

KTHOA

JULY 2026

MAGAZINE

ISSUE **78**



熱浪假期
SUMMER SPLASH!



CRUISING ELEVATED



AVALON WATERWAYS

歐洲精品河船 · 悠遊中西歐大城小鎮

■ 8天·匈牙利、斯洛伐克、奧地利、德國多瑙河夢幻之旅 (WBD/WDB)

暢遊：斯洛伐克-布拉提斯拉瓦 | 奧地利-維也納、杜倫施坦、瓦豪河谷、梅爾克 | 德國-帕紹
登船或離船：匈牙利-布達佩斯 | 德國-菲爾斯霍芬
啟航：2026年7、8、10、11月多個出發日期

■ 8天·南法勃艮第、普羅旺斯隆河及桑恩河之旅 (WLJ/WJL)

暢遊：法國-阿維尼翁、維維耶斯、圖農、維埃納、里昂
登船或離船：法國-阿爾勒 | 法國-索恩河畔沙隆
啟航：2026年7月至11月多個出發日期

■ 8天·瑞士、德國、法國、荷蘭浪漫萊茵河之旅 (WAZ/WZA)

暢遊：德國-科隆、科布倫茨、萊茵河谷、呂德斯海姆、美因茨、海德堡 | 法國-斯特拉斯堡
登船或離船：荷蘭-阿姆斯特丹 | 瑞士-巴塞爾
啟航：2026年7、8、10、11月多個出發日期

■ 8天·法國波爾多之旅 (WXX) 最後航季

暢遊：加龍河畔卡迪拉克、梅多克的庫薩克福特、布萊、布爾格、利布爾訥、聖埃美隆、
阿卡雄海灣
登船或離船：法國波爾多
啟航：2026年7月至11月多個出發日期



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親愛的會員

本會的私人遊樂場地契約將於 2026 年 12 月 24 日屆滿。值理委員會已於 5 月中旬與文化體育及旅遊局（下稱「文體旅局」）就契約續期事宜會面，了解續約條款及相關安排。

根據現階段資料，地契續約年期為 15 年，續約費用為市值地價的三分之一，並可選擇以最多 10 年分期繳付。惟實際應繳金額及付款安排，仍有待地政總署正式確認及通知。

續約條款亦規定，本會須開放體育設施予合資格外界團體使用，其開放時數不得少於體育設施總可用時數的 30%；另每月提供予公眾人士參與的體育課程總時數亦不少於 240 小時。

本會已明確向文體旅局表達續約意向，即續約後維持現有九龍仔業主會會員制的使用及營運模式。值理委員會正審慎檢視相關財務安排，並與相關政府部門積極研究最適合本會的續約方案。相關資料將適時向會員公布。

我們十分榮幸再次協辦 ATF 青少年網球巡迴賽，賽事將於 8 月 15 日至 29 日舉行，來自亞洲及本地 14 歲以下的年輕球手將參與賽事，誠邀會員蒞臨觀賽。

本會活動一浪接一浪，為不同會員提供多元化節目，務求讓一家大小都能樂在其中。活動內容豐富，包括水運會、水上嘉年華及多項節慶活動。誠邀各位會員踴躍參與，一同投入這個充滿活力的夏日。

Dear Members,

The Private Recreational Lease of the Association will expire on 24 December 2026. The Executive Committee met with the Culture, Sports and Tourism Bureau ("CSTB") in mid-May to discuss the lease renewal and to understand the renewal terms and related arrangements.

Based on the information available, the renewed lease term will be 15 years, with a land premium payable equivalent to one-third of the full market land value. Payment may be made by instalments over a period of up to 10 years. The actual premium amount and payment arrangements remain subject to formal confirmation by the Lands Department.

The renewal conditions also require the Association to make available at least 30% of the total available sports facility hours for use by eligible outside bodies, and to provide a minimum of 240 hours per month of sports training programmes for members of the public.

The Association has formally conveyed to CSTB its intention to pursue lease renewal, with a view to maintaining the existing membership-based usage and operational arrangement. The Executive Committee is undertaking a prudent review of the relevant financial arrangements and is actively engaging with the relevant government departments to explore the most suitable renewal option for the Association. Further information will be communicated to members in due course.

We are honoured to once again co-organise the ATF Junior Tennis Tournament, which will be held from 15 to 29 August. The tournament will feature talented young players under the age of 14 from across Asia, as well as local participants. Members are warmly invited to come and enjoy the matches while supporting these promising young players.

We are organising a series of activities for members of all ages, including a swimming gala, water carnival, and various festive events. We warmly invite all members to join and enjoy a vibrant summer together.

總經理 林裕文
General Manager Martin Lam

THE
KOWLOON TSAI
HOME OWNERS ASSOCIATION

會籍收費 MEMBERSHIP TARIFF

會籍種類 MEMBERSHIP CATEGORIES	入會費 ENTRANCE FEE
家庭 FAMILY MEMBERSHIP	\$280,000
公司 CORPORATE MEMBERSHIP (可提名兩個家庭 Two-Family Nomination)	\$610,000
直系家庭成員* IMMEDIATE FAMILY MEMBERS MEMBERSHIP	\$140,000 可選擇36個月分期付款 36-Month Installment Option Available

***會員直系家庭成員會籍**

本會籍包括會員之父母、兄弟姊妹、子女及孫子女。申請者需年滿21歲，並提供親屬關係證明。入會費 HK\$140,000，並可選擇 36 個月分期付款。計劃名額有限，先到先得。歡迎致電 2338-7115 與會籍部陳小姐聯絡。

***只適用於家庭會籍會員之直系家庭成員（青少年運動員會籍、公司會籍提名人及短期運動會籍除外）**

* Our Club's original "Membership for Member's Children" program now extends to the immediate family members of Club Members, including parents, siblings, children and grandchildren. Applicants must be 21 years of age and provide proof of family relationship. The application fee is HKD140,000 and applicants can choose to use a 36-month interest-free instalment plan.

Please feel free to call 2338-7115 to contact Ms. Chan of the Membership Department for any queries.

* Only applicable to the immediate family members of (Club Members with Individual / Family memberships (Junior Sporting Members, Corporate Membership nominees and short-term Sports Memberships are not eligible)

☎ 2338 7115

✉ membership@kthoa.com

八號或以上颱風警告下會所營運安排

Club Operation Arrangements for Typhoon Warning Signal No.8 and Above

天文台宣佈於未來兩小時內懸掛八號或以上熱帶氣旋警告
所有設施將於一小時後停止服務

八號或以上熱帶氣旋警告於晚上七時或之前除下
所有設施將於兩小時後逐步恢復服務，包括餐飲設施；
戶外設施只提供有限度服務

八號或以上熱帶氣旋警告於晚上七時後除下
當日所有設施暫停服務

If the Observatory announces the Tropical Cyclone Warning Signal No.8 (or above) will be issued within two hours, all facilities will stop operations after one hour

If the Tropical Cyclone Warning Signal No.8 (or above) is lowered at or before 19:00, all facilities, including dining facilities, will gradually resume operations after two hours; outdoor facilities will only provide limited services.

If the Tropical Cyclone Warning Signal No.8 (or above) is lowered after 19:00, all facilities will stop operations for the day.

極端酷熱天氣警告

Extremely Hot Weather Warning

當極端酷熱天氣 (氣溫達到 35.0 度或以上) 警告生效時，會員在進行戶外運動，需留意自己身體健康狀況，多補充水分、適時到蔭涼地方休息及做足防暑措施。若身體感到不適，應立即停止運動並盡快求醫。

When the Extremely Hot Weather Warning is issued (when temperature reaches 35 degrees or above), Members should pay attention to their health condition while carrying out outdoor sports. Make sure to keep hydrated, rest in cool, shadowed areas and take all necessary protective measures against the heat. If you feel unwell, you must immediately stop all exercise and seek medical attention.



