

THE INSIDER

ISSUE

42

OCTOBER 2023

SPOOKY SEASON

FRIGHTFULLY FUN EVENTS THIS HALLOWEEN

REST & RECOVERY

RESTORATION FOR PEAK PERFORMANCE

ACADEMY BULLETIN

Dear Patrons,

As the autumn season unfolds, we trust you relished our Mid-Autumn celebration and the events surrounding our 7th anniversary. The atmosphere was filled with joy and cheer, and we are truly grateful for all the Patrons' unwavering support and involvement.

PATRON PRIVILEGES PROGRAMME

As we embrace the last quarter of 2023, it's the perfect season to relish in self-care, spoil your loved ones, and immerse in the finer things in life. To help you enjoy the very best, we're thrilled to bring a host of exciting offers to our Exclusive Patron Privileges Programme in collaboration with New World brands. From exceptional dining to indulgent shopping, rejuvenating health services to luxurious accommodations, these privileges have been curated exclusively for HKGTA Patrons. Highlights include special privileges at the lavish Rosewood Hotel, complimentary New World CLUB Diamond membership, and a special rate for unlimited gym access at Humansa. For a comprehensive list of programme benefits, please refer to the magazine or contact our Academy Experiences team at ae@hkgta.com.

TRICK OR TREAT

October heralds the arrival of the spooky season. Upholding the HKGTA tradition, we are putting on a haunted affair at The Academy. Patrons are invited to dress in their spookiest costumes and experience the enthralling Haunted House, Candy House, and Scary Golf. Our Halloween barbecue dinner buffet on 28 October promises a unique culinary experience for adults. The carvery station, laden with premium cuts of the finest meats, will be the highlight as we embrace the cooler weather. For our younger Patrons, a specially arranged Halloween kids' menu will be available from 20 to 31 October.

WINING & DINING

Our dining establishments are also unveiling new and seasonal menus this October. The Cafeteria will introduce a Thai and Vietnamese menu to transport Patrons to South East Asia; Fan Guan is rolling out its annual crab season menu; and the Academy Lounge will host a Sake Masterclass on 6 October. To make a reservation, visit hkgta.com or book through the Patron's app to secure a seating.

SPORTS AT THE ACADEMY

RNTC continues to innovate with the new Adult Programme for 2023-2024. For our youngest enthusiasts, they will get a first glimpse of the sport with the introduction of our Family Tennis programme. October also marks the launch of Women's Tennis Social – a monthly gathering for our female Patrons to enjoy friendly matches in a relaxed and social atmosphere.

WORKSHOPS FOR JUNIOR PATRONS

Lastly, we're delighted to share that the Kid Zone will be hosting various workshops throughout the month as children have settled into the new school year. These activities, ranging from crafting shell nightlights to designing flower vases, aim to inspire creativity and joy.

As always, we sincerely thank you for your continued support and look forward to providing enriching experiences and seeing you all around The Academy this autumn.

Yours Faithfully,
HONG KONG GOLF & TENNIS ACADEMY MANAGEMENT

HKGTA MONTHLY CALENDAR OCTOBER 2023

- 1 • Mid-Autumn Festivities
- 2 • Mid-Autumn Festivities
- 6 • Sake Masterclass @Academy Lounge / 7:00pm – 8:30pm
- 7 • Storytelling Workshops @Learning Room / 3:00pm – 4:00pm
• Break Dance – Patron Activation @The Studio / 1:00pm – 2:00pm
- 8 • Halloween Cooking Class for Adults @Gastronomy Lab / 6" Red Velvet Cake / 11:00am – 1:00pm
• Planting & Harvesting Vegetable Crops – Patron Activation @Amphitheater / 2:00pm – 3:00pm
• Pokémon-themed Kids' Coding Bootcamp @Learning Room / 11:30am – 1:00pm
- 14 • First Bike Adventure – Patron Activation @Outside Pro Shop / 3:00pm – 4:00pm / 4:00pm – 5:00pm
• Break Dance – Patron Activation @The Studio / 1:00pm – 2:00pm
- 15 • Halloween Junior Chef @Gastronomy Lab / Spider Chocolate Cupcake / 2:00pm – 4:00pm
• Pokémon-themed Kids' Coding Bootcamp @Learning Room / 11:30am – 1:00pm
- 20 • HKGTA Medal Golf Tournament @Foshan Golf Club
- 21 • HKGTA Town Club Executive Chef Marcello's Italian Specialties Masterclass & Dining Experience @Gastronomy Lab / 6:00pm – 9:00pm
• HKGTA Medal Golf Tournament @Foshan Golf Club
• Little Artist - Drawing Class – Patron Activation @Learning Room / 3:00pm – 4:00pm
• Break Dance – Patron Activation @The Studio / 1:00pm – 2:00pm
- 22 • HKGTA Medal Golf Tournament @Foshan Golf Club
• Planting & Harvesting Vegetable Crops – Patron Activation @Amphitheater / 2:00pm – 3:00pm
• Pokémon-themed Kids' Coding Bootcamp @Learning Room / 11:30am – 1:00pm
- 23 • Family Tennis @Indoor Mini-Tennis Courts / 10:30am – 11:30am
- 27 • Women's Tennis Social @Outdoor Tennis Courts / 9:00am – 12:00noon
- 28 • Halloween BBQ Buffet @Cafeteria / 6:00pm – 9:00pm

SPORTS

- Tennis League Team 2023 Q4
- 2023/24 Tennis Regular Programme – Term 1
- New RNTC Adult Center Programme
- Golf Tuesday Ladies' Clinic

CAFETERIA

- Sport Menu – Set Menu
- Korean BBQ – À la carte Menu
- Thai and Vietnamese – À la carte Menu

ACADEMY LOUNGE

- Aperitivo Social Hours
- Weekday Special Drinks Menu
- Oktoberfest 2023

FAN GUAN

- It's In-crab-able! – À la carte Menu
- An Emperor's Local Delight – Fan Guan Poon Choi
- In-room Hot Pot Experience

EVENT

- Toptracer Happy Hour Gathering
- Gastronomy Lab Kids Baking Party
- Barbecue Area Rental

WELLNESS

THIA

- Aerial Yoga Stretch with Crystal / *every Saturday*
- Aerial Yoga Therapy with Crystal / *every Weekend*
- Zumba with Camay / *every Sunday*
- Weekday Treatment Special Offer / *Wednesdays – Fridays*

HUMANSA

- 1-on-1 stretch Therapy / *every Saturday*
- Myofascial Release & Stretches / *every Saturday*
- HKGTA & Town Club Exclusive Package

KIDS ACADEMY

- Weekend Kids Activity Workshops

HALLOWEEN

- Cooking Class for Adults @Gastronomy Lab
- 6" Red Velvet Cake / *8 October*
- Junior Chef @Gastronomy Lab
- Spider Chocolate Cupcake / *15 October*
- Halloween Festivities / *27 – 31 October*
- BBQ Buffet @Cafeteria / *28 October*
- Family Aerial Yoga @The Studio / *29 October*

SEPTEMBER HAPPENINGS AT THE ACADEMY



WATER POOL PARTY MAKES A SPLASH AT HKGTA

Last month, the Waterpark Pool Party created waves of excitement as Patrons of all ages had a fantastic time under the summer sun. The event showcased exhilarating water slides and structures that provided endless entertainment for the whole family. Patrons and their guests eagerly joined in engaging activities like water gun shooting and water volleyball, adding an extra splash of thrill to the festivities. The event was the perfect opportunity to beat the summer heat, sip on cool beverages poolside and make cherished memories with loved ones.







A NEW SEASON OF GOLF

As autumn nears, HKGTA held their team trials to select players for the new season. Junior golfers showcased their skills and underwent comprehensive assessments by the PGA coaching team to determine their eligibility for the Junior Elite and Performance Golf Teams for the 2023/24 season.

The Academy would like to thank all participants for their dedication and hard work during the try outs and express a huge congratulations to the players who have been successfully chosen to join the Elite and Performance Golf Teams.





SEPTEMBER HAPPENINGS AT THE ACADEMY



7th ANNIVERSARY

The 7th anniversary celebration of HKGTA was a resounding success, thanks to the enthusiastic participation of all Patrons. The event was a vibrant affair of live entertainment, featuring spellbinding magic shows and comedian performances that kept the audience on their toes. Our General Manager, Michael Steven, delivered a heartwarming speech that underscored the milestones we've achieved together. We shared birthday cake, captured photos and gave out goodie bag as a token of our appreciation. Here is to many more years of triumph at HKGTA.



Exclusive Privileges for our Patrons!

Here at HKGTA, we are dedicated to curating an artisanal living experience for our Patrons. Be it exclusive privileges, unique lifestyle events and exclusive concierge services, sparking your imagination and enabling you to live among the greats.

Patrons can enjoy:

- Exclusive previews of selected properties
- Year-round offers
- Patron-only discounts
- Artisanal lifestyle events and workshops
- Valuable education opportunities

Available until 31 December 2023

PRIVILEGES

	<ul style="list-style-type: none"> • Two-year complimentary New World CLUB Diamond membership 		<ul style="list-style-type: none"> • Enjoy seven days rent-free for every 3-month new lease
	<ul style="list-style-type: none"> • One-time complimentary access with Tea Appreciation or Non-alcoholic Drinks Experience for 2 persons at Gentry Club 8/F; OR • One-time complimentary Non-alcoholic Drinks Experience for 2 persons at Gentry Club 10/F – Passage N 		<ul style="list-style-type: none"> • Complimentary personal accident insurance • Up to one year of personal accident protection, free of premium • Up to HK\$600,000 for death and disability due to public transport accidents
	<ul style="list-style-type: none"> • Special Discount on One-on-one Consultation with ARCH School Admissions Counsellors 		<ul style="list-style-type: none"> • Complimentary 1 year Ku Black Card membership
	<ul style="list-style-type: none"> • Dietician consultation / infrared sauna / stretching session / personal training (60mins) X 1 session + unlimited gym access for HK\$900/month 		<ul style="list-style-type: none"> • 15% discount on dining • 10% discount on accommodation • 10% discount at Asaya spa
	<ul style="list-style-type: none"> • Upon purchase of HK\$1,000 on a single item of fixed-priced Gem-set Jewellery, customers are eligible to receive the complimentary gift 		

For enquiries, please contact Academy Experience team at ae@hkgta.com

For more details, please refer to Exclusive Privileges information leaflet.

