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PACIFIC VIEWS

October 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? 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？現在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 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。

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Bookings 預約及查詢電話

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

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Dear Members,

October is a month of autumnal celebration at the Pacific Club, bringing together festive dining, family activities and sporting highlights.

We begin with the double occasions of the National Day and the Mid-Autumn Festival. The Island View will present celebratory lunch and dinner buffets until the 12th October, including an evening with views of the fireworks over Victoria Harbour on the 1st. Families can also enjoy our Mid-Autumn Children's Carnival on Sunday, 5th

October, with special games and activities designed for younger Members. You can find the full details of all these events on pages 6 - 9, and also on page 16.

Our dining programme this month offers plenty to look forward to. Pier 6 will be transformed into Bistro Quai 6, serving French favourites in the style of the traditional Parisian bistro. At Capricci, the Octo-ber-Pus Menu showcases the versatility of octopus in a range of Mediterranean dishes. The Island View features a series of themed weekly buffets, beginning with Oktoberfest, followed by Steak Frites and finishing with Moules Frites at the end of the month. Turn to pages 14 - 15 to learn more. Looking further ahead, the Singaporean Crab Buffet will open the first weekend of November with bold and spicy flavours. Be sure to book table!

In sports and recreation, the Bowling Alley will host an open coaching session with USBC certified Coach Kenny Ngai on 15th October. In the Pool, three new coaches join our swimming programme and Members can take advantage of a trial offer on private lessons. For those focusing on fitness, there is a Personal Training and Pilates promotion running throughout the month. Details are on page 27. October is the perfect time to make the most of the Club's facilities and discover new ways to stay active.

Halloween will bring the month to a festive close with a magic show on The Island View Balcony, followed by a themed buffet. See page 16 for the full feature.

And finally, looking ahead to November, we will be hosting the Maison Moillard Wine Dinner at Pier 6, pairing exceptional Burgundy wines with a bespoke menu for a memorable evening. See page 22 for more.

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

尊敬的會員，

10月是太平洋會迎接秋季慶典的月份，匯集了節日大餐，以及精彩的家庭及康體活動。

國慶日及中秋節兩個大日子的慶祝活動，為我們拉開序幕。大家除了可以於10月1日晚上前來Island View餐廳欣賞維多利亞港上空的煙花匯演外，餐廳還會推出節慶自助午餐及晚餐至10月12日。於10月5日（星期日），我們也會舉辦中秋兒童嘉年華，為小會員準備特別的遊戲及活動。有關以上活動的詳情，請參閱第6-9頁及第16頁。

本月份，我們還有更多令人期待的精彩餐飲活動。首先，Pier 6餐廳將變身為Bistro Quai 6，以巴黎傳統法國美食餐廳的風格，為大家奉上法式佳餚。而Capricci餐廳的章魚菜式將展現出章魚在各種地中海菜餚中的百變魅力；同時Island View餐廳亦將於每個星期推出不同主題的自助晚餐，從德國啤酒節自助餐開始，到牛排薯條自助餐，最後以月底舉行的青口薯條自助餐來作為終結，請翻閱第14-15頁以了解更多資訊。緊接著於11月的第一個週末，我們將帶來濃郁辛辣風味的新加坡辣蟹自助餐，請記得儘早預訂餐桌！

在康體活動方面，我們將於10月15日在保齡球館舉辦一場公開教學課程，由USBC認證教練Kenny Ngai教授。在游泳方面，歡迎3位新教練加入我們的游泳課程，會員還可以享受私人課程體驗優惠。對於注重體適能的會員，我們將於整個10月份推出私人健身及普拉提課程優惠，詳情請參閱第27頁。10月份是充分利用會所設施並以新方式保持活力的最佳時機。

最後還有另一個令人非常期待的慶典——萬聖節，屆時在Island View餐廳的露台上將會舉行魔術表演，為本月份畫下完美的句點。隨後我們還會為大家準備主題自助晚餐，有關詳情請參閱第16頁。

展望11月，我們將會在Pier 6舉行Maison Moillard美酒晚餐，送上優質的勃根地葡萄酒及精心配搭的菜式，為大家打造一個難忘的夜晚。更多詳情請參閱第22頁。

我期待與大家在太平洋會見面。

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



PACIFIC CLUB

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Humble French Cuisine

A Taste of Parisian Tradition at Pier 6 Throughout October

This month, Pier 6 is transformed into Bistro Quai 6, a celebration of the comforting flavours that defined 19th-century Parisian dining. Inspired by the bustling bistros where simple dishes became the heart of everyday dining, our chefs present a menu that honours these humble roots while adding a refined touch.

Gather with family, friends or colleagues to enjoy French classics prepared with care and tradition, bringing the authentic spirit of French dining to your table.

Bistro Quai 6 will be served at both lunch and dinner and will be the only menu offered throughout October at Pier 6, making a true celebration of French dining traditions.

To make your reservation, please call Pier 6 on 2118 1878

樸實的法式家常料理

簡單卻令人回味

10月份在Pier 6品味巴黎的傳統菜式

本月份，Pier 6 餐廳將變身為「Bistro Quai 6」，向19世紀巴黎餐飲的經典滋味致敬。當時 Bistro 餐飲風格深受當地人喜愛，在那裡，簡單的菜餚就是日常餐飲的核心。本會廚師團隊從中得到啟發，將為這個美食盛會精心設計獨特菜單，在向這些樸實傳統致敬的同時，也增添了精緻的風格。

與家人、朋友或同事歡聚一堂，享用精心烹調、秉承傳統理念的經典法式菜餚，將正宗的法式餐飲精神帶到你的餐桌上。

「Bistro Quai 6」家常料理將於午餐及晚餐時段供應，並且是整個10月份在 Pier 6 餐廳供應的唯一菜單，以全心全意地慶祝法國餐飲傳統。

訂座請致電2118 1878

MENU HIGHLIGHTS 精選菜式

Huîtres Freshly shucked Oysters with Sauce Mignonette and Lemon 6pc/12pc	\$240/\$380
Salad Lyonnaise Frisée with Bacon, Croûtons and poached Egg	\$88
Soup a l'Oignon French Onion Soup	\$88
Escargots de Bourgogne Snails in Parsley and Garlic Sauce	\$98
Rillettes au Saumon Fumé Smoked Salmon Rillettes with Crostini	\$98
Coquilles et Gambas Flambée au Cognac Scallops and Prawns with Brandy Butter	\$148
Terrine de Foie Gras de Canard Duck Foie Gras Terrine with Sourdough	\$148
Gratin de Fruits de Mer Seafood Gratin with Mashed Potatoes and Leeks	\$248
Steak Frites Grilled Flat Iron Beef Steak, Fries and Café de Paris Butter	\$268
Boeuf Bourguignon Red Wine Braised Beef with Potatoes, Mushrooms and Bacon	\$198
Tarte Tatin / Crème Brûlée / Profiteroles / Mousse au Chocolat	\$68 each
And many other dishes...	



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 Pacific Club's policies on Members' personal employees.

Please be reminded that personal employees of Members are not included in any membership category and no membership privileges shall be extended to them. The use of Club facilities is strictly prohibited.

Personal employees of Members are not permitted to enter or remain on the Club premises on their own, with the exception of the Children's Playroom, where a domestic helper, nanny, baby sitter or guardian may bring a Member's children in the absence of the Member.

Domestic helpers may be accompanied by adult Members to remain in the Club's F&B outlets, provided that they adhere to the Dress Code in the outlets.

Members' drivers and security guards are permitted to remain in the Club's car parking area whilst the Member, who has parking privileges, remains in the Clubhouse. Drivers and security guards are not permitted to enter or remain on the Club premises.

Members' personal employees are required to follow the directives and advice from the Club Staff at all times.

Thank you for your attention.

Mooncake Box Recycling

Thousands of traditional mooncake boxes are discarded every year after the Mid-autumn Festival. We therefore appeal to all Members to act responsibly and place your used aluminium mooncake boxes in the Pacific Club's dedicated recycling container, which will be located at the Car Park between 8th and 19th October.

If you are unable to repurpose the box yourself, please recycle it through this initiative so that it may be put to good use. All collected mooncake boxes will be forwarded to the relevant recycling company so that the metal may be responsibly recycled.

在今期的「會員須知」中，我想重申有關會員私人僱員的守則及指引。

請各會員注意，不論任何會籍類別都不能把有關會員的私人僱員包括在內，而他們亦不能享有會員的權益及待遇，故此他們是絕對禁止使用任何會所設施。

當會員不能親身攜同子女到訪本會時，有關會員的家傭、保姆或監護人可陪同其子女到兒童遊戲室遊玩及逗留；而在其他情況下，會員的私人僱員必須由會員陪同下方可進入本會。

家傭可在成年會員的陪同下逗留在會所的餐飲場所，但必須遵守場所的服裝規定。

當享有泊車代遇的會員到訪本會時，有關會員的司機或保安人員可逗留在會所停車場範圍內等候。他們不得進入或逗留在會所內。

不論任何情況下，會員的私人僱員都必須遵守會所工作人員的指示及建議。

敬希垂注！

月餅鋁盒回收

每年中秋節都有成千上萬的傳統月餅盒被丟棄，所以我們希望會員能一同支持環保，於10月8日至19日期間將已使用的月餅鋁盒投入放置於停車場內的回收箱中。

如果你無法自行重用這些鋁盒，請透過此計劃進行回收，以便它們能夠適當地被重新使用。收集得來的月餅鋁盒將被運送到有關機構作循環再用。





National Day at the Club

在太平洋會慶祝 — 中華人民共和國國慶日

Fireworks Display Dinner

Wednesday, 1st October

There's no better place to celebrate National Day than at the Pacific Club!
As always, we are offering a wide range of dining options, with a fabulous view of the glittering Victoria Harbour fireworks display from our well-positioned balconies.

Book early to avoid disappointment.

國慶日煙花匯演晚餐 — 10月1日 (星期三)

要慶祝中華人民共和國國慶的大日子，太平洋會是最適合的地點！一如以往，在國慶日當晚，本會將於各餐廳為大家安排豐富美食，同時可盡覽維港上空的精彩煙花盛況。

欲免向隅，請即訂座。

National Day Set Dinner

紫荊閣 — 國慶日精選中式套餐

Adults \$998, Children \$499

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

For reservations, please call 2118 1892

收費：成人\$998，小童\$499

每位另加\$178可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1892。

Bauhinia

Bauhinia Set Menu

燻邊叉燒、韓式醬青瓜、麻辣牛展、椒鹽紫菜豆腐

Barbecued Honey-Glazed Pork

Korean-style Spicy Marinated Cucumber

Beef Shank with Spicy Sauce

Deep-fried Bean Curd with Seaweed and Spicy Salt

黑椒炒露筍牛柳粒 拼 貴妃蝦球

Pan-fried Cubed Beef and Asparagus with Black Pepper
and Sautéed Prawns with Yuzu-Honey Sauce

羊肚菌姬松茸竹筍燉雞湯

Double-boiled Chicken Soup

with Morels, Princess Matsutake and Bamboo Fungus

紅燒七頭鮑魚伴花菇

Braised Whole Abalone with Mushroom

豉椒蒸澳洲龍蝦 (每位半隻)

Steamed Australian Lobster with Black Bean Chilli
(Half Lobster per person)

芒果布甸、蛋黃白蓮蓉包

Chilled Mango Pudding

Steamed Lotus Paste Buns with Salted Egg Yolk

* Described menu is subject to change without prior notice

以上菜單如有更改，恕不另行通知



National Day Crab Craze Dinner Buffet

The Island View及Pier 6餐廳 — 國慶日自助蟹宴

The Island View
& Pier 6

Celebrate National Day with a lavish showcase of crab specialties. Enjoy an incredible array of cold and hot creations featuring Snow, Stone, Blue, Brown and Dungeness Crab, prepared in a variety of delicious styles.

For an extra culinary highlight and spectacular centerpiece, pre-order a live Alaskan King Crab and let our chefs steam it to tender perfection.

Please note that the availability of the Alaskan King Crab is exclusively for confirmed pre-orders. To avoid disappointment, we kindly request you to reserve your live Alaskan King Crab by 15th September. The live Alaskan King Crab is priced at \$2,250/pc (approximately 2.5kg per crab) and serves 2 - 4 people.

Adults \$798, Children 6-12 years \$598, 3-5 years \$388

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

For reservations, please call 2118 1846.

以享用豐盛的冷熱螃蟹菜式來慶祝國慶日，琳瑯滿目的選擇包括雪蟹、石蟹、藍蟹、麵包蟹和珍寶蟹，均以各種美味方式烹調成不同的自助餐菜式。

想將你的用餐體驗提升至極致？那就預訂一隻鮮活的阿拉斯加帝王蟹，讓我們的廚師為你烹製成鮮嫩多汁的美食吧！

請注意，鮮活阿拉斯加帝王蟹的供應僅限於已確認的預訂，欲免向隅，請於9月15日或之前預訂你的鮮活帝王蟹。預訂鮮活阿拉斯加帝王蟹：每隻\$2,250（約重2.5千克），可供2-4人享用。

自助蟹宴收費：成人 \$798

小童 6-12歲 \$598；3-5歲 \$388

每位另加\$178可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。

National Day Family Style Dinner

Capricci餐廳 — 國慶日意式家常晚餐

Capricci

Savour the flavours of Italy this National Day at Capricci, where every dish is prepared with the finest ingredients for a truly memorable celebration.

Adults \$598, Children \$368

For reservations, please call 2118 1803.

