

KTHOA

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MAGAZINE

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A Full Moon · A Legacy of Love

圓滿中秋 愛的傳承





K-SWISS



ANDREY RUBLEV



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K-Swiss Hong Kong

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WINE

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親愛的會員

私人遊樂場地契續約工作仍在進行中，預計在年底收到香港政府就續約條件的確認。值理委員會感謝各位會員積極參與和提供寶貴意見。我們將充分反映會員的意見，並繼續與相關政府部門保持溝通及跟進續約事宜。如有任何最新消息，我們將適時向各位會員作出更新。

ATF U14 青少年網球巡迴賽於八月順利舉行，年輕球員的精彩表現令人留下深刻印象。本會很榮幸參與協辦，特別感謝中國香港網球總會、網球小組召集人林少偉先生及各位會員的支持與積極參與。

中秋節將至，會所中餐廳精心準備了一系列美味佳餚，讓您與親朋好友共享佳節時光。其中鹹檸檬豆醬蒸海斑球以其創新的港式蒸魚加上潮州豆醬，帶來獨特的風味體驗，而百花釀遶參這道經典的高級粵菜，蘊含多層次的口感。還有其他精緻的菜餚，等待您來品味。

Vidal-Fleury 創立於 1781 年，是 Rhône Valley 歷史悠久的酒莊之一。11 月 27 日 Wine Dinner 將由 Côtes du Rhône 一路品鑑至 Côte-Rôtie、Hermitage 及 Châteauneuf-du-Pape，探索 Syrah 在不同 terroir 下的風格與層次，誠邀各位 Rhône wine lovers 一同品味這場精彩的 Rhône Valley Wine Journey。

祝願您在中秋佳節中度過愉快的時光，與家人溫馨相聚。

Dear Members,

The renewal of the Private Recreational Lease is progressing, and we expect to receive confirmation from the Government on the renewal terms by the end of the year. The Executive Committee would like to thank all members for their active participation and valuable views. We will continue to convey members' views to the Government, maintain close communication, and follow up on the renewal process. We will keep members updated as soon as there are any further developments.

The ATF U14 Junior Tennis Tour was successfully held in August, with the young players delivering impressive performances throughout the tournament. We were honoured to co-organise the event and would like to express our sincere appreciation to the Hong Kong, China Tennis Association, Mr. Lam Siu Wai, Tennis Convenor, and all members for their support and active participation.

With the Mid-Autumn Festival approaching, our Chinese Restaurant has prepared a selection of delicious dishes for you to enjoy with family and friends. The Steamed Sea Grouper Fillet with Preserved Lemon and Fermented Bean Sauce combines the traditional Hong Kong-style steamed fish with Chaozhou fermented bean sauce, offering a unique and flavourful experience. Another highlight is the classic premium Cantonese dish, Stuffed Sea Cucumber with Prawn Paste, which offers a rich and multi-layered texture. A variety of other exquisite dishes are also available for you to savour.

Founded in 1781, Vidal-Fleury is one of the historic wineries in the Rhône Valley. Join us on 27 November for a Rhône Valley Wine Dinner, featuring wines from Côtes du Rhône, Côte-Rôtie, Hermitage and Châteauneuf-du-Pape, exploring the different styles and expressions of Syrah across diverse terroirs.

Wishing you and your family a joyful Mid-Autumn Festival, filled with warmth, happiness and wonderful moments 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

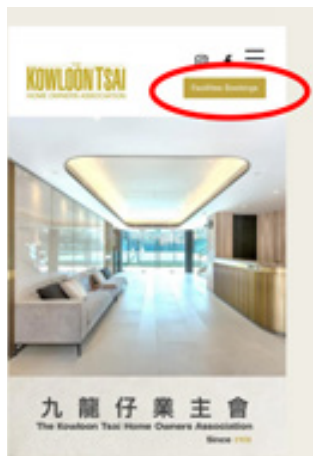
✉ membership@kthoa.com

網上訂場系統

Online Booking System

想預訂心水的運動及休閒設施，其實可以更輕鬆快捷！無需再受辦公時間限制，更不用打電話等候接聽。瀏覽 kthoa.com 網頁，點擊「設施預約」登入，您可以隨時隨地查閱設施的即時可預訂時間，一鍵鎖定您的專屬休閒運動時光。

Booking your favorite sports and leisure facilities can now be so much faster and easier! Enjoy complete freedom from office hours and phone queues—simply visit kthoa.com and click "Facility Bookings" to log in. You can check real-time availability anytime, anywhere, and reserve your exclusive exercise and leisure time in just one click.



1. 瀏覽 kthoa.com 網頁
Visit kthoa.com
2. 點擊「設施預約」
Click "Facility Bookings"
3. 輸入會員號碼及密碼登入
Enter your membership number and password to log in
4. 選擇要預訂之設施
Choose the facility you wish to reserve
5. 選擇預訂日期
Select and confirm the booking date
6. 確認預訂資料無誤後按確認
Confirm the booking details are correct, then click Confirm to continue
7. 檢視及同意會章附則後按確
Agree to the bye-laws and confirm to complete the booking
8. 預訂已確認，您將收到一封電子郵件確認。
Booking is confirmed and you will also receive an email confirmation.