- 1) All offers are valid for one calendar year; offers are valid until 31 December 2023.
- 2) This programme is only available to Family and Corporate Patrons.
 - (a) This programme is open to all family members of Family and Corporate Patrons, including Patrons' children and parents.
- 3) Invitations to partner events shall be extended to HKGTA Patrons:
 - (a) Subject to availability;
 - (b) Events are subject to the terms and conditions imposed by the relevant third party entities and/or organisers;
 - (c) T&Cs apply please refer to full pamphlet for T&Cs.



We are thrilled to announce exciting new Reciprocal Club access partnerships between Hong Kong Golf & Tennis Academy (HKGTA) and some of the world's most prestigious sports and lifestyle clubs!

Reciprocal Club Access Key Highlights

The Canton Club, China

- HKGTA Patrons will be extended guest privileges for a maximum of twelve (12) times per calendar year

Foshan Golf Club, China

- HKGTA Patrons enjoy a maximum of six (6) rounds of golf outing per calendar year and a maximum of three (3) guests per round
- HKGTA Patrons can enjoy sports and leisure facilities of Canton International House at Member's rate

The British Club Bangkok, Thailand

- HKGTA Patrons will be extended guest privileges for a maximum of thirty (30) days per calendar year

Tower Club Singapore

NEW

- HKGTA Patrons can enjoy all facilities a maximum of seven (7) days, six times per calendar year

Raffles Marina, Singapore

- HKGTA Patrons will be extended guest privileges for sixty (60) days per calendar year

Indooroopilly Golf Club (IGC), Australia

- HKGTA Patrons can enjoy a maximum of six (6) rounds of golf outing per calendar year
- HKGTA Patrons shall be eligible to take part in all minor club competitions

Kooyong Lawn Tennis Club, Australia

NEW

- HKGTA Patrons can enjoy all facilities a maximum of fourteen (14) days, twice per calendar year

For enquiries, please contact us at 852. 3187 8900,
your dedicated Manager from Academy Experience team or email ae@hkgta.com





Reciprocal Club Access Key Highlights

The Vancouver Club, Canada

- HKGTA Patrons will be extended guest privileges for a maximum of thirty (30) days per calendar year

Arbutus Club, Vancouver, Canada

- HKGTA Patrons will be extended guest privileges for fourteen (14) days per calendar year

12 Hay Hill Mayfair, London, United Kingdom

NEW

- HKGTA Patrons can enjoy all facilities a maximum of seven (7) days, six times per calendar year

Carlton Club, London, United Kingdom

NEW

- HKGTA Patrons can enjoy all facilities with no limitation on the number of visits

Union International Club Frankfurt, Germany

- HKGTA Patrons will be extended guest privileges for twenty (20) days per calendar year

Übersee-Club Hamburg, Germany

- HKGTA Patrons will be extended guest privileges with no limitation

IMG Prestige Global Network (All the World Class Clubs being part of the IMG Prestige Global Network)

- HKGTA Patrons can enjoy preferential rates for green fees



For enquiries, please contact us at 852. 3187 8900,
your dedicated Manager from Academy Experience team or email ae@hkgta.com



NOVEMBER



UPCOMING CALENDAR 2023



- 4 • Humansa - Children's Health Symposium @Salons
- Storytelling Workshops - Patron Activation @Learning Room / 3:00pm - 4:00pm
- K-pop Dance - Patron Activation @The Studio / 1:00pm - 2:00pm

- 5 • Humansa - Children's Health Symposium @Salons
- Planting & Harvesting Vegetable Crops - Patron Activation @Amphitheater / 2:00pm - 3:00pm

- 11 • First Bike Adventure - Patron Activation @ Outside Pro Shop / 3:00pm - 4:00pm / 4:00pm - 5:00pm
- K-pop Dance - Patron Activation @The Studio / 1:00pm - 2:00pm

- 12 • DeBeers Diamond Masterclass @Academy Lounge Private Room / 10:00am - 4:00pm
- Cooking Class for Adult - Thanksgiving @Gastronomy Lab / Crystal Goldfish Dumplings / 11:00am - 1:00pm

- 18 • HKGTA Sunset Cruise @Sai Kung Pier / 5:00pm - 8:00pm / Complimentary for Patrons
- Truffle Dinner @Academy Lounge / Starts at 7:30pm
- K-pop Dance - Patron Activation @The Studio / 1:00pm - 2:00pm

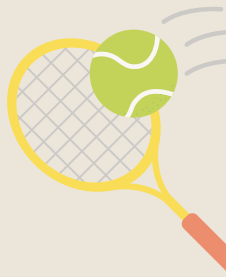
- 19 • Fan Guan Chef Sunny's Masterclass - Fan Guan Specialties @Gastronomy Lab / 11:00am - 1:00pm
- Planting & Harvesting Vegetable Crops - Patron Activation @Amphitheater / 2:00pm - 3:00pm

- 23 • HKGTA & HSBC Rally for Ability Charity Fun Day @HKGTA / 4:00pm - 8:30pm

- 24 • Women's Tennis Social @Outdoor Tennis Courts / 9:00am - 12:00noon

- 25 • Thanksgiving Feast @Cafeteria / 6:00pm - 9:00pm
- Little Artist - Drawing Class - Patron Activation @Learning Room / 3:00pm - 4:00pm
- K-pop Dance - Patron Activation @The Studio / 1:00pm - 2:00pm

- 26 • Junior Chef - Thanksgiving @Gastronomy Lab / 6" Fruity Cheesecake / 2:00pm - 4:00pm



For enquiries, please contact us at 852. 3187 8900, your dedicated Manager from Academy Experience team or email ae@hkgta.com

Dates / Times / Venues / Events are subject to change



UPCOMING CALENDAR 2023



DECEMBER



- 2 • Tree Lighting Ceremony @Outside The Studio / Complimentary for Patrons
• Daddy Daughter Charity Ball @Salons
• Red Ball Tournament @Outdoor Tennis Court 6 / 4:30pm – 6:30pm
• Storytelling Workshops – Patron Activation @Learning Room / 3:00pm – 4:00pm
• Break Dance – Patron Activation @The Studio / 1:00pm – 2:00pm
- 3 • Cafeteria Pastry Chef Jeffrey's Masterclass – Christmas Desserts Specialties @Gastronomy Lab / 11:00am – 1:00pm
• Planting & Harvesting Vegetable Crops – Patron Activation @Amphitheater / 2:00pm – 3:00pm
- 8 • Women's Tennis Social @Outdoor Tennis Courts / 9:00am – 12:00noon
- 9 • First Bike Adventure – Patron Activation @ Outside Pro Shop / 3:00pm – 4:00pm / 4:00pm – 5:00pm
• Break Dance – Patron Activation @The Studio / 1:00pm – 2:00pm
- 10 • Christmas Junior Chef @Gastronomy Lab / Cakepop / 2:00pm – 4:00pm
- 16 • Break Dance – Patron Activation @The Studio / 1:00pm – 2:00pm
- 17 • Christmas Cooking Class for Adults @Gastronomy Lab / 6" Christmas Tree Cake / 11:00am – 1:00pm
• Planting & Harvesting Vegetable Crops – Patron Activation @Amphitheater / 2:00pm – 3:00pm
- 24 • Christmas Dinner Buffet @Cafeteria / 6:00pm – 9:00pm
- 25 • Christmas Day Sharing Menu @Cafeteria
- 26 • Boxing Day Buffet @Cafeteria / 12:00noon – 3:00pm
- 30 • Little Artist – Drawing Class – Patron Activation @Learning Room / 3:00pm – 4:00pm
• Break Dance – Patron Activation @The Studio / 1:00pm – 2:00pm
- 31 • New Year Eve Countdown Party
• New Year's Eve Dinner Buffet @Cafeteria / 7:00pm – 10:30pm



For enquiries, please contact us at 852. 3187 8900, your dedicated Manager from Academy Experience team or email ae@hkgta.com

Dates / Times / Venues / Events are subject to change



CAFETERIA

ALL-DAY DINING

TIME FOR CARVERY~

HALLOWEEN

DINNER BUFFET

28 October 2023

6:00pm – 9:00pm

Adult Buffet: HK\$580 / Person

Beverage Free Flow: HK\$200 / Person

Kids Buffet: HK\$300 / Child (Aged 5-11)

Complimentary buffet for kids aged under 5
(limited to 2 kids per booking)

Additional charge for extra child aged under 5 at HK\$300

Online reservation is now available on our Patron App!

For enquiries : 852. 3187 8981 / 82 | cafeteria@hkgta.com



THIA
wellness



Halloween Family Aerial Yoga



29 October 2023 (Sunday)
3:15pm – 4:15pm

Venue: The Studio
Instructor: Natalie



HK\$500 / Patron Pair
HK\$625 / Patron's Guest Pair
HK\$150 / Additional Person

Please reserve 48 hours in advance. Cancellation has to be made 48 hours in advance.

For reservations and enquiries, please contact Wellness team
at 852. 3959 0015 / wellnessehkgt@gmail.com

CAFETERIA

ALL-DAY DINING

Thai & Vietnamese

Explore the culinary wonders of Thai and Vietnamese cuisines. Have you tried Banh Hoi, delicately wrapped rice vermicelli bundles? Or indulge in the spicy and tangy delights of TomYum Goong. You cannot miss out on the succulent Vietnamese Roasted Chicken, with its crispy skin and tender meat.

Enjoy these extraordinary dishes as you embark on a culinary adventure only at HKGTA.

Menu available from 12 September 2023

Online reservation is now available!

For enquiries : 852. 3187 8981 / 82 | cafeteria@hkgta.com





IT'S IN-CRAB-ABLE!

