

INSIDER

ISSUE

35

MARCH 2023

TRANSFORM YOUR HEALTH

WITH HUMANSA OUR
NEW FITNESS AND WELLNESS PARTNER

JUNGLE HEALING

FIND TRANQUILITY WITH
FOREST BATHING

MAN ABOUT TOWN

UP CLOSE WITH JUAN GIMENEZ,
ACTING MANAGER OF TOWN CLUB

ACADEMY BULLETIN

Dear Patrons,

Spring is here, and with it comes a sense of renewal and new beginnings. As we welcome the season, we bring you exciting sports, wellness, dining, and entertainment at HKGTA. In this issue of The Insider, we share some exciting news as The Academy continues to expand and better our offerings to our loyal Patrons.

HKGTA WELCOMES HEALTH & WELLNESS PARTNER, HUMANSA

We are thrilled to announce a new partnership with Humansa, a pioneering healthcare institute. Also, a part of the New World Group, Humansa brings their expertise in wellness to HKGTA, where Patrons are able to access the unparalleled services and state-of-the-art facilities within the property and multiple locations across Hong Kong. For more information on Humansa, flip through to learn more or directly contact us at fitness@hkgta.com or 852. 3959 0052.

TEE TO THE TOP WITH NEW GOLF COACH DAVID CAI

We are also proud to welcome new golf coach, David Cai to the HKGTA team. David has an incredible passion for golf and a wealth of experience which will be taking Patrons to a new level of golfing. Keep your eyes peeled for April Insider where we will get up close and personal with David.

A NEW YEAR OF SPORT: THAI BOXING

For those looking to try something new, our A New Year of Sport programme continues, and this March, we bring forth our Thai Boxing programme. Led by coach Praveen Robin Biswakarma, Patrons will get the opportunity to learn to break a sweat and put their physical limit to the challenge. Classes are held every Saturday in March, and enrolment is now open via hkgta.com. For further enquiries, please contact patronactivation@hkgta.com or 852. 3187 8960.

A RARE MEAT MARVEL

This month, Cafeteria is making every carnivore's dream come true. Get ready to sink your teeth into some of the most succulent steaks and bringing the best cuts of beef from USA, Japan, Korea, Argentina, and Australia to HKGTA. Standout cuts include velvety USDA prime natural bone-in rib eye, melt-in-your-mouth Japanese Miyakonojo wagyu A4 striploin, and colossal 38oz Argentinian prime rib. Reservations can be made through cafeteria@hkgta.com or 852. 3187 8981 / 82.

CHAOZHOU CULTURE & CUISINE ON A PLATE

Over at Fan Guan, we are proud to showcase the rich culinary heritage of Chaozhou cuisine, with dishes that highlight the natural flavours of fresh produce. Through delicate cooking techniques, tuck into signature delicacies like chilled salty fish and pan-fried oysters. Devour a little tradition and unveil the charm of Chaozhou for a limited time only, available till 30 April. For enquiries and reservations, contact fanguan@hkgta.com or 852. 3959 0031 / 32.

SMALL BITES, BIG FLAVOURS

At Academy Lounge, we are serving up a delicious new tapas menu with Spanish savoury nibbles to go with your tipples. The new snack and tapas menu will feature staples such as tomato crystal bread, paprika meatballs and cod croquettes. Secure your spot at academylounge@hkgta.com or 852.3959 0045.

We hope that you will take advantage of all that HKGTA has to offer this spring and beyond. We look forward to welcoming you to our facilities, and hope that you and yours enjoy the new season with us at The Academy.

Yours Faithfully,
HONG KONG GOLF & TENNIS ACADEMY MANAGEMENT

FEBRUARY HAPPENINGS AT THE ACADEMY



TENNIS IN FULL FORCE WITH JOEL FIGUERAS OF RAFA NADAL ACADEMY

The former USTA coach, made a rare appearance at HKGTA from 11 to 16 February. With a roster of legendary players under his belt, including Leo Lavelle, Agustin Moreno, Carlos Costa, Joan Aguilera, and Francis Roig, this tennis legend met and coached Patrons at The Academy. Patrons enjoyed an exclusive meet and greet lunch, elite training, and adult clinics to get insider tips from the pro himself.



TRANSFORM YOUR HEALTH WITH HUMANSA

HKGTA is excited to announce our new partnership with Humansa, a luxurious, cutting-edge healthcare organisation, a subsidiary of New World Group. Starting from 1 March, Patrons will have the opportunity to indulge in the ultimate health experience and elevate their wellness journey to new heights. The new collaboration will allow Patrons to get access to the finest healthcare facilities and experts in the lush comforts of the prestigious clinic. Humansa offers an array of services covering physiotherapy, rehab, wellness, fitness and wellbeing all under one opulent roof.



FENCING INTO FITNESS WITH OLYMPIC COMPETITOR COCO LIN

Add some swordplay to your workout routine with our new Fencing Programme, led by Olympic competitor Coco Lin. The Hong Kong athlete taught the basics of this graceful sport, including lunging, parrying, and riposting. Patrons were able to develop their skills in coordination and reflexes in a new, fun and challenging approach.



FEBRUARY HAPPENINGS AT HKGTA TOWN CLUB



SHAKING IT UP WITH JACK LEUNG: A COCKTAIL MASTERCLASS

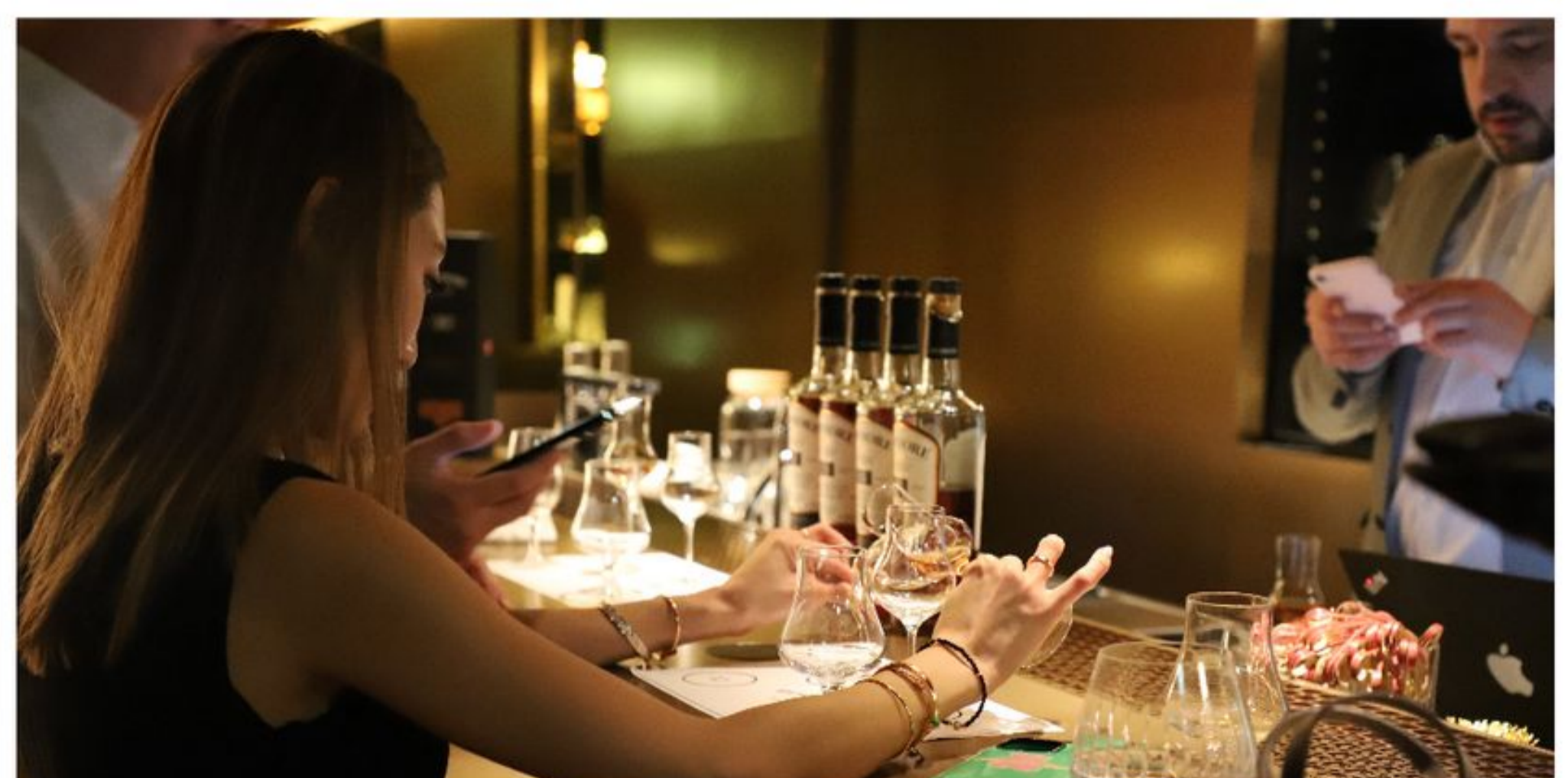
Patrons got the chance to mix, muddle, stir and shake with Town Club's very own Bar Manager, Jack Leung. He held a Cocktail Masterclass on 4 and 18 February, where shared the secrets of cocktail creation and guided them through a hands-on, fun-filled experience. They tasted the finest cocktails, learned the basics of mixology, and came away with a newfound appreciation for cocktail artistry.





