# Vewsletten



## FAR NIENTE WINE DINNER

November 17th | 6pm - 9pm



TURKEY TOURNAMENT

Friday, Nov. 18th Tournament | 4pm - 6:30pm Quickstart | 3:30pm - 4:30pm



FALL CAMP

November 21st - 25th No camp on Thanksgiving Day, 11/24 9am - 4pm OR 9am - 1pm (Half-day option for ages 2-5)



GINGERBREAD MAKING NIGHTS

Monday & Tuesday Nov. 28th & 29th | 6pm - 9pm

## Directory of Contacts



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Director of Housekeeping
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General News





## WINE CLUB

Perks:

- Receive 2 bottles of wine picked by the wine committee every month. Each member will receive a bottle of red & white
- Additional wine available from each month for purchase at the same wine club price
- 20% discount on Wine Dinners & Tastings (Not applicable on Manhattan Wine Auction)
- No corkage fee if you bring your own wine. Maximum 2 bottles per table
- Wine bottles on wine list in restaurant will receive a 20% off
- Every quarter enjoy "Thank You for being a Wino" that offers Wines by the glass and appetizers complimentary for being a Wine Club member
- Special pricing on all cases of wines for purchase at any time of the year
- Priority booking for any wine dinner and wine event
- When booking your private events, purchase a wine bar and automatically receive an upgrade to the next level of wines
- Lastly we will have a yearly give away for wine tasting and lunch for 6 at a Winery named later. All members will have their names put in the lottery

Cost: \$75 per month charged to your account.

Ready to sign up?
Scan here to get started















### Dining & Entertainment

Poolbar & Grill | Tue - Sat (9am - 5pm)

Restaurant | Tue - Sat (5pm - 9pm)

\* Located in our restaurant during the pool closure



## Gingerbread Making Nights

Mon., Nov. 28th & Tue., 29th | 6pm - 9pm | Adults \$50++ & Kids \$45++

Gumdrops, candy canes, peppermints, and more! A sweet celebration is what we have in store! Entry includes full buffet and 1 gingerbread kit per child. Parental attendance and supervision is required. 72 hour cancellation policy applies. Reservations are required and limited. Make your reservations by contacting rosie.varqas@bayclubs.com.



### Give Thanks Bingo!

Wednesday, Nov. 9th | 5pm-7pm

Enjoy quality time with your loved ones. Join us for bingo, full of family fun! You won't want to miss out on this sell out event. Dining reservations are required. Please make reservations by calling the reception desk at 310.546.5656 x211



### Kids Culinary Night

Wednesday, Nov. 30th | 5pm-7pm Children 3-13 | \$25++per child

Calling all little chefs! Join us for a culinary extravaganza! Make a yummy pizza. The toppings are endless! Space is limited. Please make reservations by calling the reception desk at 310.546.5656 x211



### New Member Social Stock your Cellar

Wednesday, Nov. 30th | 5:30-7:30pm

Mix, mingle and meet new members!

Please join us for complimentary wine tastings, light bites and live music as we bring our new members together for a social hour. Select wineries with tastings will be joining the fun and preordering available for all your holiday festivities. RSVP to jennifer.hulme@bayclubs.com

Save THE Date

Dec. 4th: Santa Brunch (10am - 2pm)

**Dec. 15th**: Justin Wine Dinner (6pm - 9pm)



THURSDAY, NOVEMBER 17TH
6PM - 9PM | \$125++ PER PERSON

Enchant yourself this evening with an exquisite 5 course dinner paired with a special selection of Far Niente wines, made from Napa Valley's finest vineyards.

Sip, eat, & enjoy the moment.

Reservations are required and limited.
72-hour cancellation notification required.
Make your reservations on OpenTable.

Family Programming

### CHILDCARE

Morning | Sat & Sun (8am - 11am)

Evening | Tue - Fri (5pm - 8pm)



ANHATTAN COUNTRY CLUB Preschool

The primary goal of Manhattan Country Club Preschool is to provide a warm, safe, and nurturing environment in which your child is given the opportunity to grow intellectually, socially, emotionally, and physically. The Manhattan Country Club Preschool curriculum provides ageappropriate structured activities, which foster communication skills and confidence in self-directed learning.