Autumn is the best season to enjoy crabs! Shell-abrate the highly anticipated crab season by savouring traditional yet sophisticated crustaceans with family members to enjoy the annual crab feast at Fan Guan.

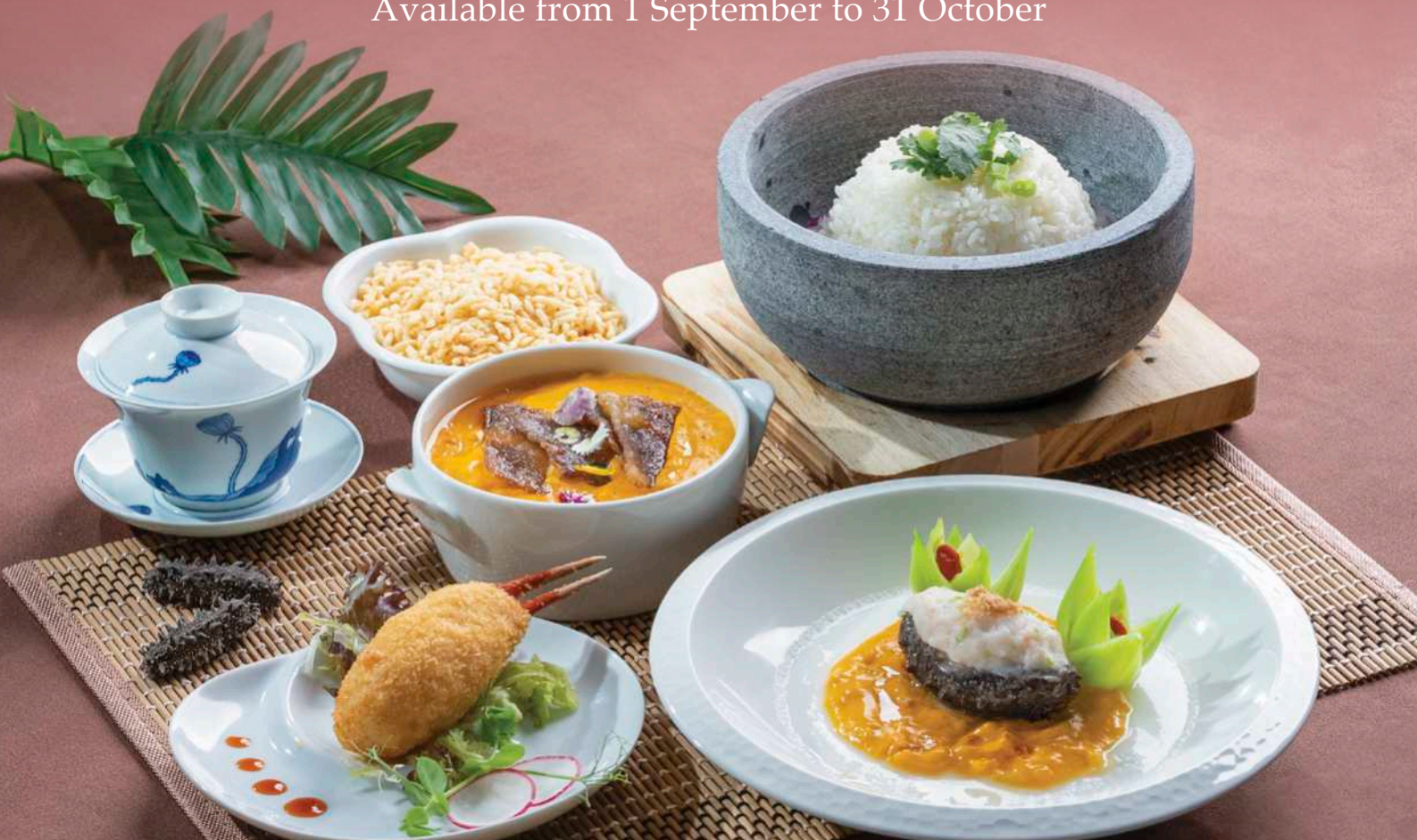
À la carte menu

Highlights

- Alaskan Giant King Crab (One day pre-order is required) •
- Mud Crab from Philippines •
- Braised Spicy Mud Crab and Tai Hong Chicken in Casserole •

Starting from HK\$168

Available from 1 September to 31 October



Online reservation is now available on our Patron App!
For enquiries: 852. 3959 0031 / 32 | fanguan@hkgta.com

* Image for reference only



SAKE MASTERCLASS

6 OCTOBER 2023 | FRIDAY

7:00PM - 8:30PM

HK\$788 / PERSON

Join us for a delightful experience of tasting six exquisite sakes paired with the finest caviar and Iberico ham. Discover the perfect harmony of flavours and indulge in an opulent journey through the world of sake and gourmet delights!



Ken Chan

- a member of **Hong Kong Sommelier Association**, and a certified Sake Sommelier of Sake Service Institute (SSI) of Japan, a specialized advocate and educator of Wine & Japanese Sake. He also holds a WSET level 3 certification.

For reservation or enquiries : 852. 3959 0045 | academylounge@hkgta.com



OKTOBER FEST 2023



**BUY - 1 - GET - 1 - FREE
ON ANY BEER**

**AVAILABLE FROM 1 OCTOBER
TILL 15 NOVEMBER 2023**

HIGHLIGHTS

ROASTED PORK KNUCKLE
WITH SAUERKRAUT

-

GRILLED NUREMBERG &
THURINGIAN SAUSAGES
WITH SAUERKRAUT & PRETZEL

-

MINI SCHNITZELS
WITH HONEY MUSTARD

Online reservation is now available on our Patron App!
For enquiries : 852. 3959 0045 | academylounge@hkgta.com

Academy House BBQ Party

**BBQ Party package starting from
HK\$30,500 includes:**

- BBQ Event during 3:00pm – 9:00pm (Any 3 hours) with chefs and servers
- Dedicated BBQ Food and Beverage Selection for 20 persons
- One overnight stay at Academy House (max 8 persons) with breakfast in next day morning
- Complimentary parking for up to 10 cars

**For enquiries, please contact Events Team at
852. 3187 8911 / events@hkgta.com**

Terms & Conditions

- Rate is applicable on Mondays - Thursdays only
- Supplement charge is applied during Fridays to Sundays and Special Festive days
- Reservations have to be made at least 30 days in advance, subject to availability
- Maximum capacity for 30 persons
- The offer is subject to change without prior notice
- HKGTA reserves the right of the final decision in case of any dispute

UPPER POOL BBQ PACKAGE

BBQ Party package starting from HK\$38,800 includes:

- BBQ Event during 11:00am – 9:00pm (Any 3 hours) with chefs and servers
- Dedicated BBQ Food and Beverage Selection for 30 persons
- Usage of the Upper Pool for 3 hours
- Complimentary parking for up to 10 cars
- Additional person at HK\$800 net

**For enquiries, please contact Events Team
at 852. 3187 8911 / events@hkgta.com**

Terms & Conditions

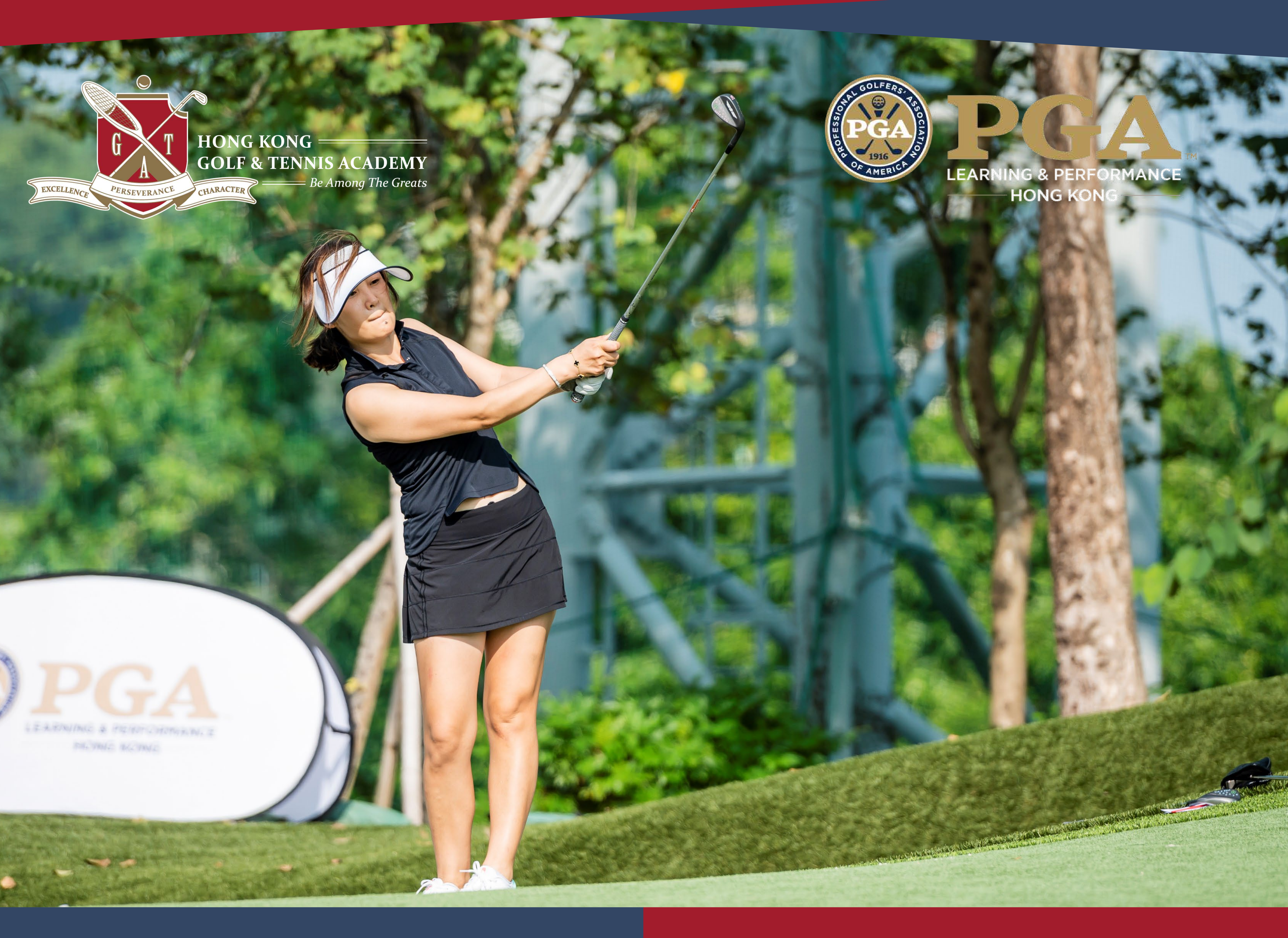
- Reservations have to be made at least 45 days in advance, subject to availability
- Maximum capacity for 50 persons
- The offer is subject to change without prior notice
- HKGTA reserves the right of the final decision in case of any dispute