前來Capricci餐廳品嚐意大利風味，慶祝今年的國慶日吧！這裡的每道菜式均採用最優質的食材烹製，為你帶來真正難忘的節慶晚餐。

收費：成人 \$598，小童 \$368。

訂座請致電 2118 1803。

Capricci Set Menu

Antipasti

Crispy Ravioli Marinara

Parma Ham and Parmigiano-Reggiano

Olives | Bresaola and Mortadella | Mozzarella

Grilled Peppers | Confit Tomatoes

Stracciatella Soup with Crab Meat, Spinach and Egg

Gnocchi with Porcini Mushrooms and Sage

Ossobuco Milanese with Gremolata and Saffron Polenta

Tartufo and Cannoli

*Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

* Final details for the fireworks display arrangements are subject to the announcement by the HKSAR Government in due course.
有關煙花匯演的詳細安排有待政府公佈。

National Day and Mid-Autumn Festival

Chinese Lunch and Dinner Buffet at The Island View

慶祝國慶日及中秋節

Island View 餐廳中式美食自助午餐及晚餐

From 1st to 12th October, join us at The Island View for a vibrant National Day Lunch celebration and the upcoming Mid-Autumn Festival. From 2nd to 5th and 8th to 12th, we will also be serving a celebratory Dinner Buffet at The Island View

Our Buffets will be bursting with flavour, showcasing an array of time-honoured Chinese favourites and seasonal specialities. Savour perfectly steamed Garoupa, Roasted Meats, freshly set Tofu and Pomelo delights, before treating yourself to our exquisite homemade Mooncakes, freshly prepared by our pastry chefs for the occasion.

With fantastic views across the harbour, warm hospitality, and a menu that honours the rich traditions of Chinese cuisine, The Island View is the perfect place to gather with family and friends for a memorable dining experience.

於10月1日至12日期間，誠意邀請大家蒞臨 Island View 餐廳享用自助午餐，及於10月2日至5日及8日至12日期間享用自助晚餐，與我們一同慶祝中華人民共和國國慶日及即將到來的中秋佳節。

在我們風味十足的自助餐美食中，包括一系列經典中式佳餚及時令特色菜，如蒸煮完美的石斑魚、烤肉、新鮮出爐的豆腐和柚子菜式，還有由我們糕點師傅新鮮製作的美味月餅。

餐廳景觀視野開闊，服務熱情周到，菜單秉承了豐富的中式傳統，是與家人朋友歡聚一堂，品嚐傳統中式美食的理想之選。

自助午餐及晚餐收費：成人 \$328，小童 6-12歲 \$228；3-5歲 \$188

訂座請致電 2118 1846。

Date : 1st - 12th October - Lunch Buffet

2nd - 5th & 8th - 12th October - Dinner Buffet

Venue : The Island View Restaurant

Price : Adults \$328, Children 6-12 years \$228, 3-5 years \$188

To make a reservation, please contact The Island View on 2118 1846

Mid-Autumn Festival Dinner Buffet

中秋節自助晚餐

Join us at the Pacific Club to celebrate the Mid-Autumn Festival with sumptuous feasts of Chinese culinary treasures. Savour Braised Supreme Fish Maw, delicately steamed Hairy Crab, Sautéed River Snails, and perfectly roasted Suckling Pig and Duck with Pumpkin. Indulge in traditional Lotus and Taro creations, and end on a sweet note with treats infused with Osmanthus and Pomegranate, along with our cherished homemade Mooncakes.

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

Date : 6th - 7th October

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$498, Children 6-12 years \$328, 3-5 years \$208

Reservations : 2118 1846

於10月6日及7日晚上，歡迎前來本會 Island View 餐廳品嚐美味的中式美食自助晚餐，慶祝中秋佳節！

在豐富的自助餐中，盡情享用各種獨特的傳統節日風味，包括美味的紅燒花膠、清蒸大閘蟹、炒田螺、烤至完美的南瓜烤乳豬及烤鴨等；還有以蓮蓉及香芋製作的傳統美食，最後再以桂花及石榴製作的甜點，以及我們精心製作的月餅來提升你的用餐體驗。

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

每位另加\$178可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電2118 1846。

Holiday Notice

Please note that all junior and adult group classes will be cancelled on the following Public Holidays:

- 1st October - National Day
- 7th October - The day following the Chinese Mid-Autumn Festival
- 29th October - Chung Yeung Festival

課程暫停舉行

請注意，所有兒童及成人團體課程將於以下公眾假期暫停舉行：

- 10月1日國慶日
- 10月7日中秋節翌日
- 10月29日重陽節

Fascia Exercise Training

Strengthen your body from the inside out with our Fascia Exercise Class. Fascia is the connective tissue that surrounds and supports your muscles, joints, and organs. This class focuses on releasing tension, improving flexibility, and enhancing mobility through targeted movements that keep your fascia healthy. Feel lighter, move with greater ease, and boost overall well-being.

筋膜運動訓練

參加本會的筋膜運動課程，從內而外強健你的身體。筋膜是包裹並支撐肌肉、關節和器官的結締組織，課程旨在透過有針對性的運動來釋放壓力、提高柔韌性和增強活動能力，從而保持筋膜健康，感覺更輕鬆，活動更自如，提升整體健康。課程於星期一舉行，適合16歲及以上的會員參加，10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 6th, 13th, 20th & 27th October

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

Step into the rhythm with Jazz Dance at the Club. Each session combines dynamic routines, upbeat music, and expressive movement to give you a full-body workout. It's the perfect way to boost your fitness, release stress, and let your energy shine at the Aerobics Room.

爵士舞班

前來感受本會爵士舞班的節奏和熱情！每堂課程都融合了動感的律動、輕快的音樂和富有表現力的動作，讓你全身得到鍛鍊。這是提升體能、釋放壓力和能量的完美方式。課程於星期四舉行，適合16歲及以上的會員參加，10月份5堂收費 — 會員\$900，非會員\$1,500。

Date : Thursday 2nd, 9th, 16th 23rd & 30th October

Time : 3:00pm – 4:00pm

Venue : Aerobics Room

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

Age : 16 years and above



Funky Dance

Funky Dance is all about energy, rhythm and fun. Move to vibrant music, follow easy steps and enjoy a workout that keeps you smiling from start to finish. In just one hour you will cover thousands of steps, boost your fitness and leave feeling lighter and happier.

Funky舞蹈班

Funky Dance 是一種充滿活力、節奏和樂趣的有氧跳舞運動，享受不同的音樂和舞步形式並消耗體內的卡路里，讓你從頭到尾都保持充滿歡樂。只需一小時，就能跳上數千步，讓你提升體能，完成後感覺更輕鬆、快樂。課程於星期三及五舉行，適合16歲及以上的會員參加。10月份3堂收費 — 會員\$540，非會員\$900；5堂收費 — 會員\$900，非會員\$1,500。

Date : (A) Wednesday 8th, 15th & 22nd October

(B) Friday 3rd, 10th 17th 24th & 31st October

Time : 12:00noon – 1:00pm

Venue : Aerobics Room

Price : (A) Member \$540, Guest \$900 (for 3 lessons)

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

Age : 16 years and above





Zumba Fitness

Zumba Fitness brings the party to your workout. With global rhythms and easy dance moves, it is a fun and energising way to burn calories, get fit and feel great.

尊巴健體舞班

本會的尊巴健體舞班讓你在派對氛圍下進行身體鍛鍊。它融合了全球流行的節奏和輕鬆的舞步，以充滿樂趣和活力的方式燃燒卡路里，強身健體，感受舒暢的感覺。課程於星期日舉行，適合16歲及以上的會員參加，10月份4堂收費——會員\$720，非會員\$1,200。

Date : Sunday 5th, 12th, 19th & 26th October
Time : 10:00am – 10:45am (45 minutes)
Venue : Aerobics Room
Price : Member \$720, Guest \$1,200 (for 4 lessons)
Age : 16 years and above

Stretching Exercise Class

Discover the benefits of our Stretching Exercise Class, designed to keep your body supple and your mind at ease. Each session focuses on lengthening muscles, improving alignment and enhancing flexibility, while also stimulating circulation and calming the nervous system.

Regular stretching supports better posture, reduces stress and helps protect against injury.

伸展運動課程

歡迎前來探索本會伸展運動課程的益處。每堂課都著重伸展肌肉、改善身體姿勢、增強柔軟度，同時促進血液循環，舒緩神經系統，讓你保持身體柔韌，放鬆身心。定期進行伸展運動有助改善體態、減輕壓力、預防受傷。課程於星期四（廣東話及英語授課）及五（廣東話授課）舉行，適合16歲及以上的會員參加，10月份5堂收費——會員\$900，非會員\$1,500。

Date : (A) Friday 3rd, 10th 17th 24th & 31st October
(B) Thursday 2nd, 9th, 16th 23rd & 30th October
Time : (A) 3:00pm – 4:00pm
(B) 12:00noon – 1:00pm
Venue : Aerobics Room
Price : Member \$900, Guest \$1,500 (for 5 lessons)
Age : 16 years and above

Instruction: (A) Taught in Cantonese only
(B) Taught in Cantonese & English



Schedule in October 十月份課程

Monday

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

Tuesday

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

Wednesday

Tennis Team Training	10:00am – 12:00noon Ladies
Funky Dance	12:00noon – 1:00pm (A)
Pickleball Night	8:00pm – 10:00pm

Thursday

Yoga	10:30am – 11:30am (C)
Stretching Exercise	12:00noon – 1:00pm (B)
Jazz Dance	3:00pm – 4:00pm
Tennis Team Training	7:00pm – 9:00pm Men's (A)

Friday

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

Saturday

Junior Swimming School	10:00am – 11:00am Elementary (A: 36-47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	4:00pm – 5:00pm (All Levels)
Wall Climbing	11:30am – 1:00pm
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)
Rope Skipping	4:30pm – 5:20pm
Sunday Social Tennis	5:00pm – 7:00pm

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

康體部於每個月25日開始接受下個月份各類團體課程的報名。

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

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

Octo-ber-Pus Menu at Capricci

Capricci 餐廳10月份特別美食 章魚菜式

This October, Capricci celebrates the Octopus, a true favourite of the Mediterranean. Renowned for its delicate flavour and tender texture, it is among the region's most versatile ingredients. Our chefs have prepared a special menu that reflects the essence of the sea in every dish, uniting tradition and creativity to present the Octopus at its culinary best.

Available throughout October

For reservations, please call Capricci on 2118 1803

於10月份，Capricci 餐廳隆重推出多款章魚菜式 — 地中海地區的經典美食。

章魚以其細膩、鮮嫩的口感而聞名，是該地區用途最廣泛的食材之一。我們的廚師精心準備了一份特別菜單，每一道菜都體現了這款海產的精髓，將傳統與創意完美融合，配搭不同食材以突顯章魚的極致美味。

訂座請致電 2118 1803。

Octopus Carpaccio marinated in
Lemon Tomato Vinaigrette **\$148**

Roasted Octopus with
Romesco Sauce **\$168**

Penne with Octopus
Ragout alla Genovese **\$188**

10" Pizza con Polpo,
Spinach, Garlic, Lemon **\$188**

Squid Ink Risotto with Grilled
Octopus and Bell Pepper **\$228**

Braised Polpo alla Luciana with
Tomatoes, Olives and Capers
(sharing portion) **\$348**



Pork Schnitzel 德國炸豬排

Pork Schnitzel has long been a favourite at Oktoberfest celebrations in Germany, where its crisp golden crust and comforting flavours pair perfectly with good company and a cold beer. If preparing it at home feels like too much effort, you can always enjoy this classic at our Oktoberfest Dinner Buffet at The Island View from 13th to 19th October.

德國炸豬排一直以來都是德國啤酒節的熱門菜餚，其金黃酥脆的外皮和令人滿足的口感，是與好友相伴，再配上一杯冰鎮啤酒的完美配搭。如果你覺得自己在家烹煮太過費力，不妨於10月13日至19日期間前來參加在 Island View 餐廳舉行的德國啤酒節自助晚餐，享用這道經典菜餚。



By Head of Culinary & Restaurant Operations, Daniel Birkner

撰文：廚藝及餐飲營運總監 —
Daniel Birkner

METHOD 製作方法：

1. Place the pork chops between two sheets of plastic wrap and pound them until just 3-4mm thin. This is important because you'll need to fry it at high heat for a short period of time to get that perfect crispy crust without leaving the middle of the meat raw.

將豬排置於兩層保鮮膜之間，用肉槌輕拍至厚度約3-4毫米。此舉非常重要，因為你需以高溫短時間油炸豬排，方能形成酥脆外皮而不致使肉心未熟。

The easiest way to pound the pork is to lay it between two pieces of plastic wrap. Be sure to pound them using the flat side of a meat mallet. Lightly sprinkle each side with salt and pepper. Dip the pork into the flour, coating all sides.

拍打豬排的最簡便方式，是將其夾在兩層保鮮膜之間。請務必使用肉槌的平面一側進行拍打。接著，於豬排兩面均勻灑上少許鹽及黑胡椒。將豬排沾裹麵粉，確保全面均勻覆蓋。

2. Place the flour mixture, egg, and breadcrumbs in 3 separate shallow bowls. Dip the chops in the flour, the egg, and the breadcrumbs, coating both sides and all edges at each stage. Be careful not to press the breadcrumbs into the meat. Gently shake off the excess crumbs. Don't let the schnitzel sit in the coating or they will not be as crispy once fried, fry immediately.