東座儲物櫃年租服務

Annual Locker Rental Service – Block East

為了讓您在會所活動時更加方便輕鬆，位於會所東座的儲物櫃現正接受年租申請，歡迎有需要的會員辦理。

租用詳情：

位置：東座更衣室

費用：\$960(大)

櫃位數量有限，先到先得。

如欲查詢或辦理租用手續，歡迎到大堂接待處，或致電 2338 7115 與職員聯絡。

For your added convenience and comfort while enjoying the Club's facilities, lockers located in the changing rooms at Block East are now available for annual rental. Members in need are welcome to apply.

Rental Details:

Location: Block East Changing Rooms

Annual Rental Fee: \$960 (Large)

Lockers are available on a limited basis and will be allocated on a first-come, first-served basis.

For enquiries or rental applications, please visit the Reception Counter in the Lobby or contact our staff at 2338 7115.

自攜海鮮烹調收費

Bring Your Own Seafood – Cooking Charges

收費按不同做法計算：選擇白灼、清蒸或蒜茸蒸，每斤收費 \$100；其他烹調方法，每斤收費 \$150，總量不得超過 10 斤。從第 11 斤或第 4 款海鮮起，不論任何烹調方法，一律每斤 \$200。另有配料可供選擇，需額外收費。例如伊麵、煎米粉或時令蔬菜，每份 \$80。

Cooking service charges for 3 types of seafood or total of 10 catties or less:

- blanched, steamed or steamed with garlic is HKD100 per catty;

- other cooking services is HKD150 per catty.

If total is over 10 catties, each additional catty will be charged at HKD200 per catty for all cooking services. If there are 4 or more types of seafood, the charge will be HKD200 per catty for all cooking services. Additional ingredients, such as e-fu noodles, pan-fried rice vermicelli or seasonal vegetables are available for an extra charge of HKD80 per serving.



運動課程及興趣班收費安排

Sports Classes and Interest Classes – Cancellation and Payment Arrangements

運動課程及興趣班的請假及收費安排如下，請學員遵守以下規定：

(i) 私人課堂

- 如學員需要請假，必須於課堂開始前最少 24 小時通知教練，方可免繳該堂課費用。
- 如未能於指定時間前通知教練而缺席，仍須支付該堂課的全額費用。

(ii) 團體課堂

- 團體課堂不接受請假申請。學員如缺席該堂課，仍須支付該堂課費用。
- 課程費用將於該月份第一堂課開始前一次過全額收取。

The following arrangements apply to cancellation and payment for sports classes and interest classes.

Participants are requested to observe the following:

(i) Private Lessons

- Participants who are unable to attend a scheduled lesson must notify the coach at least 24 hours in advance in order to be exempted from the lesson fee.
- Where the required notice is not given and the participant is absent, the full lesson fee will remain payable.

(ii) Group Classes

- Cancellation requests are not accepted for group classes. Participants who do not attend a scheduled class will remain liable for the full fee for that class.
- The full monthly course fee is payable in advance of the first class of the month.



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

更換空調設備

Air-Conditioning Units Replacement

位於一樓牛津吧及洗手間的空調設備已運作多年，近期故障頻繁。為確保空調系統運作正常及提升使用舒適度，會所計劃於 2026 年 9 月更換有關空調設備。

The air-conditioning units serving the First Floor Oxford Pub and washrooms have been in use for many years and have recently experienced frequent breakdowns. To ensure reliable operation and maintain a comfortable environment, the units are scheduled to be replaced in September 2026.

排雨水及污水系統

Drains and Sewers System

會所地底污水渠系統已運作逾半個世紀，長期使用下已出現老化、損耗及淤塞等問題，部分渠段更有裂痕、斷裂及管徑嚴重收窄的情況。過往曾多次進行修補工程，惟相關問題仍未能徹底解決。

除管道的老化問題外，現有雨水渠及污水渠的管道位置，以及接駁政府公共排污及排雨水系統的位置，與屋宇署現存圖則記錄亦存在較大差異，增加日後改善工程的設計及入則難度。

為更全面掌握現有渠務系統的實際狀況，會所正安排對整個地底渠務系統進行重新測量及檢視，詳細確認各段管道的實際位置、流水方向、坡度、接駁位置及現況，並與現有圖則記錄進行核對。

完成上述測量及資料整理後，會所將進一步研究及評估不同的改善方案，包括修復現有系統、局部更換管道，以及按實際情況重新規劃部分渠務設施等，並會按照渠務署、屋宇署及其他相關政府部門的要求及標準進行規劃、設計及施工。

透過上述工作，我們期望從根本上改善現有渠務問題，制定一套全面及長遠的處理方法。

The Club's underground sewage drainage system has been in operation for more than half a century. Due to prolonged use, the system has experienced ageing, deterioration and blockages, with some sections showing cracks, breaks and significant narrowing of pipe diameters. Although repair works have been carried out on several occasions in the past, the underlying problems have not been fully resolved.

In addition to the ageing of the pipes, there are significant discrepancies between the actual locations of the existing stormwater and sewage pipes, including their connection points to the Government's public sewerage and stormwater drainage systems, and the records shown on the Buildings Department's existing plans. These discrepancies have increased the complexity of the design and statutory submission process for future improvement works.