HONG KONG
GOLF & TENNIS ACADEMY
Be Among The Greats



PGA
LEARNING & PERFORMANCE
HONG KONG



TUESDAY LADIES' CLINIC

**WITH COACH
AARON SY**



Join Coach Aaron to refine all areas of your golf game including:

- Bunker Shots
- Swing Fundamentals
- Sloping Lies
- Chipping & Pitching

And More

HK\$3,600 per Patron per series of 4 lessons

Every Tuesday

9:00am – 11:00am

Optional Breakfast with Coach Aaron at 8:30am

Enquiries: 852. 3959 0044 or golf@hkgta.com

MYOFASCIAL RELEASE & STRETCHES



DAY	DATE	TIME	VENUE	PRICE
Saturdays	7, 14, 21 & 28 October	4:30pm – 5:30pm	The Studio	HK\$600 (4 Lessons)

**For aged 12 and above*

Purpose

1. Relaxation and feeling refreshed
2. Improve balance, mobility, flexibility and strength
3. Improve posture

Content

Make use of rope, chair and yoga mats

1. Supine position stretches
2. Full body stretches in sitting position
3. Standing stretches

Single Lesson Enrolment HK\$250 / Lesson

Please make reservation at least 2 days in advance or otherwise it will subject to availability

Cancellation has to be made to Fitness Team 72 hours in advance

For enquiries, please contact us at 852. 3959 0052 or fitness@hkgta.com



Enrol Now!



Alvin Batad
Senior Stretch Therapist

With more than 20 years of working experience in the field of Physiotherapist, Rehabilitation Therapy, and Fitness & Gym Center. Alvin is one of the most experienced Stretch Therapists in Asia.



RAFA NADAL
TENNIS CENTER



HONG KONG
GOLF & TENNIS ACADEMY
Be Among The Greats

WOMEN'S TENNIS SOCIAL

ENJOY A LEISURE MORNING WITH YOUR FRIENDS EVERY MONTH!

DATE: (FRIDAYS) TIME: 9:00AM – 12:00NOON

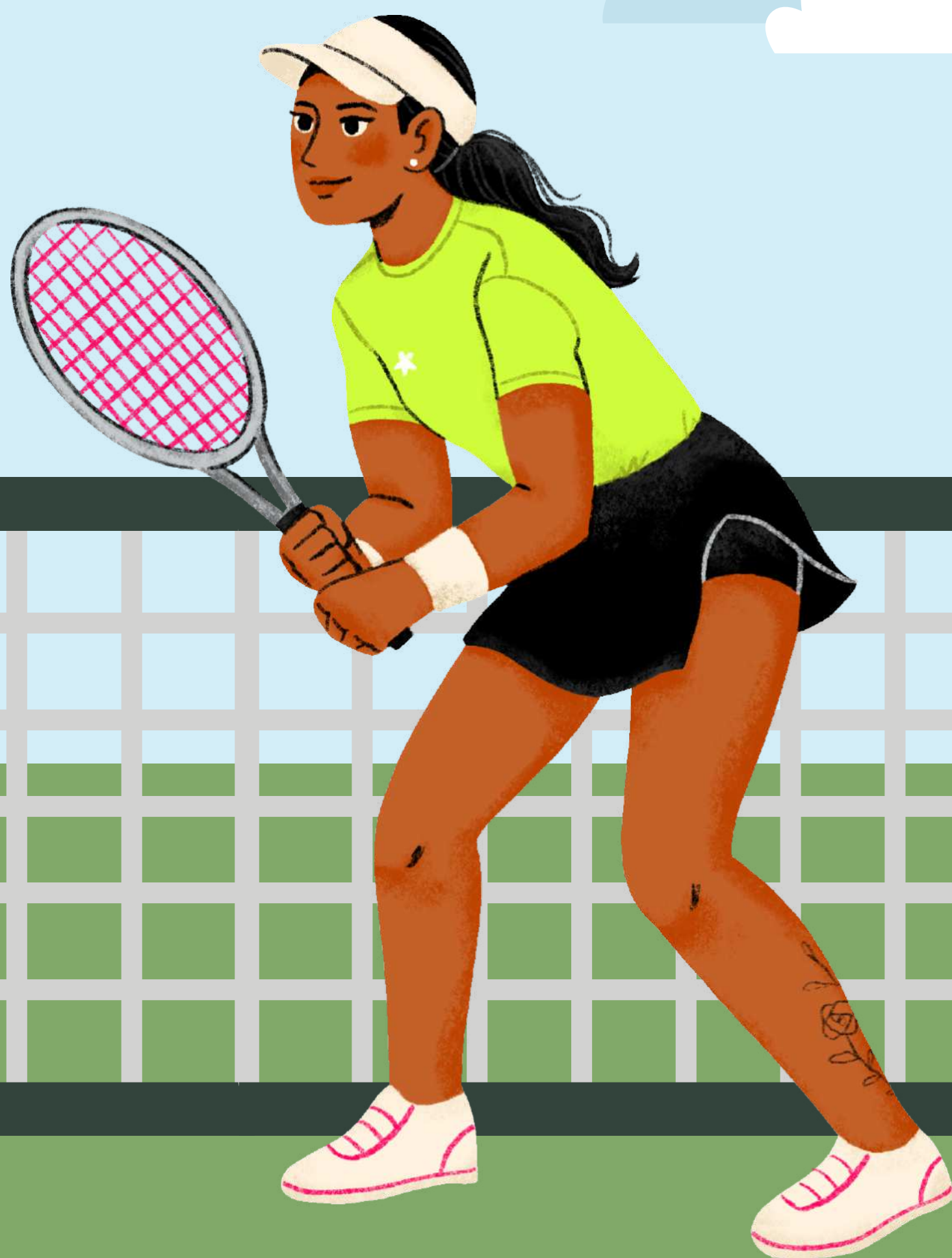
22 SEPTEMBER VENUE: OUTDOOR TENNIS COURTS

27 OCTOBER FEE: HK\$300/DAY/PATRON

24 NOVEMBER HK\$450/DAY/PATRON'S GUEST

8 DECEMBER

SIGN UP NOW!



For further enquiries, please contact us at 852. 3959 0049 or tennis@hkgta.com.

WhatsApp available at 852. 6772 1691.

FAMILY TENNIS

Date: 23 October 2023

Day: Monday (Public Holiday)

Time: 10:30am - 11:30am

Venue: Indoor Mini-tennis Courts

Fee: HK\$250 per Patron Pair

Remarks: Minimum 4 pairs;
Maximum 12 pairs

Requirements:

- 1 Parent (Mum or Dad) + 1 Baby per pair
- Baby must be aged between 3 to 6
- New beginners or players who have enrolled to the Baby Tennis in RNTC Regular Tennis Program are also welcome
- Please let us know if you want to join the event but your baby is aged under 3

LET'S ENJOY THE TREASURABLE
MOMENT TOGETHER!

For enquiries, please contact
852. 3959 0049 or tennis@hkgta.com
WhatsApp is available at 852. 6772 1691



**SIGN UP
NOW!**





REST & RECOVERY FOR PEAK PERFORMANCE

At HKGTA, tennis and golf take centre stage. These sports require precision, agility, and endurance, offering immense rewards but also placing considerable strain on the body. Due to the repetitive nature of their movements, many players often experience muscle tightness, joint pain, and occasional injuries. To maintain peak performance and prevent injuries, athletes in these sports are now turning to massage therapy, a complementary practice that can enhance their performance and well-being.