不得進入異性更衣室

No Entry to Changing Rooms of the Opposite Gender

任何人士，包括身高超過一米或 5 歲以上的兒童，不得以任何理由進入異性更衣室。如有需要，請使用泳池區的親子淋浴間，或向會所當值職員尋求協助。感謝會員的理解與配合。

Our Club would like to reiterate that no one, including children over 1-meter-tall or five years of age, is permitted to enter the changing rooms of the opposite gender under any circumstances. Should you require it, please use the family shower stall installed in the swimming pool area or seek assistance from the Club's on-duty staff. Thank you for your cooperation and understanding.

設施使用及會員登記守則

Facility Usage & Member Registration Guidelines

為確保帳單準確及運作順暢，所有會員使用康體設施前 (不論月卡或年卡)，請先到接待處登記。如攜同來賓使用設施，亦需一併登記及申報人數。所有消費金額均須由會員簽署確認。

To ensure accurate billing and smooth operations, all members are required to register at the reception before using any sports and recreation facilities, regardless of whether they hold a monthly or annual pass. If members are accompanied by guests, they must also register at the reception and declare the number of guests. Members are kindly requested to sign all bills regardless of the transaction amount.



設施預訂「缺席」守則

Facility Booking "No-show" Policy

訂立設施預訂「缺席」守則，已於 2026 年 2 月 1 日生效。

「缺席」守則詳情如下：

1. 會員在預訂康樂設施後，首次缺席，本會將會發出提醒通知；
2. 會員於三個月內累計兩次缺席記錄，其訂場權利將被暫停三個月，並於第二次缺席日的翌月一日開始計算（以曆月計）；
3. 暫停期間內，會員將無法透過網上訂場系統、電話及親身預訂本會任何康體設施；
4. 每次缺席紀錄將於缺席日期起三個月後自動失效，不再計入累積記錄。

The Recreation Sub-committee has established a Facility Booking "No-Show" Policy, effective from February 1, 2026.

Details of the "No-show" Policy are as follows:

1. Upon the member's first failure to attend a reserved facility as scheduled, a reminder notice shall be issued;
2. If a member accumulates two no-show records within any three-month period, their booking privileges will be suspended for three months, starting from the first day of the month following the second no-show (calendar months);
3. During the suspension period, the member shall be prohibited from making any facility reservations through the online booking system, by phone, or in person;
4. Each no-show record shall automatically expire and be removed from the accumulation three months after the date of the no-show.



星期一至五（公眾假期除外）在任何餐廳消費滿港幣 300 元，即可享 3 小時免費泊車優惠。（需於下午 3 時前結賬）

優惠詳情：

- 適用時間：星期一至五（公眾假期除外），下午 3 時前結賬
- 於康橋廳出示即日午市消費單據並蓋印，於車場兌換優惠

Enjoy 3 hours of free parking with a minimum spending of HK\$300 at any restaurant from Monday to Friday (excluding public holidays) (With payment settled before 15:00.)

Terms and Conditions:

- Valid Monday to Friday (excluding public holidays), for bills settled before 15:00
- Present your stamped lunchtime receipt at The Cambridge and redeem at the parking lot

E 座及 F 座工程進度

Construction Progress of Blocks E & F (Site Update)

新修訂建築圖則已於 5 月正式呈交屋宇署審批。主要修訂內容包括於兒童遊樂場增設無障礙通道、修改 E 座屋頂結構、增設雨水排水井，以及其他細節調整。我們現正就機電工程項目進行招標工作，以確保工程在合理成本下進行。

工程進度方面，E 座現正進行樓梯模板搭建工作，同時地下圍牆及主樓梯的鋼筋綁紮工程亦已展開。此外，新設沙井的建築物料已運抵工地準備進行安裝。

F 座方面，兩個消防泵房的輕質磚圍牆及由地下通往泵房頂的爬梯已完成安裝，目前正進行屋頂樓板的鋼筋綁紮工程。

The revised drawings were formally submitted to the Buildings Department for approval in May. The key amendments include the addition of an accessible walkway in the children's playground, modifications to the roof structure of Block E, the provision of new stormwater drainage chambers, as well as other minor adjustments. We are currently conducting the tendering process for the electrical and mechanical works to ensure that the project is carried out at a reasonable cost.

In terms of construction progress, Block E is currently undergoing formwork installation for the staircase. At the same time, reinforcement works for the ground floor fence walls and the main staircase have commenced. In addition, materials for the newly constructed manholes have been delivered to site and are ready for installation.

For Block F, the lightweight brick walls of the two fire service pump rooms, as well as the ladders connecting the ground floor to the pump room roof, have been completed. Reinforcement works for the roof slab are now in progress.



維修及保養工程

Repair & Maintenance Works

提升流動網絡覆蓋

Enhancing Mobile Network Coverage

香港電訊 (HKT) 無線電基站電訊安裝工程已於 2026 年 5 月 20 日展開，預計於 2026 年 7 月完工。在正式投入運作前，將根據電訊管理局的指引，會進行一系列的調試和測試。相信在基站完成後會員的手機訊號將會有所改善。

The installation works for the HKT mobile telecommunications base station commenced on 20 May 2026 and are scheduled for completion in July 2026. Before the base station is officially put into operation, a series of commissioning and testing procedures will be carried out in accordance with the guidelines of the Communications Authority. Upon completion and commencement of service, the new base station is expected to improve mobile phone signal reception and network coverage for members within the Club premises.



一號網球場圍網更換工程

Tennis Court No. 1 Fence Replacement Works

第 1 號網球場部分包膠鐵絲網、圓柱結構及防撞保護包圍因長期使用，出現不同程度的銹蝕、老化及破損情況。經詳細評估後，共有 6 幅包膠鐵絲網需要更換，相關工程已於 2026 年 5 月底順利完成。本會將繼續定期檢查及保養各項體育設施，致力為會員提供安全、整潔及完善的康樂及運動場所。

Due to prolonged use, certain sections of the PVC-coated wire mesh fencing, column structures, and protective padding surrounding Tennis Court No. 1 had developed varying degrees of corrosion, ageing, and damage. Following a detailed assessment, a total of six panels of PVC-coated wire mesh were identified for replacement. The replacement works were successfully completed by the end of May 2026. The Association will continue to carry out regular inspections and maintenance of all sports facilities to ensure a safe, clean, and well-maintained recreational and sporting environment for members.



Beat the Summer Heat with 盛夏消暑 酸甜開胃
Refreshing Sweet & Sour Flavors

夏日海皇冬瓜盅

Double Boiled Winter Melon Soup



圖片只供參考
Photos for reference

炎炎夏日，以清新滋味喚醒味蕾。黃效安師傅以傳統粵菜為基礎，巧妙融合時令鮮果與酸甜醬汁，呈獻精選肉類及海鮮的層次風味，清爽迎夏。

In the height of summer, refresh your palate with vibrant seasonal flavours. Chef Wong Hau-on draws on refined Cantonese traditions, pairing fresh fruits with sweet and tangy sauces to elevate premium meat and seafood into light, layered summer creations, perfect for an elegant seasonal dining experience at the Club.