To gain a more comprehensive understanding of the existing drainage system, the Club is arranging for a detailed survey and inspection of the entire underground drainage system. This will include verifying the actual location, flow direction, gradient, connection points and condition of each section of the pipework, as well as cross-checking the findings against the existing records and plans.

Upon completion of the survey and assessment, the Club will further study and evaluate various improvement options, including repairing the existing system, replacing sections of the pipework, and re-planning certain drainage facilities where appropriate. The planning, design and construction works will be carried out in accordance with the requirements and standards of the Drainage Services Department, Buildings Department and other relevant government departments.

Through these efforts, we aim to address the existing drainage problems at their root and develop a comprehensive and long-term solution for the Club's underground drainage system.



月滿團圓慶中秋

Mid-Autumn Menus

花好月圓

Menu A

上湯龍蝦伊麵
Braised Lobster with E-Fu Noodles in Superior Broth

紅棗花膠燉豬展
Double-Boiled Pork Shank Soup with Fish Maw and Red Dates

鮑汁百花釀遼參
Stuffed Sea Cucumber with Shrimp Paste in Abalone Sauce

玉環瑤柱甫
Dried Scallop Stuffed Hairy Gourd

翡翠帶子蝦球
Sautéed Scallops and Prawns with Vegetables

花菇扣南非鮑魚
Braised South African Abalone with Black Mushrooms

清蒸大海星斑
Steamed Spotted Garoupa

當紅脆皮炸子雞
Crispy Roasted Chicken

飄香荷葉飯
Fried Rice Wrapped In Lotus Leaf

雪耳圓肉百合
Snow Fungus, Dried Longan, And Lily Bulb Sweet Soup

每席 Per Table \$7,980
10-12 位用

迎月嚐聚

Menu B

大紅乳豬伴海蜆 (半隻)
Roasted Suckling Pig with Jellyfish (Half)

碧綠金銀蝦球
Sautéed Prawns with Seasonal Vegetables

帶子海鮮卷
Deep-Fried Scallop and Seafood Rolls

紅棗螺頭燉豬展
Double-Boiled Pork Shank Soup with Sea Whelk and Red Dates

蠔皇北菇鮑魚
Braised Abalone with Mushroom

清蒸大花尾躉
Steamed Giant Grouper

瑤柱竹筍扒西蘭花
Braised Broccoli with Dried Scallops and Bamboo Pith

當紅脆皮炸子雞
Crispy Roasted Chicken

飄香荷葉飯
Fried Rice Wrapped In Lotus Leaf

雪耳圓肉百合
Snow Fungus, Dried Longan, And Lily Bulb Sweet Soup

每席 Per Table \$6,180
10-12 位用

全席獲贈指定紅酒一枝。
Complimentary one bottle of wine per table of 12.

中秋節套餐經已開始接受訂座，為免向隅，敬希各位會員提早訂座。
Reservations for the Mid-Autumn menus are currently available. Make sure to book your table early on so as not to miss out.

Savoring the Essence:

The Art of Heat and Slow Craftsmanship in Cantonese Cuisine

尋味·粵菜的火候與慢工美學

在這個追求「快餐文化」與效率的時代，有些味道，卻偏偏急不來。正宗的廣東菜，靈魂在於「火候」，骨架在於「工夫」。今期黃效安師傅為大家炮製了六道傳統粵菜，是心血與慢火細熬交織的美味。

In a world of fast food and efficiency, some flavors cannot be rushed. Authentic Cantonese cuisine finds its soul in the mastery of heat and its backbone in meticulous technique. In this issue, Executive Chef Wong Hau On presents six artisanal dishes—each a masterpiece of passion, skill, and patient, slow simmering.

百花釀遼參

Steamed Sea Cucumber Stuffed with Minced Shrimp



圖片只供參考
Photos for reference

鹹檸檬豆醬蒸海斑球

Steamed Grouper Fillets with Preserved Lemon and
Fermented Bean Sauce

涼瓜蝦鍋貼

Pan-Fried Bitter Melon and Shrimp Potstickers

浮皮扣五層肉

Braised Pork Belly and Skin

桂花炒瑤柱

Wok-fried Egg with Conpoy



避風塘班頭腩

Grouper Head and Belly in Typhoon Shelter Style



打卡分享 | 細味主廚特製糕點

Check In & Share | Savour the Chef's Special Pastries

致每一位懂味、賞味的您。在康橋廳品嚐美食後，不妨為這趟味蕾盛宴留下美味印記。誠邀您記錄分享這份尋味足跡，讓動人滋味持續迴響。

To those who appreciate fine flavours and memorable dining experiences, we invite you to leave a lasting impression of your culinary journey at The Cambridge. After enjoying your meal, share your experience and let the delightful flavours continue to resonate.

禮遇換領方式：

於指定平台分享您的用餐體驗與星級評價，出示予現場工作人員，即享主廚特製【精美中式糕點】乙份。

Redemption Offer

Share your dining experience and leave a star-rated review on a designated platform. Simply present your post or review to our staff and receive a complimentary serving of our Chef's Special Chinese Pastry.



*數量有限，送完即止。

Limited quantities available while stocks last.

*每人每次限換領乙份。

Limited to one redemption per person per visit.