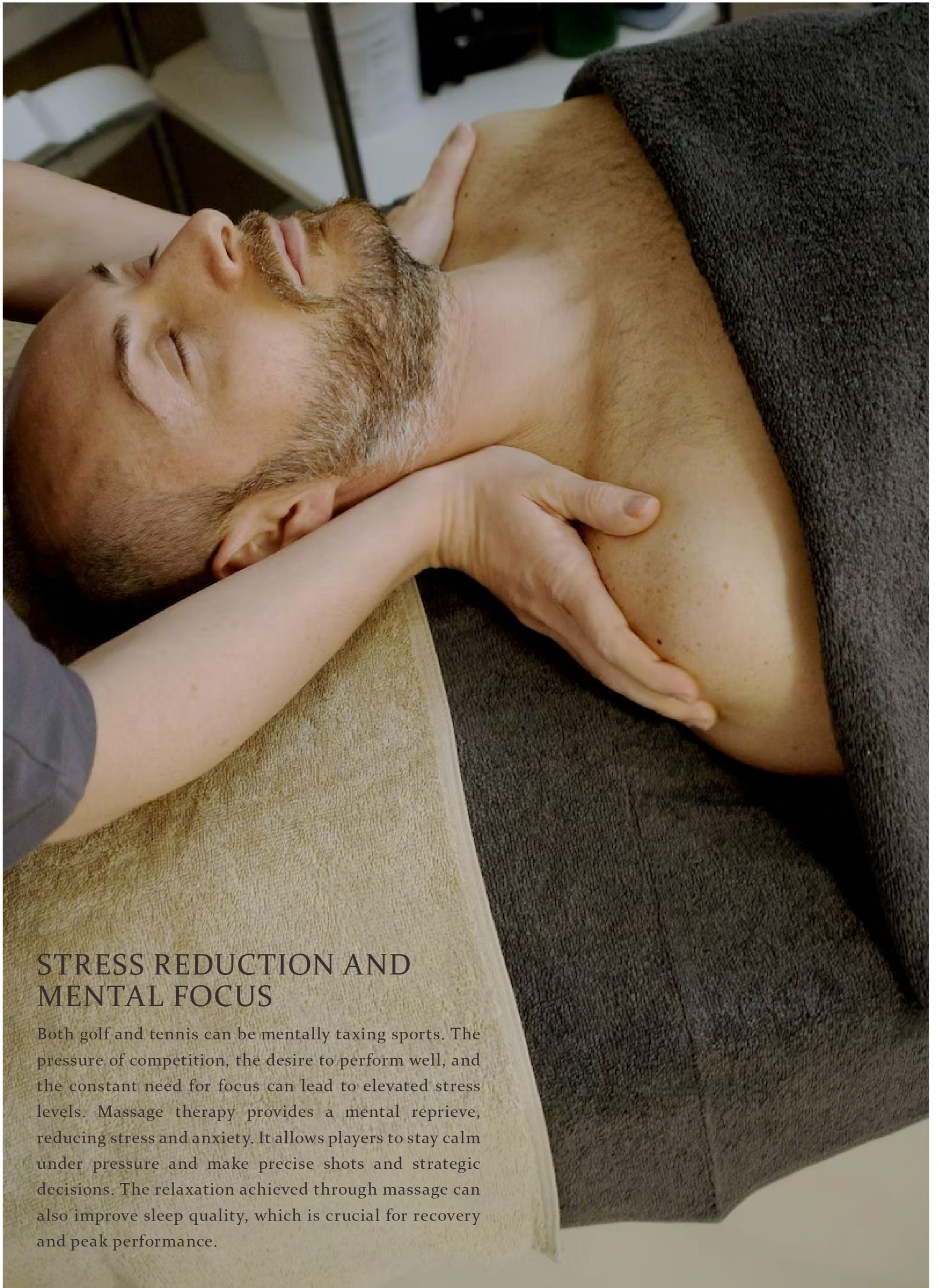
ENHANCED FLEXIBILITY AND RANGE OF MOTION

One of the primary benefits of massage for golf and tennis players is improved flexibility and increased range of motion. The repetitive motions involved in both sports can lead to muscle tightness and restricted movement. Regular massage sessions can help release tension in muscles and improve joint flexibility. This increased range of motion can be a game-changer on the golf course or tennis court, allowing players to execute their swings and shots with greater ease and precision. Increased flexibility also reduces the risk of injury, enabling players to stay on top of their game.



PAIN RELIEF AND INJURY PREVENTION

Both sports can lead to sore muscles and overuse injuries. The powerful strokes and quick movements involved in these sports can strain muscles and joints, resulting in discomfort or even injury. Massage therapy can effectively alleviate pain and accelerate the healing process. By addressing muscle imbalances, reducing tension, and improving flexibility, massage can help correct biomechanical issues that might otherwise lead to injuries. Regular massages can identify potential problem areas and address them before they become serious issues. It helps players recover faster and can be an excellent proactive measure to help golfers and tennis players stay injury-free and perform at their best.



STRESS REDUCTION AND MENTAL FOCUS

Both golf and tennis can be mentally taxing sports. The pressure of competition, the desire to perform well, and the constant need for focus can lead to elevated stress levels. Massage therapy provides a mental reprieve, reducing stress and anxiety. It allows players to stay calm under pressure and make precise shots and strategic decisions. The relaxation achieved through massage can also improve sleep quality, which is crucial for recovery and peak performance.

IMPROVED CIRCULATION

Massage therapy has been proven to enhance blood circulation throughout the body. Better circulation means that oxygen and nutrients are delivered more efficiently to muscles and tissues. This increased blood flow can aid in the removal of metabolic waste products from muscles, reducing the risk of cramps and muscle fatigue during play. Improved circulation also accelerates the healing process, helping players recover faster between matches or rounds.

BETTER POSTURE AND ALIGNMENT

Proper posture and body alignment are essential for both golf and tennis players. A misaligned body can lead to swing or stroke issues and, ultimately, reduced performance. Massage therapists can identify and address posture issues that may affect a player's performance. By working on specific muscle groups and releasing tension in the back and shoulders, massage promotes better alignment of the spine and joints. This not only helps players avoid injuries but also ensures that their movements are more efficient and accurate.



FASTER RECOVERY BETWEEN MATCHES

For professional athletes or those who compete in multiple matches or rounds in a day, massage can be a game-changer. It can expedite the recovery process and aid in the removal of lactic acid build-up, which can cause muscle stiffness. Athletes who incorporate regular massage sessions into their routine often experience quicker recovery times and are better prepared for their next game or tournament.

INCREASED BODY AWARENESS

Massage therapy can enhance an athlete's body awareness, helping them identify areas of tension or weakness that might affect their performance. By working with a skilled massage therapist, players can pinpoint problem areas and develop targeted strategies to address them. This proactive approach to health and performance can lead to long-term improvements in overall athletic ability.

Golf and tennis demand peak physical and mental performance. To excel in these disciplines, athletes must prioritize their physical well-being and recovery. Massage therapy is not just a luxury; it's a valuable tool for golf and tennis players seeking to enhance their performance, prevent injuries, and improve overall well-being. From enhanced flexibility and pain relief to stress reduction, increased body awareness, and mental focus, the advantages of regular massage sessions are undeniable, giving athletes the winning edge they need. Incorporating regular massages into their training regimen can help them stay at the top of their game and unlock their full potential on the course or court.

So, next time you are gearing up for a match, consider getting that winning touch from a skilled massage therapist. For more information on THIA offerings and bookings, please log in to the HKGTA app or contact us at wellness@hkgta.com.

FESTIVE COOKING CLASS FOR ADULT

Join us for an exciting and immersive festive experience in our adult cooking classes. Discover the art of creating mouthwatering dishes that are perfect for special occasions and celebrations!



10 SEPTEMBER (SUNDAY)

MID-AUTUMN FESTIVAL / ROSE MOONCAKE

8 OCTOBER (SUNDAY)

HALLOWEEN / 6" RED VELVET CAKE



12 NOVEMBER (SUNDAY)

THANKS-GIVING FESTIVAL / CRYSTAL
GOLDFISH DUMPLINGS



17 DECEMBER (SUNDAY)

CHRISTMAS / 6" CHRISTMAS TREE CAKE



**PRICE: HK\$550/ PATRON;
HK\$660/ PATRON' S GUEST**

TIME: 11:00AM - 1:00PM

VENUE: GASTRONOMY LAB

Enrolment is now available on HKGTA Patron website

For enquiries, please contact 852.3187 8960 or
patronactivation@hkgta.com



ENROL NOW!

FESTIVE JUNIOR CHEF

IGNITE YOUR CHILD'S PASSION FOR COOKING WITH OUR JUNIOR CHEF!
DESIGNED SPECIFICALLY FOR YOUNG ASPIRING CHEFS.
WATCH AS YOUR LITTLE CHEF GAINS CONFIDENCE, CREATIVITY, AND
A LOVE FOR THE CULINARY ARTS.



24 SEPTEMBER (SUNDAY)
**MID-AUTUMN FESTIVAL
SNOW MOONCAKE**



15 OCTOBER (SUNDAY)
**HALLOWEEN
SPIDER CHOCOLATE CUPCAKE**

26 NOVEMBER (SUNDAY)
**THANKSGIVING FESTIVAL
6" FRUITY CHEESECAKE**



10 DECEMBER (SUNDAY)
CHRISTMAS / CAKEPOP



PRICE: HK\$500 / PATRON
HK\$550 / PATRON'S GUEST
TIME: 2:00PM – 4:00PM
VENUE: GASTRONOMY LAB

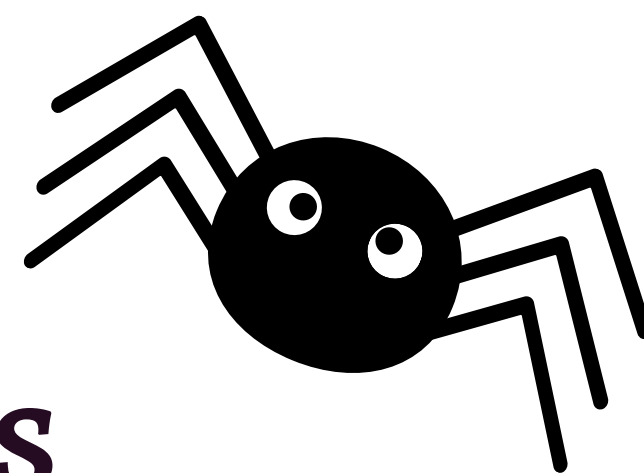


Enrol Now!