蟹盒多士

Deep-fried Crab Toast

桂花蜜沙汁蝦球

Tiger Shrimps in Mayonnaise Sauce

胡椒鮮蝦

Fresh Shrimps with White Pepper

濃湯菜肉雲吞浸勝瓜

Pork and Vegetable Wontons Poached in Supreme Broth with Luffa

鮮果包心咕嚕豚肉

Sweet and Sour Pork stuffed with Walnut



A Legendary Champagne, Elegantly Passed On

傳奇香檳 · 優雅傳承

CHAMPAGNE
BRUNO PAILLARD
REIMS - FRANCE

Champagne Bruno Paillard 於 1981 年由 Bruno Paillard 先生在 Rheims 創立。雖然酒莊年輕，但憑藉對卓越品質的執著，以及對香檳釀造的前瞻視野，迅速成為全球愛酒人士和專業評論家推崇的名字。

Paillard 相信香檳應該是「純淨、優雅而具深度」的藝術品。他以使用 50 至 70 個頂級園區的葡萄，並加入珍藏的 陳年基酒 (Réserve Wines)，塑造出層次分明、餘韻悠長的風格。這種釀酒哲學令 Bruno Paillard 在短短幾十年間，奠定了現代香檳的標竿地位。

酒莊其中一個劃時代的創舉，就是 成為首位在酒標上標註「除渣日期 (Disgorgement Date)」的釀酒師。這個細節為消費者帶來透明度與信心，幫助大家更清楚了解香檳的成熟狀態與風格變化。今天，這項做法已被大部分知名香檳酒莊廣泛採用，可見其深遠影響力。

標誌性系列「N.P.U. – Nec Plus Ultra」（拉丁文「至高無上」），只在最偉大的年份釀造，並需經過長時間陳年，才能展現極致的複雜度與優雅。N.P.U. 是 Bruno Paillard 對香檳工藝的最高禮讚，被譽為業界的巔峰之作。

如今，酒莊已由第二代 Alice Paillard 掌舵。她不但延續父親的精神，更將女性特有的細膩和現代視角融入品牌，令這個年輕而充滿活力的香檳酒莊繼續綻放光芒。

此外，Paillard 家族亦擁有位於普羅旺斯的 Château Sarrin，專注釀造優質靜態葡萄酒。由玫瑰紅到紅、白酒，均展現地中海風土的陽光氣息與優雅平衡，為整個集團增添多一份豐富與多樣性。

無論是 喜慶佳節、浪漫時光、與摯友歡聚，抑或獨自細味一杯的寧靜時刻，Champagne Bruno Paillard 始終是 優雅、純粹與傳奇的象徵。

Founded in 1981 by Bruno Paillard in Rheims, this relatively young house quickly rose to global acclaim thanks to its uncompromising pursuit of quality and a visionary approach to Champagne-making.

Paillard believes Champagne should be pure, elegant, and profound. By blending grapes from 50 to 70 of the finest crus, together with precious Réserve Wines, the house achieves depth, refinement, and remarkable length. This philosophy has established Bruno Paillard as a benchmark for modern Champagne within just a few decades.

One of its revolutionary contributions was to become the first Champagne house to display the "Disgorgement Date" on every label. This practice provides transparency, allowing consumers to better understand the wine's maturity and evolution. Today, this once-radical idea has been widely adopted by nearly all major Champagne producers.

The estate's flagship cuvée, "N.P.U. – Nec Plus Ultra" (Latin for "Nothing Further Beyond"), is crafted only in the greatest vintages and aged extensively to achieve extraordinary finesse and complexity. It stands as the ultimate expression of Bruno Paillard's artistry and is celebrated as one of the finest Champagnes in the world.

Now under the leadership of Alice Paillard, the founder's daughter, the maison continues to flourish. Alice brings not only continuity but also a contemporary perspective and refined sensitivity, ensuring the legacy evolves with grace.

Beyond Champagne, the Paillard family also owns Château Sarrin in Provence, producing distinguished still wines. From elegant rosés to characterful reds and whites, Château Sarrin reflects the sunny Mediterranean terroir, complementing the brilliance of Champagne Bruno Paillard.

Whether for festive celebrations, romantic occasions, joyful gatherings, or simply enjoying a quiet glass alone, Champagne Bruno Paillard remains the true emblem of elegance, purity, and legacy.





Tasting Items	Type	Price / Bot	Special Price / Bot	Qty	Amount
Ch. des Sarrins "Grand Cuvee" Rose CdProvence 2023 (RP 90)	Rose	\$185	\$140		
Ch. des Sarrins "Blanc Secret" CdProvence 2021	White	\$255	\$190		
Bruno Paillard Premiere Cuvee Extra-Brut MV (WS 92, RP 92+)	Champagne	\$490	\$380		
Bruno Paillard Premiere Cuvee Rose MV (WS 91, RP 93)	Champagne Rose	\$660	\$490		
Bruno Paillard D:Z - Dosage Zero MV (WS 92, RP 91)	Champagne	\$620	\$480		
Bruno Paillard Blanc de Blancs Grand Cru MV (WS 92)	Champagne	\$750	\$580		
Bruno Paillard Assemblage Extra Brut 2015	Champagne	\$925	\$680		
Bruno Paillard Premiere Cuvee Extra-Brut MV (Magnum) (WS 92, RP 92+)	Champagne	\$1,220	\$820		
Bruno Paillard N.P.U. 2009 (Gift Box) 至高無上 !	Champagne	\$2,100	\$1,800		

Total:

Member Name: Mr. / Ms / Mrs.

Membership Number:

Delivery Address:

Tel No.

Delivery Date:

Member Signature:

Terms & Conditions:

Free delivery applies to orders of HKD1,800 or more. For orders below this amount, in-club pickup is an option.

Please allow 3-5 working days for processing your order.

Offer valid until the end of August 2026.

All orders are subject to acceptance and availability.

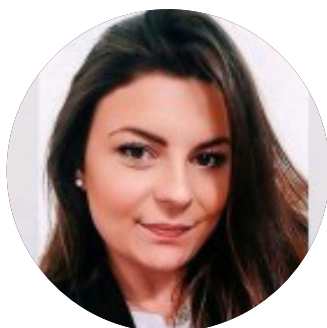
Under the law of Hong Kong, intoxicating liquor must not be sold or supplied to a minor in the course of business.

The Kowloon Tsai Home Owners Association reserves the right to amend the terms and conditions without prior notice.

All matters and disputes will be subject to final decision of The Kowloon Tsai Home Owners Association.

One Heritage, Two Exceptional Expressions Cesari & Villa Da Vinci Wine Dinner

一脈傳承，兩種卓越演繹



Ambassador
Ms. Dunia Cerone

日期 Date : 11/9(Friday)

時間 Time : 19:00

地點 Venue : 康橋廳 The Cambridge

費用 Fee : \$498

主持 Speaker : Ms. Dunia Cerone

Menu

Villa Da Vinci "Streda" Vermentino 2024
Salt and Pepper Abalones
椒鹽鮑魚

Cesari Centofilari Pinot Grigio Garda 2024
Sweet and Sour Pork Chop with Fresh Fruit
鮮果京都鮮肉排

Villa Da Vinci "S. To Ippolito" IGT 2023
Deep-fried Crab Toast
蟹盒多士

Cesari Bosan Ripasso doc Superiore 2019
Cesari Amarone Bosan Riserva 2016
Pan-seared Australian Wagyu Beef
香煎澳洲和牛

Berries Cheesecake
雜莓芝士甜品





Hong Kong Asian Tennis Junior Series 14 & Under 2026

香港亞洲青少年14歲或以下 網球巡迴賽2026



15 - 29 August

本會將於今年8月再次與中國香港網球總會攜手合作，舉辦 Asian Tennis Federation (ATF) 青少年巡迴賽。我們熱切期待本地網球新星創出佳績，為港爭光！誠邀會員蒞臨觀賞賽事，與我們一同見證這項國際級青少年賽事的精彩時刻！

This August, our Club will once again collaborate with the Hong Kong, China Tennis Association to host the Asian Tennis Federation (ATF) Junior Tour. We eagerly look forward to seeing local rising tennis stars deliver outstanding performances and bring pride to Hong Kong! Members are warmly invited to come and watch the matches, and join us in witnessing the exciting moments of this international-level junior tournament!

The Kowloon Tsai Home Owners Association

如因賽事調動而可提早開放場地，本會將以短訊形式(SMS)通知，屆時會員可免費使用場地。
敬請會員留意最新訊息。

Should the court become available earlier due to match schedule adjustments, members will be notified via SMS and may utilize the court free of charge. Please stay tuned for our latest updates.

