

Newsletter



CAYMUS WINE DINNER

Thursday, February 16th | 6pm-9pm



SUPER BOWL VIEWING PARTY

Sunday, Feb. 12th | Starts at 1pm
Adults 21+ Only



AMBASSADOR TRAINING (PART 2)

Wednesday, Feb. 15th | 5pm-7pm



SWEETHEARTS ROUND ROBINS

PICKLEBALL:
Friday, Feb. 10th | 5-7:30pm

TENNIS:
Friday, Feb. 17th | 5-7:30pm

Directory of Contacts



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Dining & Entertainment

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

Poolbar & Grill | Mon - Sun (9am - 6pm)

XOXO



SUPER BOWL Viewing Party

Sunday, Feb. 12th | Starts at 1pm
Adults 21+ Only - \$55++ (Includes Full Buffet)

We've got BIG TV'S, BIG SOUND, and the BIG GAME! Full Buffet, Specialty Drinks & Raffles!
Open Seating in Bar & Terrace.



Sweethearts Bingo

Wednesday, Feb. 15th | 6pm - 8pm

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 reservation is required.



Fat Tuesday Mardi Gras

February 21st | 5pm - 9pm

Fat Tuesday! We are whipping up some amazing NOLA classics with an MCC twist. Bring your beads, masks, and fabulous outfits to the Restaurant for an amazing night out!



Kids Culinary Night

Wednesday, Feb. 22nd | 5pm - 7pm

Calling all little chefs! Join us for a culinary extravaganza! Make a yummy pizza, toppings are endless!
Space is limited,



New Member Social

Tuesday, Feb. 28th | 5pm - 7:30pm

Let's taco about meeting new members! Don't miss out on this Taco Tuesday themed event. Enjoy light bites and a tequila tasting while you meet and mingle with new members.



Wine Club

\$75 per month

- Receive 2 bottles per month (red & white)
- 20% of Wine Dinners & Tastings (Excludes Wine Auction)
- Yearly give-away for a wine tasting & lunch for 6 at a select winery.

Enjoy these and many other perks! Scan the QR code and sign up today!



THURSDAY, FEB. 16TH | 6 - 9PM

—❤—
CAYMUS

Wine Dinner



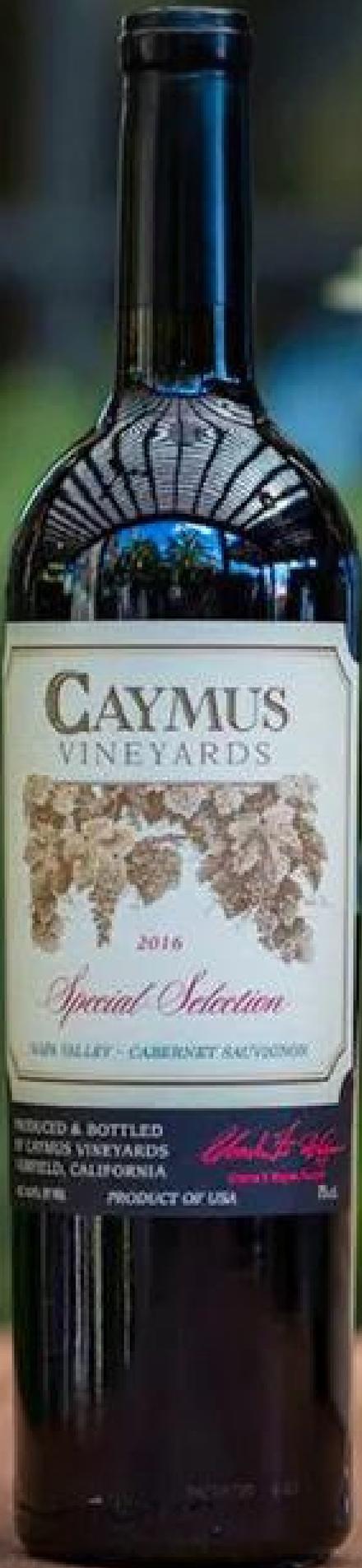
Bring that special someone and entice your palate with a delicious 4-course dinner paired with wine from

CAYMUS
VINEYARDS

**\$150 ++
per person**

72-hour cancellation policy applies. Reservations are required and limited.

**MAKE YOUR RESERVATIONS ONLINE
OR CALL THE HOST DESK AT EXT. 211**



Family Programming

CHILDCARE

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

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



MANHATTAN 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 age-appropriate 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 success.

OPTIONS: Full Day (9am - 4:30pm) | Half Day (9am - 12:30pm)



MOVIE NIGHT

"SPIDER-MAN: INTO THE SPIDER-VERSE"

Saturday, Feb. 4th | 5pm-8pm

Calling all young Web-Slingers! In preparation for the highly anticipated animated sequel, "Spider-Man: Across the Spider-Verse," we will be showing the first Spider-Man movie in the series, "Into the Spider-Verse." Children ages 4 to 12 can swing into our movie night and everyone is encouraged to wear their favorite Spider-Man attire! Popcorn and dinner will be served for all web-slingers in attendance.



