

CLUB TiMES

Mar-Apr 2026

www.dbrc.hk

Not a member yet?
還未成為會員?

Join Us!

Call our membership hotline at
2987 7381 to learn more about
our offers!

歡迎您隨時致電會員專線
2987 7381 了解各項會員優惠!

Spring has quietly arrived, ushering in a season full of vitality and energy. To make the most of this beautiful time of year, we have carefully prepared a series of exciting activities. Whether you enjoy arts and crafts, outdoor fun, or delightful family-friendly feasts, you can experience warmth and joy throughout the Easter holiday.

The highly anticipated "Discovery Bay Beach Easter Egg Hunt On The Beach and Carnival 2026" is coming to Tai Pak Beach! Join us in searching for vibrant Easter eggs hidden in the sand! There will be an Easter costume contest, egg painting, and a variety of fun games at Club Siena, inviting both adults and children to embrace the festive spirit together. Don't forget to join the "Preserved Flower Penholder Workshop" and capture the colors of spring. D'Café will treat you to a sumptuous Easter set lunch and sizzling plate delight, letting you savour an array of delicious holiday flavours.

As the weather warms up, it's time to get moving! We welcome you to join our brand-new HYROX fitness training lesson, so you're fully prepared for the vibrant summer ahead.

春天悄然降臨，迎來了一個充滿生機與活力的季節。趁著這個美好的時節，我們精心準備了一系列精彩活動，無論是藝術手作、戶外樂趣，還是親子同樂美食饗宴，都能讓您在復活節假期享受溫馨時光。

萬眾期待的「愉景灣沙灘復活節獵蛋奇兵暨嘉年華2026」即將在大白灣沙灘舉行，一起尋找埋藏在沙灘裡的繽紛復活蛋！同時，海澄湖畔會所也準備了復活節服裝比賽、復活蛋彩繪和趣味遊戲，讓大人小孩一起投入節日歡樂。此外，別忘了參加「永生花筆筒手作坊」，留下春天的色彩；D'Café為您準備了豐盛的復活節午餐及鐵板料理，讓您在節日中細味多款美食佳餚。

隨著天氣逐漸回暖，是時候動起來！歡迎參加全新HYROX健身訓練課程，讓您為即將到來的夏季做好充分準備。



Stay Connected
with DBRC

The Management Team
DBRC





Bingo Night



10 & 24 Mar & 14 & 28 Apr 2026
Tuesday 8:00 pm sharp

COME JOIN US FOR A FUN TUESDAY NIGHT AND WIN THE JACKPOT!

A minimum food & beverage charge of HK\$80 per person

- HK\$20 per ticket/ game
- Maximum 2 cards per player

Guests of members will be charged a 15% service fee.
For enquiries, please call: 2500 1942

3月限定
Mar Special



Sizzling Plate Delight

1 Grilled U.S. T - Bone Steak (14 OZ) HK\$258
鐵板美國T骨牛扒

2 Classic Sizzling Mixed Grill HK\$198
Pork Loin, Chicken Steak, Cervelat, Bacon
傳統鐵板雜扒
豬柳, 雞扒, 司華力腸, 煙肉

3 Grilled Salmon Fillet & Garlic Tiger Prawn HK\$198
鐵板三文魚柳拼蒜蓉大蝦

All of the above sizzling grilled items are served with tomato and roasted sweet corn
Choice of side: Spaghetti / Rice / French fries / Roasted potatoes / Boiled potatoes
Choice of sauce: Black pepper sauce / Red wine sauce / Garlic gravy

以上鐵板餐配番茄及烤粟米
可選擇配意大利粉 / 白飯 / 炸薯條 / 烤薯仔 / 焗薯仔
可選擇 黑椒汁 / 紅酒汁 / 蒜蓉汁

4 Sizzling Stir-fried Noodles, Beef, Black Pepper Sauce HK\$148
鐵板黑椒牛柳炒麵

5 Stir-fried Pork Loin with Korean Kimchi, Jasmine Rice HK\$138
鐵板韓式泡菜炒豬柳, 香苗

6 Grilled Whole Squid, Teriyaki Sauce HK\$118
鐵板原隻日式照燒魷魚

Add HK\$35 to enjoy a glass of selected red wine/ white wine/ draft beer
另加HK\$35享用精選紅酒/白酒/生啤乙杯