For enquiries, please contact
852.3187 8960 or
patronactivation@hkgta.com



Enrolment is now available
on HKGTA Patron website



OCTOBER KIDS ACTIVITIES

Every Public Holiday, Saturday & Sunday (1:00pm – 5:00pm)

Week

1

1 October (Sunday) – Approximately 45 mins

• Farm In The Crystal Ball – HK\$180 / Patron HK\$230 / Patron's guest

2 October (Monday) – Approximately 45 mins

• Cat Saving Box – HK\$150 / Patron HK\$225 / Patron's guest

Week

2

7 October (Saturday) – Approximately 45 mins

• Shell Night Light – HK\$180 / Patron HK\$230 / Patron's guest

8 October (Sunday) – Approximately 40 mins

• Texture Painting – HK\$180 / Patron HK\$230 / Patron's guest

Week

3

14 October (Saturday) – Approximately 45 mins

• Paint Your Own Lamp – HK\$180 / Patron HK\$230 / Patron's guest

15 October (Sunday) – Approximately 40 mins

• Storage Box – HK\$180 / Patron HK\$230 / Patron's guest

Week

4

21 October (Saturday) – Approximately 50 mins

• Design Your Own Flower Vase – HK\$180 / Patron HK\$230 / Patron's guest

22 October (Sunday) – Approximately 45 mins

• Paint Your Own Calabash – HK\$150 / Patron HK\$225 / Patron's guest

23 October (Monday) – Approximately 45 mins

• DIY Your Own Handbag – HK\$150 / Patron HK\$225 / Patron's guest

Week

5

Halloween Special Workshop – 1:00pm – 5:00pm

28 October (Saturday) – Approximately 50 mins

• Decorate Your Own Pumpkin / Spider Hat – HK\$200 / Patron HK\$260 / Patron's guest

29 October (Sunday) – Approximately 45 mins

• Halloween Photo Frame / Halloween Mirror – HK\$200 / Patron HK\$260 / Patron's guest

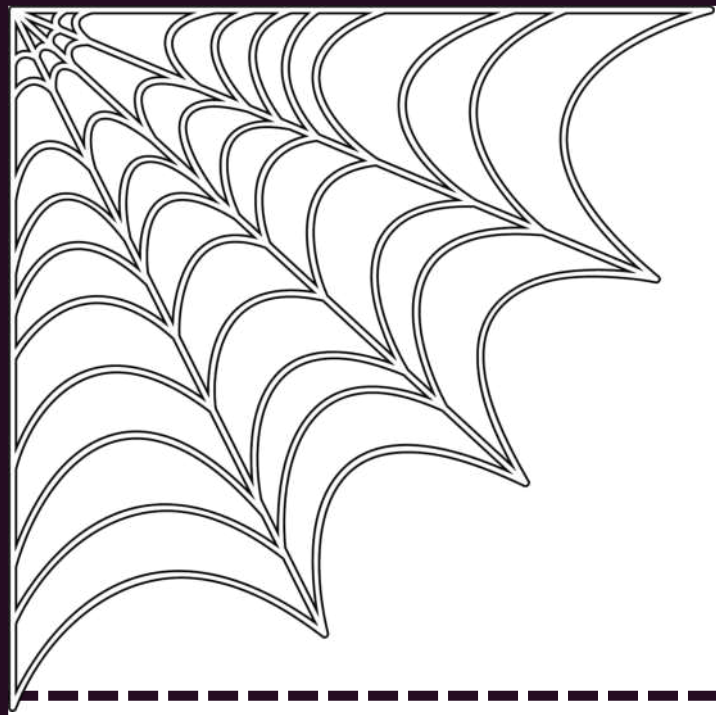


Package: HK\$800 / 5 Workshops / Patron
Package: HK\$1,200 / 5 Workshops / Patron's guest
(*Not included Halloween Special Workshop)

For enquiries or enrolments:

852. 3187 8953 or kidszone@hkgta.com

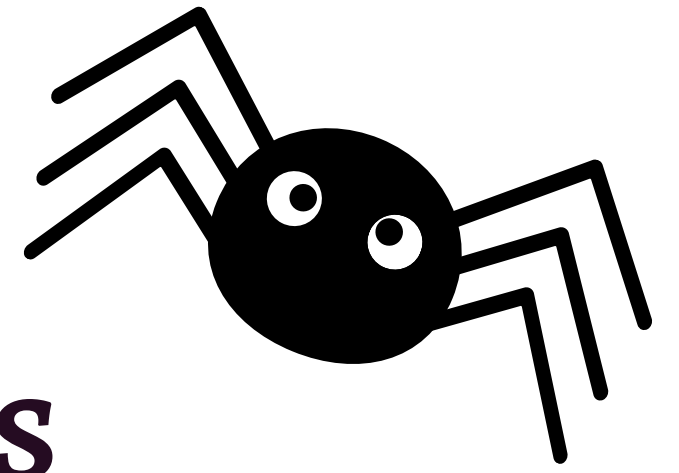




Kids
Academy

OCTOBER KIDS ACTIVITIES

Every Public Holiday, Saturday & Sunday (1:00pm – 5:00pm)



Farm In The Crystal Ball



Cat Saving Box



Shell Night Light



Texture Painting



Paint Your Own Lamp



Storage Box



Design Your Own Flower Vase



Paint Your Own Calabash



DIY Your Own Handbag



Decorate Your Own Pumpkin



Spider Hat



Halloween Photo Frame



Halloween Mirror



Photos for reference only





BODY SMART



FIRST BIKE

Get ready for the adventure with our first bike course! Our experienced instructors will guide you through balance, pedaling, and steering, ensuring a safe and exciting learning experience. Gain confidence in riding skills and embark on biking journey with us!



Venue: Outside Pro Shop



Aged 2–4



Code



Date



Day



Time



Price

FB2309C1	9 September	Saturday	3:00pm–4:00pm	HK\$280 / Patron HK\$310 / Patron's Guest
FB2309C2			4:00pm–5:00pm	
FB2310C1	14 October		3:00pm–4:00pm	
FB2310C2			4:00pm–5:00pm	
FB2311C1	11 November		3:00pm–4:00pm	
FB2311C2			4:00pm–5:00pm	
FB2312C1	9 December		3:00pm–4:00pm	
FB2312C2			4:00pm–5:00pm	



Enrol Now!



BODY & MUSIC SMART

K-POP DANCE

Get your groove on with our electrifying K-pop dance! Join us as we dive into the world of K-Pop music. From catchy choreography to impressive formations, our experienced instructors will guide you through every step. Get ready to shine on the dance floor and unleash your inner K-pop idol!



Venue: The Studio



Aged 5 and above



Code



Date



Day



Time

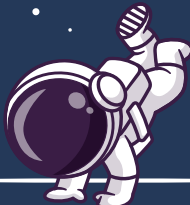


Price

KD2309D1	2 September	Saturday	1:00pm–2:00pm	HK\$330 / Patron HK\$365 / Patron's Guest
KD2309D2	9 September			
KD2309D3	16 September			
KD2309D4	23 September			
KD2311D1	4 November			
KD2311D2	11 November			
KD2311D3	18 November			
KD2311D4	25 November			



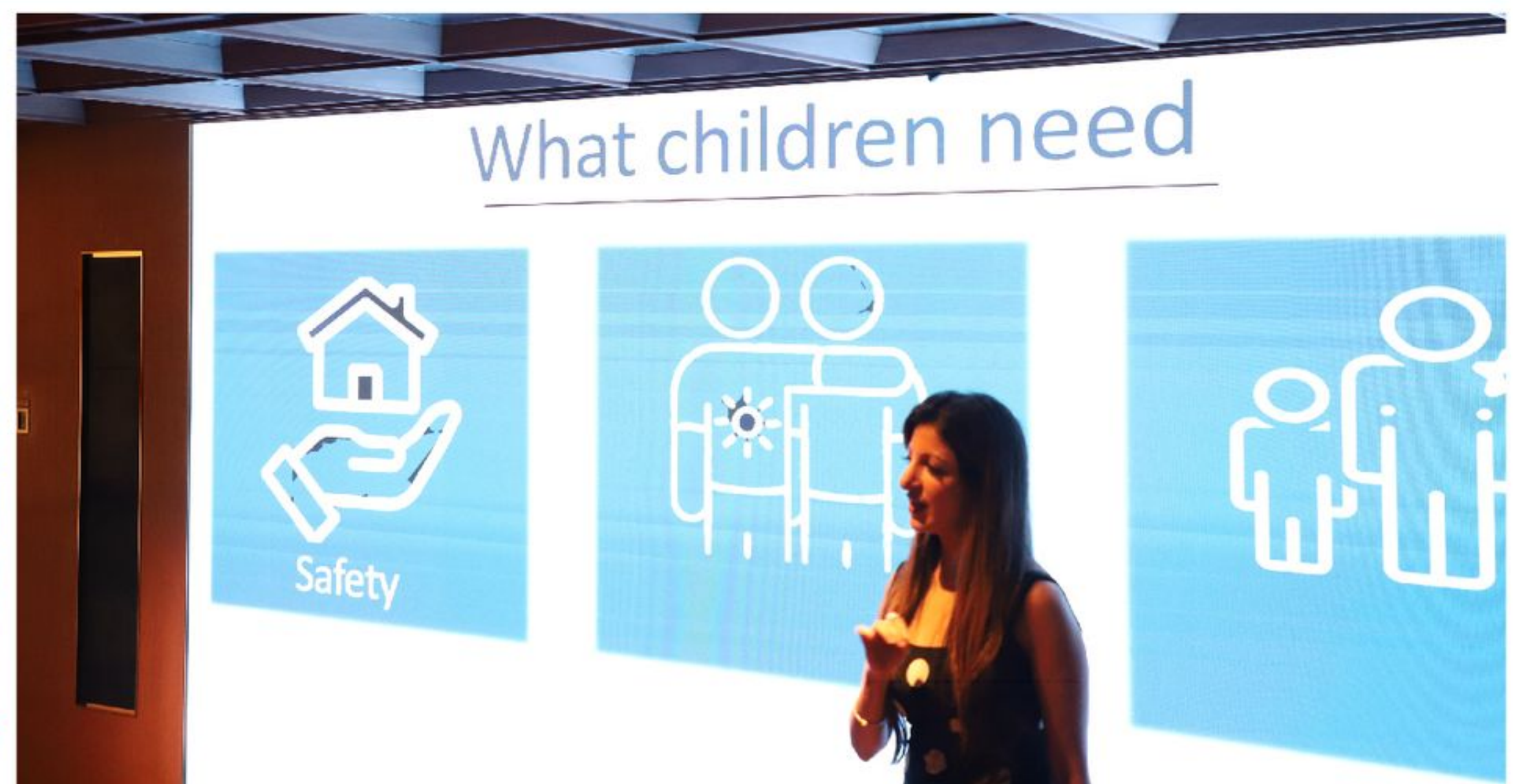
Enrol Now!