SIP & SAVOUR AT BOWMORE'S WHISKY MASTERCLASS

Patrons indulged in a one-of-a-kind whisky journey at Whisky Box on 10 and 24 February; exploring the distinct nuances and flavour profiles of Bowmore Whisky. Led by a Bowmore Ambassador, they tasted four different whiskies, learned about the rich heritage and distilling process of the brand. The masterclass was a celebration of the spirit and brought together whisky aficionados over some of the most esteemed bottles by Bowmore.





LOVE AT FIRST BITE

From first bite to last sip, Saffron set the scene for a love story to be savoured. Love filled the air on Valentine's Day with a special five course feast, featuring exquisite European delicacies. Patrons were serenaded by a melodious candle-lit dinner, accompanied by a harp performance that struck all the right chords in their romantic celebration.





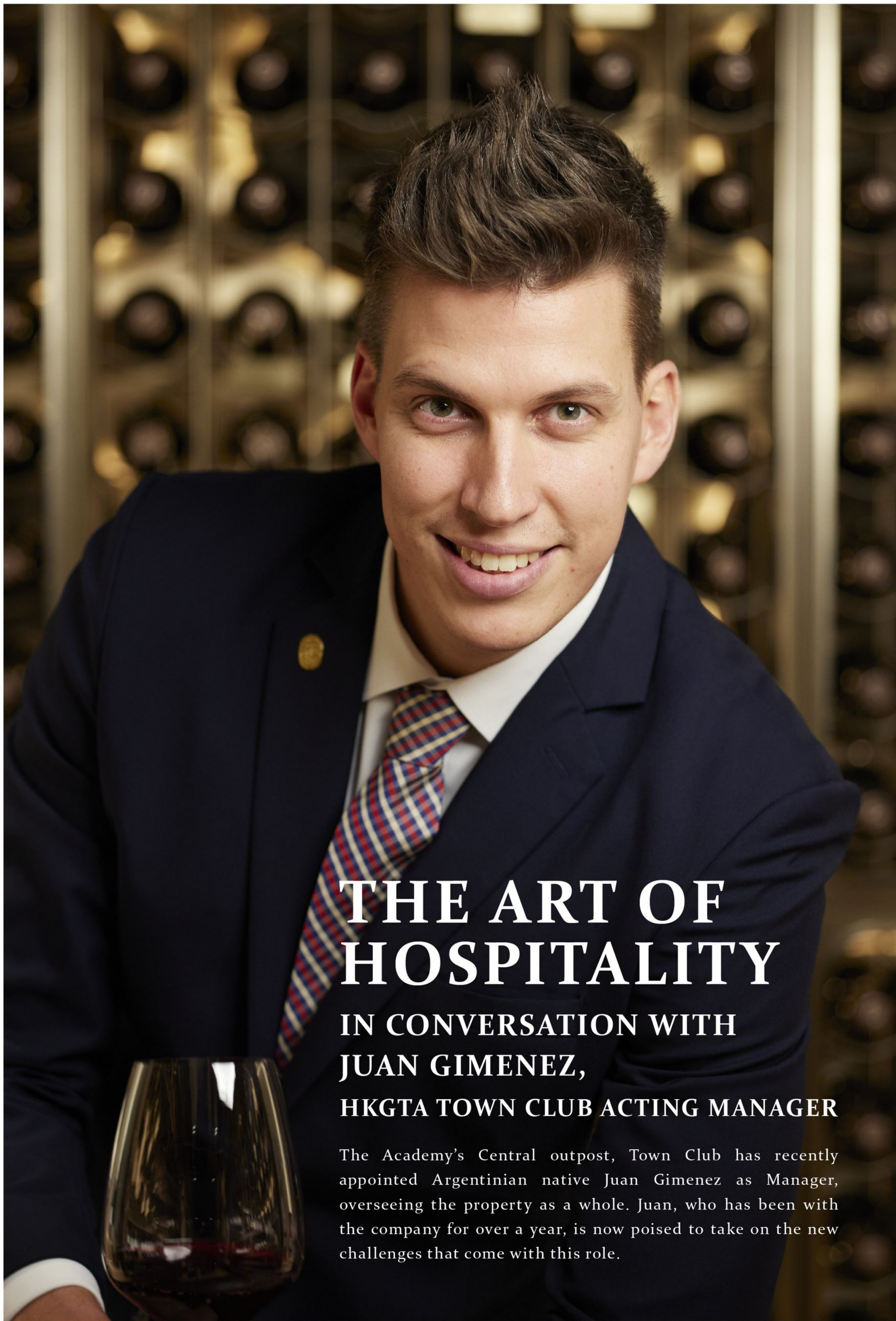
TOWN CLUB
HKGTA



WINE SOCIETY

With an annual fee of HK\$2,000, join us for a luxury community like no other and enjoy access to a host of exclusive privileges:

- Complimentary seat for selected wine dinner all year long
- Complimentary access to all wine tasting events
- Priority reservation for all wine masterclasses
- Priority purchase for highly-acclaimed and rare wines
- For takeaway wines, 5% off for six (6) bottles or below and 8% off for seven (7) bottles or above
- 50% off for Corkage
- Each Patron can bring up to four (4) bottles of wines



THE ART OF HOSPITALITY

IN CONVERSATION WITH
JUAN GIMENEZ,
HKGTA TOWN CLUB ACTING MANAGER

The Academy's Central outpost, Town Club has recently appointed Argentinian native Juan Gimenez as Manager, overseeing the property as a whole. Juan, who has been with the company for over a year, is now poised to take on the new challenges that come with this role.



Juan brings over two decades of experience in the hospitality industry to the table, and has been involved in opening several venues in and outside Hong Kong. Juan humbly expresses that his success is achieved with the support of a talented team to allow him where he is today. The team encourages open and candid discussions, and every member has a chance to contribute their ideas.



“ I am fortunate to have a remarkable team and clear direction from our Patrons on what they desire from Town Club, and it is my privilege to deliver it to them. ”



With a lauded background in culinary arts and former F&B director of Town Club, Juan is especially fond of the dining programme. His extensive international experience and exposure to travel, allowed him to familiarise with a multitude of cuisines, cooking techniques, and styles, all of which have influenced his creations.

Though a new kid on the block Town Club Juan has solidified the establishment as a culinary destination in Central. With a robust and diverse culinary offering before taking on his new role, Town Club provides a diverse range of dining options, from sophisticated Western seafood to traditional Japanese Kaiseki and Southeast Asian cuisine, as well as a variety of spaces to accommodate different occasions. Whether Patrons seek to watch their favourite sport on the 100-inch LED wall, enjoy a cocktail or wine, or simply unwind in the serene Teak House, there is something for everyone. Personally, Juan's favourites include the Thai Boat Noodles at Teak House, the Eel Rice at Yakumo, and the Seafood Platter at Saffron.