Photos are for reference only
圖片只供參考

Guests of members will be charged a 15% service fee.
會員賓客須另付15%的服務費。

For enquiries, please call: 2500 1942
如有查詢 請致電: 2500 1942



4月限定
Apr Special



Sizzling Plate Delight

- 1 Grilled Argentine Grass Fed Angus Striploin **HK\$228**
鐵板阿根廷草飼西冷牛扒
- 2 Classic Sizzling Mixed Grill **HK\$198**
Pork Loin, Chicken Steak, Cervelat, Bacon
傳統鐵板雜扒
豬柳, 雞扒, 司華力腸, 煙肉
- 3 Grilled Salmon Fillet & Garlic Tiger Prawn **HK\$198**
鐵板三文魚柳拼蒜蓉大蝦

All of the above sizzling grilled items are served with tomato and roasted sweet corn
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可選擇配意大利粉 / 白飯 / 炸薯條 / 烤薯仔 / 焗薯仔
可選擇 黑椒汁 / 紅酒汁 / 蒜蓉汁

- 4 Sizzling Stir-fried Noodles, Prawn, Sour & Spicy Sauce **HK\$148**
鐵板京川醬蝦球麵
- 5 Sizzling Stir-fried Noodles, Beef, Black Pepper Sauce **HK\$148**
鐵板黑椒牛柳炒麵
- 6 Grilled Whole Squid, Teriyaki Sauce **HK\$118**
鐵板原隻日式照燒魷魚

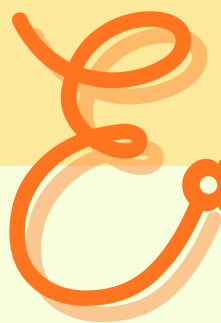
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圖片只供參考

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如有查詢 請致電: 2500 1942





Easter Set Lunch

3 - 7 Apr 2026

Cream of Mushroom

白菌忌廉湯

or 或

Grilled Chicken Breast & Boiled Egg Salad,

French Beans, Balsamic Vinegar

意式雞胸沙律

Roasted Spring Chicken (Half)

Roasted Baby Carrots & Asparagus, Rosemary Gravy

香草燒春雞 (半隻)

or 或

Pan-seared Salmon Fillet

Roasted Cherry Tomatoes & Garden Green Salad, Capers Cream Sauce

香煎三文魚柳

or 或

Roasted Lamb Shank

Grilled Pumpkin & Zucchini, Herbs Gravy

燒汁烤羊腿肉

or 或

Char-grilled U.S. Angus Beef Rib Eye (8 oz) **+ HK\$48**

Grilled Pumpkin & Zucchini, Red Wine Gravy

炭燒美國安格斯牛肉眼(8 安士)

Homemade Carrot Cake, Mixed Berries

自家製甘荀蛋糕

Freshly Brewed Coffee or Tea

即磨咖啡或茶

每位 HK\$188 per person

Guests of members will be charged a 15% service fee.
會員賓客須另付15%的服務費。

For enquiries or reservations
如有查詢或訂座

2500 1942

club siena

Discovery Bay

Easter Fun Day 復活節同樂日

28.3.2026 (Saturday 星期六)

下午2:00pm – 3:30pm

Club Siena 海澄湖畔會所

Suitable for 6 years old or above

適合六歲或以上

Join us to win a ticket to 立即參加，有機會贏取

"Discovery Bay Easter Egg Hunt on the Beach & Carnival 2026"!

「愉景灣沙灘獵蛋奇兵暨嘉年華2026」門票！*

Member 會員 FREE 免費

(HK\$100 refundable deposit is required
需支付港幣\$100可退還按金)

Member's Guest 會員賓客 HK\$160

Kids under 12 years old or below MUST be accompanied by a valid DBRC adult member or a valid DBRC guardian pass holder

12歲或以下兒童必須由有效的愉景灣康樂會成人會員或有效的愉景灣康樂會監護人通行證持有者陪同


Costume Contest
復活節服裝比賽


Easter Fun Game
復活節小遊戲


Easter DIY workshop
復活節手作坊


Exhilarating Egg Hunt Game
復活蛋尋寶遊戲

Limited quota and will be allocated on a first-come, first-served basis.