SEPTEMBER HAPPENINGS AT HKGTA TOWN CLUB

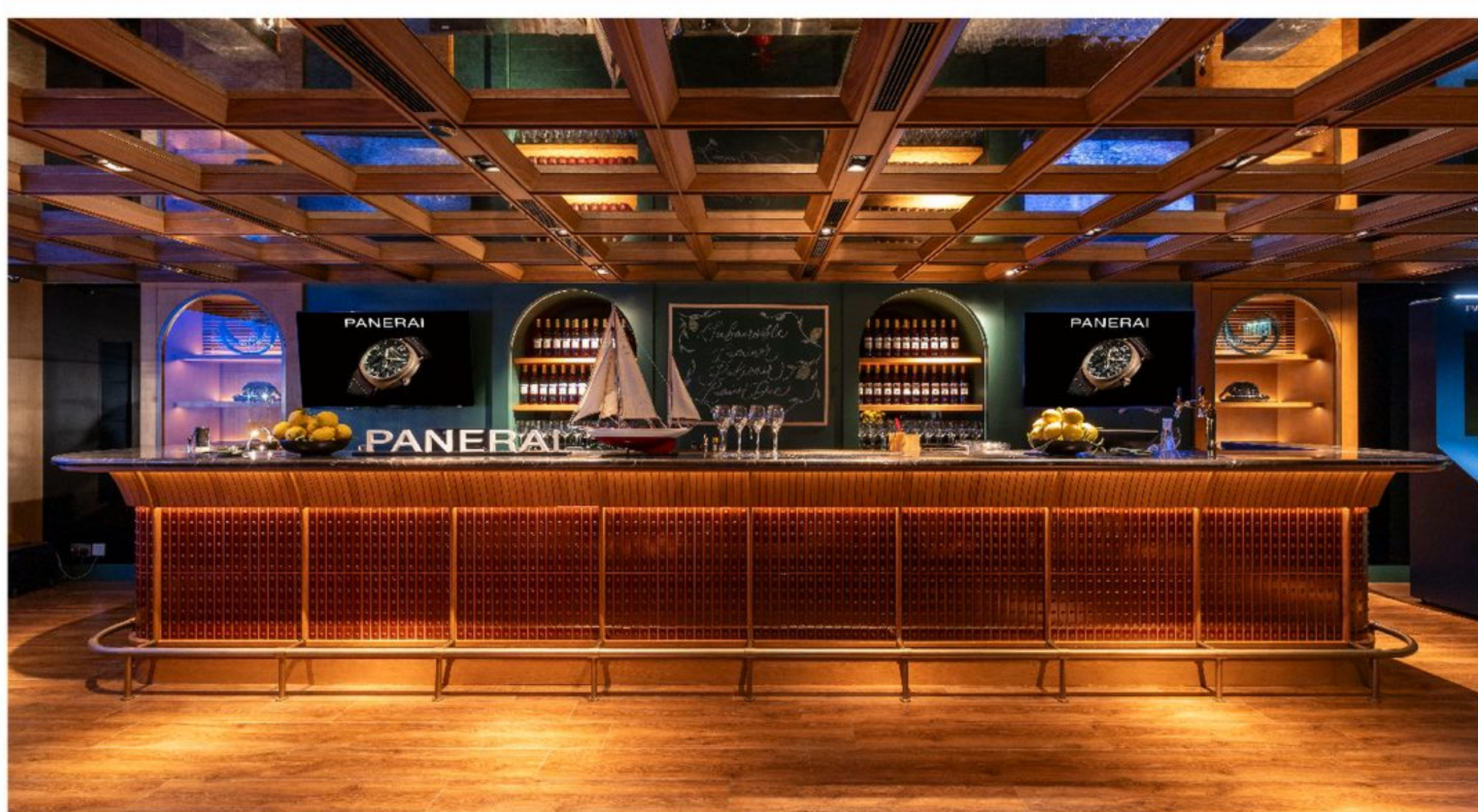
A JOURNEY INTO CONSCIOUS PARENTING

An expert-led workshop was held on 22 August, focusing on nurturing a child's full potential and strengthening the parent-child bond. Parents gained invaluable insights into enhancing mental development and fostering a harmonious relationship with their children. This transformative event equipped parents with the knowledge and tools necessary to navigate the complexities of parenthood with grace and wisdom.



PANERAI'S TIMELESS LEGACY WATCHMAKING WORKSHOP

Patrons had the opportunity to experience Panerai's legendary story and discover the inspiration behind its elegant modernity. The workshop showcased a preview of high-complication watches, highlighting the pinnacle of horological craftsmanship. Attendees delved into the art of watchmaking through an exclusive workshop, unravelling the intricate artistry and technical brilliance that define Panerai's timepieces.



FALL FLOW ART WORKSHOP

Back by popular demand, the renowned artist Boroka returned to Town Club for a transformative experience that combined a guided meditation with an immersive art workshop. Patrons set their intentions for the new season and explore the harmonious flow of artistic expression. Under Boroka's expert guidance, attendees embraced the beauty of autumn and translated their innermost emotions onto the canvas.



GREEN MONDAYS: WELLNESS TRENDS AND INSPIRING TALKS

Town Club unveiled Green Mondays this September; a programme designed to focus on expert talks dedicated to holistic wellness. Patrons discovered the latest trends and gained inspiration from esteemed speakers who explored various aspects of well-being. Each session provided a unique perspective on nurturing a healthier and more balanced lifestyle, covering topics such as mushroom supplements for youthfulness and captivating cocoa ceremonies.





TOWN CLUB
HKGTA

OCTOBER MONTHLY HIGHLIGHTS

We're all set for an action-packed autumn here at Town Club –
and with a calendar full of delicious new menus,
fun Halloween activities and fascinating expert talks,
there's plenty to keep you busy this October.



DINING

SAFFRON'S NEW MENU



Expect gourmet delights galore courtesy of Saffron's stunning new autumn menu, with creative dishes, sophisticated flavours, and luxurious ingredients the stars of the show.

DATE
Everyday

VENUE
Saffron

TIME
Lunch & Dinner

LOUIS ROEDERER CHAMPAGNE DINNER



Pop your corks for this spectacular five-course dinner, featuring incredible European cuisine perfectly paired with bottles from the legendary French champagne house.

DATE
Friday, 20 October

PRICE
HK\$1,288 per Patron

TIME
From 7:30 pm

VENUE
Saffron

LOBSTER MAC&CHEESE NIGHT



Buckle up for an all-indulgent menu of foodie favourites in our latest edition of Saffron Unplugged – including Lobster Mac and Cheese, Meatballs and Chicken Milanese.

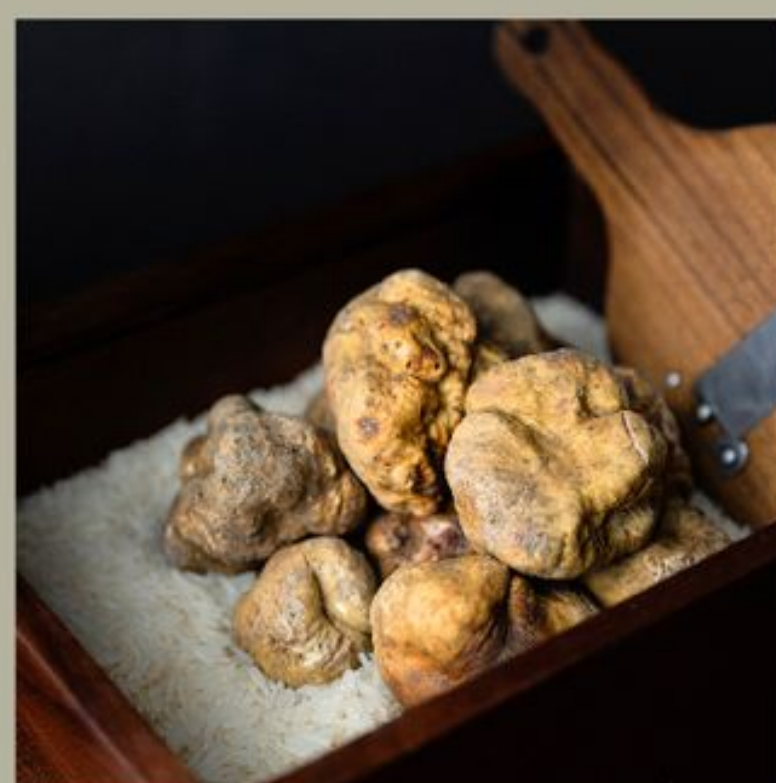
DATE
Friday, 6 October

PRICE
HK\$580 per Patron

TIME
From 6:00 pm

VENUE
Saffron

WHITE TRUFFLE WEEK



Decadent, delicious and highly seasonal; celebrate the most coveted of culinary treasures with a glorious white truffle tasting menu at Saffron, plus special white truffle dishes at Teak House and Yakumo.

DATE
Late October

VENUE
Saffron, Teak House, Yakumo

TIME
Lunch & Dinner



DINING

TEAK HOUSE'S NEW MENU



We're ringing in autumn at Teak House with a revamped menu showcasing the best Southeast Asian-inspired cuisine – all delivered with vibrant, modern flair.

DATE
Everyday

VENUE
Teak House

TIME
Lunch & Dinner

INDIAN NIGHT



Embark on a gastronomic adventure with our one-night-only Hindustani Bhojan feast, featuring spicy showstoppers like Beef Vindaloo and Malabar Fish Curry – crafted by our Indian master chef Fernando Rajesh.