MAGIC NIGHT

Saturday, Feb. 11th | 5pm-8pm

Magic Night is back at MCC – don't miss this amazing magic show that comes around only a couple times a year! Our wonderful and mystical magician has designed his show for young magicians ages 4-12. The mysterious magician only appears a few times a year, so make sure to reserve your spot right away! Dinner will be served for those who attend.



SCIENCE TIE-DYE NIGHT

Saturday, Feb. 25th | 5pm - 8pm

Our February science night is all sorts of GROOVY! We have the classic tie-dye shirts for all kids to make, as well as tie-dye slime and more. This color explosion will be for kids ages 6-12 and dinner will be served for all scientists!

KIDS SUPER BOWL PARTY!

Sunday, Feb. 12th | 1pm - 6:30pm | \$50/child

The big game is here! Super Bowl LVII will be showing for all adults in our restaurant and bar area at MCC, so drop off your kids before the big game and enjoy the festivities stress-free.

Games, crafts, fun football activities will be ready for all kids, including snacks and lunch for those who come to the party! For ages 2-12. Reservation required on the app.



REGISTER FOR EVENTS ON THE BAY CLUB CONNECT APP! QUESTIONS?
EMAIL TAYLOR.FALBISANER@BAYCLUBS.COM OR CALL EXT. 368



AMBASSADOR TRAINING

Manhattan Beach Country Club



CLUB RULES & REGULATIONS

JAN 18

In order to be a Club Ambassador, you must know the rules and regulations of the entire campus. Kids will receive a brief history of The Club and will get the run-down of each area's rules and Club policies.



DINING ETIQUETTE

FEB 15

Part-two of ambassador training includes formal dining etiquette for all trainees. Participants will learn proper dining manners, rules of the table, and the various uses of common and uncommon plates and utensils. Dinner included!

MAR 15



SWIM TEST AND PARTY

The final step for future Ambassadors is the swim test. Trainees who have not graduated swim school or Junior Guards at MCC, will partake in a swim test at our MCC pool. Ambassadors need to be able to swim to walk around the campus freely.

All Ambassadors will be invited to a BBQ pool party in the Spring!

**FIRST SESSION
WEDNESDAY,
JANUARY 18 | 5PM-7PM
MCC BOARDROOM**

For More Information
Contact Taylor at
taylor.falbisaner@bayclubs.com

Ski Week CAMP



FEB. 20TH – 24TH
9AM – 4PM

Half-Day Option:
9am - 1pm (Ages 2 - 5)

Ski-Week vacation is here – are you prepared for more camp adventures at MCC? More winter-inspired fun is in store for all campers, including tons of games, crafts, outdoor adventures, Tennis, swimming, and more!

Our camps fill up very quickly at MCC, so make sure to reserve your spot today! Half-day options are available for campers ages 2-5.

REGISTER FOR EVENTS ON THE BAY CLUB CONNECT APP! QUESTIONS?
EMAIL TAYLOR.FALBISANER@BAYCLUBS.COM OR CALL EXT. 368

Tennis & Racquet Sports



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Tennis Director
spencer.trotta@bayclubs.com
310.698.1838



Bayley Callahan

Tennis Pro
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Tennis & Racquet Sports



SWEETHEARTS ROUND ROBINS

PICKLEBALL: Friday, Feb. 10th | 5-7:30pm | \$60 per team
TENNIS: Friday, Feb. 17th | 5-7:30pm | \$60 per team

We have Tennis AND Pickleball Round Robins for couples and friends to celebrate Valentine's Day this month! Grab a partner, and join either or both events!

Cost includes: on-court drinks, music, and prizes for winners!
Register on TopDog.

ADULT PICKLEBALL PROGRAMMING:

Spring Pickleball Leagues Feb 27th-April 14th

Cost is \$40/player 6 weeks of matches. SUB Players needed for FREE

Mixed Doubles Glow in the Dark Pickleball Tournament
Saturday, March 4th 5:30-8:30pm

ADVANCED, INTERMEDIATE, & FUN divisions offered.
Please sign up through **TopDog** or contact Spencer Trotta.

YOUTH PICKLEBALL PROGRAMMING:

Junior Pickleball Class (Ages 10-14)
Tuesdays & Thursdays 3:30-5:00pm

Sign up for once or twice a week for 4 weeks:

January 31st - March 2nd (No classes Feb 20th-24th)

Tuesday OR Thursday = \$150

Tuesday AND Thursday = \$250

QR Code for Sign up

Match Play Pickleball Clinic (Ages 15-18)
Tuesdays | 6 - 7:30pm

Weekly sign up on Bay Club app | \$20/day

Instructional lesson for first portion.

Match play with tips for competition for remainder of class.

Save the Date

Friday, March 24th | 5:30 - 8pm

Saint Patrick's Round Robin

Friday, April 14th | 5-7:30pm

Parent/Child Pickleball Round Robin



←..... Scan this QR code to sign up for events on TopDog.