名額有限，先到先得

* The ticket is inclusive of admission to the "Discovery Bay Easter Egg Hunt on the Beach & Carnival 2026", as well as participation in the egg hunt game for children aged 3-4, 5-6, and 7-10. 門票包含入場參加「愉景灣沙灘獵蛋奇兵暨嘉年華2026」，以及3-4歲、5-6歲和7-10歲兒童參加沙灘獵蛋遊戲的資格。

1) In case of any dispute, Discovery Bay Recreation Club reserves the right of final decision. 受條款與細則約束，如有任何爭議，愉景灣康樂會保留最終決定權。

2) Please note DBRC may take photos and/or videos during the event for internal record and/or marketing and promotional purpose, including but not limited to DBRC's website, social media platform and/or printed collateral. 請注意愉景灣康樂會在活動期間可能會進行拍照及/或錄影作為內部記錄及/或推廣和宣傳之用途包括但不限於愉景灣康樂會的網站社交媒體平台及/或印刷品。

Preserved Flowers Pen Holder Workshop 永生花筆筒工作坊

18.4.2026 (Saturday 星期六)
下午1:00pm – 2:30pm
DBRC Lobby 康樂會大堂
Suitable for 6 years old or above
適合六歲或以上

FREE for Members
會員免費

**Limited quota and will be
allocated on a first-come,
first-served basis.**

名額有限，先到先得

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Enquiries 查詢: 2987 7381

Harry Wright Swimming Programme



Harry Wright programme provides modern and progressive curricula in a positive learning environment that ensures progression, talent identification and pathways of excellence for all swimmers at any age or ability.

Summer Term

Period: 16 March to 27 June 2026

Day: Monday to Saturday

Easter Camp 2026

Period: 30 March to 2 April 2026

Day: Monday to Thursday

(Open for members and guests. Schedule details available on HWI website www.harrywright.com.hk)

Range of lessons:

- ★ Parent & Infant (4-23 months)
- ★ Preschool (2.0-4.11 years)
- ★ Learn to Swim (3.0 years & above)
- ★ Swim Team



Range of lessons:

- ★ Beginner 1 - Beginner 4
- ★ Improver
- ★ Swim Team
- ★ Adult Lesson



• Freestyle • Ballet • Hip Hop • Acro • Contemporary

Island Dance has been teaching dance and instilling confidence through performance to the children of Discovery Bay for over 30 years!

They teach Freestyle Jazz, Ballet, Hip Hop, Acro and Contemporary.

Four professional, diverse and talented teachers teaching 5 days a week at DBRC and Club Siena.

Students of all dance levels are welcome!



Application forms are available at DBRC and Club Siena.

Offering ISTD examinations and performance opportunities in Discovery Bay and Hong Kong island.

Trial classes are available. Please call or WhatsApp 91590663 for more details.



Gymnastics

Come join the new term programme!

23 February to 26 June 2026

Classes: Mon & Fri
Aged 3 years old up (All levels)
Location: Club Siena Dance Studio

Sportsmanship Gymnastics would like to see healthy and well behaved Gymnasts with positive energy.

For course details please contact:

Charles Chan

Email: Sportmanshiphk@gmail.com



Wing Chun

New term opens for registration

2 March 2026 – 27 April 2026

Kids A class (Age: 6-10) 3:45pm - 4:45pm

Youth B class (Age: 11-17) 4:45pm - 5:45pm

Every Monday at Club Siena

Wing Chun helps you enhance self-confidence, build physical fitness and mental toughness.