圖片只供參考
Photo for reference only

Pierro & Fire Gully: Margaret River's Terroir Innovators

皮耶羅與火溪：瑪格利特河的風土革新者



皮耶羅：瑪格利特河的科學釀酒聖殿，由麥可·彼得金博士於1979年創立，獲譽「瑪格利特河夏多內之王」，品質超越露紋藝術系列。標誌性的夯土酒窖展現與土地的深刻連結。

Pierro: A scientific temple of winemaking in Margaret River, founded in 1979 by visionary Dr. Mike Peterkin. Recognised as making Margaret River's best Chardonnay by JancisRobinson.com, Pierro is even above the much-acclaimed Leeuwin Art Series. Its iconic rammed-earth cellar on Caves Road reflects a deep connection with the land.



革新：

開創產區經典「賽美蓉 - 長相思混釀」。

引進法國技術：單寧成熟度監控、-2°C處理、手工分揀及100%整串發酵，成就絲絨單寧。

Innovations:

Pioneered Margaret River's signature Semillon-Sauvignon Blanc blend.

Introduced French techniques: precise tannin tracking, -2°C oxygen-free processing, hand-sorting, and 100% whole-bunch fermentation for velvety tannins.

旗艦酒款：

皮耶羅夏多內：礦物感與鳳梨果香，法國桶陳年18個月（獲評「澳洲夏多內巔峰之作」）。LTC系列：白酒（青檸 / 青蘋果）與紅酒（黑醋栗 / 雪松），陳年潛力15年以上。

精選紅酒：單一園老藤手工採摘，新法國桶陳年18個月。

Flagship Wines:

Pierro Chardonnay: Mineral-driven with pineapple richness, aged 18 months in French oak (Wine Enthusiast's "peak of Aussie Chardonnay").

LTC Series: Whites (lime/apple freshness) and reds (blackcurrant/cedar) with 15+ years aging potential.

Reserve Red: Old-vine in single vineyard, hand-harvested, 18 months in new French oak.

火溪：

皮耶羅的親民系列，詮釋產區活潑酸度與易飲風格。

Fire Gully: Pierro's accessible sibling, showcasing Margaret River's vibrant acidity from ocean breezes and gravelly soils.

明星酒款：

希哈：黑莓果醬與白胡椒，單寧絲滑。

卡本內梅洛：藍莓派與菸草層次，平易近人。

Wines:

Shiraz: Blackberry jam, white pepper, silky tannins.

Cabernet Merlot: Blueberry pie, tobacco, approachable Bordeaux style.

榮譽：

茱莉亞·克勞迪讚譽：「彼得金以科學精神打造澳洲夏多內聖殿。」羅傑·沃斯稱：「LTC系列重新定義產區白酒美學。」

Acclaim:

Julia Harding (JancisRobinson.com): "Peterkin's scientific rigor built Australia's Chardonnay shrine." Roger Voss (Wine Enthusiast): "Pierro's LTC redefines Margaret River whites."

從科學釀造到風土詮釋，皮耶羅與火溪展現瑪格利特河的革新與魅力。

From precision to terroir, Pierro & Fire Gully embody Margaret River's innovation and charm.



Tasting Items	Type	Price / Bot	Special Price / Bot	Qty	Amount
Pierro LTC Semillon Sauvignon Blanc 2025	White	\$258	\$199		
Pierro Chardonnay 2024 (The Wine Front 96)	White	\$498	\$383		
Pierro Cab Sauv Merlot Reserve 2019 (James Halliday 95)	Red	\$360	\$277		
Fire Gully Cabernet Sauvignon Merlot 2018 (James Halliday 93)	Red	\$188	\$145		
Fire Gully Shiraz 2022	Red	\$198	\$152		
Pierro Cabernet Merlot LTCf 2017 (Ray Jordan 93)	Red	\$258	\$199		

Free gift with home delivery: Buy 6 bottles, get 1 free (accumulative—e.g., 12 bottles = 2 free).

Fire Gully Cabernet Sauvignon Merlot 2018 (James Halliday 93)

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 October 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



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



Ambassador
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

Vidal-Fleury (Rhône Valley) Wine Dinner

法國隆河谷之約

日期 Date : 27/11(Friday)

時間 Time : 19:00

地點 Venue : 康橋廳 The Cambridge

費用 Fee : \$688

VIDAL-FLEURY



Menu

Vidal-Fleury Crozes Hermitage Blanc 2023

Pan Seared Semi-Dry Oysters with Honey

蜜汁煎金蠔

Vidal-Fleury Crozes Hermitage Rouge 2023

Pan Seared Pork Chop with Roasted Eggplant

黑椒豬扒伴鹽燒茄子

Vidal-Fleury Chateauneuf-du-Pape Rouge 2022

Pan Seared U.S Cod with Maggi Sauce

美極銀鱈魚伴西蘭花

Vidal-Fleury Hermitage Rouge 2023

Vidal-Fleury Cote Rotie 2021

Pan Seared Australian Wagyu Beef

香草煎澳洲和牛

Berries Cheesecake

雜莓芝士甜品



Sponsored by our Chairwoman
Mrs. Susan Chow

Winning Team Prize Money
HKD3,000

會長盾網球比賽

Chairman Shield Tournament



24.10.2026 (Sat)

費用 Fee:

\$120 (報名費Registration fee)

\$300 (晚宴費Dinner banquet fee)

賽事根據球員級別，以抽籤形式分為四組，進行隊制比賽。賽後在康橋廳共享晚膳，一同回味賽事點滴，誠邀各會員參加。

The event will be divided into four teams by player level through a draw, with teams competing against each other. After the matches, members are invited to join us for dinner at The Cambridge and share the highlights of the day together.

