold for all hair types. Enriched with algae, aloe, jojoba, and rosemary extracts, this non-aerosol spray shields hair from environmental damage while delivering a high-gloss, radiant finish. It firmly locks structural designs in place with extreme hold, tames stubborn flyaways, and washes out effortlessly without leaving flaky white residue.

Paul Mitchell 閃亮定型噴霧為所有髮質提供超強效且持久的定型效果。這款非氣霧式噴霧富含海藻、蘆薈、荷荷巴及迷迭香萃取物，能保護秀髮免受環境傷害，同時賦予極致耀眼的亮澤光感。它能強力鎖定髮型結構，有效撫平毛躁飛揚的碎髮，且極易清洗、不易殘留白屑。



~~\$150~~ \$135

NO3 PROACTION FOR C. TREATMENT, 150G NO3 PROACTION C. 染後 密集修護護髮素·150克

No3 Proaction for C Treatment is a premium Japanese salon conditioner designed to protect hair immediately post-colour. By restoring the hair's natural pH and sealing the cuticle, it neutralises chemical residues to lock in vibrant colour. Powered by amino polymers and pseudo-CMC, it replenishes moisture and nutrients, leaving damaged strands silky, resilient, and long-lasting.

No3 Proaction for C. 染後密集修護護髮素是一款專為染後黃金期打造的日本專業沙龍級護髮素。它能平衡髮絲 pH 值並緊閉毛鱗片，有效清除化學殘留以鎖緊色彩。富含氨基聚合物與類 CMC 成分，能深層補充水分與營養，讓受損髮絲重獲絲滑、強韌與持久的亮麗髮色。



THIS MONTH'S PROMOTION 本月特別優惠

10% DISCOUNT ON INTENSIVE HAIR CARE TREATMENT

The scorching summer heat and intense sun exposure can easily leave your hair dry, frizzy, and damaged. This August, members can enjoy a special 10% discount on the Intensive Hair Treatment. Pamper your strands with a nourishing boost to restore maximum hydration, smoothness, and radiant shine all summer long!

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

特別深層頭髮護理保養服務9折優惠

夏日高溫與強烈日曬容易讓頭髮變得乾枯毛躁。會員於 8 月份到會所髮廊惠顧任何特別深層頭髮護理保養服務，可享受 9 折優惠。用滋養精華呵護你的秀發，讓秀髮在整個夏季都保持水潤、柔順及亮澤！

查詢詳情及預約服務，請致電 2118 1893。

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

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

請注意，於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。



Coming Soon...

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

DATE 日期	Sunday, 30th August 日期：8月30日（星期日）
TIME 時間	2:00pm to 5:30pm 下午2時至5時30分
VENUE 地點	Pacific Club Swimming Pool 太平洋會游泳池

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

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

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

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

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

太平洋會一年一度的少年游泳比賽即將再次舉行！

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

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

請儘早報名參與本會這其中一項最令人期待的年度少年賽事。

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



HOLISTIC AQUATIC EXERCISE TRAINING FOR ADULTS

成人綜合水中運動訓練

This fun, low-impact course combines aqua jogging, interval sprints, and water resistance to boost cardio and sculpt total-body strength. Sessions feature fluid stretches and multi-planar movements to improve flexibility, mobility, and balance, closing with mindful breathing to harness water's healing power for deep relaxation. Designed for all ages and fitness levels, it is the perfect way to elevate your fitness and overall well-being.