Aside from unrivalled hospitality, another core pillar of Town Club is its mission to promote sustainability. Committed to doing its part for the environment, Juan has implemented several initiatives to reduce waste to foster a more ecological approach when it comes to day to day operations. For example, Town Club utilises a filtration system for still and sparkling water, replacing bottles; all takeaway containers are biodegradable or recyclable; and most internal documents are digitalised to reduce paper usage. Town Club is also working closely with a sustainability rating company to identify areas for improvement and to continue moving towards a greener way of business.

While Juan continues to develop Town Club and provide Patrons with the best entertainment and experiences, so far he already has a few exciting programmes up his sleeve. Patrons can expect to be wowed by upcoming events including a McLaren F1 takeover, a variety of masterclasses, a cigar and rum pairing tasting experience, and much more.

"We hope to have created a haven in the heart of the city, providing Patrons with an opportunity to come together and socialize over their preferred libation or coffee in a tranquil environment. We have created spaces to accommodate different occasions [and] escape the city's hustle and bustle."





TOWN CLUB
HKGTA

MARCH
WINE DINNER



CERETTO

CERETTO WINE DINNER

Ceretto has been making wine in Piemonte, Italy, for over 70 years, setting the quality benchmark among Barolo and Barbaresco producers. For one night only, join us for an intimate evening with Brand Ambassador Mr Mattia Pagliasso. Revel in a gourmet six-course dinner and a selection of handpicked fine wines from the legendary vineyard, and learn the essences of the terroirs and the story of the “King and Queen of Italian Wine” over three generations.

DATE	TIME	PRICE	VENUE
Wednesday, 1 March	6:00pm-10:00pm	HK\$1,888	Saffron



GRACE WINE

GRACE WINE DINNER

Celebrating International Women’s Day, Yakumo partners with Ms Ayana Misawa, the owner and winemaker from Grace Wine, honouring female winemakers in this male-dominant industry. Indulge in an exquisite 10-course dinner brimming with succulent seafood and premium ingredients, as well as our favourite female-powered collection from the award-winning winery in Yamanashi.

DATE	TIME	PRICE	VENUE
Wednesday, 8 March	7:00pm-10:00pm	HK\$3,500	Yakumo



BOUCHARD PÈRE & FILS

FONDÉE EN 1731

BOUCHARD PERE & FILS WINE DINNER

On 14 March, indulge in a one-night exclusive wine dinner at The Alcoves with Brand Ambassador Victor Pepin, one of the oldest wineries in Burgundy. Be pampered by exquisite pairing of gourmet dishes with a fine selection wines from the terroirs of Côte de Beaune, including Grand Cru Chevalier Montrachet 1983 and some vintages up to 1959.

DATE	TIME	PRICE	VENUE
Wednesday, 14 March	6:00pm-10:00pm	HK\$3,500	The Alcoves

Limited seats available on a first-come first-served basis.
Please contact our reservations directly



TOWN CLUB
HKGTA

MARCH MONTHLY HIGHLIGHTS

In celebration of Art Month, join us for a dazzling array of creative workshops to immerse yourself in the art voyage.



ENTERTAINMENT

STAND-UP COMEDY



For one night, join us at The Major, where you will have an hour of pure body-jiggling laughter with a line of comedians, including Pete Grella, Ryan Hynek, Garron Chiu, Mohamed Magdi and Mahesh Mansigani.

DATE	PRICE
Thursday, 2 March	Complimentary for Patrons
TIME	VENUE
8:00pm-9:00pm	The Major



ART

CHARCOAL DRAWING WORKSHOP



Let your imagination run wild, draw it all with charcoal. Led by the award-winning figurative artist Brendan Fitzpatrick, the workshop features a live model angel. Learn charcoal techniques to create powerful portraits this March.

DATE	PRICE
Wednesday, 15 March	HK\$550 per Patron, HK\$650 per guest
TIME	VENUE
7:00pm-8:00pm	Vamos

CRYSTAL-INFUSED CANDLE WORKSHOP



The **BLOMSTRE**
HONG KONG

Explore your senses and craft your very own soy candle and decorate it to your heart's desire using natural healing crystals at this exclusive workshop.

DATE	PRICE
Friday, 17 March	HK\$550 per Patron, HK\$600 per guest
TIME	VENUE
3:00pm-5:00pm	Vamos



TOWN CLUB
HKGTA

APPRECIATION EVENT

Thank you for your loyal support since our opening!
To express our gratitude, you are cordially invited to
our exclusive Patrons' Appreciation Day.



We would love to celebrate our community here at Safari Bar, where Patrons can meet our team and mingle over a range of exciting bar offerings, including a curated selection of canapes, free-flow fine wines and more.

DATE

17 March 2023

VENUE

Safari Bar

TIME

5:00pm-7:00pm

DRESS CODE

Smart Casual

PRICE

Complimentary for Patrons



CONNOISSEUR NIGHT

Co-hosted by Maison Corthay, the French luxury footwear, HKGTA Town Club presents an exclusive evening for all stylish ladies and gentlemen. Discover the artisanal secret of patina shoes, over a refined selection of premium Cohiba Siglo VI or Arturo Fuente Opus X Perfection No. 77 Shark cigars, while sipping away vintage bottles of Dictador 1980 Rhum and Dewar's White Label 1970's Whisky.

Limited seats are available on a first-come-first-served basis.

Date: Tuesday, 28 March

Time: 6:30 pm - 8:00 pm

Price: HK\$1,180

Venue: Greats & Champs

CAFETERIA

ALL-DAY DINING

THE STEAKHOUSE

Richly marbled and superbly cooked steak is one of life's greatest carnivorous pleasures. This time, we are transforming Cafeteria into a classic steakhouse, offering delicious, juicy grilled steaks. Coming from USA, Japan, Korea, Argentina and Australia, the steaks are grilled to perfection and glorious.

Available from 15 February 2023

Highlights

USDA Prime Tenderloin Tartar
Japanese Miyakonojo Wagyu A4 Striploin 100z
USDA Prime Natural Bone in Rib Eye 38oz
Argentina Prime Rib 38oz

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



Image for reference only

CAFETERIA

ALL-DAY DINING



C R E M I A

~ Soft cream to a premium level ~



12.5% Milk Fat

Super Soft Ice-Cream Cone
with elegant shape

Creamy & Premium!