第一至五號網球場及多用途活動室將於 8 月 15 至 29 日全日暫停開放。
Tennis courts no. 1 to 5 & Multi-function room will be temporarily closed from August 15-29.



網球教練
尹熹

- 前國家一級運動員
- 國際網球協會 (ITF) 二級教練
- 香港網球總會註冊教練 (三級)
- 從事網球教學超過 15 年
- 前中國國家少年集訓隊教練

Tennis Coach
Ronald Yin

- Former Level 1 National Athlete
- ITF Level 2 Coach
- HKTA Registered Level 3 Coach
- Over 15 Years of Coaching Experience
- Former Coach of the Chinese National Junior Team

努力和堅持

歡迎大家關注網球磚家。

最近香港的市面被宣創得很火熱，包括奧運冠軍租屋蝸居。有些人看到了行情，有些人看邏輯。也有些人一提起樓市，就想起日本失去的 30 年。而另外一些人，在日本失去的 30 年中，看到了醫療是抗經濟週期的存在。磚家從一篇文章中，看到醫療行業，醫生群體在慘境當中如何生存，發展，又立刻聯繫到了網球。隔行如隔山，隔行不隔理。說的不一定對，隨便看看吧。

日本醫生的收入大概是日本國民平均水準的 3 倍，是僅次於飛行員的第二穩定職業，屬於日本職業金字塔尖。所以比一般人更具備抗衝擊能力，顯而易見。在香港也是如此，很多高分年輕人選擇醫科，希望能當醫生。但是醫生哪兒有那麼好當，就算是已經在高考戰場上證明過自己，但不脫一層皮就可以擁有那麼光鮮亮麗的外表嗎？想要來到職業塔尖，那是需要一輩子小心謹慎，保持刻苦學習的。做得不好，隨時都可能被什麼醫療協會除名，要吊銷牌照。對比起來，高考真的只是很小的戰役。前段時間，在比賽場碰到一個學生，當時以滿分進入醫科學院，幾年不見，聊了幾句。不好意思的說自己網球水平下降很多，平時基本上除了吃飯，睡覺，就是在看書，或者邊吃邊看，東西可以忘了吃，但書必須看，而且知道這是看不完的。現在甚至連印在網球上面的數字都看不清楚了。難怪整場球都在打拍框。最後感慨，讀書和打球一樣，一個接一個的考試，新的專案和知識點需要去完成。就像以前一個又一個的比賽要參加，技術動作和戰術意識要反覆優化，不停的證明自己。都難。

社會生存需要抗經濟週期，網球比賽中是需要抗壓性。在比賽進入膠著狀態中，雙方都難。羅馬大師賽後，梅德維德夫接受採訪時說了這麼一段話：很多跟我打球的人都有會出現體能狀況。納達爾，小德，現在的辛納，在經過長時間的多板相持，一分接一分，體能出現問題是很正常的，這是我的打法，他們都是這樣優秀的選手，只能這樣消耗才有機會。沒法統計這些頂尖高手的抗壓能力是一般選手的多少倍。但可以想像的是，挑戰他們所需要的門檻，在三盤兩勝的比賽中，需要多少小時的體能儲備，

有多少情況下被拉扯出球場，在失衡狀態下的移動擊球，在每一分當中都不僅要準備對手的砲轟，還有時不時的小球襲擾。這種門檻，就是頂尖運動員的肉眼可見的抗壓能力。體能上扛得住 5 個小時的連續對抗；反復的忍受自己的失誤並且嘗試微調；猜測對方的戰術，從對方的得分當中來尋找對策等等。頂尖運動員也會失誤，也會搖擺。都知道辛納的擊球過網相對較平，但如果真的在關鍵時刻能把他釘在底線，迫使他蹲到最低來擊球，他也只能利用更多的旋轉來化解。但問題是，有多少人能迫使辛納降速。辛納降了速度以後，只能說攻擊能力稍微降低了，不代表比賽就輸了。該拼刺刀了，只能說可能輸贏機率有變化而已。但是很多人就翻不過這座山，該辛納當球王。

醫生和球員，有很多底層邏輯是相通的，想要在社會結構當中爬到上層，想要在眾多球員當中脫穎而出，都是需要日復一日的刻苦精進的。沒人擔保一定成功，可能更少人意識到成功了之後甚至需要更努力。所以到了一定的階段，就只剩下堅持和努力了。成為優秀的醫生，看家境，看平台嗎？可能只看成績和能力吧。有人看病找醫院，有人找名醫。網球場上更是富家子弟滿天飛，人脈，資源都在線，最後還是運動員個人意志和能力拉大了賽場上的差距。其實不管是當醫生，或者是做球員，好多家長習慣從下往上看，覺得需要天賦等等，但如果從上往下看，有什麼東西可以阻止小朋友成為一名醫生或者球員的，甚至範圍再大一點兒，有什麼品質可以阻止小朋友將來在社會上獨當一面的？可能就是堅持和努力了吧。教練可以換，訓練環境也不是問題。西班牙，美國，澳洲都可以選，但這些都是加持，如果沒有前面的 1，後面都是零。這個 1 不是秘密，再有樂趣的訓練如果天天做也會枯燥，再科學的訓練也無法避免傷病，再優秀的教練也帶不動沒有自驅力的運動員。

有錢有資源肯定是加分項，學醫的成本放在那裡，大家都知道，而且越是有家底，在選擇科目的時候越從容；也更容易接觸到頂尖的醫療團隊和資源。網球也是一樣的，不管是換教練，外出比賽等等，所有都是成本支出，都是心裡面的一本帳。在真正的取得成果之前，都是需要等待和堅持的。

網球這種項目是必須往外走的，原因很簡單，它是世界性的運動，就是需要見識。儘管現在國內的訓練方法已經提高了許多，但是實戰經驗這方面是只能親身體會的，紙上得來終覺淺。當然，有些小朋友出去體會到了不一樣的戰術，有些看到了更加多樣化的訓練方式，肯定也有一些看到消極的態度等等，這個都是很難控制的，也沒有人說得清楚對錯。走出去是必須的，就算出去之後狀態下降，大機率也是綜合原因造成的。有些人總是嘲笑梅德維德夫的正手很滑稽，但卻很少有人真正去研究，為什麼他在訓練時候的正手和比賽時候的動作有那麼大的分別，甚至根本就忽略了他正手的殺傷力。要知道，可以把那麼多人打到抽筋的人，不會有太大的硬傷。還有些人因為一知半解了日本失去的三十年，所以永遠看到房子就是泡沫。

和大家一起慢慢成長。



成人網球班 Adult Tennis Class

為 18 歲以上成人 精心設計的優質網球課程，無論您是初學者還是想重新找回手感，都能在專業教練的指導下穩定進步。透過教練與學員之間的良好互動，循序漸進學習。

A premium tennis program specially designed for adults aged 18 and above. Whether you are a beginner or looking to regain your form, you can steadily improve under the guidance of professional coaches. Through positive interaction between coaches and participants, you will progressively learn essential skills in a structured and supportive environment.

Pinky Kwok

逢星期五 Every Friday

Age 18 or above

(A) 10:00-11:00 / (B) 11:00-12:00

\$165 / Lesson

* 網球班來賓收費每堂 \$100。
Tennis class fees for guests are HKD100 per class.

冬季網球聯賽 2026 報名 2026 Winter League Registration

由中國香港網球總會舉辦之冬季網球聯賽將於 2026 年 9 月舉行，現鼓勵各合資格會員於 2026 年 7 月 31 日（星期五）或以前，親臨大堂接待處報名。

The 2026 Winter League hosted by the HKCTA will be held in September. Eligible Members who wish to apply can do so at the reception area, on or before 31 July 2026 (Friday).