本課程結合水中慢跑、間歇衝刺及水的自然阻力，全面提升心肺功能及雕塑全身肌力。課堂融入流暢的伸展及多平面動作，以增進柔韌度、活動度及平衡協調，並透過正念呼吸，藉著水的療癒力深層減壓。這項充滿樂趣的低衝擊訓練適合各年齡及健身水平人士參加，幫助提升體能、全面擁抱身心健康。

DATE 日期	Wednesday 5th, 12th, 19th & 26 August 8月5日、12日、19日及26日（星期三）
TIME 時間	6:00pm – 7:00pm 晚上6時至7時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member \$720, Guest \$1,200 (for 4 lessons) 會員\$720，非會員\$1,200（4堂）
AGE 年齡	16 years and above 16歲及以上

AFTERNOON WATER AEROBICS

水中健康舞下午茶

Combining the natural resistance of water with upbeat music, this session offers a fantastic full-body workout that strengthens muscles and improves cardiovascular fitness while being incredibly gentle on your joints. Exercising alongside a supportive group, you will move through a variety of fun, water-based routines designed to boost energy, flexibility, and core stability. Suitable for all fitness levels, it is the perfect way to stay active, cool off, and enjoy a lively, social fitness experience together.

本課程將水的天然阻力及輕快明細的音樂完美結合，在提供全身性鍛鍊、增強肌肉力量及提升心肺功能的同時，更能保護關節免受衝擊。在充滿支持感的團體氛圍中，學員將跟隨同伴一起完成各式趣味水上動作，有效提升核心穩定度、身體柔韌性及活力。本課程適合各種體能水平的人士參加，是保持活力、消暑放鬆並享受歡樂社交健身體驗的絕佳選擇。

DATE 日期	(A) Tuesday 4th, 11th, 18th & 25th August (B) Friday 7th, 14th, 21st & 28th August A班 8月4日、11日、18日及25日（星期二） B班 8月7日、14日、21日及28日（星期五）
TIME 時間	3:00pm – 4:00pm 下午3時至4時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member \$180 daily / \$1,700 per 10 classes Guest \$300 daily 會員\$180（每堂）/ \$1,700（10堂） 非會員\$300（每堂）
AGE 年齡	14 years and above 14歲及以上



JUNIOR SWIMMING CLASSES

少年游泳課程

Our Junior Swimming Group Classes provide structured training for children of different ages and ability levels. From developing water confidence and basic techniques to refining strokes and building endurance, our experienced coaches ensure a safe, supportive, and social environment. Learning alongside their peers, children will not only progress at their own pace and stay active, but also build teamwork skills, make new friends, and foster a lifelong love for the water together.

本會少年游泳課程為不同年齡及能力水準的學員提供系統性的專業培訓，從培養水中自信心、掌握基本功，到精進泳姿及提升耐力，我們經驗豐富的教練團隊將全力打造一個安全、備受支持且互動性高的學習環境。透過與同齡夥伴一同練習，孩子們不僅能按照自己的節奏穩步前進、保持活力，更能培養團隊合作精神、結交新朋友，並在歡樂的團體氛圍中共同建立對游泳運動的終身熱愛。

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





"ANIMAL SAFARI" TREASURE HUNT 室內「動物大冒險」尋寶之旅

This summer, our playroom is transforming into a wild jungle for an epic Animal Safari Treasure Hunt. Armed with a special "Mission Sheet" kids will navigate the playroom to hunt down hidden animals, stamp their safari passports, and solve the trail. It's the ultimate mix of active play and problem-solving.

今個夏天，本會遊戲室將化身神秘叢林，展開一場刺激的室內定向尋寶遊戲。小朋友將手執特製「任務卡」，在遊戲室每個角落搜尋隱藏的小動物並蓋印解謎。活動集體能與趣味於一身！

For enquiries or registration for the event, please contact the 2/F Reception at 2118 1890.
查詢及報名，請致電2118 1890與二樓接待處聯絡。

DATE
日期

Sunday, 16th August
8月16日 (星期日)

TIME
時間

(A) 2:00pm – 2:50pm
(B) 3:00pm – 3:50pm
A班 下午2時至2時50分
B班 下午3時至3時50分

VENUE
地點

Playroom
遊戲室

PRICE
收費

Member \$80, Guest \$140
會員\$80，非會員\$140

AGE
年齡

3 years and above
3歲及以上

CAPACITY
人數

3-15 pax/session
每班3-15人

JUNIOR TAEKWONDO 少年跆拳道

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

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



DATE
日期

Saturday 1st, 8th, 22nd & 29th August
8月1日、8日、22日及29日 (星期六)