1至5號網球場將由13:00起預留場地予是次比賽，並於19:00重新開放給會員使用。

From 13:00 onwards, tennis courts no.1 to 5 will be reserved for competition use and will reopen for Members' use at 19:00.

**RANGE ROVER
DEFENDER**

Range Rover Sport x Defender Experience Day

Venue: Carpark

Time: 11:00-19:00

Model: Range Rover Sport

Defender 110



贊助
Sponsor

RANGE ROVER DEFENDER





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

熬

歡迎大家關注網球磚家

德雲社有那麼個段子，大概意思是可能水平不怎麼樣，但如果把其它人都熬死了，剩下的你肯定就是藝術家。很多人都當成諷刺一笑而過，不過在現實主義裡，這也是一種成功的手段，是一種機會。

網球圈裡面那麼多人，為什麼阿卡傷缺，辛納出局之後，是紫薇最終圓夢了呢？

這種高獎金的競技賽場，哪兒有什麼論資排輩，不信邪的拼命三郎多如牛毛。

說的不對，隨便看看吧

紫薇打了好幾場決賽，感覺這一場的發揮是最差的，但偏偏這一場贏了，比賽的最大看點就是不確定性。沒有人說發揮得好就肯定贏，手感不好就肯定輸。

所以盡量學會引導小朋友發揮自己的水平先，就算是狀態不佳，也盡量可以熬一下，多給對手一些失誤的機會。結果是難控制的，越是高水平的比賽越是如此。

比如這場決賽，其實正常技戰術的對抗不多，更多的是雙方選手在跟心理和身體對抗。

第一盤是科博利的調整期，首進大滿貫決賽，拿前幾局來適應一下，很正常。所以很明顯的可以看出來，這些失誤都在他的心理承受範圍以內。

第四盤，紫薇開始抽筋，全身都跟灌了鉛似的，動作遲緩，僵硬。

第五盤，科博利的身體狀態又急轉直下，並非拱手相讓，不過感覺有些力不從心了，擊球精準度下降，失誤的偏差越來越大。

所以，真正的比拼其實是第二和第三盤。

相比之下，科博利的戰術針對性更強，後場底線，尤其是正手進攻配合小球，讓紫薇離開舒適區域。明顯的感覺到，紫薇在網前的處理並沒有那麼自信和嫺熟，不管是站位還是球路選擇都有很多值得商榷的地方。

那紫薇本場比賽做得最好的地方是什麼呢？

有時候簡單的分析數據有點兒馬後炮了，不過還是很重要。

紫薇贏了第 1，3 和 5 盤，那麼根據上面的看法，實際上真正靠技戰術抗下來的，只有第三盤。

紫薇的技戰術雖然單一，但非常突出，發揮穩定，手上是有東西的。不過磚家認為，他做得最好的地方是堅持，尤其是在輸的那兩盤中，雖然都是被破發了，但全部都扛到了最後。逼得對手一遍又一遍的去冒險，去消耗。比如第二盤，科博利的競技狀態明顯提升了，早早取得了領先，但紫薇硬是又拖了半個多小時，把對手順境的這段時間頂過去，到了第三盤再來。第四盤就更是了，抽筋是必須要時間來恢復的，只能一遍打一遍恢復，這個真的就是在熬了。

從最後的結果上來看，如果這兩盤都是很快的就輸了，那相信第五盤大概率不會出現這種比分。

打球是一個重複性的運動，需要很多肌肉群的支持，而很多因素都可以影響這些肌肉群的協調工作，比如說心跳，呼吸等等。看看高爾夫，就算是靜態下面擊球，對肌肉的控制也要求很高。網球的擊球還是在動態當中完成的。所以擊球狀態總是難免被各種原因影響，出現起伏。這個也就是所謂的不確定性。

比賽中除了技戰術，就看誰在這些方面能控制得更好。

像上面說的是比賽裡面的熬，也就是僵持，等待對手犯錯，或者尋找自己的順境。

往小一點兒說，技術動作上面也需要熬。

攻克一個技術動作，需要從認知上面理解，靜態下面體會，再慢慢到動態的運用，從訓練到比賽中實踐，從放鬆的心態到急促的呼吸狀態下出手的感覺，都是一個過程，很少有一蹴而就的。

往大一點兒說，如果紫薇當年腳崙了之後就徹底消沉，而不是一次又一次的嘗試，可能熬不到阿卡傷退，辛納出局吧。或者再來個馬後炮，沒有那麼多次的決賽經驗，很難說這次他可以最終奪冠吧。

如果打進一次決賽不足以取得冠軍，那麼就多打進去幾次。如果只有一次打進決賽的能力，那麼說明只是具備進決賽的能力。如果能經常打進決賽，那才應該是具備的奪冠的能力，只需要少許運氣加持了。

從市場推廣的角度來說，網球可以易學難精。

但實際上網球確實難學難精，所以才能吸引全世界那麼多的天才長時間的打磨鑽研，才有那麼高的商業價值。所以經常都要和家長還有小朋友溝通，到底是帶著什麼樣的目標來訓練。

有要求，就需要有付出。目標越大，越需要堅持，到最後彈盡糧絕，遍體鱗傷的時候，就看看誰能熬得住了。少看點兒宣傳片，多關心背後的慘烈，衡量一下再決定目標的設置。

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.