Manhattan Country Club Preschool offers a balanced program designed to inspire joy in learning and personal growth. Our mission is to provide the foundation for each child's lifelong personal and academic

OPTIONS:

Full Day (9am - 4:30pm)

| Half Day (9am - 12:30pm)



### MARIO KART TOURNAMENT

Saturday, Nov. 5th | 5pm-8pm

King Bowser is daring all young racers to an epic racing showdown at MCC - are you brave enough to challenge him?! Racers 5-14 can take part in our ultimate video game experience with multiple large TVs and video game systems, so everyone will get a chance to play. Prizes will be awarded to those who enter the tournament and dinner will be served - sign-up now, our video game nights fill up quickly!



### VETERANS DAY CAMP

Friday, Nov. 11th | 9am-4pm

No school on Friday? Don't sweat it - send them to Fall Camp at MCC! Fall and Thanksgiving crafts and games will be added to the camp mix during Veterans Day, which will also include epic water play activities and tennis! Don't miss out on this epic day camp at MCC, for campers ages 2-12.



### SCIENCE NIGHT

Saturday, Nov. 19th | 5pm-8pm

Science Night is BACK for the fall and this time we will be making some epic fall-infused experiments including some new twists on slime! Our young scientists will also have an opportunity to crack open some rock geodes - will you find anything special inside? Dinner will be included for all scientists ages 5-12.





November 21st - 25th | 9am - 4pm or 9am - 1pm No Camp on Thanksgiving 11/24

Thanksgiving is a time for family and friends, so why not bring them here to MCC for some camp fun? Make lasting memories and unforgettable adventures at our fall camp which will include large group games, epic water activities, tennis, dodgeball, and Thanksgiving inspired crafts that will want kids wishing winter camp was right around the corner!

Camp is for kids ages 2-12, and guests are welcome! Half-Day option is available for kids ages 2-5.

Register on the Bay Club Connect App!





SPENCER TROTTA
Tennis Director

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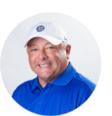
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# Turkey Tournament

### Friday, November 18th

Tournament: 4:00-6:30pm Quickstart Clinic: 3:30-4:30pm

Sign up for our biggest Junior Tournament fundraiser at the club - **Entry is free!** 

Registration opens **MONDAY**, **OCT 31st** Create an account on **TopDog** to register.

Tourney players **MUST** be able to serve and rally to play. Quickstart Clinic is for those that are too young to play points in the tournament. Please bring a can of food to donate to charity.



### PICKLEBALL CLINICS

New Adult and Junior Pickleball clinics! Sign up on the Bay Club app under the Racquet Sport section of Fitness Programs.

### SAVE THE DATE

### Jr UTR Tournament

Saturday, December 3rd 9am - 12pm

Level-based singles; ages 9-14 yellow ball players



## PICKLEBALL LEAGUE MATCHES

Holiday Weekly League Dates: **Nov 28th-Dec 23rd** Individual weekly sign-ups; no 6-week commitment during holiday season. **Cost is \$10/day**. Sign up on **TopDog**. Registration opens **Monday**, **November 21st** 



## UGLY SWEATER MIXED DOUBLES ROUND ROBIN

### Friday, December 9th | 6pm - 8:30pm | \$35 per player

K3.0-4.5 level players are encouraged to participate in this nonstop night of Mixed Doubles delight! Entry fee includes a drink, tennis balls, music and prizes for tournament finalists and **BEST COSTUME!** 

Reservations are on **TopDog** Live. Create an account for free t sign up. For assistance or additional information please contact Spencer at **spencer.trotta@bayclubs.com** or **(310)** 546-5656 ext.216



JUNIOR TENNIS REGISTRATION/INFORMATION (SCAN BELOW)

**QuickStart Junior** 



**HPJunior Tennis** 



Satellite Elite





QUESTIONS? CONTACT SPENCER TROTTA AT EXT.216 OR EMAIL SPENCER.TROTTA@BAYCLUBS.COM

Aquatics

All pools will be shut down for resurfacing starting on **Sunday, November 6 at 12 PM sharp**. We plan to reopen on **December 3rd**. Select programs and swim lessons will still be offered at Bay Club El Segundo & El Segundo Aquatics Center. Please email **kyle.flanders@bayclubs.com** for more info.