TIME
時間

4:00pm – 5:00pm (All Levels)
下午4時至5時 (所有級別)

VENUE
地點

Aerobics Room

PRICE
收費

Member \$760, Guest \$800 (for 4 lessons)
會員\$760，非會員\$800 (4堂)

AGE
年齡

4 years and above
4歲及以上

ENGLISH DRAMA ACADEMY

英語話劇訓練班

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

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

DATE 日期	Monday 3rd, 10th, 17th, 24th & 31st August 8月3日、10日、17日、24日及31日（星期一）
TIME 時間	(A) 5:30pm – 6:30pm (B) 4:30pm – 5:30pm A班 下午5時30分至晚上6時30分 B班 下午4時30分至5時30分
VENUE 地點	Gym Activities Room
PRICE 收費	Member \$1,050, Guest \$1,100 (for 5 lessons) 會員\$1,050，非會員\$1,100（5堂）
AGE 年齡	(A) 3 – 5 years (B) 6 – 12 years A班 3-5歲，B班 6-12歲



TABLE TENNIS LESSONS (PRIVATE)

乒乓球 — 私人課程

Join us for professional Table Tennis coaching suitable for players of all ages and skill levels. Lessons are led by our experienced instructor, with extensive technical skills and game strategies. Whether you are a beginner looking to master the basics or an advanced player aiming to elevate your competitive edge, our coach will tailor a training plan to your personal goals, helping you progress quickly and enjoy the fun of the game.

本課程適合所有年齡層及不同技術水平的學員參加，由經驗豐富、在技巧及戰術策略上均擁有深厚專業造詣的教練親自執教，無論你是想掌握基本功的初學者，還是渴望提升競爭優勢的高階選手，教練都會根據你的個人目標量身定制訓練計劃，助你快速進步，並盡情享受乒乓球運動的樂趣。

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



JUNIOR BADMINTON LESSONS (PRIVATE)

少年羽毛球 — 私人課程

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

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

PRIVATE LESSONS 私人課程收費	1pax : \$720/hour (including court hire) 一人 : \$720/每堂一小時 (包括場租) 2pax : \$920/hour (including court hire) 二人 : \$920/每堂一小時 (包括場租)
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			6					8
	6			2	7			
9		3				6		
		5		9	3		6	
6		1				9		3
	8		4	7		2		
		4				1		5
			9	5			8	
2					1			

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

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
Mr Chan Hung Chiu

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 Friday, 14th 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14日(星期五)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！

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

BASKETBALL PRIVATE LESSONS 私人籃球課堂

Looking to take your basketball further with focused, one-on-one coaching? The Pacific Club's Private Basketball Training Sessions offer Members a personalised approach to improving both basketball skills and overall athletic performance. Led by our experienced professional coach, each session is designed around your individual goals and playing level, whether you're new to the game or looking to advance further.

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

想透過一對一的專屬指導提升籃球水準嗎？太平洋會私人籃球訓練課程為會員提供個人化的訓練方案，幫助你提升籃球技巧和整體運動表現。經驗豐富的專業教練將根據你的個人目標和水平度身定制每節課堂，無論是籃球新手還是希望更進一步，都能從中受益。

從掌握基本功到精進投籃姿勢、控球和防守技巧，訓練涵蓋基礎技術、進階策略和體能訓練。這一對一課程有助於增強自信、改善技術，並在各方面全面提升你的籃球水平。



PRIVATE LESSONS (1 PAX) 私人課程 (一人)