For course details please contact: **Kiel Leung**
M: 9249 1021 Email: Kungfu.force@gmail.com



HYROX FUNCTIONAL FITNESS TRAINING HYROX綜合體能訓練

Limited Offer 限時優惠 (1/4/2026 - 30/6/2026)

Private Training Lesson 私人訓練課程

HK\$5,000 10 Session
節

單節 HK\$550 Single Session
(每節60分鐘 / mins per session)

Semi-Private Training Lesson 半私人訓練課程

HK\$8,000 10 Session
節

單節 HK\$880 Single Session
(每節60分鐘 / mins per session)

**Get started with a complimentary 30-minute trial session
立即預約免費體驗30分鐘課堂**

Programme highlight 課程重點

- Enhanced cardiovascular fitness and stamina
增強心肺功能和耐力
- Improved functional strength and overall mobility
提升功能性力量和整體靈活性
- Personalized workouts aligned with HYROX competition structure and routines
根據HYROX賽事規範及流程定制個人化訓練內容
- Guided and performance monitoring by our professional trainers
由專業教練指導及監控訓練進度

Terms and conditions apply. In case of any dispute, Discovery Bay Recreation Club reserves the right of the final decision.
優惠受條款及細則約束。如有任何爭議，愉景灣康樂會保留最終決定權。

For enquiries 查詢
2500 1849 (DBRC) / 3156 7422 (Club Siena)



The 18th Tennis Charity Cup





DBRC

Discovery Bay

club siena

Discovery Bay

Chinese New Year Lion Dance Party



Chinese New Year Fireworks Harbour Cruise 2026



Chinese New Year Art & Craft Workshop



Valentine's Day

Flower Bear D.I.Y. Workshop



Pickleball Selection Games





Let's get ready for summer time!

The DBRC and Club Siena
swimming pools will
re-open on 1 April

愉景灣康樂會及海澄湖畔會所之游泳池

將於**四月一日重新開放**，
一起為夏天做好準備!

BECOME A DBRC MEMBER NOW!

立即成為愉景灣康樂會會員!

Prepayment Scheme Promotion 月費預繳推廣 2026

Adult Member 成人會員 (港幣HK\$990 x 12 months月 = HK\$11,880)



Total 總值 **HK\$500**

Recreational Facilities Credits and Food & Beverage coupons
康樂設施消費額及餐飲禮券



Free Trial 免費體驗

session with a professional personal trainer
專業私人教練課程一節
(Valued at 價值港幣 HK\$650)



Complimentary 免費體驗

Body or Fitness Assessment session with "In-body test"
「In-body測試」身體評估或體能評估一節
(Valued at 價值港幣 HK\$250)



Ace & Tile Room

Complimentary 2-hour voucher
尊享2小時使用禮券
(Valued at 價值港幣 HK\$500)



Welcome Gift for New Adult Member#
新成人會員迎新禮物



One D'Café Dinner Set Voucher (Valued at HK\$168)
一張D'Café 晚市套餐贈券 (價值港幣\$168)

Privilege value exceeds HK\$2,000 禮遇總值超過港幣\$2,000*

Senior Member 長者會員 (港幣HK\$400 x 12 months月 = HK\$4,800)



Total 總值 **HK\$400**

Recreational Facilities Credits and Food & Beverage coupons
康樂設施消費額及餐飲禮券



Ace & Tile Room

Complimentary 2-hour voucher
尊享2小時使用禮券
(Valued at 價值港幣 HK\$500)



Welcome Gift for New Senior Member#
新長者會員迎新禮物



One D'Café Lunch Set Voucher (Valued at HK\$95)
一張D'Café 午市套餐贈券 (價值港幣\$95)

Privilege value exceeds HK\$1000 禮遇總值超過港幣\$1,000*

Eligible for applicant without any kind of DBRC membership (Principal card/ Supplementary card/ Temporary card) in the last 12 months.
符合條件的申請人在過去12個月內沒有任何愉景灣康樂會會籍 (主卡/ 附屬卡/ 臨時會員卡)。

* Privilege value are calculated based on the details of the new member prepayment scheme promotion.
禮遇總值依新會員月費預繳推廣計劃的內容計算。

Scan for more details

Join now! Submit your application by **30 Apr 2026**

For more details, visit www.dbrc.hk

立即加入! 填妥有關表格並於二零二六年四月三十日前遞交申請。

如需了解有關預繳計劃詳情, 可瀏覽會所網頁 www.dbrc.hk。



Adult Members
Pre-payment form
掃描並查閱成人會員
預繳表格



Senior Members
Pre-payment Form
掃描並查閱長者會員
預繳表格

Present a valid DBRC membership card when paying at Feather & Bone Discovery Bay to enjoy:

於愉景灣 Feather & Bone 付款時出示有效之愉景灣康樂會會員卡，即可享：

Spend over HK\$300 → Free coffee 單次消費滿 HK\$300 → 免費咖啡一杯

Spend over HK\$600 → HK\$50 cash voucher 單次消費滿 HK\$600 → HK\$50 現金券

Spend over HK\$900 → Free bottle of Three Butchers wine 單次消費滿 HK\$900 → 免費 Three Butchers 葡萄酒一支

Terms & Conditions 條款及細則:

1. Valid only at Feather & Bone Discovery Bay. 只適用於愉景灣 Feather & Bone。
2. Physical member card must be presented upon payment. 付款時必須出示實體會員卡。
3. Not applicable to discounted or promotional items. 不適用於任何折扣或推廣商品。
4. Cannot be used with other offers or vouchers. 不可與其他優惠或禮券同時使用。
5. Feather & Bone Management reserves the right of final decision. Feather & Bone公司保留最終決定權。



Present a valid DBRC Membership card to enjoy the following privileges:

出示有效之愉景灣康樂會會員卡，尊享以下禮遇：

From now until 31 March 2027, enjoy an exclusive 15% off on KEF products* at the KEF Music Gallery in Central.

由即日起至2027年3月31日，於中環KEF Music Gallery選購KEF產品*可享八五折專屬優惠。

*Excludes newly launched products 新品除外



Enjoy a 15% discount on any purchase at KORE online store when using the code "DBRC2026" at check-out

於KORE網店購買任何產品，結帳時使用優惠碼「DBRC2026」，即可享八五折優惠



From now to 31 Dec 2026, enjoy an exclusive 8% discount on regular-priced items at designated Venchi shops by presenting a valid DBRC membership card.

由即日起至2026年12月31日，出示有效的愉景灣康樂會會員證到指定的Venchi門市購買正價產品，即可享受專屬九二折優惠。

Discount Available At 優惠適用店舖：

1. Venchi, ifc mall - Shop 1055, 1/F, ifc mall, Central
2. Venchi, Pacific Place - Unit 113, Level 1, Pacific Place, Admiralty

Present a valid DBRC Membership card to enjoy the following privileges:

出示有效之愉景灣康樂會會員卡，尊享以下禮遇：

1. Enjoy 20% off a la carte menu (only applicable to food and non-alcoholic drinks)

惠顧單點餐目即可享八折優惠（適用於食物及非酒精飲品）

2. Enjoy 35% off dinner buffet (every Friday to Sunday)

惠顧自助晚餐即可享六五折優惠（星期五至星期日）

For enquiries & reservations 查詢及訂座: 2295 8299)

Terms & Conditions 條款及細則:

Offer is for dine-in only. Blackout dates apply. Subject to a 10% service charge. Alcoholic drinks and service charge are based on the original price. Only applicable to a maximum of 12 persons per table per transaction. Advance reservation is required. 優惠只限堂食；優惠不適用於指定日子；另收10%服務費；任何酒類飲品和服務費均以原價計算；只適用於每桌每次交易最多12人；必須提前預訂座位。

Special public skating admission at HK\$65 for public skating sessions

公眾溜冰時段優惠價每位HK\$65

Terms & Conditions 條款及細則:

1. The offer is valid until 31 December 2026. 此優惠有效期至2026年12月31日。
2. The offer cannot be used during any special events, special sessions, and blackout dates as designated by DB Ice Rink. 此優惠不適用於愉景灣溜冰場之指定日子及時段或舉行特別活動期間使用。
3. The offer cannot be used in conjunction with other promotions or discount offers and cannot be redeemed or exchanged for cash or other products/services. 此優惠不可與其他推廣或折扣優惠同時使用，亦不可兌換現金或其他產品或服務。
4. Members of Discovery Bay Recreation Club must present the eligible membership card to redeem the offer. 愉景灣康樂會會員必須出示有效之會員證以換領此優惠。
5. The schedule of public skating sessions is subject to change without prior notice. Please refer to the official website of DB Ice Rink for details and updates. 公眾溜冰時段之時間表或會有所更改，恕不另行通知。詳情與最新資訊請參閱愉景灣溜冰場官方網站。
6. DB Ice Rink reserves the right to change the terms and conditions without prior notice. In case of dispute, the decision of DB Ice Rink shall be final. 愉景灣溜冰場保留隨時更改條款及細則之權利，恕不另行通知。如有任何爭議，愉景灣溜冰場保留最終決定權。