### **SPLASH BABIES**

### Thursdays at 11 am & 9:30am (30 min)

Looking to get your little one loving the water? Come to splash babies, where you and your baby will learn important and amazing swimming skills while playing and singing songs. This program is designed for children ages 6 months to 24 months old.

Splash Babies will continue during the pool closure at El Segundo.





### **BAY CLUB SWIM SCHOOL**

Mon - Thu / 3 - 3:25pm & 3:30 - 3:55pm

Price: \$35 per day

Winter break dates will be November 7th - January 6th. Swim school lessons will resume January 9th 2023. There will be a new registration form please scan QR code to hold your spot. Space is limited





### **SWIM LESSONS**

We will still be offering swim lessons during the pool closure with limited availability. Please talk to your instructors to make arrangements to swim at El Segundo Bay Club November 7th through December 3rd.





### **SWIM TEAM**

We will continue to swim throughout the closure and have secured pool time at Bay Club El Segundo and El Segundo Wiseburn Aquatics Center (ELWAC). Each group will be splitting time between the 2 pools. Please see the schedule below. Times may change as we get closer.

### Gold.

Mon & Wed (4 - 6pm) @ ELWAC Tue & Thu (5:15 - 6pm) | Dryland - Swim (6:00-7:30) @ Bay Club Friday: (6 -7:30pm) Swim @ Bay Club

### Bronze / Silver:

Mon & Wed (6:45 - 8pm) @ Bay Club Tue & Thu (4:45 - 6pm) @ ELWAC Friday: (6 -7:30pm) @ Bay Club

### White / Blue:

Mon & Wed (6 - 6:45pm) @ Bay Club Tue & Thu: (4 - 4:45pm) @ ELWAC



### **SWIM PROGRAMS ON BREAK**

MCC RIPTIDES WATER POLO

Vill be taking a break during the pool closure Ne will resume on December 5th

**SPLASHBALL** 

Is taking a break for winter! Be back in February! Sign up now and save your spot!



## First day of practice is Jan. 3rd!! 2023 MCC JR GUARD PREP CLASS

Program days & times are as follows:

Tue: 7:30pm - 8:30pm | Fri: 5:30pm - 6:30pm | Sat & Sun: 11am - 12pm

Early bird special Early Bird Deal (if you sign up BEFORE January 3rd)

ALL SESSIONS: \$1400 (96 workouts) [\$15 per workout] - With this option you are free for any practice that we provide.

ALL SESSIONS (available till January 30th): \$1900 (96 workouts) [\$20 per workout] - With this option you are free for any practice that we provide.

One Session: \$400 (16 Workouts) [\$25 per workout] - With this option you are free to come to any of the 16 workouts we provide in the dates listed for the session.

Drop in \$45 per workout - With this option you are only authorize to come to the days you select in section "program days and times" example if you only choose Friday and Saturday you are only authorize to come to Friday and Saturday. You cannot just come to any practice you would like to that works for you.

### Early start to JG prep

Dec. 7th - Dec. 18th (6 Workouts) | Tue 7:30p, Fri 5:30p, Sun 11a (\$45 per workouts)

This will be a drop in only session for ages 8 to 13. It is never too early to get your young athlete ready for Jr. Guards. This special early start session of IG prep will provide a lot of technique work and basic knowledge of what to expect in ir. Guards.