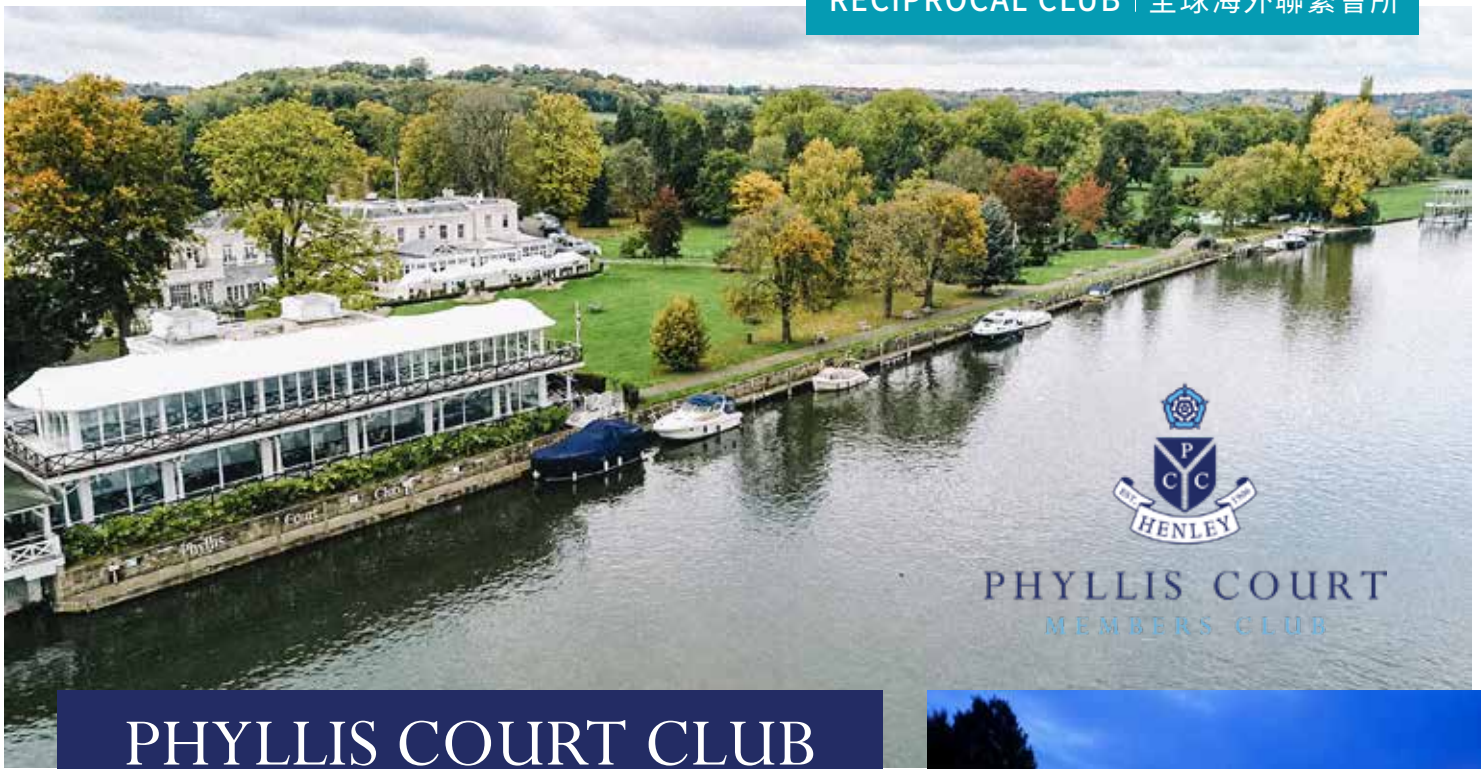
1-hour 一小時課程	\$650 per person 每位 \$650
1½ hour lessons 1½小時課程	\$900 per person 每位 \$900

PRIVATE LESSONS (2 PAX) 半私人課程 (二人)

1-hour 一小時課程 (Additional participant: \$200/pax, up to 8 pax)	\$900 per session 每堂 \$900 (額外參加者：每堂/每位\$200，上堂人數最多8位)
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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。



PHYLLIS COURT CLUB

Henley-on-Thames, United Kingdom

Established in 1906, the Phyllis Court Club is a prestigious private members' club situated in Henley-on-Thames in Oxfordshire, England, along the picturesque banks of the River Thames. Renowned for its exceptional facilities and stunning surroundings, the club offers a refined experience like no other.