HK\$58

Photo for reference only

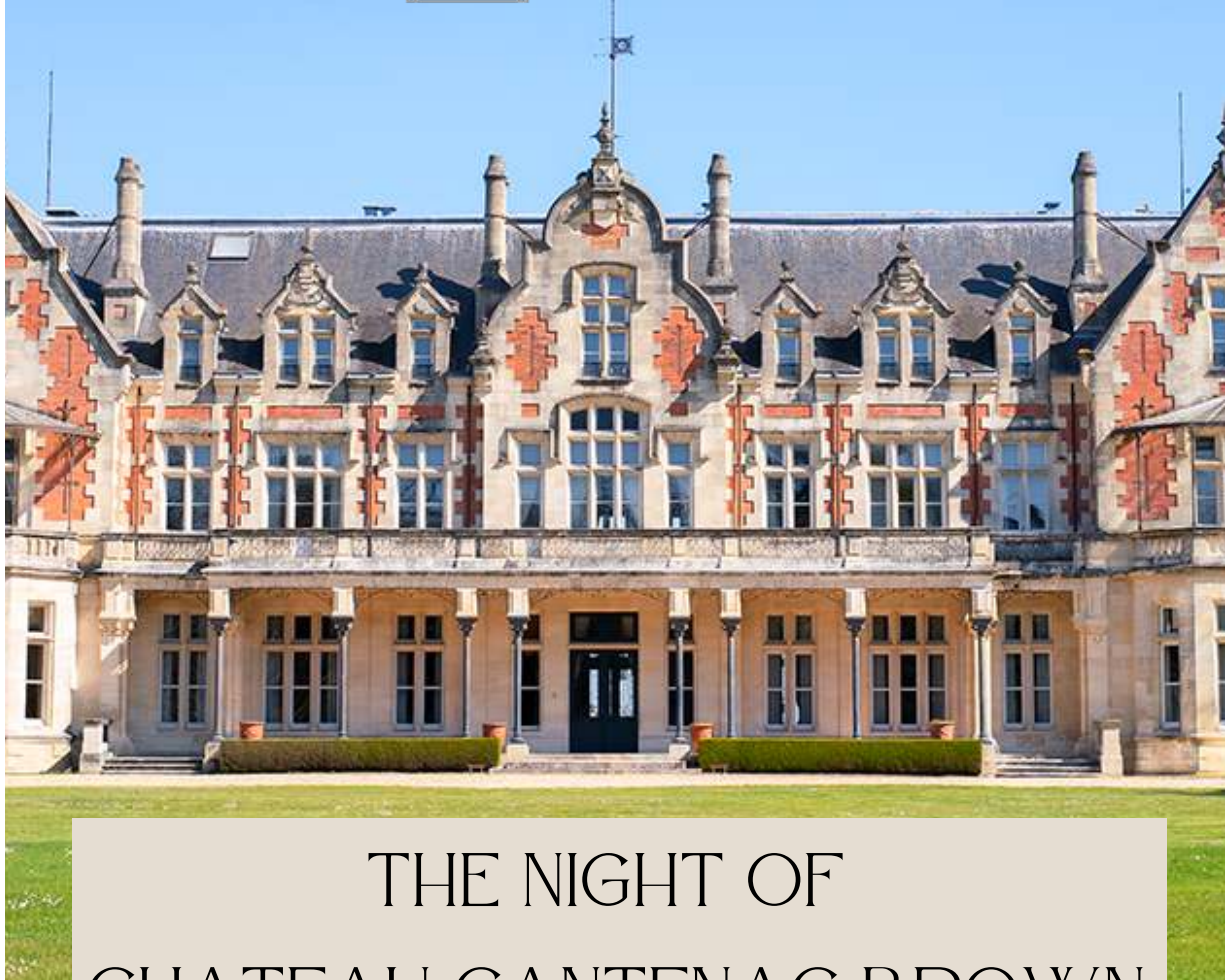
BARBEQUE AREA

BARBEQUE STOVE RENTAL HK\$1,900

Timeslot for Booking:
11:00am - 4:00pm or 5:00pm - 10:00pm



For enquiries or reservations, please contact the Event Team
at events@hkgta.com or at 852. 3187 8999.



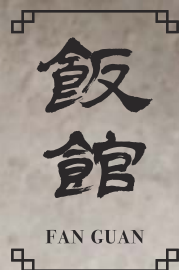
THE NIGHT OF CHATEAU CANTENAC BROWN

21 April 2023
Friday

Wine Dinner of
CHATEAU CANTENAC BROWN

HK\$1,280 Per Person

For enquiries or reservations,
852. 3959 0031/32 or fanguan@hkgta.com



Chaozhou Cuisine

Chaozhou fish rice is one of the favourite comfort dishes of Chaozhou people.

Emphasizing the original taste of fresh ingredients from the sea, cooking techniques are dedicated to complementing the ingredients' natural flavours. Come and taste the classic among the classics of Chaozhou cuisine at HKGTA.

Available from 8 February to 30 April 2023

Highlights

- Chilled Salty Fish
Mackerel, Big Eye Soldierfish
- Pan-fried Oyster with Coriander and Egg
- Deep-fried Dumpling with Minced Shrimp, Water Chestnut, Pork and Coriander



*Image for reference only

For enquiries or reservations: 852. 3959 0031/32 | fanguan@hkgta.com



IN-ROOM HOT POT EXPERIENCE



**Starting from HK\$3,588 for 4
Additional Add-ons of over 60 food items!**

The in-room hot pot delivery service is limited to 3 hotpot per day and 7 days advance order is required

This menu is only available during Fan Guan's operation hours

To ensure the food quality, some of the ingredients are only available for pre-order

For additional orders on the day, please allow a minimum of 30 minutes for preparation and delivery

Last order will be at 8:00pm. For the tableware cleaning service, please contact us on or before 9:00pm

For enquiries or reservations: 852. 3959 0031 / 32 | fanguan@hkgta.com



AN EMPEROR'S LOCAL DELIGHT

FAN GUAN SIGNATURE POON CHOI

A testament to Chef Sunny's expertise,
Fan Guan's signature Poon Choi is a combination
of premium ingredients and auspicious delicacies.

- Reserve 7 days in advance •
- For takeaway only •

For enquiries or orders:

852. 3959 0031 / 32

fanguan@hkgta.com



*Image for reference only



APERITIVO SOCIAL HOUR

Whet your appetite with a glass of cocktail alongside an endless spread of complimentary aperitivo savoury bites.

Every Friday from 4:00pm to 8:00pm
HK\$68 / Cocktail

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



* Image for reference

SPANISH TAPAS



Spanish Tapas Menu

Available from 1 February to 30 April

Highlights

Smoked Cod Croquettes

Paprika Meatballs with Tomato Sauce

Smoked Salmon & Asparagus Toasts

For enquiries or reservations:

852. 3959 0045

academylounge@hkgta.com

Image for reference only

MEETING SUITE PACKAGE



Accommodate up to 12 guests; the Meeting Suite meets the needs of a small team-building or executive meeting. Complemented with a cosy and relaxed environment, full-service catering, well-equipped audio-visual equipment, our outstanding culinary team accentuates your event with customised catering tailored to your specification.



Full Day Meeting 09:00am – 5:00pm	Half Day Meeting 09:00am – 1:00pm / 01:00 – 5:00pm
HK\$12,300 net	HK\$9,550 net

Highlights

- The offer is valid from now until 31 December 2023
- Maximum capacity of 12 persons
- Western set lunch for each guest
- Event Sports Pass for each person to access HKGTA facilities including Golf Hitting Stations
- Free-flow coffee or tea to be served throughout meeting
- 6 hours' access of Golf Hitting Stations for guests
- Flip chart, stationery and meeting amenities
- Complimentary parking for up to 5 cars
- Dedicated Event Planner to attend to all sports & events arrangements

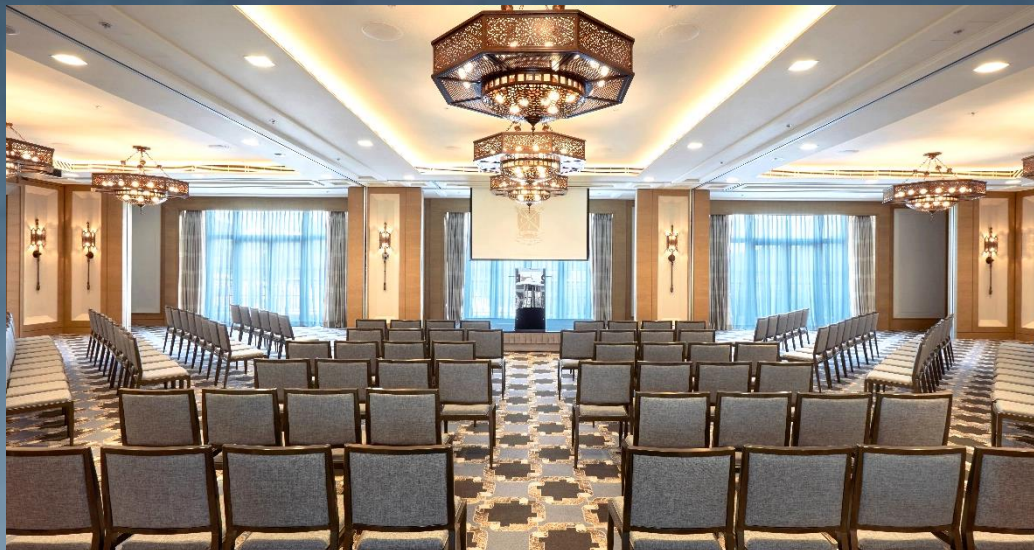
For enquiries and reservations, please contact Events Team at 852. 3187 8909 / events@hkgta.com

The offer is effective from now until 31 December 2023 and subject to Government's social distancing policy & change without prior notice.