### Session 1: \$400 Jan 3 - Jan 29 (16 Workouts) (\$45 Drop In)

First day of practice you're JG trainee will be timed for 100 yards. In this session we will be working on technique work and we will be taking it easy on everyone. I highly recommend all levels of swimmers to start with this session. By the last week of training we will be pushing everyone's endurance level and stamina.

### Session 2: \$400 Ian 31st - Feb 26 (16 Workouts) (\$45 Drop In)

Swimmers are maintaining their endurance and technique as well as develop upper body strength. Swimmers at intermediate level or times ranging between 2:30-2:00. (Warning: SWIMMERS WITH TIMES OVER 2:00 JUST STARTING IN THIS SESSION ARE IN RISK OF NOT PASSING)

### Session 3: \$400 Feb 28 - March 26 (16 Workouts) (\$45 Drop In)

Intensity will increase along with the introduction of interval training to develop speed.

### Session 4: \$400 March 28 - April 23 (16 Workouts) (\$45 Drop In)

Swimmers are putting finishing touches to test day.

### Session 5: \$400 April 25 - May 21 (16 Workouts) (\$45 Drop In)

In this session, "Ocean Prep" we keep your athletes in shape until the beach program begins early June. We teach our knowledge of the ocean riptides and waves etc. in the pool!

### Session 6: \$400 May 23 - June 18 (16 Workouts) (\$45 Drop In)

It is very important to keep your athlete in shape for the ocean please do not stop training until Junior Lifeguard begins down at the beach.. continuing with ocean prep.

Come get your little one ready to test for Junior Guards. An endurance based workout, we strive to help each and every child to reach their time goal! We had 100% success rate year 2019! Get the goggles ready, it's about to be a wet winter!

> SCAN THE QR CODE TO FILL OUT A DIGITAL FORM.



\*\*Sign up forms are located on QR codes on flyers around the club\*\* Contact Kyle for more information. Call 424-247-5553 or email kyle.flanders@bayclubs.com thess





BAY CLUB TRAINER

### Rosalinda Harding

FITNESS COACH/TRAINER

Rosalinda. Harding@Bayclubs.com

#### SPECIALTIES:

- · Functional Strength and Movement Specialist Weight Management
- Nutrition
- Core and Balance
- Athletic Strength and Conditioning

### **CERTIFICATIONS:**

- . NASM Certified Personal Trainer
- NASM Corrective Exercise Specialist
- American Red Cross-First Aid/CPR/AED Certified
- · Beach Volleyball Coach

#### EDUCATION:

BA Communications and Public Relations, Colorado Mesa University

### "Three things that make me happy..."

- 1. Family time
- 3. Playing sports and enjoying an active and healthy lifestyle



SPECIALTIES:

· TRX group training

Cardiovascular long

 Tissue work/flexibility Weight loss · Sports performance Lower back injury rehab · Strength conditioning

Circuit training

coach

Kettlebell group training

distance/endurance training

· Basketball conditioning/youth

San Joaquin Delta College & Western Career College

### "Three things that make me happy..."

- 1. My children & My Dog Luna
- 2. Football
- 3. Staying Active Every Day





BAY CLUB TRAINER Demetri Theodore

RITNESS TRAINER

Demetri.Thoedore@bayclubs.com

### SPECIALTIES:

- Precision nutrition level 1 Animal flow NLP Practitioner, Coach
- Alpine ski instructor
- VIPR
- TRX

### CERTIFICATIONS:

- · NASM Certified trainer, corrective exercise specialist
- ACSM Certified Trainer
- NSCA Certified Strength and Conditioning Specialist
- American Safety & Health Institute CPR/AED certified

### EDUCATION:

Bachelor degree in Physical Education and Sports Science, National University of Athens, Greece

### "Three things that make me happy..."

- Spending quality time with my loved ones.
   Meditating
- 3. Exploring the World