分別將麵粉混合物、蛋液及麵包糠分別置於三個淺盤中。依序將豬排沾裹麵粉、蛋液及麵包糠，確保兩面及邊緣均勻覆蓋。切勿將麵包糠壓入肉中，輕輕抖去多餘的粉料。切記不可讓炸排在裹粉後靜置，否則炸後將不夠酥脆——應立即下鍋油炸。

3. Make sure the cooking oil is hot enough at this point (about 160°C) as you don't want the Schnitzel to sit around in the coating before frying. If it's too hot, the crust will burn before the meat is done. If it isn't hot enough, you'll end up with a soggy coating. Use enough oil so that the Schnitzels "swim" in it. Fry the Schnitzel for about 2-3 minutes on both sides until a deep golden brown. Transfer briefly to a plate lined with paper towels.

炸排前要確保油溫已達足夠的高溫（約攝氏165度），避免炸排在裹粉後等待過久。如果溫度太高，肉還沒熟，外皮就已燒焦；如果溫度不夠高，外皮又會濕軟。油量應足以讓炸排「漂浮」其中。每面炸約2-3分鐘至呈深的金黃色。取出後置於鋪有紙巾的盤中吸油一會兒。

4. Serve immediately with slices of fresh lemon and parsley sprigs. Serve with French fries, Spaetzle or German Potato Salad or fresh leafy Greens. Enjoy!

然後立即上桌，配搭新鮮檸檬片及香芹點綴。可以佐以薯條、德國麵疙瘩（Spaetzle）、德國馬鈴薯沙律或新鮮綠葉蔬菜一同享用。



INGREDIENTS

- 4 Boneless Flattened Pork Loin Steaks (to make Austrian Wienerschnitzel use thin Veal Cutlets instead)
- Salt and Black Pepper
- 1/2 cup All-purpose Flour, combined with 1 tsp Salt
- 2 large Eggs, lightly beaten
- 3/4 cup Plain Breadcrumbs
- Oil for frying (use a neutral-tasting oil with a high smoke point)

材料

- 4塊去骨並拍成薄片的豬里肌排（如欲製作奧地利式炸牛排，可改用薄切小牛排）
- 鹽及黑胡椒
- ½ 杯中筋麵粉，加入1茶匙鹽混合
- 兩隻大雞蛋，輕輕打散
- ¾ 杯原味麵包糠
- 炸油（建議使用高煙點且味道中性的食用油）

Weekly Dinner Buffets at The Island View in October

10月份 Island View 餐廳
主題自助晚餐 - 每週帶來不同美食



Monday, 13th to Sunday, 19th October
10月13日(星期一)至19日(星期日)

Bavaria, Pretzels and Beer... Oktoberfest at The Island View Restaurant

Put on your Lederhosen and Dirndl and join us at The Island View Restaurant to celebrate Oktoberfest. Each evening we will be serving freshly poured draught beer alongside classic Bavarian dishes. Start with appetisers, cold cuts and salads, then enjoy crispy Pork Knuckle from the Rotisserie, Spätzle, red and green Cabbage, traditional German Sausages and Schnitzel. End the night on a sweet note with favourites such as Kaiserschmarrn (shredded pancake with raisins), Rote Grütze (red berry pudding) and Germknödel (steamed yeast dumpling with plum jam and vanilla sauce).

Adults \$288 | Children 6-12 years \$190, 3-5 years \$128

巴伐利亞美食、蝴蝶脆餅、啤酒...

Island View 餐廳 — 德國啤酒節

穿上你的皮褲及緊身裙，前來 Island View 餐廳歡度德國啤酒節！每個晚上，我們都會為大家送上生啤酒及經典巴伐利亞菜餚。首先是開胃菜、冷盤及沙律，然後是烤肉架上的香脆豬肘，還有德國麵疙瘩、紅綠捲心菜、傳統德國香腸及炸肉排等。最後，以豐富甜點結束夜晚，包括享用皇帝煎餅（葡萄乾煎餅）、紅莓布丁及德式果醬包（蒸發酵饅頭配梅子醬及香草醬餡）。

晚餐收費：成人 \$288；小童 6-12歲 \$190，3-5歲 \$128



Monday, 20th to Sunday, 26th October
10月20日（星期一）至26日（星期日）

Steak Frites Dinner Buffet

Step into Le Bistro Island View and enjoy one of the most loved French classics, Steak Frites. The highlight of the evening is Steak served with unlimited Fries brought directly to your table. Each serving comes with two traditional sauces including Café de Paris and Beurre des Dieux, a rich butter flavoured with Bone Marrow, Garlic, Lemon, Parsley and a hint of Cognac. The buffet also features Seafood on ice, appetisers, soups and a fresh salad bar, along with a nightly noodle station. Finish with French desserts such as Profiteroles, Tarte Tatin, Crème Brûlée and Mousse au Chocolat.

Adults \$288 | Children 6–12 years \$190 | 3–5 years \$128

牛排薯條自助晚餐

踏入 Island View 「小餐館」，享用備受大家喜愛的法式經典菜餚之一——牛排薯條。晚餐的焦點是牛排搭配無限量供應的薯條，直接送到你的餐桌，並配搭兩款傳統醬料，包括 Café de Paris（巴黎香草奶油醬）及 Beurre des Dieux（一種濃郁的牛油，以骨髓、大蒜、檸檬、香芹及一點干邑白蘭地調味）。自助餐還提供冰鎮海鮮、開胃菜、湯品及新鮮沙律吧，以及麵檔。最後，大家還可以享用法式甜點，如泡芙、反烤蘋果塔、法式焦糖燉蛋及朱古力慕斯等。

晚餐收費：成人 \$288；小童 6-12歲 \$190，3-5歲 \$128

Moules Frites Dinner Buffet

Monday, 27th to Thursday, 30th October
10月27日（星期一）至30日（星期四）

For the last week of the month, The Island View then brings another favourite to the table, Moules Frites. Enjoy unlimited Mussels and Fries served in different styles such as classic Marinières with White Wine, Garlic and Herbs, Garlic Butter Sauce, or a spicy Asian version with Ginger, Chilli and Coriander. The buffet also includes Seafood on ice, appetisers, soups and the salad bar, as well as the nightly noodle station. To finish, indulge in delicious French desserts such as Profiteroles, Tarte Tatin, Crème Brûlée and Mousse au Chocolat.

Adults \$288 | Children 6–12 years \$190, 3–5 years \$128

青口薯條自助晚餐

到了最後一週，Island View餐廳將為大家帶來另一款人氣美食——青口薯條。無限量供應的青口及薯條，以豐富多樣的口味及烹調方式製作，如經典法式白葡萄酒、蒜蓉香草、蒜蓉牛油醬，及以薑、辣椒及芫荽為特色的亞洲香辣風味。自助餐還包括冰鎮海鮮、開胃菜、湯品、沙律吧及麵檔。最後，大家可以盡情享用美味的法式甜點，如泡芙、反烤蘋果塔、法式焦糖燉蛋及朱古力慕斯。

晚餐收費：成人 \$288；小童 6-12歲 \$190，3-5歲 \$128



To book your table at The Island View, please call 2118 1846 訂座請致電 Island View 餐廳：2118 184

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

Mid-Autumn Children's Carnival 中秋兒童嘉年華

Come and celebrate the Mid-Autumn Festival at our exciting Children's Carnival! Our younger Members can enjoy face and hand painting, a bouncy castle, a claw machine, and creative workshops designed to ignite their imagination.

This family-friendly event promises an afternoon of fun, laughter, and Mid-Autumn joy at the Club.

歡迎大家於10月5日（星期日）下午前來參加我們充滿活力的中秋兒童嘉年華，共同慶祝中秋佳節！當日，孩子們可以體驗面部及手部彩繪、充氣城堡、抓娃娃機及激發想像力的創意工作坊。

這個家庭友好的活動將為各年齡層的孩子帶來無盡的歡樂、笑聲及節日喜悅，營造溫馨的節慶氛圍！活動歡迎所有年齡的會員參加，收費：會員\$130，非會員\$190。

Date: Sunday, 5th October
Time: 3:30pm - 5:30pm
Venue: Children's Playroom
Price: Member \$130, Guest \$190
Age: All Ages

To enroll, please call the 2/F Reception on 2118 1890.

報名請致電 2118 1890。



Halloween at the Pacific Club

太平洋會萬聖節派對

Celebrate Halloween night at the Pacific Club with spooky fun. The evening begins on The Island View Balcony with a live magic show filled with tricks and laughter. Afterwards, enjoy a themed buffet dining experience where the dishes let the flavours of Halloween take centre stage.

Wear your best Halloween costume and make it a perfect night to share with family and friends at the Club.

歡迎大家與孩子們於10月31日一同前來Island View餐廳參加萬聖節派對，感受驚悚刺激的氛圍！當日我們會為大家在餐廳露台上拉開序幕，現場魔術表演精彩紛呈，妙趣橫生，歡笑聲不斷。之後，大家可以享用主題自助餐，各種菜餚都以萬聖節的氛圍為主題。

5:00pm - 6:00pm 下午5時至6時

Magic Show on The Island View Balcony / Island View餐廳露台魔術表演

Enjoy a mysterious hour-long Magic Show, sure to captivate audiences of all ages
享受長達一小時的怪誕魔術表演，大人小孩都一定歡喜

6:00pm onwards 下午6時開始

Halloween Dinner Buffet at The Island View / Island View餐廳萬聖節自助晚餐

End the evening with our Halloween Dinner Buffet. Our chefs have prepared a buffet of family favourites with delicious Halloween touches, plus a few eerie surprises to keep everyone smiling.

再以萬聖節自助晚餐結束這個夜晚，我們創意無窮的廚師團隊將精心準備令人難忘的自助餐點，其中包括所有你最喜歡的萬聖節美食——以及一些令人毛骨悚然的開心「驚」喜！

Price:

\$350 per person: Includes all activities — Magic Show and Dinner Buffet with complimentary orange juice, apple juice, and soft drinks

收費：

每位\$350，包括觀賞魔術表演及享用自助晚餐（包括免費享用橙汁、蘋果汁及汽水）。

To make a reservation, please contact The Island View Restaurant on 2118 1846

查詢詳情及訂座，請致電 2118 1846。



Matchamisù at Capricci

抹茶意大利甜點

於10月1日至31日期間在Capricci供應

This month at Capricci, discover a dessert that redefines indulgence. Velvety Mascarpone is layered alongside biscuits delicately infused with Japanese Matcha, transforming the beloved Italian classic into something truly unique.

Luxurious and wonderfully memorable, it is the perfect finale to any meal.

\$88

本月份，Capricci餐廳為大家送上一款將美味重新定義的奢華甜點。絲滑的Mascarpone軟芝士與餅乾層層疊疊，並巧妙地融入日本抹茶，將備受大眾喜愛的意大利經典甜點演繹成另一款真正獨特的美味。

奢華而令人難忘，是每一餐後必須品嚐的最後美食。

抹茶意大利甜點 — 每份\$88。

Available
1st - 31st
October



Pastry of the Month in October

Giant Pistachio & Raspberry Macaron

10月份精選糕點

巨型開心果覆盆子馬卡龍

This month's pastry special is a true indulgence for macaron lovers.

Beneath its crisp, delicate shell lies a velvety pistachio cream, lifted by the deliciousness of vibrant raspberry. Generous in size and flavour, this giant macaron brings together contrasting textures and tastes in every bite, making it the perfect indulgence to savour with a coffee or tea.

\$68 per piece

Available daily from 12.00noon in all outlets

本月份的精選糕點推介將為馬卡龍愛好者帶來真正的奢華享受。

在酥脆細緻的外殼下，包裹著絲滑的開心果奶油，並以新鮮覆盆子作點綴，更添美味。這款巨型馬卡龍體積大，口感豐富，每一口都融合了不同的口感和風味，是搭配咖啡或茶飲的完美之選。

巨型開心果覆盆子馬卡龍 — 每件\$68

由每日中午12時起在所有餐廳及酒吧供應

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



Singaporean Chilli Crab & Black Pepper Crab Dinner Buffet

新加坡辣蟹自助晚餐

Book Now for
1st Weekend
in November



Treat yourself to an authentic taste of Singapore! Experience the ultimate seafood feast with our Singaporean Crab Dinner Buffet, held on the first weekend of November at The Island View.

Indulge in the bold flavours of Chilli Crab, Black Pepper Crab, and a variety of other classic dishes inspired by Singapore's vibrant culinary scene. Enhance your feast with a whole range of starters, sides and decadent desserts, for a truly unforgettable evening.

Date : Saturday 1st & Sunday 2nd November
Time : Dinner
Venue : The Island View Restaurant
Price : Adults \$598,
Children 6-12 years \$395, 3-5 years \$258

To book your table, please call The Island View on 2118 1846

想體驗終極海鮮盛宴，歡迎於11月1日（星期六）及2日（星期日）晚上前來 Island View 餐廳享用新加坡辣蟹自助晚餐！

盡情品嚐香味濃郁、刺激味蕾的辣椒蟹及黑胡椒蟹，以及各式靈感源自新加坡烹飪風味的經典菜餚；再享用一系列的開胃菜、配菜及美味甜點來豐富你的盛宴，度過一個讓你回味無窮的夜晚。

自助晚餐收費：成人 \$598
小童 6-12歲 \$395
3-5歲 \$258

訂座請致電 2118 1846。

Sakura and Ama Ebi Shiso Ramen at Bā Ramen Throughout October

拉麵吧 10 月份精選 櫻花蝦及甜蝦紫蘇拉麵



This October, discover a bowl of ramen that brings the ocean's treasures to the table. Sweet Ama Ebi and umami-rich Sakura Ebi come together with the fresh, aromatic lift of Shiso leaves. Served in a clear, savoury broth, this bowl delivers a refined yet comforting taste experience.