來賓使用網球場次數安排 Guest Tennis Court Usage Arrangement

來賓可於上午 7 時至下午 2 時時段使用網球場。同一位來賓（包括由不同會員邀請）每月最多可使用網球場六次，其中於星期六、日或公眾假期合共最多兩次。其他現行的來賓使用網球場守則維持不變。

Guests may use the tennis courts from 07:00 to 14:00. The same guest (including those invited by different members) may use the tennis courts up to six times per month, with a maximum of two sessions falling on Saturdays, Sundays, or public holidays. All other existing guest regulations for tennis court usage remain unchanged.

黃金時段開放預訂 | 四號網球場

Prime Time Booking Open | Tennis Court 4

為提供更靈活的運動體驗，會所四號網球場由 2026 年 6 月 1 日起正式開放預訂！歡迎會員與親友切磋球技，共享網球樂趣。

開放時段：逢星期一至五 下午 2:00 至晚上 7:00（公眾假期除外）

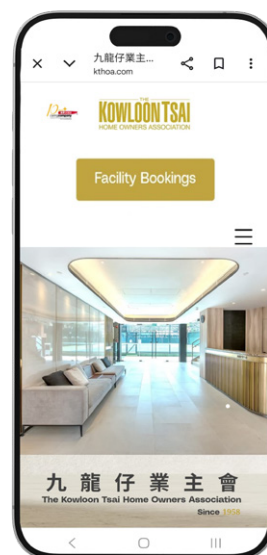
場地費用：每小時港幣 \$20

To offer greater flexibility and an enhanced tennis experience, Tennis Court No. 4 will be available for booking from 1 June 2026. Members are welcome to reserve the court and enjoy the game with family and friends.

Available Hours: Mondays to Fridays
14:00 – 19:00 (excluding public holidays)
Fee: \$20 / hour



BOOK NOW



網球場輪候守則

Tennis Court Queueing Guidelines

所有會員必須細閱、注意並嚴格遵從以下網球場輪候守則：

All members are required to read, observe, and strictly comply with the following queueing regulations:

場地使用時間分配

一人使用時間為十分鐘，兩人為二十分鐘，三人為三十分鐘，四人為四十分鐘或一盤（六比六或七比五），取時間較短者，熱身時間計算在內。

Court Allocation Time

One player is allocated ten minutes of court use, twenty minutes for two players, thirty minutes for three players and forty minutes or one set (6-6 or 7-5), whichever is shorter, for four players. Warm ups are included in the allocated time slots.

啟動計時器

使用者進場前必須自行按下計時器開始球賽。不論任何情況下，當時間完結時，使用者必須先行離開球場。若未有按動計時器，當有輪候者排隊，必須立即讓出場地。

Timer Activation

Before entering the court, players must activate the timer. When their time is up, players must leave the court. If the timer has not been activated, the on-court players must vacate the court immediately when waiting players start to line up.

新增球員

不論任何情況下，時間開始計算後，加入新球員一同打球，使用時間將維持原有時間不變。

Addition of Players

Once the timer starts, the addition of new players to the group will not alter the time allocated to them.

榮耀加冕：恭賀混雙第二組別奪冠

Crowned with Glory: Congratulations to Mixed Doubles Division II Team on Winning the Championship!

熱烈祝賀本會網球隊於「中銀香港混合雙打聯賽」第二組別勇奪冠軍！在隊長郭汝雄先生與副隊長陳淑珍女士的帶領下，隊員以 10 戰全勝的完美戰績高踞榜首。感謝兩位正副隊長及全體隊員為會所增光，全體會員皆為你們的耀眼成就深感自豪！

We extend our heartiest congratulations to our Mixed Doubles Division II Tennis Team for crowning themselves Champions in the Bank of China Hong Kong Mixed Doubles League! Under the exceptional leadership of Team Captain Mr. Sunny Kwok and Assistant Captain Mrs. Candy Kwok, the team achieved a flawless 10-0 undefeated record to finish at the very top. Thank you to the captains and all team members for bringing glory to the Club—we are immensely proud of your stellar achievement!



榮獲佳績－中國香港元老網球總會聯賽

Triumphs at HKCVTA League

本會網球隊於日前的中國香港元老網球總會（HKCVTA）聯賽中表現出眾，勇奪多項組別的最高殊榮！為表揚球員們的拼搏精神，獲獎隊伍日前亦受邀出席了於 2026 年 6 月 20 日舉行的聯賽頒獎晚宴。衷心祝賀所有獲獎隊伍，感謝各位為本會贏得榮譽，期待大家再創佳績！

輝煌戰績：

2025 年元老日間聯賽（第一組別）：冠軍

2026 年元老聯賽（男子 120+ 第一組別 - 第一隊）：冠軍

2026 年元老聯賽（男子 120+ 第二組別）：冠軍

2026 年元老聯賽（男子 120+ 第一組別 - 第二隊）：亞軍

Our players have delivered spectacular results in the recent HKCVTA leagues, capturing top honors across multiple divisions. To celebrate these incredible achievements, our winning teams were recently invited to attend the League Prize Presentation Dinner on 20 June 2026.

Congratulations to all the squads for their hard work and dedication on the court!

Our Stellar Results:

Senior Day League 2025 (Div. I): Champion

Veterans League 2026 (Men's 120+ Div. I - Team 1): Champion

Veterans League 2026 (Men's 120+ Div. II): Champion

Veterans League 2026 (Men's 120+ Div. I - Team 2): Runner-up



大滿貫仲夏狂熱：從倫敦草地到紐約硬地

Grand Slam Summer: From London Grass to New York Hardcourts

隨著盛夏降臨，全球網壇即將迎來最令人血脈沸騰的黃金賽季！首先由歷史悠久的溫布頓網球錦標賽（6 月 29 日至 7 月 12 日）在倫敦草地揭開序幕，緊接著戰火將移師大西洋彼岸，迎來年度最後一項大滿貫——美國網球公開賽（8 月 30 日至 9 月 14 日）的紐約硬地激戰。

為了讓大家更投入這股網壇盛事，在溫網賽事期間（6 月 29 日至 7 月 12 日），歡迎各位會員在進場打網球時穿上白色主題服飾，一同營造最經典的大滿貫氛圍！誠邀各位網球愛好者與親友一同前來會所，感受熱血的夏日網球狂熱！

As summer intensifies, the tennis world is gearing up for an exhilarating stretch of Grand Slam action! The excitement kicks off on the sacred grass of Wimbledon (June 29 – July 12), followed by high-octane hardcourt drama at the US Open (August 30 – September 14).

To bring the Grand Slam spirit to our own courts, we warmly invite all members to dress in all-white attire when playing tennis at the club during the Wimbledon period (June 29 – July 12) to capture the ultimate tournament atmosphere! Come join us with your family and friends to celebrate a spectacular summer of tennis!





中班 Intermediate

集中泳姿改良及教授起跳動作；再根據學員進度教授背泳及蛙泳動作。

Focuses on refining swimming stroke techniques and learning how to dive. Based on their progress, students will also start learning the backstroke and breaststroke.

逢星期三 Every Wednesday

Age 3-5

17:00-18:00

\$145/ lesson

高班 Advance

提升三式泳姿，改善耐力及速度；改良起跳及學習轉身、觸池動作。

This class will enhance students' technique for three swimming strokes, as well as their endurance and speed. Students will also be trained in their diving technique and learn how to touch the wall and make a turn.

逢星期三 Every Wednesday

Age 5 or above

16:00-17:00

\$145/ lesson

* 游泳班來賓收費每堂 \$50
Swimming class fees for guests are HKD\$50 per class

泳池安全重要通告：雷暴安排 Important Notice: Pool Safety During Thunderstorms

香港常有雷暴天氣，為保障所有泳客的安全，本會特別提醒各位會員及親友，當雷暴警告生效或天氣惡劣時，請務必留意現場職員的通知，遵守救生員及前線職員的指示。

當職員要求清場時，請各位立即離開泳池水面及平台範圍，前往安全地方暫避。感謝大家的體諒與配合！

In light of the frequent thunderstorm weather, we would like to remind all members and guests to stay alert to on-site updates. For your own safety, please pay attention to notices from our frontline staff and strictly comply with all instructions given by our lifeguards and on-site team during bad weather or when a Thunderstorm Warning is in force.