Present a valid DBRC Membership card to enjoy the following privileges:

出示有效之愉景灣康樂會會員卡，尊享以下禮遇：

1. 10% off takeaway orders from food menu for lunch and dinner period 午市及晚市時段所有食品餐牌，外賣自取九折優惠

2. 10% off dine in orders from food menu from Monday to Friday lunch period 星期一至五午市時段，所有食品餐牌，堂食九折優惠

3. 20% off dine in orders from food menu from Monday to Friday dinner period 星期一至五晚市時段，所有食品餐牌，堂食八折優惠

Terms & Conditions 條款及細則:

These offers are not applicable on festive days, festive eves, public holidays and blackout dates.

優惠不適用於節日，節日前夕、公眾假期及指定日子。

1. Waive the service charge on food and beverage menu for dine in and take away from Monday to Sunday

星期一至日食品及飲料餐牌，堂食及外賣全日免收服務費

2. 30% off for selected alcohol (Mon - Fri: 5pm - 10pm, Sat, Sun & PH: 3pm - 10pm)

精選酒類飲品七折優惠 (星期一至五: 下午5時至10時, 星期六、日及公眾假期: 下午3時至10時)

Terms and Conditions 條款及細則:

1. Discovery Bay Recreation Club Membership card must be presented to enjoy the offer. 必須出示愉景灣康樂會會員證以享用優惠。
2. Offers cannot be used in conjunction with other promotions, discounts, or gift/discount/cash vouchers (unless specified) and cannot be redeemed or exchanged for cash or other products. 優惠不可與其他推廣、折扣或禮券/折扣券/現金券同時使用(除特別註明外)，亦不可兌換現金或其他產品。
3. Terms and conditions apply. Please contact the merchants directly for details. 優惠受有關條款及細則約束，詳情請直接聯絡商戶查詢。
4. Discovery Bay Recreation Club Limited and the merchants reserve the right to amend or withdraw any terms and conditions or terminate these offers at any time without prior notice. 愉景灣康樂會有限公司及上述商戶保留隨時修改或取消此優惠之任何條款及細則或終止此優惠之權利，恕不另行通知。
5. In case of any dispute, the decision of Discovery Bay Recreation Club Limited and the merchants shall be final. 如有任何爭議，愉景灣康樂會有限公司及上述商戶保留最終決定權。

EST. 2015
FEATHER & BONE
MERCHANTS OF FOOD & DRINK

KEF

KORE
newzealand

Venchi
1878

AUBERGE
Discovery Bay Hong Kong
香港愉景灣酒店

DB Ice Rink

軒
PEONY

cafe

CLUB NEWS 會所快訊

Pickleball Practice Court & Ball Serving Machine Reservation
匹克球練習場及發球機預約

Our brand-new pickleball practice court and ball serving machine are now available for booking at DBRC! Members may reserve the pickleball practice court and ball serving machine at DBRC reception.

全新的匹克球練習場及發球機現已可於康樂會預約！
會員歡迎於康樂會前台預約匹克球練習場及發球機。



For reservations and enquiries
預約及查詢：2987 7381

Earth Hour 2026
地球一小時2026

To raise awareness of climate change and promote energy saving, Discovery Bay Recreation Club and Club Siena will participate in "Earth Hour 2026". Organised by the World Wide Fund for Nature (WWF). All decorative and non-essential lighting will be turned off from 8:30pm to 9:30pm on 28 March 2026 (Saturday).

Thank you very much for your attention and support!