\$188 per bowl

於 10 月份，前來品嚐一碗將海洋珍寶帶到餐桌上的拉麵吧！鮮甜的甜蝦和香味濃郁的櫻花蝦，配搭紫蘇葉的清新芬芳成為完美的結合，加上清澈鮮味的湯底，帶來精製且令人舒適的味覺體驗。

每碗 \$188。

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



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

紫荊閣10月份特別套餐優惠 鮑魚、童子鵲及龍蝦套餐

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、童子鵲及龍蝦。
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

紅燒七頭鮑魚伴鵲掌
Braised Abalone in Oyster Sauce with Goose Webs

瑞士汁燒童子鵲 (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



Open Bowling Coaching Session

保齡球公開教學課程

Head to the Club's Bowling Alley for an afternoon dedicated to sharpening your bowling skills with USBC-certified Coach Kenny Ngai. With over 40 years of experience in bowling, coaching and bowling operations, Kenny brings unmatched expertise in both Cantonese and English.

Whether you are learning the basics or looking at adding more strike consistency to your game, Kenny's guidance will help you bowl with greater confidence.

This afternoon session is free-of-charge, making it the perfect opportunity to pick up techniques from a true master of the sport.

To register your interest, please call the Bowling Alley on 2118 1845

歡迎前來本會保齡球館，參加由美國保齡球協會〔USBC〕認證教練Kenny Ngai主持的教學課程，提升你的保齡球技能。Kenny在保齡球運動、教學和球館營運方面擁有超過40年的經驗，精通粵語和英語。

無論你是想學習保齡球的基礎知識，還是希望提升穩定性，Kenny的指導都能幫助你增強技術及自信。

這堂下午課程參加費用全免，是向真正的保齡球大師學習技巧的最佳機會。

報名請致電 2118 1845 與酒吧保齡球館聯絡。



教練 Kenny Ngai

Free-of-Charge
免費參加

DATE	TIME	LOCATION
Wednesday, 15th October 2025 10月15日 (星期三)	3.00 pm – 6.00 pm 下午3時至6時	Pacific Club Bowling Alley 在太平洋會保齡球館舉行

Please note: the session may be cancelled in the event of inclement weather, low enrollment, or unforeseen circumstances.
請注意：如遇惡劣天氣、報名人數不足或突發情況，課程可能會被取消。



Soy Sensations

豆奶的魅力

Discover the simple elegance of Soy Milk in a selection of drinks now available throughout the Club. Whether enjoyed hot or cold, with alcohol or without, our soy milk drinks are the perfect choice at any time of day!

Discover your favourite Soy Drink today at the Club!

於10月份前來本會各餐廳及酒吧，品嚐簡單天然而且營養豐富的豆奶飲品。無論是冷或熱飲，含酒精或不含酒精，我們的豆奶飲品都是你一天中任何時刻的完美選擇！

立即前來本會尋找你最愛的豆奶飲品！



Surrounded by Idiots: Fully Revised and Expanded

by Thomas Erikson

The runaway international bestseller, now fully revised and updated. Do you ever think you're the only one making any sense? Have you ever tried to reason with your partner with disastrous results? Does your colleague's manner of communication always get your back up? You are not alone.

In *Surrounded by Idiots*, communication expert and bestselling author Thomas Erikson has dedicated himself to understanding how people function and why we struggle to connect with certain types of people. Now a global bestseller, this book uses four core personality types – Red, Yellow, Green and Blue – to explain other people's baffling behaviour and help you understand yourself better. You will learn to hone communication and social skills based on who you're dealing with, handle conflict with confidence and get the best out of everyone you interact with and manage.

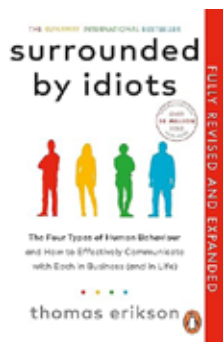
Now offering you the wisdom of the four personality types with even more verve and insight, this fully revised and expanded edition brings you a completely new and up-to-date translation, and marks a global moment for fans of Thomas Erikson's books. This updated and enhanced edition has used questions and feedback from Thomas's more than 10 million global readers to bring you 30% more material than before, honing this classic, comprehensive toolkit to new heights. *Surrounded by Idiots* will help you understand and influence those around you, even people you currently think are beyond all comprehension. And with a bit of luck, you can also be confident that the idiot out there isn't you!

這本風靡全球的暢銷書，現已全面修訂更新。你是否曾覺得只有自己說的才合乎邏輯？你是否曾試圖與伴侶講道理，卻最終導致災難性的後果？同事的溝通方式是否總是讓你反感？你並不孤單。

在《In *Surrounded by Idiots*》一書中，溝通專家兼暢銷書作家 Thomas Erikson 致力於探討人際互動的本質，以及我們為何難以與某些類型的人建立聯繫。這本書現已

成為全球暢銷書，它運用四種核心人格類型——紅色、黃色、綠色和藍色——來解釋別人令人費解的行為，並幫助你更好地理解自己。你將學會根據你所面對的對象來磨練溝通和社交技巧，自信地處理衝突，並讓你接觸和管理的每個人發揮出最佳水平。

現在，這本經過全面修訂和擴充的版本為你帶來全新的最新翻譯，以更生動、更深刻的洞察力為你拆解這四種性格類型的明智之處，並標誌著喜歡 Thomas Erikson 作品的讀者的全球時刻。這個更新升級版本整合了 Thomas 全球超過一千萬讀者的提問和回饋，內容比以往增加了 30%，將這套經典全面的工具書提升到了新的高度。《In *Surrounded by Idiots*》將幫助你理解和影響你身邊的人，包括那些你目前認為完全無法理解的人。如果運氣好的話，它甚至可以令你確信，那個笨蛋不是你！

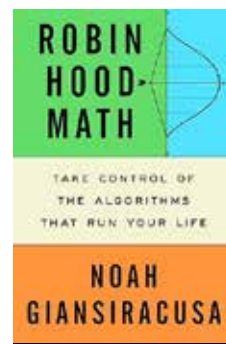


Robin Hood Math

by Noah Giansiracusa

How the rich and powerful use math to exploit you, and what you can do to beat them at their own game.

Everything we do today is recorded as data that's sold to the highest bidder. Plugging our personal data into impersonal algorithms has made government agencies more efficient and tech companies more profitable. But all this comes at a price. It's easy to feel like an insignificant number in a world of number-crunchers who care more about their bottom line than your humanity.



It's time to flip the equation, turning math into an empowering tool for the rest of us. Award-winning mathematician Noah Giansiracusa explains how the tech giants and financial institutions use formulas to get ahead and how anyone can use these same formulas in our everyday lives. You'll learn how to handle risk rationally, make better investments, take control of your social media, and reclaim agency over the decisions you make each day. In a society that all too often takes from the poor and gives to the rich, math can be a vital democratizing force. *Robin Hood Math* helps you to think for yourself, act in your own best interests, and thrive.

有錢有勢的一方，如何利用數學剝削你，而你該如何用同樣的方式回擊他們。

現今我們所做的一切都會被記錄成數據，然後出售給出價最高的人。將我們的個人資料輸入到非個人化的演算法中，提高了政府機構的效率，也讓科技公司獲得更高的利潤。但這一切都是代價的。在這個充滿數位計算者的世界裡，你很容易覺得自己微不足道，他們更關心的是自己的利潤，而不是你的人性。

是時候顛覆這個公式，將數學轉換為賦予我們所有人擁有更多自主、掌控和行動能力的工具了。屢獲殊榮的數學家 Noah Giansiracusa 解釋了科技巨頭和金融機構如何運用公式取得成功，以及每個人如何可以在日常生活中運用這些公式。你將學習如何理性地處理風險，做出更明智的投資，掌控你的社交媒體，並取回你每天所做決定的話事權。在一個常常劫貧濟富的社會裡，數學可以成為一股至關重要的民主力量。《Robin Hood Math》可以幫助你獨立思考，以自己的最佳利益行事，並最終實現自我價值。

From now until 31st October, 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10月31日止，太平洋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



Maison Moillard Wine Dinner

With Mr. Pierre Rodeau, Country Manager of Groupe GCF
(Grands Chais de France) - Friday, 28th November



This November, the Pacific Club presents an exclusive evening featuring the celebrated wines of Maison Moillard, a distinguished Burgundy winery with roots in the 19th Century. Based in Nuits-Saint-Georges, Moillard is renowned for crafting wines that reflect the elegance and character of Burgundy's terroirs.

Members will enjoy an incredible selection of Moillard wines, available in limited quantity, accompanied by a delicious menu. The wines include the crisp Saint Bris 2022/2023, Mâcon-Villages Les Eduens 2023, and reds of great pedigree such as Savigny Les Beaune 2020, Nuits-Saint-Georges Vieilles Vignes 2018, and Pommard 1er Cru Les Epenot 2018. The evening will also feature the Corton Grand Cru 2011, a wine of rare maturity and depth.

Each course of the bespoke Menu has been created to complement these vintages.

Places at this Wine Dinner are limited, and early booking is strongly recommended for this one-night-only event at Pier 6. More details will be available in next month's issue of Pacific Views.

Date : Friday, 28th November

Venue : Pier 6

Reservations : Please call Pier 6 on 2118 1878

11月28日〔星期五〕

Maison Moillard 美酒晚餐

由GCF酒業集團〔Grands Chais de France〕

地區經理Mr Pierre Rodeau親臨主持

於11月28日晚上，太平洋會將於Pier 6餐廳舉行一場獨家美酒盛會，為大家介紹Moillard酒莊的經典佳釀。Moillard酒莊是一間起源於19世紀的勃根地著名酒莊，位於法國著名葡萄酒產區Nuits-Saint-Georges，以釀造體現勃根地風土優雅及特色的葡萄酒而聞名。

當晚，大家可以品嚐多款 Moillard 的著名葡萄酒，包括口感清爽的 Saint Bris 2022/2023、Mâcon-Villages Les Eduens 2023葡萄酒；以及一些擁有優良歷史承傳的紅酒，包括 Savigny Les Beaune 2020、Nuits-Saint-Georges Vieilles Vignes 2018 和 Pommard 1er Cru Epenot 2018。當晚還將帶來Corton Grand Cru 2011，一款擁有稀有成熟度和深度的葡萄酒。




而我們特別設計的菜單中，每一道菜都會與這些年份葡萄酒相得益彰。

這次美酒晚餐僅此一晚，而且座位有限，強烈建議大家提前預訂。更多活動詳情將刊登於下期的《薈絮》內。



October 2025

EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 National Day & Mid-Autumn Festival Celebrations at the Club 1st - 12th	 Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View	 National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View Mid-Autumn Festival Dinner Buffet at The Island View	 National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View National Day Fireworks Display Dinner Buffet at the Club Cold Brew Coffee at Club Bar and Oyster Bar 1st - 31st Abalone, Baby Pigeon and Lobster Set Menu at Baulhinia 1st - 31st Matchamisu at Capricci 1st - 31st Pastry of the Month in all outlets 1st - 31st Humble French Cuisine at Pier 6 1st - 31st Octo-ber-Plus Menu at Capricci 1st - 31st Soy Milk Drinks in All Outlets 1st - 31st Funky Dance Tennis Team Training National Day and Mid-Autumn Festival Chinese Lunch & Dinner Buffet at The Island View	 Yoga Tennis Team Training Stretching Exercise Jazz Dance National Day and Mid-Autumn Festival - Chinese Lunch and Dinner Buffet at The Island View	 Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Oyster Fridays at Club Bar National Day and Mid-Autumn Festival - Chinese Lunch and Dinner Buffet at The Island View	 Junior Swimming School Junior Tennis Academy Junior Taekwondo National Day and Mid-Autumn Festival - Chinese Lunch and Dinner Buffet at The Island View
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Mid-Autumn Children's Carnival National Day and Mid-Autumn Festival - Chinese Lunch and Dinner Buffet at The Island View	5 Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View Mid-Autumn Festival Dinner Buffet at The Island View	6 National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View Mid-Autumn Festival Dinner Buffet at The Island View	7 National Day and Mid-Autumn Festival - Chinese Lunch Buffet at The Island View Mid-Autumn Festival Dinner Buffet at The Island View	2 Yoga Tennis Team Training Stretching Exercise Jazz Dance National Day and Mid-Autumn Festival - Chinese Lunch and Dinner Buffet at The Island View	3 Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Oyster Fridays at Club Bar National Day and Mid-Autumn Festival - Chinese Lunch and Dinner Buffet at The Island View	4 Junior Swimming School Junior Tennis Academy Junior Taekwondo National Day and Mid-Autumn Festival - Chinese Lunch and Dinner Buffet at The Island View
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping National Day and Mid-Autumn Festival Chinese Lunch & Dinner Buffet at The Island View	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy Bavaria, Bretzn and Beer - Oktoberfest at The Island View	Water Aerobics Yoga Bavaria, Bretzn and Beer - Oktoberfest at The Island View	8 Tennis Team Training National Day and Mid-Autumn Festival Chinese Lunch & Dinner Buffet at The Island View	9 Yoga Tennis Team Training Stretching Exercise Jazz Dance National Day and Mid-Autumn Festival Chinese Lunch & Dinner Buffet at The Island View	10 Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Oyster Fridays at Club Bar National Day and Mid-Autumn Festival Chinese Lunch & Dinner Buffet at The Island View	11 Junior Swimming School Junior Tennis Academy Junior Taekwondo National Day and Mid-Autumn Festival Chinese Lunch & Dinner Buffet at The Island View
12 Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Miniature Family Feast Clay Workshop at The Island View Bavaria, Bretzn and Beer - Oktoberfest at The Island View	13 Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy Bavaria, Bretzn and Beer - Oktoberfest at The Island View	14 Water Aerobics Yoga Bavaria, Bretzn and Beer - Oktoberfest at The Island View	15 Funky Dance Tennis Team Training Pickleball Night Open Bowling Coaching Session at Bowling Alley Bavaria, Bretzn and Beer - Oktoberfest at The Island View	16 Yoga Tennis Team Training Stretching Exercise Jazz Dance Bavaria, Bretzn and Beer - Oktoberfest at The Island View	17 Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Oyster Fridays at Club Bar Bavaria, Bretzn and Beer - Oktoberfest at The Island View	18 Junior Pickleball Academy Bavaria, Bretzn and Beer - Oktoberfest at The Island View
19 Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Steak Frites Dinner Buffet at The Island View Bavaria, Bretzn and Beer - Oktoberfest at The Island View	20 Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy Steak Frites Dinner Buffet at The Island View	21 Water Aerobics Yoga Steak Frites Dinner Buffet at The Island View	22 Funky Dance Tennis Team Training Pickleball Night Steak Frites Dinner Buffet at The Island View	23 Yoga Tennis Team Training Stretching Exercise Jazz Dance Steak Frites Dinner Buffet at The Island View	24 Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Oyster Fridays at Club Bar Steak Frites Dinner Buffet at The Island View	25 Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Junior Pickleball Academy Steak Frites Dinner Buffet at The Island View
26 Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Steak Frites Dinner Buffet at The Island View	27 Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy Moiles Frites Dinner Buffet at The Island View	28 Water Aerobics Yoga Moiles Frites Dinner Buffet at The Island View	29 Moiles Frites Dinner Buffet at The Island View	30 Yoga Tennis Team Training Stretching Exercise Jazz Dance Moiles Frites Dinner Buffet at The Island View	31 Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Oyster Fridays at Club Bar Halloween at Pacific Club	