When a pool clearance is requested by our staff, please exit the water and pool deck area immediately to seek safe shelter. Thank you for your kind understanding and cooperation!

游泳池開放時間 Swimming Pool Arrangements

由 4 月 1 日至 8 月 31 日，游泳池將提早於上午 6 時 45 分開放，讓您在應付繁重工作前，透過運動放鬆身心。新措施將試行 5 個月。

泳池設有恆溫系統，保持水溫在攝氏 29-30 度，讓會員在舒適的環境下暢泳。

常規清潔：13:00 - 14:00 (每日)

每週大清潔：逢星期二 10:30 - 13:00

(公眾假期將延至翌日清洗)

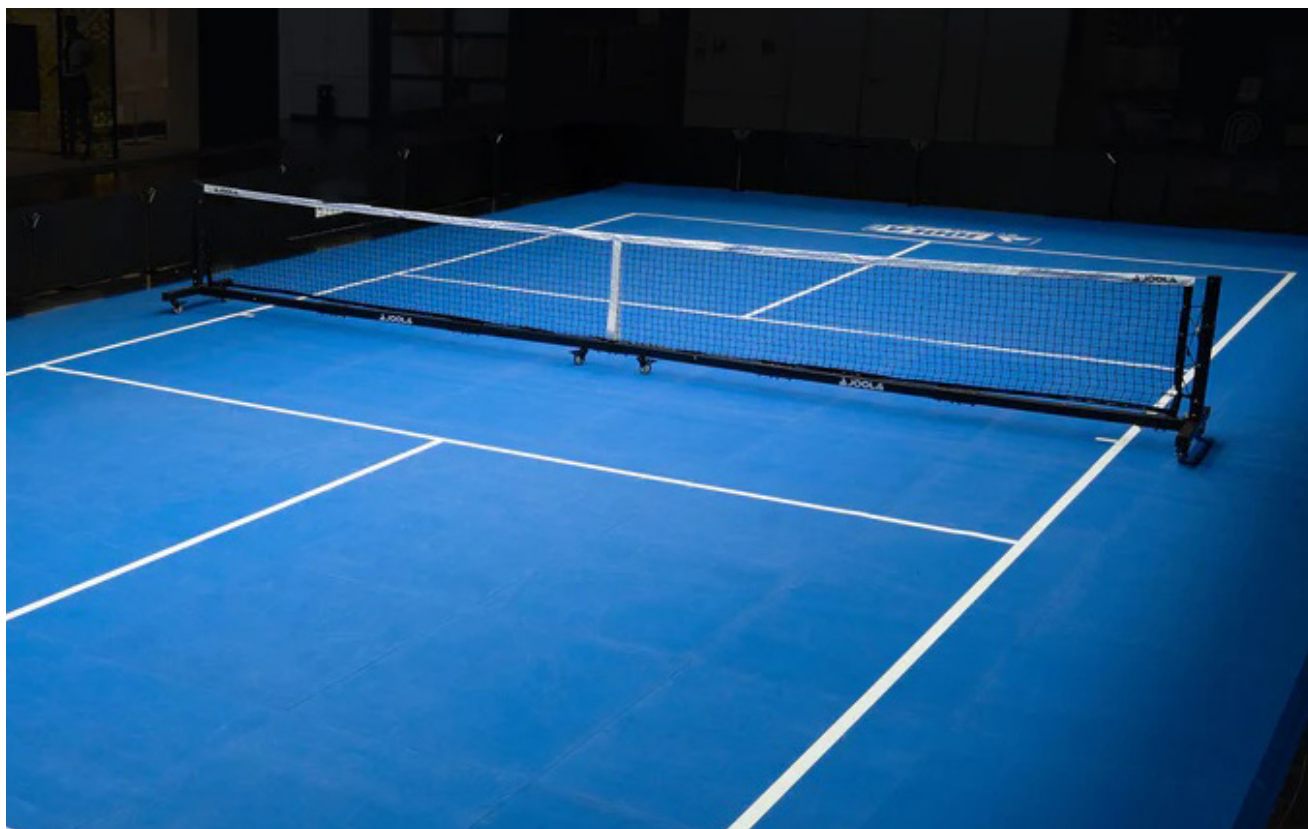
From April 1 to August 31, the swimming pool will open earlier at 6:45 am, allowing you to relax and exercise before tackling your busy workday. This new measure will be trialled for five months.

Our heated pool keeps the water temperature at 29-30 degrees Celsius so Members can enjoy a comfortable swimming environment.

Regular cleaning: 13:00 to 14:00 (daily)

Weekly Deep Cleaning: Every Tuesday from 10:30 to 13:00

(If Tuesday is a public holiday, cleaning will resume on the next day)



SUNDAY PICKLEBALL

週日匹克球熱力開打

An Exclusive Evening of Play & Connection

Experience the elegance of pickleball in a relaxed yet vibrant social setting, surrounded by fellow members of the Club. Enjoy engaging rallies and spirited exchanges across four dedicated courts, designed for players of all levels to connect, compete, and enjoy the game at its finest.

在悠閒舒適的環境中盡享匹克球樂趣。四個專屬匹克球場為不同程度的球員打造理想的運動空間，讓您盡情揮拍、交流球技，享受充滿活力的運動體驗。

Every Sunday Evening

19:30 - 22:00

\$30 / Member

\$80 / Guest

Quota: 24



教練 Keith 帶您體驗匹克球樂趣 Experience Pickleball with Coach Keith

匹克球 (Pickleball) 近年風靡全球，結合網球、羽毛球及乒乓球的特色，容易上手，適合不同年齡及水平人士參與。由資深教練 Keith Fong 親自指導，憑藉豐富的教學及國際賽事經驗，秉持「Not the strongest skills, but the most suitable」的教學理念，因材施教，協助初學者輕鬆掌握基礎技巧，同時提升進階球員的技術與實戰能力，讓每位會員都能盡享匹克球的樂趣。

Pickleball is a fast-growing sport that combines tennis, badminton, and table tennis. It is easy to learn and suitable for all ages and skill levels. Coach Keith Fong brings extensive coaching and international competition experience. With a personalised approach guided by his philosophy, "Not the strongest skills, but the most suitable," he helps beginners build solid fundamentals and supports advanced players in improving technique and performance. Players of all levels can enjoy the game, improve steadily, and fully experience the fun of pickleball.



Pickleball Coach
Keith Fong
Mobile : 9544 0911

私人課堂費用 Private class fees

費用 Fee

1:1 HKD450

1:2 HKD500

1:3 HKD570

1:4 or more HKD155 (per head / per hour)

匹克球來賓人數

Revision of Pickleball Guest Policy

Effective from 1 June 2026, each member may bring a maximum of three (3) guests for pickleball activities. This policy applies to all pickleball court bookings and related activities. Members are kindly requested to observe and comply with this arrangement.