The Clubhouse is home to several distinctive dining options, each designed to enhance your culinary experience. The Members' Bar & Lounge is a favourite among members, boasting spectacular views of the river while serving a delightful selection of premium sandwiches and drinks. For those seeking a heartier meal, the Orangery Restaurant provides a relaxed setting perfect for breakfast, lunch, and dinner, complemented by its warm decor. The club is particularly famous for its exquisite Afternoon Tea, available daily from 2:00pm.

Fitness enthusiasts will appreciate the state-of-the-art fitness centre, equipped with modern cardio machines, weightlifting stations, and a range of strength training equipment. Members can customise their workout routines with the guidance of experienced trainers. Additionally, the club features four floodlit tennis courts, catering to both casual players and competitive athletes. The private riverside mooring offers convenient access to various water sports, including rowing, kayaking, and paddleboarding on the Thames.

Wellness is a key focus at Phyllis Court Club, which includes a refreshing swimming pool for leisure and aquatic workouts. The spa and wellness centre provides a sanctuary for relaxation, offering rejuvenating treatments and therapies.

For members seeking a place to stay, the club offers elegantly designed hotel rooms that blend classic charm with modern amenities. Many rooms feature breathtaking views of the river and meticulously landscaped gardens, enhancing the tranquillity of your stay.

If you plan to visit Henley-on-Thames, securing a Letter of Introduction to the esteemed Phyllis Court Club promises an unparalleled experience that welcomes Pacific Club Members with open arms.



Phyllis Court Club 於 1906 年成立，是一間享負盛名的私人會所，位於英國牛津郡泰晤士河畔的亨利鎮，風景如畫。會所以其卓越的設施及迷人的周邊環境而聞名，為會員提供獨一無二的優雅體驗。

會所內設有多處各具特色的餐飲場所，旨在提升客人的用餐體驗。Members' Bar & Lounge 深受會員喜愛，不僅可飽覽壯麗的河景，還供應多款高級三文治及飲品。若想享用更豐盛的餐點，Orangery 餐廳環境輕鬆愜意，是享用早、午、晚餐的理想之選，其溫馨的裝潢更添一份舒適愜意。此外，會所亦特別以其精緻的下午茶美食而聞名，於每日下午 2 時開始供應。

健身愛好者一定會喜歡配備現代化帶氧運動器材、各種重量及力量訓練設備等一流設施的健身中心。會員可以在經驗豐富的教練指導下編製專屬的健身計劃。此外，會所還擁有 4 個配備夜間照明設施的網球場，可同時滿足休閒玩家及專業運動員的不同需求。會所的私人河畔區為喜歡進行各種水上運動的會員提供了便利，可以在泰晤士河上盡情享受划船、划艇及站立式划槳板等活動。

Phyllis Court Club 亦非常注重會員的健康養生，設有環境舒適的游泳池，供會員休閒放鬆及進行水中活動。而水療及康體中心則提供舒緩身心的護理及療法，是放鬆身心的理想場所。

若想在區內尋找舒適的住宿設施，會所提供設計優雅的酒店客房，將經典魅力與現代設施融為一體。許多客房都可飽覽壯麗的河流及會所精心設計花園美景，讓住客盡情享受寧靜舒適的住宿體驗。

若你計劃前往泰晤士河畔亨利鎮，請攜同本會介紹信，親身感受 Phyllis Court Club 為你帶來無與倫比的體驗，會所將熱情歡迎太平洋會會員的到來。



For further information on reciprocal clubs, please contact the Membership Office on 2118 1802.

如欲查詢有關海外聯繫會所的資料，請致電 2118 1802 聯絡會籍部。

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

LPG

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

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