BAY CLUB TRAINER Mark De Carli

BAY CLUB TRAINER

Herron

Jay.Herron@bayclubs.com

FITNESS COACH & PHYSICAL THERAPIST

**CERTIFICATIONS:** 

Specialist Cert

Therapist Cert

S.J. Delta College Fitness

Red Cross CPR/AED Cert

Western Career College Massage

Jay

FITNESS TRAINER / WEIGHT LOSS NURTITION / TENNIS

Mark.DeCarli@Bayclubs.com

### SPECIALTIES:

- · Strength and conditioning
- Functional Strength & Core
   Weight Loss/ Weight
   Gain, Performance Nutrition
- Joint Health
  - Corrective Exercise/Posture/Balance
- · Tennis Conditioning, Mobility/Agility

### CERTIFICATIONS:

- UCLA Fitness
   ACE Functional Training Specialist
- ACE Senior Fitness Specialist
   ACE CPT

### EDUCATION:

UCLA, LUISS Milan, and LUMSA Rome

### "Three things that make me happy..."

- 1. Food
- 2. Music
- 3. Friends and Family

The Offices



WORK WHERE YOU PLAY

## THE OFFICES

AT THE MANHATTAN COUNTRY CLUB

### LEASING INFORMATION

We provide several leasing options:

- Virtual: Mailbox on site, phone services with access to our Business Center
- Executive: One to two person offices with access to our Business Center
- **Executive Commercial:** Large capacity offices with access to our Business Center
- · Commercial: Large capacity offices

6 month & month-to-month options for Executive & Commercial leases.

Month-to-month option available for Virtual tenants.

### Book an office showing online at:

outlook.office365.com/owa/calendar/TheOfficesABayClubCompany@bayclubs.com/bookings/

### COMMON AMENITIES

- Lounge facilities lobby, kitchen, outside eating area & Suite 270 Lobby
- · Coffee Services
- Conference Rooms & Small Workspaces
- High Speed Copiers
- Postage Meter-mail on-site service
- Mailing Supplies

### KIRIN MONTOYA

Property Manager

kirin.montoya@bayclubs.com 310.546.8188

FOR MORE INFORMATION, PLEASE CONTACT KIRIN.MONTOYA@BAYCLUBS.COM

Event Calendar

Club Hours

Monday - Sunday (9am - 9pm)

\*Thanksgiving Day Club Hours: Thursday 11/24 (6am - 2pm)

November

SUN	MON	TUE	WED		THU	FRI	SAT
30	31	1		2	3	4	5 Mario Kart Tourney 5pm -8pm
6 Pool closed @ 12pm for draining.	7 Pool & pool deck renovations begin.	8	Bingo Night 5pm - 7pm	9	10	11 Veteran's Day Camp 9am - 4pm	12
13	14	15		16	17 Far Niente Wine Dinner 6pm - 9pm	18 Tennis Turkey Tournament Tourney: 4pm-6:3opm Quickstart: 3:30-4:3opm	19 Science Night 5pm - 8pm
20	21 Fall Camp 9am-4pm or 9am-1pm	22		23	<b>Thanksgiving Day</b> <sup>24</sup> <b>Club Hours: 6am - 2pm</b> No Fall Camp	25	26
27	28 Gingerbread Making Night (Day 1) 5pm - 7pm	29 Gingerbread Making Night (Day 2) 5pm - 7pm	Member Social Stock your Cellar 5:30pm - 7:30pm Kids Culinary Night 5pm - 7pm	30	1	2	3 Estimated Pool Reopening *(Subject to change)  Science Night 5pm - 8pm  Jr UTR Tournament



All pools will be shut down for resurfacing starting on **Sunday, November 6 at 12 PM sharp**. We plan to reopen on **December 3rd**. Select programs and swim lessons will still be offered at Bay Club El Segundo & El Segundo Rec Center. Please email **kyle.flanders@bayclubs.com** for more info.

Saturday, Dec. 3rd: Jr UTR Tournament

Saturday, Dec. 3rd: Science Night

Sunday, Dec. 4th: Santa Brunch | 10am - 2pm

Sunday, Dec. 15th: Justin Wine Dinner | 6pm - 9pm

Saturday, Dec. 17th: Ornament Decorating Night

Dec. 26th - Jan 6th: Holiday Camp