教練專業資格

Coach's Professional Qualifications

- IPTPA 資深教學專家
- IPTPA 二級教練認證
- IPTPA 認證兒童及青少年教練
- IPTPA 認證分級專家
- DUPR 認證教練
- 國際匹克球學院 (IPA) 裁判
- IPTPA Master Teaching Professional (Hong Kong)
- IPTPA L2 Certified Pickleball Teaching Professional
- IPTPA Certified Junior Pickleball Instructor
- IPTPA Certified Rating Specialist
- DUPR Coach
- Referee, International Pickleball Academy (IPA)

曾參與的大型比賽

Major Tournaments & Competitions

- 香港匹克球邀請賽 2022 男雙亞軍
- 2023 DUPR 中國排名系列賽男雙亞軍
- 世界匹克球錦標賽 2023 男單、混雙 8 強
- 世界匹克球錦標賽 2024 男雙、混雙 8 強
- 1st Runner-up, Men's Doubles – Hong Kong Pickleball Invitational 2022
- 1st Runner-up, Men's Doubles – 2023 DUPR China Ranking Series
- Quarterfinalist, Men's Singles & Mixed Doubles – World Pickleball Championship 2023
- Quarterfinalist, Men's Doubles & Mixed Doubles – World Pickleball Championship 2024

由 2026 年 6 月 1 日起，每位會員參與匹克球活動時，最多可攜帶 3 位來賓。此安排適用於所有匹克球場預約及相關活動，敬請會員配合。

私人運動課程：量身打造的高效訓練

Master Your Game: Private Lessons by Appointment

拒絕盲目摸索，透過專屬課程精準達成您的運動目標。我們提供一對一私教或專屬自組班，由專業教練團隊依據您的進度與水平，提供最客製化的個人指導。

開放預約項目：網球 | 游泳 | 籃球 | 乒乓球 | 匹克球 | 體能訓練 | 伸展 | 普拉提 | 舞蹈 | 瑜伽 | 拳擊 | 足球

Achieve your sports goals with customized private coaching. Available by appointment for 1-on-1 training or your own private group, our certified professionals offer instruction tailored entirely to your pace and skill level.

Available Programs: Tennis / Swimming / Basketball / Table Tennis / Pickleball / Physical Fitness / Stretching / Pilates / Dance / Yoga / Kickboxing / Football

名額有限，請即刻聯繫預約，開啟您的運動之旅，全面釋放您的運動潛能。

Secure your slot now to embark on your sports journey and unlock your full athletic potential.

團體課程

Group Class Program



DANCE PLUS

課程重點是以有趣的方式提供各種 Funky 舞蹈鍛煉的核心理念和實際體驗。參與者將體驗漸進式高低衝擊鍛煉、新穎的有氧運動及身體塑形練習。

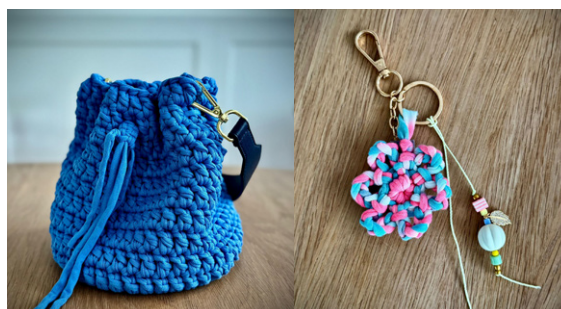
The focus of the class is to provide the core concepts and practical experiences of the different Funky Dance workouts with fun. Participants can experience progressive Hi/Low impact workouts, new body aerobic workouts and body conditioning exercises.

逢星期四 Every Thursday

Age 16 or above

12:00-13:00

\$200 / Lesson



鉤織班

Crochet

鉤織是一種利用鉤針和紗線創作織物的手工技藝，通過勾取紗線形成各種形狀和圖案，製作過程簡單且富有創意。在課堂中，資深導師 Denise 將帶你進入這個充滿創造力與樂趣的世界。你將學會如何運用基本鉤針技法，製作出各種漂亮的手袋及掛飾。

Crochet is a handicraft where yarn and a hook needle are used to create textiles. The process is easy to learn, and you can make all sorts of patterns and shapes for many creative designs. In this class, an experienced instructor, Ms. Denise Lau, will be guiding you into this fun and artistic world, teaching you the basic stitch techniques to make beautiful bags and charms.

兒童初班 Beginners Class for Children

Age 8-12

逢星期六 Every Saturday

10:30-12:00

\$470/ Lesson(1.5 hours)

成人初班 Beginners Class for Adults

逢星期三 Every Wednesday

09:00-10:30

\$470/ Lesson(1.5 hours)

* 興趣班來賓收費每堂 \$50

Interest class fees for guests are HKD50 per class.



伸展運動

Stretching Exercise

伸展運動可增加身體的柔韌度，改善個人姿勢及強化肌肉，對預防及舒緩痛症有極大幫助。

Stretching helps enhance your flexibility, improves posture, and strengthens muscles, which also helps to soothe and prevent aches and pains in the body.

逢星期一 Every Monday

Age 16 or above

18:00 - 19:00

\$200 / Lesson

溫和流瑜伽

Gentle Flow Yoga

溫和流瑜伽通過動作和呼吸的協調，提升血液循環及肌肉彈性。課程包含基本姿勢、少量核心強化動作，特別針對肩頸和下背痛進行舒緩練習。適合各年齡層參與。

Through the coordination of movement and breathing, gentle flow yoga enhances muscle flexibility and blood circulation. This class includes basic poses and some core strengthening movements, focusing on learning to relieve shoulder, neck and lower back pain, and is suitable for all ages.

逢星期一 Every Monday

Age 16 or above

10:00-11:00

\$180 / Lesson

逢星期四 Every Thursday

Age 16 or above

18:00-19:00

\$180 / Lesson

逢星期二 Every Tuesday

Age 16 or above

18:00-19:00

\$180 / Lesson

* 興趣班來賓收費每堂 \$50

Interest class fees for guests are HKD50 per class.



頌鉢及冥想

Singing Bowl Meditation

結合冥想和頌鉢療癒於一身，有效提升身心靈健康，舒緩情緒、改善失眠及焦慮等都市病問題。

The combination of meditation and singing bowl therapy can more effectively improve your physical and mental health, improving your mood and quality of sleep, as well as relieving anxiety.

逢星期日 Every Sunday

Age 16 or above

20:00-21:00

\$180 / Lesson

普拉提

Pilates

墊上普拉提的動作較為緩慢，利用自身重量進行練習，注重身體控制，呼吸和肌肉的協調性，並強調身體核心肌群的訓練，可達至修身目的。在墊上進行普拉提可提高身體的靈活和平衡性、減少疼痛和預防運動傷害。

Mat Pilates is a form of exercise that uses slower movements and your own body weight as part of the workout, and focuses on body control, breathing and muscle coordination, and primarily targeting your core muscles to achieve fitness. Mat work also helps to enhance flexibility.

逢星期一 Every Monday

Age 16 or above

19:00-20:00

\$200 / Lesson

LEG CURL & EXTENSION



塑造勻稱體態 · 由雙腿開始

Sculpt Your Ideal Physique · Starts with Elegant Lower Body Strength

全新 Life Fitness 坐姿腿屈伸雙功能訓練機 現已登場，結合人體工學設計與精準阻力，助您有效鍛鍊腿部肌群，塑造流暢腿部線條、提升力量與穩定性，展現更健康、更自信的體態。

預約健身教練，享受專業器材指導及個人化訓練建議，助您更有效率地塑造理想體態。
為了讓大家熟悉全新設定並發揮最大鍛鍊效果，我們將舉辦專屬導覽與指導課程：

The all-new Life Fitness Seated Leg Extension/Curl Machine has officially arrived. Engineered with premium ergonomics and precision resistance, this versatile trainer is designed to beautifully define your lower body. Sculpt lean, fluid lines, elevate your stability, and unlock a healthier, more confident you.

Elevate Your Routine and book a session with our personal trainers today. Receive expert equipment guidance and a tailored workout plan designed to fast-track your goals and maximize your results.



Personal Trainer
Winnie Yip

鍛鍊腿部肌群工作坊 Leg Muscle Training Workshop

日期 Date : 20 & 27 Jul (Mon)

時間 Time : 18:15-19:00

地點 Venue : Gym Room

需提前預約 Advance booking is required



全民運動日 2026

2026 Sport For All Day

今年的全民運動日將於 2026 年 8 月 2 日（星期日）舉行。本會積極響應並鼓勵會員踴躍參與，透過運動促進身心健康，實踐健康生活！

當日將免費開放乒乓球室，籃球場及匹克球場予會員預約使用，名額有限，先到先得！

可預約時段：上午 10 時至晚上 6 時

This year's Sport For All Day will be held on Sunday, August 2, 2026. Our Club fully supports the initiative and encourages members to participate enthusiastically—promoting physical and mental well-being through exercise and embracing a healthy lifestyle!