Hong Kong Golf & Tennis Academy reserves the right of final decision in case of any disputes.



SALON MEETING PACKAGE



It is just one step away to pre-book your next meeting or celebratory events at our pillar-less 2,600 square foot salon, where it is bathed in natural light and features 12-foot high ceilings. Book early with us to enjoy all the special privileges.

Full Day Meeting 9:00am – 5:00pm	Half Day Meeting 9:00am – 1:00pm / 1:00pm – 5:00pm
HK\$1,100 net per person	HK\$900 net per person
Morning AND afternoon coffee breaks with refreshments	Morning OR afternoon coffee break with refreshments

Highlights

- The offer is valid from now until 31 December 2023
- A minimum of 20 persons is required
- Western set lunch at private function room
- Event Sports Pass & 1 hour usage of Golf Hitting Stations per person
- PA system with microphones
- Flip chart, stationery and meeting amenities
- Use of LCD Projector with screen
- Complimentary parking for up to 10 cars
- Dedicated Event Planner to attend to all sports & events arrangements



For enquiries and reservations, please contact Events Team at 852. 3187 8909 / events@hkgt.com

The offer is effective from now until 31 December 2023 and subject to Government's social distancing policy & change without prior notice. Hong Kong Golf & Tennis Academy reserves the right of final decision in case of any disputes.

Humansa

POTENTIAL UNLOCKED



Physical Wellness with Humansa

We are proud to announce that The Academy is welcoming Humansa as its new fitness and wellness partner. As part of the New World Group, both Humansa and HKGTA will work together in parallel in delivering top-notch services and experiences to our Patrons.

Humansa was built upon leveraging the power of a holistic approach to physical wellness. The team of skilled physiotherapists and personal trainers put their minds together to come up with the most efficient and safe method to get Patrons to reach their optimal fitness goals. HKGTA Patrons will have access to the experts within the property, but also to the facilities across town.

POTENTIAL UNLOCKED



With locations in the heart of Central and Tsim Sha Tsui, Humansa is equipped with a refined selection of the best equipment available for rehabilitation and fitness. From medically-certified Technogym gear to a dynamic Huber 360 and relaxing infrared sauna, Humansa provides a comprehensive range of resources to support Patrons' journeys.

Just like HKGTA, at Humansa, privacy is of the utmost importance. Each Patron is given their own individual treatment room, where they can receive the full attention of our world-class team of physiotherapists. The fitness team, with a diverse range of qualifications, offers customised programs for strength and conditioning, weight loss, muscle building, and performance enhancement.

The approach to fitness and wellness is evidence-based, multidisciplinary, and personalised, with a thorough assessment done together by a physiotherapist and personal trainer which is then served as the foundation for each Patron's journey. Regular reassessments allow us to track progress and set new goals, helping Patrons bridge the gap between rehabilitation and return to sports.

The facilities, designed with health, simple luxury, biophilic, and artistic concepts in mind, provide an inspiring environment for Patrons to work towards their goals. With proprietary exercise videos available on the Humansa App, Patrons can continue their progress even between sessions. The comprehensive Foundation Programme serves as the perfect starting point for anyone looking to discover their physical potential.

PODIATRY

Good foot posture can greatly affect your golf and tennis performance. Join us for a brief foot and ankle assessment and gait analysis to improve your game.

Date: 19 March (Sunday)

Time: 10:00am - 12:00noon

Location: Salon

HK\$350/ Patron



For enrolment, please scan the QR code.
Login to your Patron account, go to "Classes",
click on "Fitness Training" and select this class.

For enquiries, please contact us at
852.3959 0052 or fitness@hkgta.com

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



Online Enrolment
is now Available!

FITNESS CLASS



Full Body HIIT

Push your cardiorespiratory endurance to another level

Date: 25 March (Saturday)

Time: 10:00am - 11:00am

Location: The Armoury

HK\$350/ Patron

Foundation of Fitness

Learn the importance of lifting with good form

Date: 25 March (Saturday)

Time: 11:00am - 12:00noon

Location: Fitness Centre

HK\$350/ Patron



For enrolment, please scan the QR code.
Login to your Patron account, go to "Classes",
click on "Fitness Training" and select this class.

For enquiries, please contact us at
852.3959 0052 or fitness@hkgta.com

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



**Online Enrolment
is now Available!**

Easter Tennis Camp

ADULT

Adult Camp (Skill/Competition) Daily Basis

Week 1	3 - 7 April (Monday - Friday)
Week 2	10 - 14 April (Monday - Friday)
Time	6:00pm - 8:00pm
Coach Ratio	1:4

Price **HK\$3,000 per 3 days**
Minimum to join 3 days
HK\$1,000 per additional session

Please scan the below
QR code to enrol



For further enquiries, please contact us at
852. 3187 8960 or tennis@hkgta.com.

Easter Tennis Camp

JUNIOR

MINI CAMP
(Under 7)
Weekly basis

SCHOOL CAMP
(U10/O10)
Weekly basis

ELITE *
(By invitation only)
(Minimum 3 days)
Daily basis

Week 1	3 - 7 April (Monday - Friday)		
Week 2	10 - 14 April (Monday - Friday)		
Time	9:00am - 12:00noon	9:00am - 3:00pm	9:00am - 3:30pm
Coach Ratio	1:6	1:5	1:4
Activities	Tennis, Multi Sport & BAC / Movie	Tennis & Fitness	

Price

Mini Camp: HK\$5,300 per week

School Camp: HK\$9,800 per week (Lunch included)

Elite Camp: HK\$1,800 per day (Lunch included)

*Elite extra training on 8 & 15 April - HK\$570 per day
(8:00am - 10:00am or 10:00am - 12:00noon)

Please scan the below
QR code to enrol



For further enquiries, please contact us at
852. 3187 8960 or tennis@hkgta.com.



PGA
LEARNING & PERFORMANCE
HONG KONG

Easter Golf Camp

**Weekly
Basis**



For aged 4-7

For aged 8-11

For aged 12-15

Week 1

4 - 7 April (Tuesday - Friday)

Week 2

11 - 14 April (Tuesday - Friday)

Time

1:00pm – 3:00pm

9:00am – 11:00am

9:00am – 11:00am

**Coach
Ratio**

1:5

1:6

1:5

Coach

Certified or
Adv. Certified

Certified or
Adv. Certified or Lead

Adv. Lead or
Director of Instruction

Price: HK\$3,200 per week for each camp

Enrolment Deadline: 14 days in advance for each camp



Please scan the below
QR code to enrol



For further enquiries, please contact us at
852. 3187 8960 or golf@hkgta.com





Easter Swimming Camp

Daily /
Weekly Basis



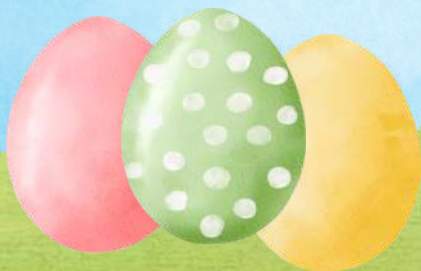
	Beginner Level	Intermediate Level	Advanced Level
Week 1	3 - 7 April (Monday - Friday)		
Week 2	10 - 14 April (Monday - Friday)		
Time	9:30am – 10:30am 10:30am – 11:30am 3:30pm – 4:30pm 4:30pm – 5:30pm	9:30am – 10:30am 10:30am – 11:30am 3:30pm – 4:30pm 4:30pm – 5:30pm	9:30am – 10:30am 10:30am – 11:30am 3:30pm – 4:30pm 4:30pm – 5:30pm
Coach Ratio	1:4	1:5	1:7
Venue	Upper Pool		
Price	HK\$350 / Day HK\$1,750 / Week		