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>  </div> <div> <p>Pickleball Night Every Wednesday</p> </div>	<div>  </div> <div> <p>Singapore Chili and Black Pepper Crab Dinner Buffet at The Island View 1st & 2nd</p> </div>	<div>  </div> <div> <p>Dinner Buffet at The Island View 27th</p> </div>	<div>  </div> <div> <p>Moillard Wine Dinner at Pier 6 28th</p> </div>			<div>  </div>
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*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

Hair Product Sale in October 10月份頭髮產品優惠



Paul Mitchell Tea Tree Shampoo, 1L

~~\$350~~ \$315

This invigorating shampoo is infused with pure Australian tea tree oil (*Melaleuca Alternifolia*), renowned for its natural cleansing properties. The formula gently purifies the hair and scalp, leaving strands fresh, shiny, and easy to manage. A revitalising blend of tea tree oil, peppermint, lavender, and chamomile helps condition the scalp, ease tension, and promote a healthy feel. The refreshing aroma and cooling sensation deliver an uplifting wash experience that awakens the senses every time.

Paul Mitchell茶樹油洗髮水，1公升

這款令人精神煥發的洗髮水蘊含純正澳洲茶樹油（*Melaleuca Alternifolia*），以其天然清潔功效而聞名。其配方可溫和潔淨頭髮和頭皮，增加頭髮的活力與光澤，使其柔軟易於整理。以茶樹油、薄荷、薰衣草和洋甘菊結合而成的獨特配方，有助滋養、舒緩緊張的頭皮，帶來健康的感覺。清新的香氣和清涼的感覺，每次使用都能帶來令人振奮的洗滌體驗。

Muriem Home Milk

~~\$220~~ \$200

Elevate your hair care routine with Muriem Home Milk. Designed for those with fluffy or loose hair types, this luxurious formula is enriched with vital nutrients and intense hydration to transform your hair. Penetrating deep into each strand, Muriem Home Milk nourishes, smooths, and tames dry, frizzy ends, leaving your hair glossy, soft, and manageable.

- **Intense Hydration** : Deeply moisturises to soften and enhance hair texture.
- **Nutrient Retention** : Locks in essential nutrients and moisture for a cohesive, silky feel.
- **Overnight Repair** : Apply after shampooing to support repair and revitalise hair as you sleep.
- **Effortless Styling** : Wake up to smoother, more manageable hair, ready for easy styling.

Muriem順滑乳霜

使用 Muriem 順滑乳霜提升你的護髮程序。這款奢華配方專為蓬鬆、易散亂頭髮的人士而設計，富含豐富的營養成分和保濕因子，有效改善髮質。Muriem 順滑乳霜能深入滲透每一根髮絲，滋養、撫平乾燥、毛躁的髮尾，讓頭髮充滿光澤、柔軟且易於打理。

- **強效保濕** : 深層滋潤，軟化並增強髮質。
- **鎖緊營養及水分** : 幫助鎖緊營養物質及水分，為頭髮帶來光滑有彈性的感覺。
- **夜間修復** : 在晚上洗髮後使用，可在睡覺時修復髮絲，恢復頭髮活力。
- **輕鬆造型** : 一覺醒來後，頭髮變得更光滑、更容易進行造型。



Fudge Membrane Gas, 200ml

~~\$200~~ \$180

Achieve shape, texture, and long-lasting hold with this innovative fixing spray. Powered by the advanced DynamX™ polymer, Fudge Membrane Gas delivers strong yet flexible control, keeping your style in place while allowing natural movement. Whatever the day brings, your hair stays defined, touchable, and effortlessly styled.

Fudge Membrane Gas造型噴霧，200毫升

這款創新定型噴霧可打造充滿質感的理想造型，效果持久。Fudge Membrane Gas 採用先進的 DynamX™ polymer 聚合物配方，提供強勁且靈活的控制力，讓造型自然，同時又可保持捲曲。無論白天時進行任何活動，你的頭髮都能保持清爽、舒適的觸感，輕鬆打造任何造型。

THIS MONTH'S PROMOTION

10% Discount on Intensive Hair Care Treatments

Throughout the month of October, 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10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。





Special Promotion for Personal Training and Pilates

私人健身及普拉提訓練 — 特別優惠

We are pleased to announce special promotions on Personal Training and Pilates sessions in October. This is the perfect opportunity to take your health and fitness to new heights with the support of our professional coaching team.

Whether you are starting your fitness journey, returning after a break, or aiming for a specific performance goal, our sessions are designed to give you the structure, motivation, and expert guidance you need.

為了推廣健康生活，我們很高興於10月份為大家推出私人健身及普拉提訓練特別優惠。這是在我們專業教練團隊的協助下，將你的健康和身體機能提升至新高度的絕佳機會。

無論你是剛開始健身之旅、休息後重拾訓練，還是追求特定的表現目標，我們的課程都能為你提供所需的個人化計劃、動力和專業指導。



Personal Training 私人健身課程

Enjoy dedicated one-on-one sessions with our experienced trainers who will create a customised programme focused entirely on your goals. From improving strength, stamina, and mobility to enhancing overall wellbeing, every workout is carefully planned to maximise results while keeping you motivated and on track.

參加由本會經驗豐富的教練提供的一對一專屬課程，他們將根據你的目標度身定制訓練計劃。從提升肌力、耐力、靈活度，到改善整體健康，每一次訓練都經過精心規劃，力求在保持動力和堅持訓練的同時，最大限度地提升訓練效果。

10-session package ~~\$6,500~~ **\$5,850** (10% off)
(10次課程套票) (原價 \$6,500，現享10%折扣優惠，僅需\$5,850)

20-session package ~~\$13,000~~ **\$11,050** (15% off)
(20次課程套票) (原價 \$13,000，現享15%折扣優惠，僅需\$11,050)

Pilates 普拉提訓練

Discover the transformative benefits of Pilates, a method that strengthens the core, improves flexibility, and promotes better posture through precise, controlled movements. Our sessions cater to all levels, from beginners to advanced, helping you build strength from the inside out while reducing tension and improving balance.

探索普拉提的變革性益處，它是一種透過精準、可控的動作來增強核心肌群、提高柔軟度並改善體態的方法。我們的課程適合從初學者到高級程度人士的各個級別，幫助你由內而外地增強力量，同時減輕壓力並改善平衡感。

10-session package ~~\$7,500~~ **\$7,200** (4% off)
(10次課程套票) (原價 \$7,500，現享4%折扣優惠，僅需\$7,200)

20-session package ~~\$15,000~~ **\$13,500** (10% off)
(20次課程套票) (原價 \$15,000，現享10%折扣優惠，僅需\$13,500)

* The package(s) must be completed within **12 months** of the purchase date.
所有套票必需於購買日期起 12 個月內完成。

For further information and for bookings, call the Gym on 2118 1863. 查詢詳情，請致電 2118 1863 與健身室聯絡。

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、蘇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、蘇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。

Meet Our New Swimming Coaches

新任游泳教練

We are pleased to welcome three new coaches to the Pacific Club's swimming coaching team:
Stephen Tsui, Kary Suen, and Tiffany Yip.

我們熱烈歡迎3位專業游泳教練加入太平洋會的教練團隊：Stephen Tsui、Kary Suen及Tiffany Yip。

Stephen Tsui

With over 25 years of experience, Stephen has coached swimmers from beginners to elite competitors. His knowledge of all four strokes and attention to technique help swimmers progress quickly and effectively.

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。



Kary Suen

Kary has 15 years of experience in stroke development, aquatic fitness, and water-based stretching. She creates programmes that enhance endurance, performance, and overall ability in the pool.

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 brings more than 15 years of coaching experience. She combines competitive insight with motivational teaching to help swimmers build confidence and refine their skills.

Tiffany曾是香港蹼泳隊成員，擁有超過15年的教學經驗。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。



First Trial Special Offer - Swimming Private Lesson for Students 學生游泳私人課程 – 首次體驗特別優惠



Experience the benefits of private coaching with our First Trial offer. This October, students booking with one of our new coaches Stephen Tsui, Kary Suen or Tiffany Yip can enjoy a very special price on one private lesson. The session will be tailored to your ability, focusing on technique, water confidence and overall performance. It's the perfect opportunity to discover a new coaching style and take your swimming to the next level.

歡迎前來體驗本會私人游泳訓練的首次課程優惠。於10月份，凡學生會員預約我們的新任教練 — Stephen Tsui、Kary Suen或Tiffany Yip的課程，即可獲享一堂私人課程優惠。

教練將根據你的能力度身定制你的專屬課程，重點訓練游泳技巧、在水中的自信心和整體表現。這是尋找新教練、探索全新訓練模式、提升游泳水平的最佳機會。

To book swimming lessons, 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

Promotion Period:
1st – 31st October
優惠期：10月1日至31日

Private Swimming Lesson 私人游泳課程

1-hour Session 1小時課堂	\$550 \$495 per person 原價 每位\$550，現僅\$495
1½ hour Session 1½小時課堂	\$810 \$729 per person 原價 每位\$810，現僅\$729





Pacific Club Annual Junior Swimming Gala 2025

2025 年度少年游泳比賽

The Annual Junior Swimming Gala 2025 brought an afternoon of excitement and spirited competition to the Pacific Club Swimming Pool. Our young swimmers showed great enthusiasm, cheered on by family and friends, making it a memorable day at the Club.

2025年度少年游泳比賽為太平洋會的游泳池帶來一個充滿活力、激烈角逐的下午。當日一眾年輕泳手熱情高漲，在家人和朋友的歡呼聲中，留下了難忘的回憶。





Holiday Notice

Please note that all junior and adult group classes will be cancelled on the following Public Holidays:

- 1st October - National Day
- 7th October - The day following the Chinese Mid-Autumn Festival
- 29th October - Chung Yeung Festival

課程暫停舉行

請注意，所有兒童及成人團體課程將於以下公眾假期暫停舉行：

- 10月1日國慶日
- 10月7日中秋節翌日
- 10月29日重陽節



Sunday Social Tennis

The courts come alive each Sunday with a lively mix of rallies, volleys, and laughter. More than just a hit-around, these sessions are a chance to enjoy the game while sharing the court with fellow Members. It's the perfect way to wind down the week and hone your tennis skills.

週日網球聯誼聚會

每個週日，充滿活力的球場上將滿載對打、截擊和歡笑聲。本會的週日網球聯誼聚會不僅是簡單的擊球練習，更是與其他會員共享比賽樂趣的機會，也是放鬆一星期的壓力、磨練網球技巧的完美方式。收費每位\$170（設茶點招待）。此聚會只供成年會員參加。

Date : Sunday 5th, 12th, 19th & 26th October
Time : 5:00pm – 7:00pm
Venue : Outdoor Tennis Courts
Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)
Age : Adults Only

Ladies' Morning Tennis

Step onto court for two hours of focused match-play training at Ladies' Morning Tennis. Designed to sharpen tactical awareness, these sessions put strategy into practice through play and situational drills. With only 10 places available each time, early enrollment is essential.



女子早上網球練習

參加本會於星期一舉行的兩小時女子早上網球練習班，進行針對性的比賽訓練！這課程旨在提升戰術意識，透過比賽和情境練習將學習到的策略付諸實踐。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 6th, 13th, 20th & 27th October
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)

Junior Tennis Academy

Young players can discover the excitement of tennis at the Junior Tennis Academy, open to ages 3½ to 16. With expert coaching and plenty of action on court, each session helps children sharpen their skills, gain confidence, and enjoy the game in a lively setting. Fees are charged on a monthly basis.