On the day, the table tennis room, basketball court and pickleball court will be open to members free of charge for reservation. Spaces are limited and available on a first-come, first-served basis!

Reservation time slots: 10:00 to 18:00

場地租用及運動課程 (5-6 月)			
Booked Venues and Sports Classes (May to Jun)			
類別 Type	機構 / 團體 Organization	設施 / 課程 Facilities / Program	時數 Usage(Hours)
租用場地 Booked Venue	中國香港網球總會 Hong Kong, China Tennis Association	網球場 Tennis Court	432
	深水埗體育會 Sham Shui Po Sports Association	足球場 Soccer Pitch	
	香港單親協會 Hong Kong Single Parents Association	匹克球場 Pickleball Court	
	和富社會企業 Wofoo Social Enterprises	籃球場 Basketball Court	
	英華書院 Ying Wa College	游泳池 Swimming pool	
	宣道幼稚園 The Alliance Kindergarten		
	賽馬會官立中學 Jockey Club Government Secondary School		
	香港培正小學 Pui Ching Primary School		

Where Families 夏日親子焦點 Meet the Joy of **SUMMER**



夏日繽紛水上嘉年華 Summer Splash Carnival

深受會員喜愛的夏日水上繽紛嘉年華又返嚟啦！有多款水上充氣玩具及大型滑水梯，讓您和家人體驗一個「涼浸浸非常夏日」。

Our ever-popular Summer Splash Carnival is back! Get ready for a refreshingly cool summer! Bring the whole family to enjoy our massive water inflatables and giant water slide.

26 July (Sunday)

14:00-17:00

\$200 Member / \$250 Guest

水運會 2026

Swimming Gala 2026

一年一度的水運會即將舉行！誠邀您和家人踴躍參加，一同投入這場充滿挑戰性的年度活動。比賽將設有多個年齡組別及項目，無論是游泳新手或是游泳健將，都有機會一展身手，爭奪佳績，向飛魚頭銜進發！

The annual Swimming Gala is about to begin! You and your family are warmly invited to join and immerse yourselves in this exciting yearly challenge. With multiple age groups and events, whether you're a beginner or experienced swimmer, everyone has the chance to shine, compete for great results, and aim for the winning titles!

30 August (Sunday)

14:00-17:30

\$150 Member / \$200 Guest



Summer Programmes

暑期興趣班



網球技術改良班

Advanced Tennis Technique Class

集中加強擊球及接球等動作訓練、移動技巧、網球對打及了解計分比賽的戰術概念。

This course focuses on enhancing hitting and receiving techniques, movement skills, and liveball rallies. Participants will also develop a deeper understanding of scoring systems and match tactics.

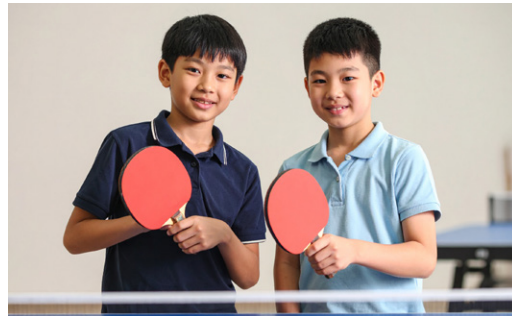
Age 7-11

July 20, 22, 24, 27, 29, 31 (Mon, Wed & Fri)

14:00-16:00 (2 hours)

\$2,640 per person (more than 3 people) /

\$3,240 per person (3 people) (6 lessons total)



乒乓球體驗班

Table Tennis Experience Class

由基礎的握拍到揮拍開始，以遊戲訓練方式引起孩子的興趣，讓初接觸乒乓球的小朋友也能快速上手。

Starting from the basics of gripping and swinging, this class uses game-based training to spark children's interest, ensuring that beginners can pick up table tennis quickly.

Age 6-8

Jul 8, 15, 22, 29 Aug 5, 12 (Wed)

15:00-16:00

\$960 per person (6 lessons)



游泳高班

Advanced Swimming Class

改善三式泳姿，提升耐力及速度；改良起跳，學習轉身及觸池動作。

Improve three swimming strokes, enhance endurance and speed; refine take-off, and learn turn and touch-the-pool techniques.

Age 6 or above

Jul 10, 17, 24, 31 / Aug 7, 14, 21, 28 (Fri)

11:30-12:30

\$720 per person (4 lessons)

「母親節工藝坊」溫馨回顧 Mother's Day Handicraft Workshop

在 5 月 10 日，本會大堂舉辦了溫馨的「母親節工藝坊」。許多小朋友齊聚一堂，親手製作精緻繽紛的紙花送給媽媽。看著媽媽們接過這份獨一無二的手作禮物時綻放的笑容，現場洋溢著滿滿的幸福與感恩。感謝各位會員的熱情參與，與我們一同度過了一個難忘的母親節！

On May 10, our Club Lobby came alive with love and creativity during the Mother's Day Handicraft Workshop. Children had a wonderful time crafting beautiful, handmade paper flowers as a special surprise for their moms. Seeing the joyful smiles on the mothers' faces made the day truly unforgettable. Thank you to all the families who joined us for this heartwarming celebration!



威士忌風味晚宴 Mortlach Whisky Pairing Dinner

威士忌風味晚宴已於 5 月 22 日圓滿舉行。晚宴中我們共同見證了 Mortlach 酒莊傳承近兩百年的傳奇——憑藉獨步天下的 2.81 次蒸餾工藝，體驗了「達夫鎮野獸」雄渾飽滿的傳奇魅力。五道精選佳餚與威士忌醇厚深邃的特質完美交織，帶領大家解鎖百年珍釀的豐富層次，成就了一場無與倫比的味覺探索之旅。

The Mortlach Whisky Pairing Dinner concluded with great success on May 22. Together, we bore witness to the nearly two-century-old legacy of the Mortlach Distillery. Driven by their unparalleled 2.81 distillation process, guests experienced the powerful and full-bodied legendary charm of "The Beast of Dufftown." Five specially curated culinary masterpieces intertwined perfectly with the rich and profound character of the whisky, guiding everyone to unlock the rich layers of this century-old vintage and culminating in an unparalleled journey of taste exploration.



加州經典之夜晚宴

Calera and Sonoma Cutrer Wine Dinner

加州經典之夜已於 6 月 26 日圓滿結束。當晚的五道精緻菜式與兩大傳奇佳釀完美激發了彼此的風味。Sonoma Cutrer 那純淨典雅的海岸霞多麗風味，為晚宴寫下了優雅的序曲；而 Calera 層次分明、結構細膩的黑皮諾，更帶領大家的味蕾深入探索了手工釀造的風土靈魂。透過美酒與故事的交織，大家不僅品味到頂級佳釀，更深深感受到了酒莊背後的匠心精神。

The Calera and Sonoma Cutrer Wine Dinner concluded to great acclaim on June 26th. The five-course exquisite menu paired flawlessly with the two legendary wines, beautifully elevating each other's flavors. Sonoma Cutrer's pure and elegant coastal Chardonnay set a graceful prelude for the evening, while Calera's layered and finely structured Pinot Noir guided everyone's palate on a deep exploration into the terroir and soul of artisanal winemaking. Through the beautiful intertwining of fine wine and storytelling, guests not only savored top-tier vintages but also deeply felt the craftsmanship and passion behind the wineries.



下一趟滑雪假期 就在 CLUB MED



精緻一價全包滑雪假期

北海道 | 中國東北 | 歐洲阿爾卑斯山



精緻舒適的
客房空間



地道美食盛匯



飲品免費暢飲



滑雪證及團體
滑雪課堂



超過60種的
多元水陸運動



專屬4至17歲的
兒童俱樂部



不同主題的
娛樂及派對



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