網球教練介紹

Tennis Coach Introduction



李浩天教練

Coach Jack Lee

USPTR 網球專業教練協會註冊網球教練

網總青訓班教練

曾任教不同國際學校

喜愛球手：Alcaraz（艾卡拉茲）

個人特質：均衡型

重點教學：新手對打，底線抽擊，基本各項網球動作

USPTR Certified Tennis Professional Coach,

HKCTA Junior Training Programme

Former Tennis Coach at Various International Schools

Favourite Player: Carlos Alcaraz

Coaching Style: All-Round Development

Coaching Focus:

Rally skills for beginners

Groundstroke techniques

Fundamental tennis strokes and footwork

Building consistency, confidence and match awareness



網球場守則

Tennis Court 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:

網球場來賓使用規定

來賓不得於任何日子的下午 2 時至 7 時使用本會網球場，惟已預訂第四號或第六號網球場者除外。此外，未有會員陪同的來賓，於任何時間均不得使用本會網球場。

Guest Use of Tennis Courts

Guests are not permitted to use the Club's tennis courts between 14:00 and 19:00, except when Court No. 4 or Court No. 6 has been reserved. In addition, guests who are not accompanied by a Club member are not permitted to use the tennis courts at any time.

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.

4 號及 6 號網球場風網維修

Windscreen Repair – Tennis Courts No. 4 & 6

第 4 號及 6 號網球場的風網因長期使用而出現老化及損耗，部分風網更曾於強風期間出現脫落情況。為確保場地安全及正常使用，風網已於 2026 年 8 月完成縫線維修。

The windscreen nets at Tennis Courts No. 4 and No. 6 had deteriorated due to prolonged use, with some sections becoming detached during periods of strong winds. To ensure the safety and proper use of the courts, stitching repairs to the windscreen nets were completed in August 2026.



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 HKD50 per class

冬季開放時段 Winter Season Opening Hours

隨著提早 15 分鐘開放的五個月試行期於 8 月 31 日結束，由 9 月 1 日起，游泳池將恢復於上午 7 時正開放。

日期：11 月 1 日至翌年 3 月 31 日

時間：（第一節）07:00-13:00

（第二節）14:00-21:00

*每週清潔時段：逢星期二 10:30 - 13:00，游泳池將會暫停開放。

（如星期二為公眾假期，將延至翌日清洗）

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

As the five-month trial period of opening the swimming pool 15 minutes earlier will conclude on 31 August, the swimming pool will resume its regular opening time of 07:00 from 1 September.