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。課程由經驗豐富的教練指導，為年輕球員提供針對性的技巧訓練、增加打球的自信心，同時享受過程中的樂趣。10月份課程收費 — A班（3½ - 6歲，4堂）：會員\$840，非會員\$1,320；B班（6 - 16歲，4堂）：會員\$1,120，非會員\$1,600。

備註：此訓練活動需以月費形式支付

Date : Saturday 4th, 11th, 18th & 25th October
Time : (A) 10:00am – 11:00am
(B) 11:00am – 1:00pm
Venue : Indoor Tennis Courts
Price : (A) Member \$840, Guest \$1,320 (for 4 lessons)
(B) Member \$1,120, Guest \$1,600 (for 4 lessons)
Age : (A) 3½ – 6 years
(B) 6 – 16 years

Tennis League Teams' Schedule Home Matches in October

網球聯賽 — 10月份主場賽事



DATE	TEAM	MATCH
Monday, 20th October	Men's (Division A)	Pacific Club vs Club De Recreio
Tuesday, 28th October	Men's (Division B)	Pacific Club vs The Hong Kong Jockey Club 1
Wednesday, 8th October	Men's (Division C)	Pacific Club vs Ladies Recreation Club
Wednesday, 22nd October		Pacific Club vs Kingswood Villas Tennis Club 1
Friday, 3rd October	Ladies' (Division 1)	Pacific Club vs Hong Kong Cricket Club
Friday, 17th October		Pacific Club vs Clearwater Bay Golf & Country Club
Friday, 31st October		Pacific Club vs Unity A



Junior Pickleball Academy

Pickleball popularity is sweeping the globe, and now children at the Pacific Club can get in on the action. The Junior Pickleball Academy introduces players aged 6 and up to the game's fast rallies and clever shots in a fun, active setting. With guidance from our coach, junior members will learn the basics, play matches, and enjoy the thrill of this exciting sport.

Please note that the fee will be charged on a monthly basis.

全新活動 — 少年匹克球訓練

匹克球風靡全球，如今太平洋會的年少會員也能參與其中。少年匹克球訓練班專為3½ – 11歲的年少會員提供輕鬆有趣的訓練環境，讓他們學習快速對打和巧妙的擊球技巧。在教練的指導下，他們將學習基礎知識、參與比賽，並享受這項刺激運動帶來的興奮體驗。課程將於10月18日及25日（星期六）舉行，兩堂收費 — A班（3½ – 6歲）：會員\$420，非會員\$660；B班（7–11歲）：會員\$560，非會員\$800。

備註：此訓練活動需以月費形式支付

Date : Saturday, 18th & 25th October

Time : (A) 2:00pm – 3:00pm
(B) 3:00pm – 4:00pm

Venue : Gym Aerobics Room, 1/F

Price : (A) Member \$420, Guest \$660 (for 2 lessons)
(B) Member \$560, Guest \$800 (for 2 lessons)

Age : (A) 3½ – 6 years
(B) 7 – 11 years

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

Pickleball Nights

Pick up a paddle and join the action with Coach Cindy. On Wednesday, 15th October and Wednesday, 22nd October, from 8pm to 10pm, the courts are set for fast rallies, lively games and plenty of good energy. Open to all levels, Pickleball Nights are the perfect way to spend your evening at the Club.

匹克球晚間聚會

拿起球拍，與教練Cindy一起享受匹克球的樂趣！於10月15日及22日（星期三）晚上8時至10時，球場將為大家帶來快速對打、激烈比賽和充滿活力的氛圍。匹克球晚間聚會歡迎14歲及以上各級程度的會員參加，在會所度過一個美好夜晚。活動收費：每節/兩小時—每位\$250。

Date : Wednesday 15th & 22nd October

Time : 8:00pm – 10:00pm

Venue : Outdoor Pickleball Court

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

Age : 14 years and above.



Pickleball Private Lessons

Discover the fastest way to improve your game with Pickleball Private Lessons at the Club. Working one-to-one with our professional coach, you will receive personalised guidance to refine technique, develop smarter tactics and build confidence in every aspect of play.

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

本會的匹克球私人課程是提升球技的最快速徑。我們的專業教練將為學員進行一對一的個人指導，幫助大家精進球技，制定更明智的戰術，並為比賽建立自信。

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



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

A Woodland Crown

林木冠冕

This arrangement forms a natural crown of height, texture, and greenery, creating a stunning display that brings balance and beauty indoors.

這款擺設佈置形成了一個具有高度、紋理和綠色自然植物的冠冕狀，創造出一種令人驚嘆的外觀，為室內帶來了平衡和美感。

1. Cut the Crassula Perforata into individual pieces, leaving a small section of stem.
2. Cut the stub wires to different lengths, from long to short.
3. Attach one stub wire to the short stem of the Crassula Perforata and wrap the entire wire with hemp rope as a long stem.
4. Drill some holes around the wood slice into a horseshoe shape.
5. Insert the Crassula Perforata into the holes, from short in the front and tall at the back. Secure them with glue.
6. Spray water onto the hemp rope to keep the Crassula Perforata moist.
7. Remove the Chlorophytum Comosum and Lindsaea Orbiculata from their pots and place them into the clear container.
8. Wrap the whole clear container with dried moss and place it in the middle of the Crassula Perforata on the wood slice.

1. 將錢串仙人掌的單株剪下來，保留一小段枝莖。
2. 將鐵枝從長至短剪成不同的長度。
3. 將一支鐵枝接駁到錢串仙人掌的短莖上，並用麻繩將整支鐵枝纏繞成長枝莖。
4. 沿著木片的邊緣鑽出多個小洞，形成一個馬蹄形狀。
5. 將每一株錢串仙人掌插入小洞中，短的在前，長的在後。用膠水固定。
6. 在麻繩上噴水令錢串仙人掌保持濕潤。
7. 將吊蘭和黑骨芒從花盆中取出，放入透明容器中。
8. 用乾苔蘚包裹整個透明容器，並將其放在木片上錢串仙人掌的中間。



What You'll Need:

- A Pot of Crassula Perforata
- Two Small Green Plants (with roots): Chlorophytum Comosum, Lindsaea Orbiculata
- A Large, Thick Wood Slice
- Dried Moss
- A Clear Container (large enough to fit two plants in)
- Hemp Rope
- Thick Floral Stub Wires
- Cutter
- Electric Drill
- Glue

材料：

- 一盆錢串仙人掌
- 兩盆綠色植物（連根）：吊蘭、黑骨芒
- 一塊大的厚木片
- 乾苔蘚
- 一個透明容器（可容納兩棵植物）
- 麻繩
- 粗的花藝鐵枝
- 剪刀
- 電鑽
- 膠水

Spa Promotions in October 10月份美容療程優惠

Diana Dickson Caviar Collagen Moisture Programme

(1hr 25mins)

~~\$1,480~~ \$1,184



Caviar, a true marine treasure, is packed with vitamins, minerals, and essential lipids that help restore youthful vitality to the skin. Renowned for its ability to stimulate cell renewal, boost circulation, and support the lymphatic system, it enhances skin tone and texture. Complementing this is collagen, a powerhouse moisture-binding protein that deeply hydrates, leaving the skin irresistibly smooth and supple.

Infused with a blend of active ingredients, this luxurious Moisture Programme helps slow the ageing process, restoring radiance and elasticity for a rejuvenated complexion. The treatment also includes a Generic Moisture Serum for continued hydration and nourishment over seven days, ensuring long-lasting results.

Diana Dickson 魚子精華骨膠療程 [1小時25分鐘]

魚子精華為海洋瑰寶，富含多種維他命、礦物質和人體必需的脂肪質，有助於恢復皮膚的年輕活力。它以刺激細胞更新、促進血液循環和增強淋巴系統的能力而聞名，可以明顯改善皮膚質素。與此相輔相成的是骨膠原，它是一種強大的保濕蛋白，可以深層補水，讓肌膚變得光滑有彈性。

這款奢華的保濕療程融合了多種活躍成份，有助延緩肌膚老化過程，回復柔潤細緻，使膚色煥發年輕光彩。療程中還包括一支保濕緊緻精華，可供 7 天內持續保濕和滋養，確保持久效果。

Guinot Hydra Summum Treatment

(1hr 25mins)

~~\$1,480~~ \$1,184

Experience the ultimate in skin hydration with the Guinot Hydra Summum Treatment. This luxurious 85-minute session features a high concentration of Hyaluronic Acid, designed to plump and deeply moisturise your skin. After the treatment, your skin will feel exceptionally hydrated, with fine lines and wrinkles visibly reduced.

活肌水凝療程 [1小時25分鐘]

體驗 Guinot Hydra Summum 護理療程的終極肌膚補水效果。這款 85 分鐘的尊貴療程含有高濃度玻尿酸，旨在豐盈並深層滋潤你的肌膚。療程後，皮膚會感覺異常水潤，細紋及皺紋明顯減少，肌膚變得豐潤，重新煥發活力。



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

Water Aerobics

水中健康舞班

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

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



Morning Water Aerobics

Date : (A) Tuesday 14th, 21st & 28th October
(B) Friday 3rd, 10th 17th 24th & 31st October
Time : (A) 10:00am – 11:00am
(B) 11:00am – 12:00noon
Venue : Swimming Pool
Price : (A) Member \$525, Guest \$885 (for 3 lessons)
(B) Member \$875, Guest \$1,475 (for 5 lessons)
Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 14th, 21st & 28th October
(B) Friday 3rd, 10th 17th 24th & 31st October
Time : 3:00pm – 4:00pm
Venue : Swimming Pool
Price : Member \$175 daily / \$1,650 per 10 classes
Guest \$295 daily
Age : 14 years and above

Evening Water Aerobics

Date : Tuesday 14th, 21st & 28th October
Time : 7:00pm – 8:00pm
Venue : Swimming Pool
Price : Member \$525, Guest \$885 (for 3 lessons)
Age : 14 years and above

Introducing New Male Masseur

Philip Wong

介紹新任男按摩師 Philip Wong

Members can now enjoy treatments with Philip Wong, the Club's newly appointed Male Masseur. With extensive experience in therapeutic massage and a deep commitment to wellness, Philip delivers treatments that are both effective and restorative. His personalised approach ensures that each session is designed to meet your specific needs, whether you are seeking relief from muscle tension or simply wish to relax and unwind.

Philip looks forward to welcoming Members for treatments that restore both body and mind.

剛加入本會的新任男按摩師 Philip Wong 已準備好為會員提供按摩護理服務。Philip在療癒按摩方面經驗豐富，並致力於健康護理，提供有效且有助於放鬆和重拾活力的按摩服務。他的個人化服務可確保每次按摩都能根據你的特定需求度身定制，無論是想緩解肌肉緊張，還是只想放鬆身心，都能滿足你的需要。

Philip 期待為會員提供身心煥發的服務。



Scoring with Your Wedges

用挖起桿得分

GOLF 高球資訊



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

Every golfer knows the feeling: you've struck a solid drive, followed it with a steady iron, and now you're only a few yards from the green. This is where the game is often won or lost. The short game is a test of nerve and touch, and the wedge in your hands can make all the difference between saving par and giving a stroke away.

The Pitching Wedge, at 48 degrees, is the club of choice when the green is wide and forgiving or when you face an uphill lie. Its lower flight and longer roll-out make it the simplest, most reliable option, particularly when executed with a short, chip-like swing.

The 52-degree Approach Wedge sits comfortably in the middle, offering both height and control. It clears smaller obstacles with ease yet still provides enough run on the ball to cover distance. By adjusting swing length, opening the face slightly for spin, and keeping a smooth rhythm, players can rely on this club in countless situations.

For moments that demand precision, nothing compares to the 56-degree Sand Wedge. Its high trajectory and soft landing are perfect for tight greens, downhill slopes, or tricky bunker shots. With weight shifted forward and the face opened wide, the lob-style swing produces a shot that drops softly and stops fast.

The art of wedge play lies in recognising which club best suits the challenge ahead. Large greens reward the Pitching Wedge, compact targets often demand the Sand Wedge, and the Approach Wedge proves its worth everywhere in between. By practising these scenarios and learning the character of each wedge, golfers gain the confidence to approach the short game with the ability to turn half-chances into scoring opportunities.

每個高爾夫球手都有過這樣的感受：你打出一記紮實的開球，隨後又用穩定的鐵桿穩穩地擊球，現在距離果嶺只有幾碼了。這往往是比賽勝負的關鍵。短桿考驗的是你的膽量和球技，而你手中的挖起桿，將決定你能達成標準桿還是白白浪費了一桿。

48度劈起桿是在廣闊的果嶺或面對上坡球位時的理想之選。它較低的飛行軌跡和更長的滾動距離使其成為最簡單、最可靠的選擇，尤其是在進行短距離、類似切桿的揮桿時。

52度的AW球桿〔Advanced Wedge〕位於劈起桿和沙坑桿之間，提供適中的飛行高度和控制力。它可以輕鬆越過較小的障礙物，同時仍能提供足夠的推力以覆蓋更遠的距離。透過調整揮桿幅度、稍微打開桿面以增加旋轉，並保持穩定的節奏，這款球桿足以讓球手應付各種情況。

對於需要精準擊球的時刻，56度沙坑挖起桿是必然之選。其高軌道和輕柔落地的特性，非常適合用於狹窄的果嶺、下坡或複雜障礙的沙坑擊球。由於重心前移，桿面張開，這種高拋式揮桿能夠讓球輕柔地落地和快速停止滾動。

打出成功的挖起桿，要訣在於找到最適合應付挑戰的球桿。寬闊的果嶺適合使用劈起桿，遇到複雜的障礙通常需要使用沙坑挖起桿，而AW桿則能應付兩者情況。透過練習這些場景並了解每種挖起桿的特性，高爾夫球手便能夠自信地發揮短桿的表現，把握得分良機。

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。

Private Lessons (1 pax) 私人課程〔一人〕

1-hour 一小時課程	\$760 per person 每位 \$760
Package of 4, 1-hour lessons 4 堂一小時課程	\$2,900 per person 每位 \$2,900

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
Package of 4, 1-hour lessons 4 堂一小時課程	\$1,600 per person 每位 \$1,600

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

Yuen Chau Tsai 元洲仔



Words and pictures 撰文及圖片: Pete Spurrier

A small wooded hill on the shore of Tai Po, which used to be an island before reclamation joined it to the mainland many years ago, is a waypoint on an easy stroll along the coast of Tolo Harbour.