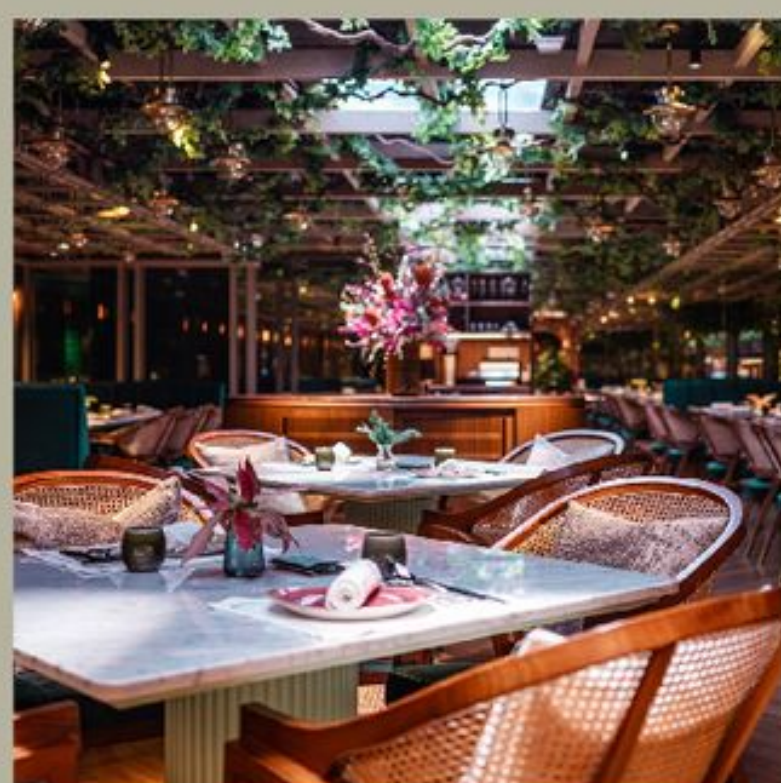
DATE
Wednesday, 13 October

PRICE
HK\$680 per Patron

TIME
From 6:00 pm

VENUE
Teak House

FAN GUAN NIGHT



Feast on an array of signature dishes and sumptuous set menus from HKGTA's renowned Chinese restaurant, Fan Guan, right here at Teak House.

DATE
Every Wednesday and Thursday

VENUE
Teak House

TIME
From 6:00 pm

GRILLED EEL DAY



Indulge in our new limited-time set menu at Yakumo, where the Japanese delicacy of unagi takes centre stage – with refined dishes like Grilled Unagi from Okinawa and Unagi Liver Dashi Soup.

DATE
From 1 to 11 October, 18 & 25 October

TIME
Lunch & Dinner



EXPERIENCE

SAFARI BAR BEATS



Relax to the rhythms of amazing live music performances – with a delicious cocktail or two, of course – every Thursday this October.

DATE
Thursdays in October

VENUE
Safari Bar

TIME
6:30 pm - 9:30 pm

THE MAJOR HAPPY HOUR



Unwind this autumn with great happy hour deals at The Major, including HK\$45 for selected drinks and HK\$100 for a gourmet bites platter – available from 5:00 pm to 9:00 pm every weekday.

DATE
Weekday

PRICE
From HK\$45

TIME
5:00 pm - 9:00 pm

VENUE
The Major

PREMIER LEAGUE BROADCAST



Catch all the thrills from the Premier League with our live football broadcasts at The Major – and make the most of the action with fantastic free-flow packages including premium beers and unlimited fries.

MANCHESTER UNITED VS BRENTFORD

DATE
Saturday, 7 October

TIME
10:00 pm

PRICE
HK\$200 per Patron

LIVERPOOL VS EVERTON

DATE
Saturday, 21 October

TIME
7:30 pm

PRICE
HK\$200 per Patron



EXPERIENCE

15%OFF WHISKY HIGHBALL



Start or end your evening in style at our laidback haven, Whisky Box, with a refreshing Whisky Highball cocktail at 15% off – available for Patrons enjoying dinner at any Town Club restaurant.

TIME
3:00 pm -12:00 mn

VENUE
Whisky Box

WINE & SPIRITS FAIR



Explore our world-class collection of red and white wines, whiskies and premium cigars and take the chance to stock up your cellar with some rare finds.

DATE
Thursday, 26 October

VENUE
Complimentary for Patrons

TIME
5:00 pm – 8:00 pm

GAMES NIGHT



Get your game on and enjoy some friendly competition over darts, table football and other fun games at The Major.

DATE
Everyday

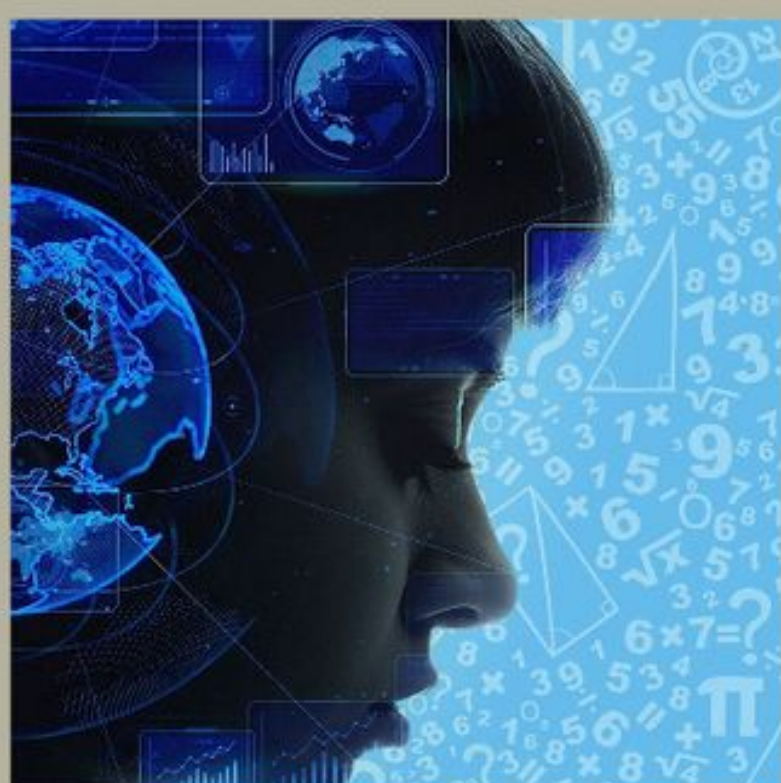
VENUE
The Major

PRICE
Complimentary for Patrons



ACADEMY CHAT

CREATING THE “UNSEEN”: AI EDUCATION FOR SECONDARY SCHOOL STUDENTS IN HONG KONG



Explore the next frontier of learning and how technological advances are impacting education with this informative talk, led by HKU’s Senior eLearning Technologist Leon Lei.

SPEAKER
Leon Lei
Senior Lecturer, University of Hong Kong

MODERATOR
Prof. Esterina Nervino
Assistant Professor, Department of English,
Department of Marketing,
City University of Hong Kong

DATE
Wednesday, 18 October

TIME
7:00 pm – 8:00 pm

PRICE
Complimentary for Patrons

LOVED THEN ABANDONED HOUSES - SACHA YASUMOTO



Discover the beauty and poignancy of Hong Kong’s frozen-in-time deserted houses with photographer Sacha Yasumoto – who’ll be discussing her new book, *Loved Then Abandoned*.

HOST
Sacha Yasumoto

TIME
7:00 pm – 8:00 pm

DATE
Wednesday, 25 October

PRICE
Complimentary for Patrons

MOBILE PHOTOGRAPHY FOR SOCIAL MEDIA MASTERCLASS - LEVEL 1



Do it for the ‘gram! Join renowned photographer Ali Ghorbani as he shares expert tips and tricks for social media, including how to compose, light and edit pictures like a pro.

HOST
Ali Ghorbani

TIME
10:30 am – 12:00 pm

DATE
Saturday, 7 October

PRICE
HK\$200 per Patron
(Teens aged 9 years old or above are welcome)



TOWN CLUB
HKGTA

HALLOWEEN SPECIALS





DINING

PHANTOM OF THE OPERA HALLOWEEN DINNER



Take your seat for a magical night of mystery, romance and music featuring live singers and an orchestra – over a superb four-course dinner, wine pairings and a themed welcome cocktail.

DATE
Saturday, 28 October

PRICE
HK\$988 per Patron

TIME
7:30 pm

VENUE
Teak House

HALLOWEEN BRUNCH



Our lively Halloween brunch promises a fa-boo-lous day of fun for the whole family – including themed décor, a children's dessert and kids' craft workshop.

DATE
Saturday, 28 October

PRICE
HK\$598 per Patron

TIME
From 12:00 pm

VENUE
Teak House



EXPERIENCE

HALLOWEEN FLOW ART WORKSHOP



Let your imagination take flight with this immersive Phantom of the Opera-themed art flow painting session, featuring music from a live pianist for extra inspiration.

HOST
Boroka Kopacz

TIME
5:00 pm – 7:00 pm

DATE
Friday, 13 October

PRICE
HK\$400 per Patron
(inclusive of a welcome drink)

HALLOWEEN ART WORKSHOP



Get youngsters flexing their creative muscles at our frighteningly fun DIY craft workshop, as they learn how to make a recycled paper Halloween lantern.

DATE
Saturday, 28 October

PRICE
Complimentary for
Patrons enjoyed
Teak House brunch

TIME
From 3:00 pm



EXPERIENCE

HALLOWEEN COCKTAILS



Get shaken and stirred with our spine-tinglingly good Halloween cocktail specials – Smoky Grave, a blend of mezcal, Cointreau and ginger beer, and Halloween Reviver, featuring gin, absinthe and Lillet Blanc – available for one week only.

DATE
From 25 to 31 October

VENUE
Safari Bar

TIME
12:00 pm - 12:00 mn

SPOOKTACULAR MOVIE CLUB



Keep the kids entertained with our Saturday afternoon movie screenings, themed especially for the spooky season.

DATE
Saturday, 14, 21 October

VENUE
The Major

TIME
12:00 pm - 3:00 pm



TOWN CLUB
HKGTA

WINE & SPIRITS FAIR

Explore our world-class collection of red and white wines, whiskies and premium cigars and take the chance to stock up your cellar with some rare finds.

DATE

Thursday, 26 October

TIME

5:00 pm - 8:00 pm

PRICE

Complimentary for Patrons





===== HONG KONG =====
GOLF & TENNIS ACADEMY
===== *Be Among The Greats* =====

81 TAI CHUNG HAU, SAI KUNG, HONG KONG

852. 3187 8900 | info@hkgta.com

WWW.HKGTA.COM