Date: November 1 to March 31 in the subsequent year

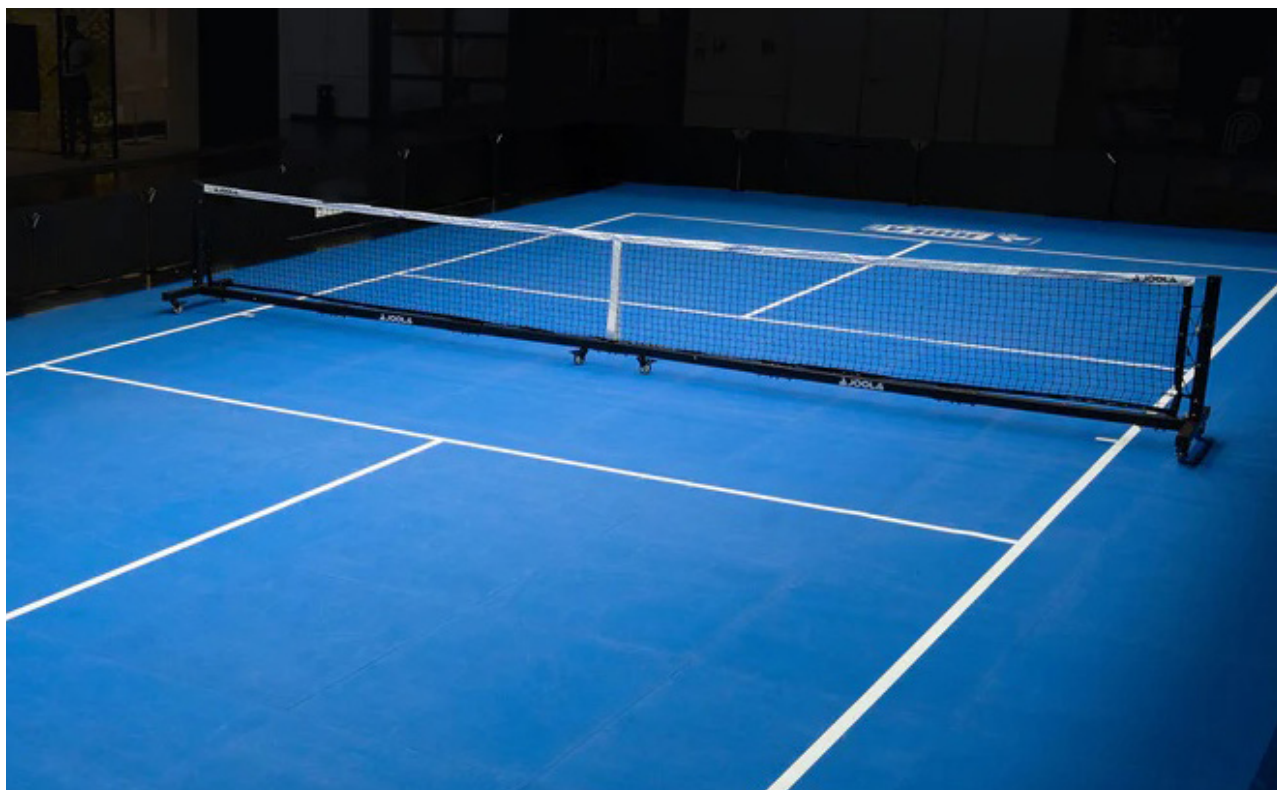
Time: (First session) 07:00 to 13:00

(Second session) 14:00 to 21:00

*Weekly cleaning hours: Swimming pool will be temporarily closed every Tuesday from 10:30 to 13:00.

(If Tuesday is a public holiday, cleaning will be postponed until the next day).

Members can enjoy a comfortable swimming environment in our Club's heated swimming pool, where water temperature is maintained at a constant 29-30 degrees.



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



Pickleball Coach
Keith Fong
Mobile : 9544 0911

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

* 興趣班來賓收費每堂 \$50
Interest class fees for guests are HKD50 per class.



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)



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

18:15 - 19:15

\$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

19:15-20:15

\$200 / Lesson



Mid-Autumn Poolside Barbecue 中秋池畔 BBQ Night

Welcome the arrival of the Mid-Autumn Festival with a seafood barbecue and fine wine by the poolside. Invite friends and family to get together for a relaxing Mid-Autumn evening surrounded by soothing music and good company.

Date: 20/9 (Sunday)

Time: 18:00 – 21:30

Price: Adult \$498

Children (ages 4–12) \$438

臨近中秋佳節，賞月之餘，在池畔盡情享受新鮮現製的美味佳餚和炭烤海鮮，一同暢飲美酒。在休閒愉快的環境中，與親朋好友共聚一堂，共同度過一個難忘的中秋夜晚。

焦點活動 Highlight Events



幸運大抽獎
Lucky Draw

- 雙人來回台北和曼谷機票
· Round-trip air tickets for two to Taipei and Bangkok
- 遊輪禮券 \$1,000
· Cruise Voucher \$1,000

美酒品嚐
Wine Tasting

- 水上吹氣玩具
· Pool Floaties
- 卡拉 OK
Karaoke

Chef's Recommendation 總廚推薦

- 即燒乳豬
Roasted Suckling Pig
- 美國安格斯肉眼扒
US Angus Ribeye Steak
- 北海道元貝
Hokkaido Dried Scallops
- 松葉蟹鉗
Matsuba Crab Claws

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中秋節手工藝坊

Mid-Autumn Festival Craft Workshop

今年中秋，我們特意為您準備了月亮燈手工藝坊，小朋友可親自為月亮添上繽紛的色彩，創造出一個獨有的月亮燈飾。歡迎會員預約參加。

This Mid-Autumn Festival, we have specially prepared a Moon Lamp Craft Workshop for our young members. Children can unleash their creativity by decorating their moon lamps with vibrant colours and unique designs, creating a one-of-a-kind festive keepsake. Members are welcome to make reservations and join the fun.

26 Sept 2026 (Sat)

12:00 – 13:30 (30 minutes per section)

Lobby

Quota: 20

Free

萬聖節活動

Halloween Activities

萬聖節最期待的時刻來啦！想化身成最搶眼的古靈精怪小嘍鬼？

快來參加「嘍鬼畫面工藝坊」，為自己和孩子繪製獨一無二的萬聖節搞怪妝容！準備好你的南瓜袋，出發「Trick or Treat」吧！

The most exciting time of Halloween is just around the corner! Ready to transform into the most eye-catching little trick-or-treater?

Join our Halloween Face Painting Workshop, where you and your children can create fun, spooky and imaginative Halloween looks. Get your pumpkin bags ready and set off on a thrilling “Trick or Treat” adventure!

31 Oct 2026 (Sat)

12:00 – 14:00

Lobby

Free



全民運動日 2026

Sport For All Day 2026

「全民運動日」於 8 月 2 日免費開放籃球場及乒乓球室供會員和公眾人士預訂。希望鼓勵大家恆常參與體育活動，保持身心健康。

In support of Sport For All Day, the Basketball Court and Table Tennis Room were opened free of charge on 2 August for booking by members and the public. Through this initiative, we hope to encourage greater participation in regular physical activity and promote a healthy and active lifestyle for all.