Enrolment Deadline: 14 days in advance for each camp

Please scan the below
QR code to enrol



For further enquiries, please contact us at
852. 3187 8960 or swimming@hkgta.com





HONG KONG
GOLF & TENNIS ACADEMY
Be Among The Greats

CHILDREN'S SPORTS CATERING LEARNING ROOM

Starting from HK\$13,200 net per group

Includes

- Children sports catering menu including usage of the Learning room for 3 hours •
- Event Pass and Indoor Kids Zone Pass •
 - Usage of Swing Suite for 3 hours •
- Complimentary parking for up to 10 cars •
- Dedicated Event Planner to all sports & events arrangement •

Highlight

- Nintendo Switch consoles now available for rental •

Learning Room

- Room size: 500 sq. ft.
- Catering Booking Session:
 - Session A: 10:00am – 1:00pm
 - Session B: 1:00pm – 4:00pm
- Minimum booking of 20 persons is required

For enquiries please contact:

Ms. Jessie Mow / Ms. Becky Leung

D: 852. 3187 8911 / 852. 3187 8999

E: jessiemow@hkgta.com / beckyleung@hkgta.com



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HONG KONG
GOLF & TENNIS ACADEMY
Be Among The Greats

CHILDREN'S SPORTS CATERING SALON

Starting from HK\$17,600 net per group

Includes

- Event Pass •
- Lunch buffet including usage of Salon for 3 hours •
- Complimentary parking for up to 10 cars •
- Dedicated Event Planner to all sports & events arrangement •

Highlight

- Nintendo Switch consoles now available to spice up your party •

Salon

- Room size: 850 – 2600 sq. ft.
- Catering Booking Session:
- 12:00pm – 3:00pm
- Complimentary usage of PA systems with microphones, LCD Projector with screen
- Optional Kids Zone Pass is available for purchase
- Minimum booking of 30 persons is required

For enquiries please contact:

Ms. Jessie Mow / Ms. Becky Leung

D: 852. 3187 8911 / 852. 3187 8999

E: jessiemow@hkgta.com / beckyleung@hkgta.com

The offer is effective from now until 31 December 2022 and subject to Government's social distancing policy & change without prior notice. Hong Kong Golf & Tennis Academy reserves the right of final decision in case of any disputes.



TOPGOLF SWING SUITE

Book for Private Event

Immerse in this new social experience offering a comfortable and private area for aspiring pros and first-time players to play and enjoy unique golfing experiences in an environment of their own.

With a large screen and a selection of exciting virtual games, the Topgolf Swing Suite delivers a one-of-a-kind simulation that's fun and competitive for golfers and non-golfers alike.

HOW TO GET THERE

Topgolf Swing Suite
(Kids Zone Learning Room 1)



Opening Hours

Monday to Sunday &

Public Holiday: 8:00am – 10:00pm

	<i>Price</i>	<i>Redemption Period</i>
Hourly Booking	HK\$300	
10 hour package	HK\$2,500	3 months
20 hour package	HK\$4,000	6 months

*All packages non-refundable. Any unused sessions will not be refunded or extended.

For enquiries, please contact

852. 3187 8925 / golf@hkgta.com

HKGTA GOLF SERIES

2023 Edition

The HKGTA Golf Series returns in 2023 to offer an opportunity for golfers of all ages and abilities to put their skills to the test.

Dates:

12 March, 16 April & 13 May 2023

Non-Handicapped Juniors (5 holes) | HK\$150 per event

4:00pm – 4:45pm *maximum of 15 players

Handicapped Juniors (10 holes) | HK\$300 per event

4:45pm – 6:15pm *maximum of 20 players

Adults (10 holes) | HK\$300 per event

6:15pm – 7:45pm *maximum of 20 players

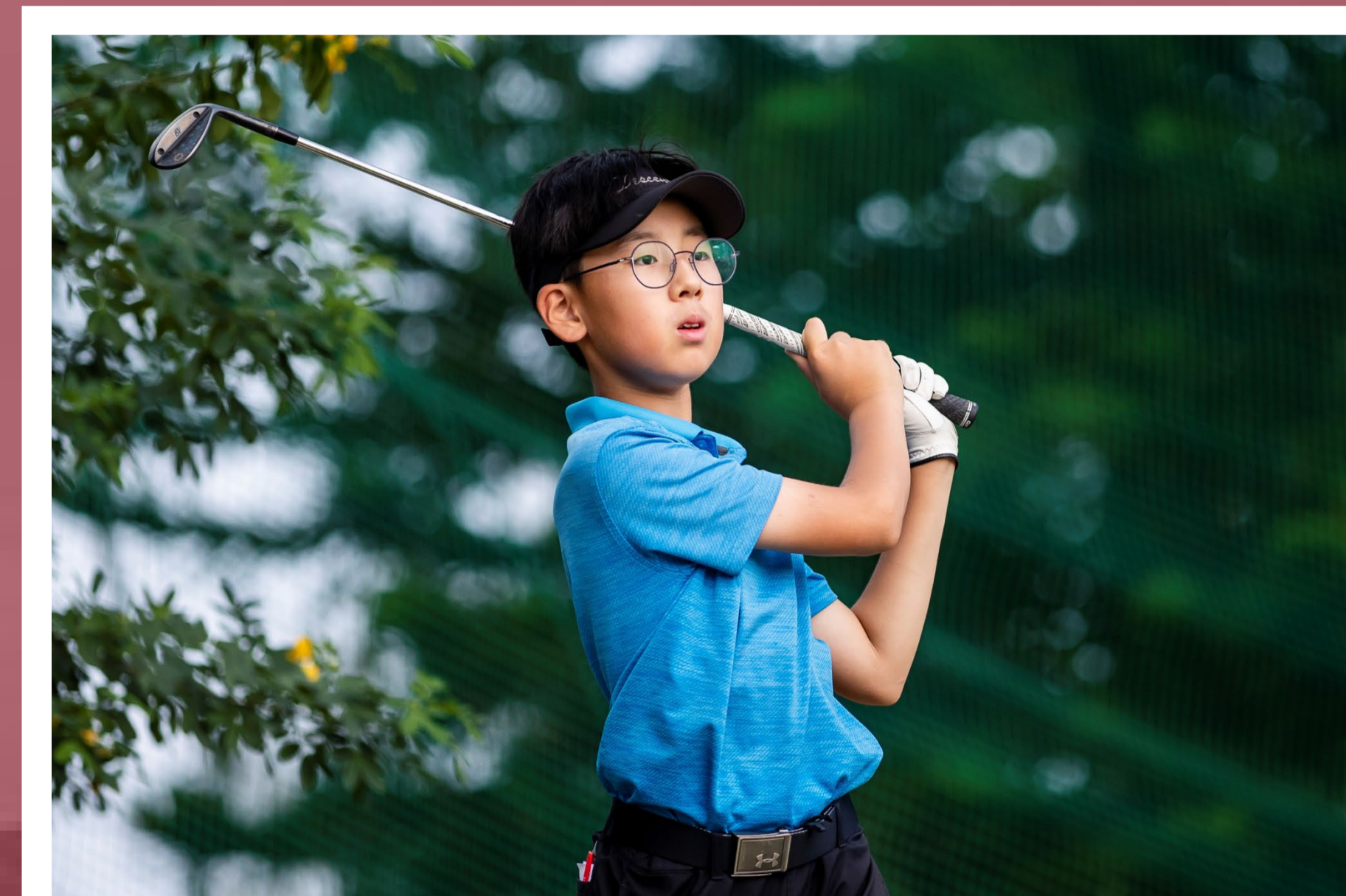
Format:

- Limited Strokeplay
(Maximum score of 6 shots per hole)
- Shotgun Start
- Players must participate in minimum 2 events to be eligible for overall series winner

Venue: HKGTA Short-Game Course

DEADLINE FOR ENROLMENT

1 week prior to each event



JOIN NOW

852. 3187 8925

golf@hkgta.com

Supported by:

 **TaylorMade®**


RC GOLF
TRADING GROUP



PGA
LEARNING & PERFORMANCE
HONG KONG



TUESDAY LADIES' CLINIC



**WITH COACH
BRIAN O'DONOVAN**

Join Coach Brian 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 Brian at 8:30am

For enrolment or enquiries: 852. 3959 0044 or golf@hkgta.com



STRINGING SERVICE NOW AVAILABLE AT HKGTA

String your beloved racquet at HKGTA with the
latest strings from Babolat

Highlight Strings

- Babolat RPM Blast: Rafa's Choice –
- Babolat RPM Rough –
- RPM Pro Last –

Please visit the Pro Shop for more details
For enquiries: 852. 3187 8960 / proshop@hkgta.com



BABOLAT CRAZY DOUBLES

DATE: 18 MARCH 2023

LEVEL 1 & 2: 3:00PM – 5:30PM

LEVEL 3 & 4: 5:30PM – 8:00PM

HK\$400 PER PATRON

FOR ADULT ONLY



Format of tournament:

- Win as many games as possible within the time limit
- Players switch partner and opponent every 15 minutes
- The individual with the most games won will be the champion

Prize:

- A free private or semi-private lesson (one hour) (Weekday only, Coach subjected to availability)
- A free selected Babolat product
- Discount on selected products at Pro Shop

Enjoy one free drink at the Academy Lounge and mingle with your fellow tennis enthusiasts!

Enrolment details:

- Patron can enrol as an individual

Enrolment deadline:

13 March 2023

Please scan the below QR code to find more tournament details and enrolment form



**ENROL
NOW!**

For enquiries, please contact 852. 3959 0049 or tennis@hkgt.com



A New Year of Sport Thai Boxing

Thai-Boxing is a high-intensity combat sport which can help kids develop physical and mental strength, while building their confidence, strategic thinking and grittiness.

Our Thai-Boxing programme at Hong Kong Golf & Tennis Academy led by coach Praveen Robin Biswakarma, who has 10+ years of experience as a professional fighter will teach Patrons technical skills, such as jab, hook, kicking, and blocking through fun games.

4, 11, 18 & 25 March (Saturdays)
1, 15, 22 & 29 April (Saturdays)

2:15pm - 3:15pm (Aged 5-8)
3:15pm - 4:15pm (Aged 9-12)

The Studio
HK\$450 / Patron / Class

Enrolment is now available on
HKGTA Patron website.

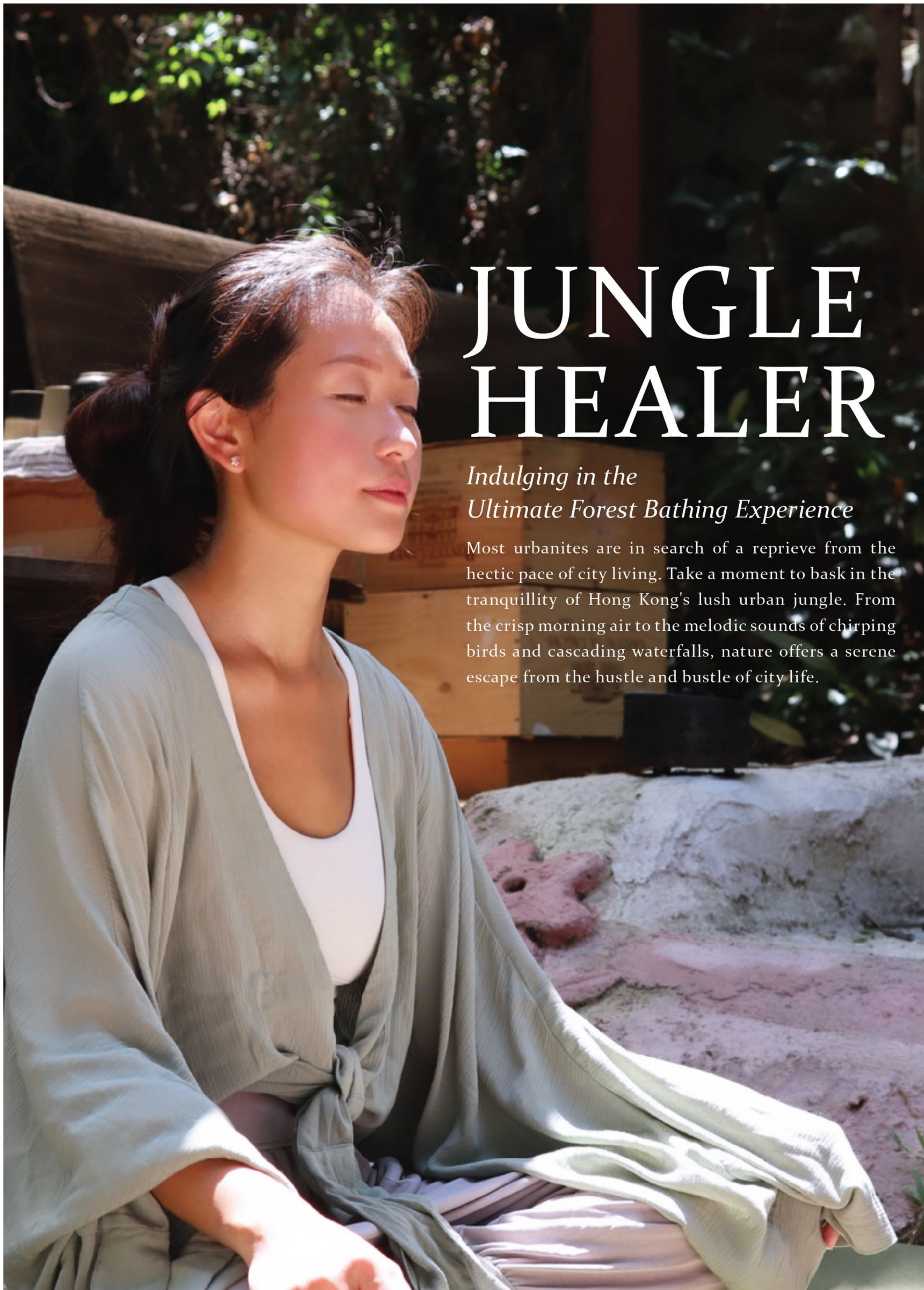
Login your Patron account, go
to "Classes" and click "Patron
Activation", then select this
activity to enrol.



For enquiries, please contact to Patron Activation Team at
852. 3187 8960 or patronactivation@hkgta.com



**Praveen Robin
Biswakarma**



JUNGLE HEALER

*Indulging in the
Ultimate Forest Bathing Experience*

Most urbanites are in search of a reprieve from the hectic pace of city living. Take a moment to bask in the tranquillity of Hong Kong's lush urban jungle. From the crisp morning air to the melodic sounds of chirping birds and cascading waterfalls, nature offers a serene escape from the hustle and bustle of city life.

Forest bathing, or shinrin-yoku, is a Japanese practice that emphasises mindfulness and presence, promoting feelings of calm and emotional bonding through the senses. Scientific research supports the physical benefits of spending time in nature, including reduced heart rate, blood pressure, and stress levels. Unlike physically demanding outdoor activities, such as hiking or biking, forest bathing prioritizes being fully present in the moment and connecting with nature.



Elevate your forest bathing experience with these tips:

- Disconnect from technology and fully immerse yourself in the natural world
- Move slowly and savour every detail with your senses
- Quiet your mind and heighten your awareness of your surroundings

After your time in nature, reflect on any changes you may feel. The abundance of calming greens and blues in nature can lead to a peaceful night's sleep and a sense of rejuvenation. Incorporating regular forest bathing into your routine can also improve self-confidence, empathy, and relationships.

For those seeking a guided forest bathing experience, Reconnect Yoga Flow + Nature Therapy Walk is the epitome of modern luxury. This mindful practice combines a gentle yoga flow, meditation, and the expert guidance of ANF-certified guide, Janet, to fully immerse you in the natural world and connect with your inner self.





GONG BATH FOR CHILDREN & TEENAGERS

Gong Bath is a form of relaxation and meditation bathed
in meditative gong sound waves.