為宣揚氣候變化及節約能源的訊息，愉景灣康樂會及海澄湖畔會所將參與世界自然基金(WWF)舉辦的「地球1小時2026」熄燈行動，於3月28日星期六晚上8:30至9:30期間，會所內的非必要用途及裝飾燈會關掉。

敬希垂注及支持！



DISCOVERY BAY EASTER EGG HUNT ON THE BEACH & CARNIVAL 2026

愉景灣沙灘獵蛋奇兵暨嘉年華2026

The beloved annual family event, the "Discovery Bay Easter Egg Hunt on the Beach & Carnival", will take place over the Easter public holidays from 3 to 4 April 2026 (Friday and Saturday). Registered children aged 3 to 10 are invited to explore the picturesque Tai Pak Beach in Discovery Bay, where every egg discovered can be redeemed for a prize. With over 50,000 delightful prizes and special grand prizes worth more than HK\$1 million, every child is sure to leave with a smile!

The "DB Plaza Inflatable Funland" will feature giant bouncy castles and inflatable game booths. Children with an Egg Hunt Pass or a Combo Pass will receive a complimentary Game Pass for access. Others can still enjoy the fun for an administration fee of HK\$80! The DB North Plaza will be transformed into a "Giant Easter Eggs Funland" until 6 April 2026, featuring charming inflatable egg displays perfect for family photos. A "Collage Easter Egg Lab" and an "Easter Egg Art Studio" will also be featured at the Toscana Sales Gallery for those Egg Hunt Pass holders. Everyone is warmly invited to join the vibrant Easter celebrations at Discovery Bay!

年度親子盛事「愉景灣沙灘獵蛋奇兵暨嘉年華」將於復活節期間（4月3日至4日）載譽歸來。活動誠邀3至10歲已報名的小朋友前往大白灣沙灘，搜尋色彩繽紛的復活蛋以換領豐富獎品。大會準備了超過50,000份精美獎品及特別大獎，總值超過港幣100萬元，令每一位參與的小朋友都能盡興而歸！

此外，「愉景廣場充氣樂園」將設置巨型充氣彈床城堡及多款充氣遊戲攤位；持有效「獵蛋通行證」的小朋友可盡情暢玩，公眾亦可即場付港幣80元行政費享用各項充氣遊戲。

而愉景北商場由活動首日起至4月6日將化身為「復活蛋打卡樂園」，展出多組可愛的充氣復活蛋裝置，讓一家大小拍照打卡。大會亦於意滿展銷廳特設「拼貼彩蛋實驗室」及「幻彩繪蛋工房」，供持獵蛋通行證小朋友免費參加。歡迎大家蒞臨愉景灣，體驗一個充滿活力與歡笑的復活節假期！



Use the RPE Scale to Control Training Intensity 用RPE量表控制訓練強度

The RPE (Rate of Perceived Exertion) scale ranges from 1 to 10. For hypertrophy (muscle growth) training, aim to finish most sets at an RPE of 8-9, meaning you should have 1-2 reps left in the tank. For endurance training, keep your sets around RPE 6-7, where the effort is moderate and sustainable. Relying on RPE, rather than just fixed weights, allows for more accurate intensity control and leads to more consistent long-term progress.

RPE（自我感受用力程度）量表以1到10分計，10分為完全力竭。增肌訓練建議每組做到RPE 8-9，即組末還能多做1-2下；耐力訓練則建議維持在RPE 6-7，屬於中等強度、可持續的狀態。與僅記錄重量相比，用RPE主觀感受調整強度更準確，有助於持續穩定進步。



Event For Fun

1 Mar – 31 Mar

Sizzling Plate Delight, D'Café

7 & 8 Mar

The 30th Tennis Nations Cup & Dinner Party, DBRC & Club Siena

10 Mar

Bingo Night, D'Café

24 Mar

Bingo Night, D'Café

28 Mar

Easter Egg Hunt Fun Day, Club Siena

1 Apr – 30 Apr

Sizzling Plate Delight, D'Café

3 Apr – 7 Apr

Easter Set Lunch, D'Café

14 Apr

Bingo Night, D'Café

18 Apr

Preserved Flower Pen Holder Workshop, DBRC

26 Apr

Inter-club Pickleball Tournament, DBRC

28 Apr

Bingo Night, D'Café