This is a gentle hike and is mostly level. Walking time: 2 hours.

Take the MTR's East Rail to Tai Po Market station, leave by Exit A and turn right, and follow all the people walking towards the town. Then, turn quickly right into an underpass to leave the crowds behind. This leads you into a peaceful garden built around an old archway where Tai Po School used to stand.



Follow the steps up through the garden, past the tennis courts and turn right onto Wan Tau Kok Lane. At the top of the road you can pay a visit to Green Hub, which is the revitalised colonial-era police station. You can visit the old cells and learn about local history through the heritage displays. A vegetarian cafe called Eat Well Canteen serves seasonal produce grown in the kitchen garden and at Kadoorie Farm nearby. The Green Hub is open every day except Tuesday.

Upon leaving, turn left to follow steps downhill through cool forest. This brings you out onto Kwong Fuk Road. Turn right and walk past the school. Take the steps down, turn left and then right to put yourself on the riverside path. Turn left and continue past the small boats moored in the river. White egrets and Chinese herons perch on the shore in search of fish.



When you come to the second bridge, take the steps up to cross it, and then bear left, carrying on up the other side of the riverbank. This brings you to Yuen Chau Tsai Park where the river view changes to a panorama of Tolo Harbour and faraway mountains. There's a display of dragonboats. Soon you can see the wooded hill of Yuen Chau Tsai just ahead, with its old white buildings poking out from between the trees. More egrets wade in the shallow waters.

As you exit the park, turn left to reach the lower white building, which was originally a stable for horses. The big house on the hill was built 120 years ago as the residence of the district officer. It's now used by WWF as a conservation centre

Coming back, take the first left turn to visit the Tai Wong Yeh temple, run by the local fishermen's society. Besides the usual altars and gods, it has a model junk and a collection of old photos on the wall from the days when Tai Po people lived on boats in the river. Past the temple, you can make a short detour to a helipad that juts out into the harbour.



Double back now to join the coastal walking and cycling path which is signposted in the direction of Sha Tin. Walk past the Tai Po Kau pier, popular with anglers, and past the small parks on either side. Just before the path crosses a bridge over a stream, take a curving path that descends to your left. This leads you under the Tolo Highway, and then under the East Rail, into a quieter environment of tall grasses and burbling water.

At the junction, turn left to walk past a photogenic ruined house. When you meet the road, turn left once again across a river bridge. Here is the Billow restaurant on Egret Lake, where you can stop off to enjoy food or drinks with a view of the water.

Next to the restaurant's parking entrance, there's a stony single-track road. Follow this to the village toilets and then take the steps up the hill directly behind them. This leads you up through the trees to Tai Po Kau Park, a nicely laid-out garden with a fountain and plenty of seating.

Any steps up through the park will bring you out onto the old Tai Po Road, which was the main access to the New Territories before modern highways were built. Bear left and cross the road to the bus stop, where you can wave down green minibus 28K to go back to Tai Po Market MTR station; or take buses 72 or 74A to Tai Wo MTR.

大埔海岸有一座樹木繁茂的小山丘，在許多年前填海造地與陸地接壤前是座小島，如今是吐露港海岸輕鬆漫步的必經之路。

這是一趟輕鬆的健步之旅，路況基本上平坦。步行時間：2 小時。

乘搭東鐵至大埔墟站，從 A 出口右轉，跟著人群走向市區。然後，快速右轉進入地下隧道，遠離人群。這條隧道將帶你進入一個寧靜的花園，它圍繞著一座古老的牌坊而建，牌坊曾是大埔學校的所在地。



沿著梯級穿過花園，經過網球場，右轉進入運頭角。在路的盡頭，你可以參觀綠匯學苑，這是一座經過翻新的殖民時期警署。入內可以參觀舊牢房，並透過文物展覽了解當地歷史。

一間名為「慧食堂」的素食餐廳供應自家菜園和附近嘉道理農場種植的時令農產品。綠匯學苑除星期二外每日開放。

離開後，左轉，沿著梯級下山，穿過清涼的樹林，然後進入廣福路。右轉，經過學校。走下梯級，左轉，再右轉，來到河邊小路。左轉，繼續前行，經過停泊在河中的小船。白鷺鷥和蒼鷺棲息在岸邊，捕捉魚食。

當你來到第二座橋，拾級而上，過橋後左轉，繼續沿著河岸而上。這樣就到達元洲仔公園，河景在這裡一覽無遺，吐露港和遠山的全景盡收眼底。公園裡有龍舟表演。很快，你就能看見前方樹木繁茂的元洲仔山丘，古老的白色建築在樹叢間若隱若現。淺淺的河水中，白鷺鷥悠然涉水。

離開公園後左轉，到達一座低矮的白色建築，它原本是馬廐。山上的大房子建於 120 年前，是地區官員的住所，現在它被世界自然基金會用作保護研究中心。

回程時，在第一個路口左轉，參觀由當地漁民協會管理的大王爺廟。除了常見的祭壇和神像外，廟內還有一艘帆船模型，牆上掛著大埔人民乘船渡河的舊照片。穿過廟宇，你可以繞道前往一個延伸到港口的直升機停機坪。



現在原路折返，沿著指向沙田方向的沿海步行及單車徑前行。穿過深受釣魚客喜愛的大埔灣碼頭，並經過兩旁的小公園。就在小路穿過溪流上的一座橋之前，沿著一條向左下方彎曲的小路走下去。這條小路會帶你穿過吐露港公路，然後再穿過東鐵，進入一片更為寧靜的環境，周圍草木茂盛，溪水潺潺。

在路口左轉，經過一棟充滿攝影美學的廢棄房屋。當你回到馬路時，再次左轉，過一座河橋，來到位於白鷺湖畔的 Billow 餐廳，你可以在這裡停下來，一邊欣賞湖景，一邊享用美食或飲品。

餐廳停車場入口旁有一條石板路，沿著這條路走到村裡的廁所，然後沿著廁所後面的梯級走上山。這條路會帶你穿過樹林，到達大埔灣公園，這是一個佈置幽美的花園，有噴泉和充足的座位休息。



穿過公園的任何一道梯級都會帶你進入舊大埔公路，這條舊公路在現時的公路建成之前是通往新界的主要通道。左轉，過馬路到巴士站，在那裡你可以乘搭 28K 綠色小巴返回大埔墟站；或乘搭 72 號或 74A 巴士前往太和站。



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

本會瑜伽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



What is Hyrox?

Hyrox是什麼?

Hyrox is a global fitness competition that blends running with functional strength training to test both endurance and power. First launched in Germany in 2017, it has quickly grown into an international phenomenon, with events now taking place in major cities around the world.

The format is always the same: competitors run 1 km, followed by one of eight workout stations, repeating the sequence until all are complete. Typical stations include rowing, the SkiErg, sled pushes and pulls, burpee broad jumps, farmer's carries, lunges, and wall balls. All of this is performed indoors, creating a consistent and standardised challenge that allows results to be compared worldwide.

Hyrox is designed to be inclusive. It offers divisions for men and women, as well as pro and open categories, plus doubles and team relay formats. This means it is accessible to beginners while still pushing elite athletes to their limits. Just as importantly, Hyrox has become a social event, with participants cheering each other on and enjoying the camaraderie of shared effort.

Benefits of Hyrox

1. **Full-Body Workout:** Hyrox combines aerobic exercise and strength training, providing a comprehensive workout that enhances cardiovascular health and muscle strength.
2. **Improved Endurance:** Participation in Hyrox requires continuous endurance training, helping to boost heart health and overall stamina.
3. **Increased Confidence:** Completing the competition can lead to a sense of accomplishment and an increase in self-confidence, motivating participants to pursue higher goals in other areas of life.
4. **Social Interaction:** Hyrox serves as a social platform, allowing people to build friendships and connections through competition, which enhances motivation and engagement.
5. **Sustainability:** The training plans for Hyrox can be adjusted based on individual fitness goals, enabling participants to flexibly organize their training schedules and maintain long-term fitness habits. Hyrox not only challenges participants physically but also fosters a sense of community, making it an engaging and rewarding fitness experience.

Getting Started

Training can begin with simple elements such as running, rowing, and bodyweight strength work. Hyrox is more than just a competition; it is a global movement that combines personal challenge, community spirit, and the thrill of measurable progress.

For those interested in exploring Hyrox further, I would be happy to discuss it with you in the Gym.

THE COMPETITION



01
1000 m
SkiErg



02
50 m
SLED PUSH



03
50 m
SLED PULL



04
80 m
BURPEE BROAD
JUMPS



05
1000 m
ROWING



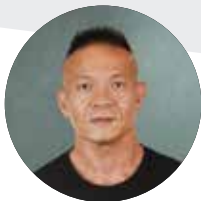
06
200 m
FARMERS CARRY



07
100 m
SANDBAG LUNGES



08
100 x
WALL BALLS



By Personal Trainer, Daniel Wong
撰文：私人健身教練 - Daniel Wong



Hyrox 是一項全球健身競賽，將跑步與功能性肌力訓練相結合，以測試耐力和爆發力。這賽事於 2017 年在德國首次推出，並迅速發展成為一項國際賽事，目前已在世界各地主要城市舉辦。

比賽形式始終如一：參賽者跑步一公里，然後到達 8 個訓練站之一，重複此過程直至完成所有訓練。各訓練站包括划船、滑雪機、拉雪橇、推雪橇、波比跳、農夫走路、負重弓箭步和擲藥球。所有訓練均在室內進行，從而形成一致且標準化的挑戰，以便在全球範圍內比較結果。

Hyrox 賽事的設計理念是包容性。它設有男子、女子、職業、公開組別，以及雙打及團體接力賽制。這意味著它既適合初學者，又能挑戰頂尖運動員的極限。同樣重要的是，Hyrox 賽事已成為一項社交活動，參賽者互相鼓勵，享受共同努力帶來的友誼。

Hyrox 的好處

1. 全身鍛鍊：它結合了有氧運動和力量訓練，能夠全面鍛鍊身體各個部位，提升心肺功能和肌肉力量。
2. 提高耐力：參加 Hyrox 需要持續的耐力訓練，這有助於增加心臟健康，改善整體耐力水平。
3. 增強自信心：完成比賽後，參賽者會感受到成就感和自信心的提升，這種感覺能夠激勵他們在其他領域追求更高的目標。
4. 社交互動：它已變成一個社交平台，讓人們在競賽中建立友誼和聯繫，這有助於提高參加者的動力和參與感。
5. 可持續性：其訓練計劃可以根據個人的健身目標進行調整，參賽者可以靈活安排自己的訓練計劃，從而保持長期的健身習慣。

入門指南

Hyrox 的訓練可以從跑步、划船和自重力量訓練等簡單的鍛鍊開始。Hyrox 不僅是一場比賽，而是一項融合了個人挑戰、社交精神和可衡量進步帶來刺激感的全球運動。

對於有興趣進一步了解 Hyrox 的會員，歡迎前來健身室與我一同討論。

When Photography Demands More Than a Phone

當攝影功能比手機功能更重要時

By Craig Norris

www.momentsbycraig.com

For most people, the main camera they use in daily life is the camera in their smartphone. And why not? The high image quality and rich feature set and versatility of modern smartphone cameras is good enough to satisfy most people.

I'll admit that I use my smartphone camera more often than I use my many other cameras. Why do I still use those other cameras at all? Why not use my smartphone camera for every photo that I take?

The answer is simple. Some situations demand more than a smartphone can offer. Imagine trying to capture the rush of skydiving or the depths of a SCUBA dive. These are moments where a phone simply will not do. Extreme environments call for cameras built to withstand pressure, cold, water or sudden impact, and a fragile phone is hardly the right tool.

Even in less dramatic circumstances, there are limits. Wildlife photographers often need long telephoto lenses to bring distant subjects into sharp focus, something no phone can truly replicate. Sports photographers rely on fast burst rates and accurate tracking to freeze a split second of action. In low light or when using creative techniques such as long exposure, a camera with a larger sensor and manual controls becomes essential.

There are countless situations where versatility, durability or specialised design give a dedicated camera a clear advantage. That is why, despite the dominance of smartphones, other cameras continue to be made, bought and valued.



Ricoh GR IV top view

Video brings its own frustrations. A call arriving mid recording can undo your work in an instant, unless you silence your phone's other functions. That defeats the purpose of having a phone in the first place. Sometimes you need a device that does one job only. Capture the image or video without interruption.

Small standalone cameras remain not only relevant but essential. New models continue to appear from different manufacturers, each designed for situations where a smartphone falls short. The recent Ricoh GR IV is one such example, showing that compact cameras still hold a place in the market.