場地租用及運動課程 (7-8 月)

Booked Venues and Sports Classes (Jul to Aug)

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 深水埗體育會 Sham Shui Po Sports Association 香港單親協會 Hong Kong Single Parents Association 和富社會企業 Wofoo Social Enterprises 英華書院 Ying Wa College 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	網球場 Tennis Court 足球場 Soccer Pitch 匹克球場 Pickleball Court 籃球場 Basketball Court 游泳池 Swimming pool	360

世界盃競猜遊戲

World Cup "Crown Your Guess"

本年度世界盃圓滿結束！精彩賽事讓球迷回味無窮！競猜遊戲五位勝出者為曾英美先生，呂伯希先生，張志漢先生，屈曉昕先生及鄭偉麟先生。恭喜各位得獎者，感謝會員的參與。

This year's World Cup has come to a successful conclusion, with a series of thrilling matches that left football fans with unforgettable memories. The five winners of the World Cup Prediction Game are Robert Tseng, Wilson Lui, George Cheung, Danny Wat and Cheng Wai Lun. Congratulations to all the winners, and thank you to all members for their enthusiastic participation.



香港亞洲青少年 14 歲以下網球巡迴賽 2026

Hong Kong Asian Tennis Junior Series 14 & Under 2026

2026 年香港亞洲青少年網球巡迴賽 14 歲以下組別已圓滿結束，賽事精彩呈現出頂尖 U14 球員的卓越球技，並助他們累積寶貴的比賽經驗。在此恭賀所有得獎球手！特別鳴謝本會副會長王祖耀醫生及中國香港網球總會副會長林少偉先生親臨主禮頒獎典禮。

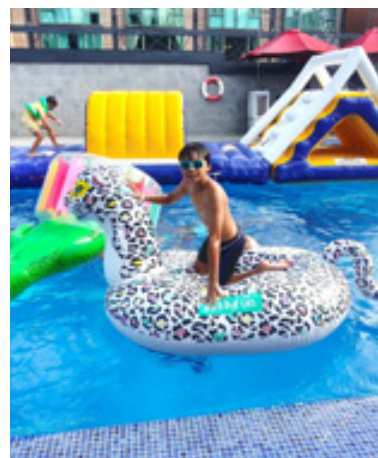
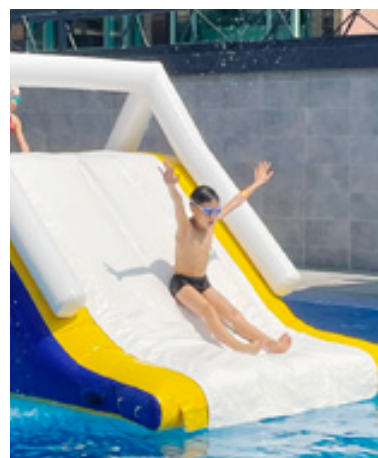
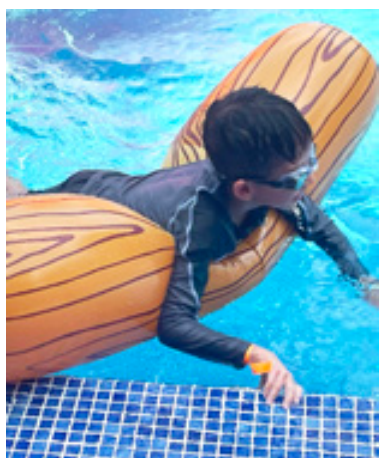
The Hong Kong Asian Tennis Junior Series 14 & Under 2026 concluded successfully, showcasing the exceptional talent and competitive spirit of some of the region's finest young players. The tournament provided valuable competitive experience and development opportunities for aspiring athletes in the Under-14 division. Congratulations to all prize winners on their outstanding performances. We would also like to express our sincere appreciation to Dr. Peter Wong, Vice Chairman of the Club, and Mr. Lam Siu Wai, Vice President of the Hong Kong, China Tennis Association (HKCTA), for officiating at the prize presentation ceremony.



夏日水上繽紛嘉年華 Summer Splash Carnival

夏日水上繽紛嘉年華於 8 月 9 日圓滿舉行。當天大小朋友齊聚泳池、全情投入，暢玩各式水上充氣玩具，歡聲笑語充斥全場。大家在炎夏中齊齊「濕身」狂歡，共度了一個難忘的完美週末！

The Summer Splash Carnival came to a successful conclusion on August 9th. Adults and children alike gathered at the pool to dive headfirst into the fun, enjoying a wide array of inflatable water toys that filled the venue with laughter and joy. Everyone embraced getting soaked to beat the summer heat, sharing an unforgettable and perfect weekend together!



水運會 2026

Swimming Gala 2026

2026 年度水運會已在 8 月 30 日圓滿結束，有 43 名會員參加合共 51 場精彩賽事。各泳手都使出渾身解數爭取獎牌，並刷新多個大會紀錄。壓軸賽事 3X100 米家庭接力賽，2 個家庭均各具實力，最終由曾氏家庭贏得金牌。

The 2026 Swimming Gala concluded successfully on 30 August, with 43 members participating in a total of 51 exciting events. Swimmers gave their best performances in pursuit of medals, resulting in the breaking of several meet records. The highlight of the day was the 3 × 100m Family Relay, where two highly competitive families delivered an impressive race. After a closely contested finish, the Tsang Family emerged victorious and claimed the gold medal.





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