It helps children & teenagers to go inwards, explore their imagination and
develop the ability to focus. It also brings better sleep, focus better in school,
to learn that it is okay to feel whatever they feel.

25 March 2023 (Saturday)

3:00pm – 4:00pm

The Studio

Instructor: Kaman

HK\$350 / Patron

Aged 8-16

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

For reservation and enquiries, please contact Wellness team at 852. 3959 0015 / wellness@hkgta.com

WELLNESS CLASS SCHEDULE MARCH 2023

SATURDAY

SUNDAY

10:00am – 11:00am

Aerial Yoga Stretch
with Crystal

Yoga Wheel
with Kaman

11:15am – 12:15pm

Aerial Yoga Therapy
with Crystal

Full Body Yoga Stretch
with Kaman

2:00pm – 3:00pm

Aerial Yoga Therapy
with Crystal

3:15pm – 4:15pm

Gong Bath for juniors with
Kaman (3:00pm – 4:00pm)
(25 March only)
(For aged 8-16)

Aerial Yoga Pilates
with Crystal

HK\$350 / Patron / Session | HK\$500 / Patron's Guest / Session
HK\$1,200 / Patron / 4 Pre-paid Sessions
Patrons must be aged 16 and above

Gong Bath for juniors with Kaman

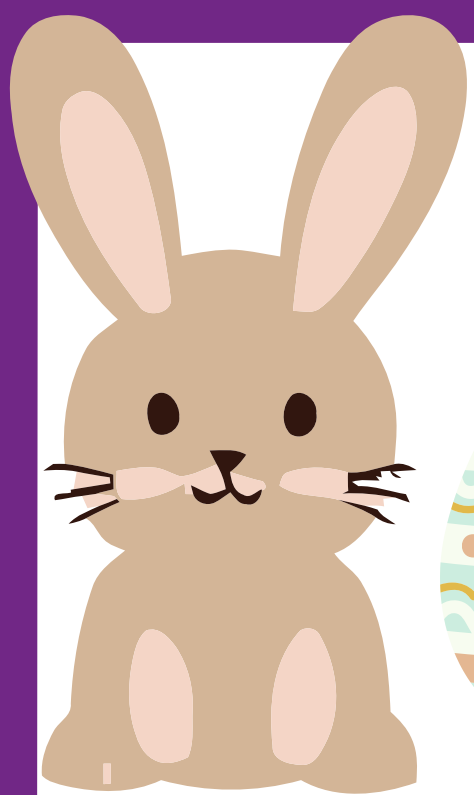
25 March (Saturday)
3:00pm – 4:00pm

HK\$350 / Patron
HK\$500 / Patron's Guest

**For aged 8-16*

Please reserve 48 hours in advance
Cancellation must be made 48 hours in advance

Reserve Your Place Now!
852. 3959 0015 / wellness@hkgta.com



MARCH KIDS ACTIVITIES

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

Week 1

1

4 March (Saturday) – Approximately 40 mins

• DIY Wooden Tank – HK\$150 / Patron HK\$225 / Patron's guest

5 March (Sunday) – Approximately 40 mins

• DIY Cartoon Mirror – HK\$150 / Patron HK\$225 / Patron's guest

Week 2

2

11 March (Saturday) – Approximately 45 mins

• Galaxy Painting – HK\$180 / Patron HK\$270 / Patron's guest

12 March (Sunday) – Approximately 40 mins

• DIY Bunny Night Box – HK\$180 / Patron HK\$270 / Patron's guest

Week 3

3

18 March (Saturday) – Approximately 50 mins

• Design Your Jewellery Box – HK\$200 / Patron HK\$300 / Patron's guest

19 March (Sunday) – Approximately 40 mins

• DIY Starry Light Bottle – HK\$150 / Patron HK\$225 / Patron's guest

Week 4

4

25 March (Saturday) – Approximately 40 mins

• Design Your Own Lamp – HK\$150 / Patron HK\$225 / Patron's guest

26 March (Sunday) – Approximately 50 mins

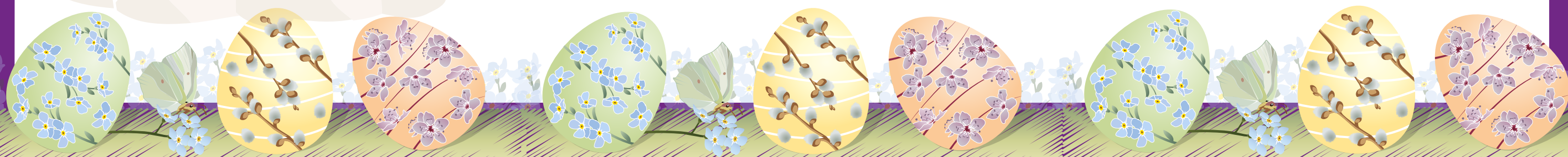
• Create Your Own Sand Painting – HK\$180 / Patron HK\$270 / Patron's guest

Package : HK\$800 / 5 Workshops / Patron

Package : HK\$1,200 / 5 Workshops / Patron's guest

For enquiries or enrolments:

852. 3187 8953 or kidszone@hkgta.com





HARVEST FUN DAYS



NATURE'S TOUCH

**19 MARCH
2023**

From a variety of vegetables, you can now enjoy the fun of harvesting crops and plants, while taking them home and cooking it!

Time: 3:00pm - 4:00pm

Location: Amphitheatre

Entry Fee: HK\$200 / Day / Patron's Family



Online Enrolment
Now Available!

For further enquires, contact us at
852. 3187 8960 or patronactivation@hkgta.com





GROW SOMETHING

NATURE'S TOUCH

AT AMPHITHEATRE

Let Nature be your Classroom!

A new season of Nature's Touch launches at HKGTA in 2023!

Enjoy a family exclusive workshop where you can learn how to grow your selected vegetables, along with different farming knowledge and skills. A welcome gift set will be included for each family. Reconnect with nature and create core memories with your family by joining our unique farming project.

January - March 2023



**HK\$3,600 / Patron Family / Season (3 Months)
with 6 free Organic Farming Workshops**



Topics to be covered:

1. Introduction to organic farming, farming plan and sowing
2. Organic fertiliser and application
3. Soil management and composting
4. Organic disease and insect control
5. Introduction and application of climbing structure
6. Seedling nurturing techniques and crop rotation

***A Welcome Gift Set includes:**

- Sunhats, sun sleeves, planting gloves and planter labels for each family



For enrolment, please scan the QR code.

Log in to your Patron account, go to "Classes", click on "Patron Activation" and select this activity.
For further enquires, contact us at 852. 3187 8960 or patronactivation@hkgta.com

NATURAL MOSQUITO REPELLENT WORKSHOP



Sick of the mosquito season?..... No need to be scared again!
Join our workshop and learn how to make your own mosquito
repellent, bring them home to protect you and your family!

AT OUR NATURE'S TOUCH



26 March 2023 [Sunday]

3:00pm – 4:00pm

Amphitheatre

HK\$350 / Patron

For aged 6 and above

For enrolment, please scan the QR code.

Login to your Patron account, go to “Classes”,
click on “Patron Activation” and select this activity.

For enquiries, please contact us at 852. 3187 8960 or patronactivation@hkgt.com



Online Enrolment
is now Available!



社區共學
Community Co-Learning

BEACH CLEAN UP

JOIN US: CLEAN THE BEACH AND SAVE THE ENVIRONMENT!

HKGTA x Community Co-Learning are holding a beach clean-up event and we are inviting volunteers to help us clean the Lobster Bay. We need your help to keep it waste-free!!

1 APRIL 2023 (SATURDAY)

📍 Lobster Bay

🕒 9:15am – 1:00pm

📍 Meeting point at HKGTA Learning Room

💰 Complimentary to Patrons

🕒 For aged 6 and above



**Online Enrolment
is now Available!**

For enquiries, please contact us at
852. 3187 8960 or
patronactivation@hkgta.com



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

81 TAI CHUNG HAU, SAI KUNG, HONG KONG

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WWW.HKGTA.COM