對大多數人來說，他們日常生活中主要使用的影相工具就是其智慧型手機中的相機。這又有何不可？現代智慧型手機相機的高畫質、選擇豐富的設定和多功能性足以滿足大多數人的需求。

我承認，我使用智慧型手機相機的頻率比使用其他相機的更高。為什麼我還要使用其他相機呢？為什麼不用智慧型手機相機來拍攝每一張照片呢？

答案很簡單。在某些情況下，智慧手機的功能遠遠不夠。想像一下，要捕捉跳傘時的刺激感，或是進行水肺潛水深入海底時，手機根本無法勝任。極端環境要求相機能夠承受壓力、低溫、水或突然的撞擊，而脆弱的手機顯然不是適合的選擇。

即使在非那麼戲劇性的情況下，也存在局限。野生動物攝影師通常需要長焦鏡頭才能將遠處的主體清晰對焦，而這一點是任何手機都無法真正做到的。運動攝影師依靠快速的連拍速度和精準的追蹤來定格瞬間的動作。在低光源環境下或使用長時間曝光等創意技巧時，配備更大感測器和手動控制功能的相機至關重要。

在無數情況下，多功能性、耐用性或專業設計都會使專用相機擁有明顯的優勢。正因如此，儘管智慧型手機佔據了主導地位，其他相機仍在繼續生產、購買和被重視。

錄影本身就充滿挫折。錄音過程中突然來電，除非你關掉手機的其他功能，否則你的工作可能會瞬間中斷。但這卻違背了擁有手機的初衷。有時你需要一款只做一件事的設備，那就是無阻礙地拍攝影像或影片。

小型獨立相機不僅依然重要，而且不可或缺。不同製造商不斷推出新機型，每款機型都旨在彌補智慧型手機的不足。最近的 Ricoh GR IV 就是一個例子，顯示輕便相機在市場上仍然佔有一席之地。

Ricoh GR IV front view



Ricoh GR IV rear view

Basketball Private Lessons

私人籃球課堂

Sharpen your skills and elevate your performance with one-to-one basketball coaching at the Pacific Club.

Each session is designed around your individual goals, whether you are learning the fundamentals, refining your shooting form, or strengthening your defensive game.

Private lessons provide the most effective path to faster progress and lasting results.

在太平洋會籃球教練的一對一訓練指導下，將可磨練你的技能，提升你的表現。

每節課程均會根據你的經驗和目標度身定制，無論你是想學習基礎知識、完善投籃姿勢，還是強化防守能力，教練都可以幫助你達成目標。

這私人課程是讓你快速進步並持續提升技術的最有效途徑。

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



Private Lessons (1pax)

1-hour : \$650 per person
1½hour : \$900 per person

Private Lessons (2pax)

1-hour : \$900 per session
(Additional participant:
\$200/pax, up to 8 pax)

私人課程（一人）

一小時課程 : 每位\$650
1½小時課程 : 每位\$900

半私人課程（二人）

一小時課程 : 每堂\$900
〔額外參加者：每位/每位\$200，
上堂人數最多8位〕

Congratulations to our Junior Taekwondo Team

恭喜跆拳道學員獲得佳績

Our Junior Taekwondo Team proudly represented the Pacific Club at the Wan Chai Sports Federation Invitational Tournament on 31st August, delivering an excellent performance throughout the competition. We wish our Club Junior Taekwondo Team continued success in the future!

本會跆拳道學員於8月31日參加了「灣仔體育總會跆拳道回歸盃邀請賽2025」，奪得1銀2銅的佳績。在此恭喜得獎學員，並希望他們在日後能夠取得更多獎項！



Boys Colour Belt 男子青少年高級色帶組

1st Runner-up 亞軍: Jeremy Yau

2nd Runner-up 季軍: Bosco Chan



Girls Colour Belt

女子青少年高級色帶組

2nd Runner-up 季軍: Jessie Chan



Holiday Notice

Please note that all junior and adult group classes will be cancelled on the following Public Holidays:

- 1st October - National Day
- 7th October - The day following the Chinese Mid-Autumn Festival
- 29th October - Chung Yeung Festival

課程暫停舉行

請注意，所有兒童及成人團體課程將於以下公眾假期暫停舉行：

- 10月1日國慶日
- 10月7日中秋節翌日
- 10月29日重陽節

Miniature Family Feast Clay Workshop

In this imaginative clay workshop, participants will design a miniature nine-course feast, shaping everything from appetisers to main dishes with remarkable detail. Each piece is sculpted to appear deliciously lifelike, capturing the joy of a family banquet in miniature form.



迷你九道菜盛宴黏土工作坊

在這個充滿創意的黏土工作坊中，學員可以親手用黏土打造一套迷你版的九道菜盛宴——從開胃小品到主食佳餚，每一道菜都細緻呈現，逼真得令人垂涎，卻可以永遠保存！工作坊將於10月19日（星期日）舉行，適合6歲及以上的會員參加，一堂收費——會員\$350，非會員\$410（包括課程當日的兒童遊戲室入場費）。

Date : Sunday 19th October
Time : 2:30pm – 4:00pm
Venue : Children's Playroom Library
Price : Member \$350, Guest \$410
(including Children's Playroom entrance fee)
Age : 6 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，10月份4堂收費——會員\$720，非會員\$760。歡迎新學員參加！

Date : Saturday 4th, 11th, 18th & 25th October
Time : 4:00pm – 5:00pm (All levels)
Venue : Aerobics Room
Price : Member \$720, Guest \$760 (for 4 lessons)
Age : 4 years and above



Rope Skipping Class

Our weekly Rope Skipping Class introduces children to a wide range of skipping techniques, from individual skills to partner exercises. Each session helps to develop coordination, stamina and confidence, while also encouraging teamwork and a sense of achievement.

花式跳繩班

參加本會的花式跳繩班，除了可以學習跳繩技巧、增強身體四肢的運動量及靈敏度、訓練個人反應外，還可以學習自我肯定、領導力和團隊合作。課程於星期日舉行，適合7 – 12歲會員參加，10月份4堂收費——會員\$720，非會員\$760。



Date : Sunday 5th, 12th, 19th & 26th October
Time : 4:30pm – 5:20pm (50 mins)
Venue : Aerobics Room
Price : Member \$720, Guest \$760 (for 4 lessons)
Age : 7 – 12 years

Wall Climbing

Wall climbing is an active and engaging way for children to build strength, flexibility and coordination. In each class, participants will practise new techniques and enjoy the challenge of reaching the top. It is a fun workout that keeps them moving and motivated.

運動攀石訓練班

運動攀石訓練班是一項活躍有趣的活動，可以幫助孩子們鍛鍊力量、柔韌性和協調性。每節課堂都可以讓學員練習新的技巧，並享受攀登頂峰的挑戰。這項充滿樂趣的運動能讓他們保持活力。課程於星期日舉行，適合6 – 10歲的會員參加，10月份兩堂收費——會員\$450，非會員\$570（包括課程當日的兒童遊戲室入場費）。

Date : Saturday 18th & 25th October
Time : 11:30am – 1:00pm
Venue : Children's Playroom (Climbing Wall)
Price : Member \$450, Guest \$570
(for 2 lessons, including Children's Playroom entrance fee)
Age : 6 – 10 years



English Drama Academy

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

本會的英語話劇訓練班導師將透過講故事、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。課程於星期一舉行，適合3-12歲的會員參加，10月份4堂收費——會員\$800，非會員\$840。

Date : Monday 6th, 13th, 20th & 27th October

Time : (A) 5:30pm – 6:30pm

(B) 4:30pm – 5:30pm

Venue : Gym Activities Room

Price : Member \$800, Guest \$840 (for 4 lessons)

Age : (A) 3 – 5 years

(B) 6 – 12 years



Junior Badminton Lessons (Private)

With Private Coaching, children can learn at their own pace and get the most out of every session. Beginners will enjoy fun games and drills that spark their interest in badminton, while advanced players can sharpen their skills with focused technical training to take their game to the next level.

Private Lessons

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

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

少年羽毛球——私人課程

這私人課程可讓孩子們按照自己的步調並充分利用每一堂的時間來學習。初學者可以享受有趣的遊戲和練習，激發他們對羽毛球興趣；而高級球員則可以透過有針對性的技術訓練來提升技能，到達一個新的水平。

私人課程收費〔包括場租〕

一人：\$700 / 每堂一小時

二人：\$900 / 每堂一小時



Junior Badminton Lessons

Junior players aged 6 to 16 can sharpen their skills on court with our weekly badminton lessons. Guided by our experienced coach, the programme focuses on technique, agility and match play, giving young athletes the chance to develop their game in a fun and active group setting.

少年羽毛球——團體訓練班

本會羽毛球班專為6-16歲少年會員而設，學員可透過每週課程來提升球場上的技能。課程由我們經驗豐富的教練指導，注重技術、敏捷性和比賽技巧，讓年輕運動員有機會在充滿樂趣和活力的團體環境中提升自己的球技。訓練班於星期五晚上舉行，10月份4堂收費——會員\$1,040，非會員\$1,080。

Date : Friday 10th, 17th, 24th & 31st October

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



Find the Stars!

Can you find the 16 stars in the picture? Circle them.

你能找出圖中的16顆星星嗎？

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 Thursday, 30th October. 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10月30日（星期四）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

SUDOKU 數獨

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 Sunday, 19th October. 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 November. Good Luck!

請於10月19日(星期日)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11月份(星期一至四，特別節日活動除外)到 The Island View 餐廳享用二人晚市套餐或自助晚餐。祝各位好運！

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

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

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

September Solution 9月份遊戲答案

Congratulations to the winner
of last month's puzzle
恭喜上期得獎者
Mr Patrick Wong



Oyster Fridays

會所酒吧

週五「盡享生蠔」之夜

Freshly-shucked Oysters with classic condiments
Champagne pairing \$78

Every Friday in October at the Club Bar

前來品嚐即叫即開、配搭經典調味的新鮮生蠔
同時享用精選香檳，每杯只需 \$78



Live Sports at the Club Bar

會所酒吧直播精彩體育賽事

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

From Premier League football and rugby to world class tennis, the thrill of Formula One and many more sports...catch all the action live on our big screen.

Enjoy **Live Sports** accompanied by your favourite drinks and bar snacks served throughout the day.

Call the Club Bar on 2118 1845 for more details.

從英超足球聯賽和欖球，到世界級網球賽事、激動人心的一級方程式賽車，以及更多精彩體育賽事...都在我們的大螢幕上播放。

同時全日供應你喜愛的飲品和酒吧美食，讓你盡情享受現場體育賽事的緊張氣氛。

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





Seoul Club South Korea

Established in 1904 by Emperor Kojong to promote cross-cultural understanding and friendship, the Seoul Club has flourished for more than 120 years. Its location in the Jung-gu district places it within easy reach of the downtown business centre, major hotels, and cultural landmarks, while its setting in a green belt at the foot of Namsan Mountain offers Members a welcome retreat from the bustle of the city. From its tranquil grounds, views of Seoul Tower serve as a reminder that this oasis lies at the heart of one of Asia's most dynamic capitals.

Dining plays a central role in daily life at the Seoul Club, with venues that cater to both relaxed occasions and special gatherings. The Restaurant offers a bright and welcoming space for meals at any time of the day, with a menu that blends international favourites and Korean classics. The Bar is an inviting retreat where Members can enjoy a wide selection of wines, spirits, and cocktails in an intimate atmosphere, making it ideal for quiet evenings or social drinks with friends. For something lighter, The Deli provides a selection of casual fare and refreshments, while the Club's professional banquet and catering services ensure that private events, from family celebrations to corporate functions, are hosted with style and care.



The Seoul Club's leisure and sports facilities are equally impressive. Two large swimming pools and a baby pool ensure plenty of choice, with the outdoor pool offering sweeping views of Namsan and Seoul Tower during the warmer months, and the 25-metre indoor pool open year-round for lap swimming. The Gym is fitted with state-of-the-art equipment and open daily. Golfers benefit from an indoor practice range with five stalls equipped with Kakao VX systems, while squash players have access to two indoor courts. After exercise, Members can relax in the saunas and comfortable locker rooms. The Seoul Club also provides a Member's Lounge and Business Lounge, offering spaces for relaxation, reading, and quiet work.

So, if you will be visiting Seoul in the near future, be sure to obtain a Letter of Introduction for the wonderful Seoul Club - a place that welcomes Pacific Club Members.



韓國 Seoul Club 於 1904 年由朝鮮高宗天皇建立，旨在促進跨文化的了解和友誼，自成立至今已超過 120 年。Seoul Club 坐落於首爾中區南山山腳下的綠帶中，靠近市中心商業區，附近有多間大型酒店和文化景點，為會員提供了遠離城市喧囂的休憩之所。從寧靜的會所望開去，首爾塔的景色彷彿在提醒著大家，這片綠洲正位於亞洲最具活力首都之一的中心地帶。



餐飲是 Seoul Club 日常生活的核心，會所的餐廳同時適合舉辦輕鬆的休閒活動或特別的聚會。餐廳 The Restaurant 環境明亮溫馨，全天候供應餐點，菜單融合了國際美食和韓國經典菜餚。酒吧 The Bar 是一處令人留連忘返的休憩之所，會員可以在隱密的氛圍中享用各種葡萄酒、烈酒和雞尾酒，是享受寧靜夜晚或與朋友小酌的理想場所。如果想享用一些清淡的美食，餐廳 Deli 提供各種簡單的餐點和茶點，而會所專業的宴會和餐飲服務可確保為會員安排各種切合需求、服務周到的私人活動，從家庭慶祝活動到公司活動均可。



Seoul Club 的休閒和運動設施同樣令人印象深刻。在游泳方面，會所擁有兩個大型游泳池和一個兒童游泳池可供選擇。在溫暖的月份中，可以使用室外游泳池同時一覽南山和首爾塔的壯麗景色；而 25 米長的室內游泳池亦會全年開放供會員暢泳。每日開放的健身房配備最先進的器材；想打高爾夫球的話可以使用五個設有 Kakao VX 虛擬系統的室內練習場；另外會所亦設有兩個室內壁球場供壁球愛好者使用。運動後，會員可以在桑拿浴室和舒適的更衣室內休息。Seoul Club 還設有會員貴賓室和商務貴賓室，提供適合休息、閱讀和安靜工作的空間。

因此若你將計劃到訪首爾，請攜同會所介紹信，親身體驗 Seoul Club 為你帶來賓至如歸的服務。



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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BETTER LIFE.

LPG endermologie®

「動能活化」
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