For additional information please contact Spencer at
spencer.trotta@bayclubs.com or (310) 546-5656 Ext.216

Tennis & Racquet Sports

Spring Session of

JUNIOR TENNIS PROGRAMS

Monday, March 6th - April 28th | No run dates: April 3rd - 7th
Registration Opens Monday, Feb 14th

QuickStart Junior
1, 2, & 3



High Performance (HP)



Satellite Elite



For additional information please contact Spencer at
spencer.trotta@bayclubs.com or (310) 546-5656 Ext.216



Aquatics

SWIM LESSONS



Come take a lesson with one of our talented swim instructors. We will get you ready for the next level of swim.

Whether the student is an infant, toddler, child, or adult we strive to make you the next Olympian! Sign up now and meet our instructors.



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, so please scan QR code to hold your spot. Space is limited.



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.



Questions? Email kyle.flanders@bayclubs.com or call ext. 310

Aquatics



SWIM TEAM

Year-round Program | Billed Monthly | No Drop-ins

Contact Coach Jeff Beiter for Tryouts.

jeff.beiter@bayclubs.com | (310) 869 - 1625

White / Blue Level:

Mon - Thu (4 - 4:45pm)

Bronze / Silver:

Mon - Thu (4:45 - 6pm), Fri (4 - 5:30pm), & Sun (8:30 - 10am)

Gold Level:

Mon - Thu (6 - 7:30pm), Fri (4 - 5:30pm), & Sun (8:30 - 10am)

Dryland:

Mon - Thu (5:30 - 6pm)



MCC RIPTIDES WATER POLO

Mon & Wed | 6:30pm - 8:30pm (#40)

Sat | 8:30am - 11am (#40)

(All listed prices are drop-in OR \$290 monthly)

Year-Round Program | Ages: 9 and up

The Water Polo Team is a co-ed program that teaches the fundamentals of water polo and competes in games against other clubs.

Questions? Contact Head Coach Bridget Lee at Ext. 310 or email aquatics.mcc@bayclubs.com



SPLASHBALL IS BACK!

Starting Friday, February 10th

\$35 Drop-in | Practice Times (Fridays)

4p - 4:45p (Ages 3 - 5) & 4:45p - 5:30p (Ages 6 - 8)

Our Splashball Program promotes water safety and fitness in an engaging environment! You can bring your friends to learn how to tread water and play Water Polo! For ages 3-8.



Scan the QR codes to fill out our digital forms.



Questions? Email kyle.flanders@bayclubs.com or call ext. 310



2023 JR GUARD



PREPATORY CLASS

PRACTICE DATES & TIMES:

Scan the QR code
to fill out our
digital form!



Tue (7:30 - 8:30p) | **Fri** (5:30 - 6:30p) | **Sat & Sun** (11a - 12p)

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! Get the goggles ready, it's about to be a wet winter!

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.

Session 2: \$400 | Jan 31 - Feb 26 (16 Workouts) [\$45 Drop-in] - Swimmers are maintaining their endurance and technique as well as developing 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] - Swimmng 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 in early June. We teach our knowledge of the ocean riptides and wave 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 oean. Please do not stop training down at the beach, continue with ocean prep.



****Sign up forms are located on QR codes on flyers around the club.****
For more information, contact kyle at 424-247-5553 or kyle.flanders@bayclubs.com





ULTIMATE TRAINER



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
2. Travel
3. Playing sports and enjoying an active and healthy lifestyle



ULTIMATE TRAINER



BAY CLUB TRAINER

Jay Herron

FITNESS COACH & PHYSICAL THERAPIST

Jay.Herron@bayclubs.com

SPECIALTIES:

- TRX group training
- Kettlebell group training
- Cardiovascular long distance/endurance training
- Circuit training
- Basketball conditioning/youth coach
- Tissue work/flexibility
- Weight loss
- Sports performance
- Lower back injury rehab
- Strength conditioning

CERTIFICATIONS:

- S.J. Delta College Fitness Specialist Cert
- Red Cross CPR/AED Cert
- Western Career College Massage Therapist Cert

EDUCATION:

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

Welcome 2023!

It is your year to get into a Fitness Routine to help guide you to better physical & mental health, more mobility, and endurance!

Whether you're looking to get stronger to perfect your Tennis or Pickleball game, getting ready for a marathon, or simply recovering from surgery or injury - our trainers are here to support you!

Purchase Personal Training packages today on your Bay Club App and connect with our trainers to get started!

Individual and Group Sessions Available!

Have questions? Email: Gaby.Romo@bayclubs.com



ELITE TRAINER



BAY CLUB TRAINER

Mark de Carli

FITNESS TRAINER / TENNIS & GOLF CONDITIONING / NUTRITION GUIDANCE

Mark.DeCarli@Bayclubs.com

SPECIALTIES:

- Tennis & Golf Conditioning, Mobility and Agility
- Joint Health, Corrective Exercises, Posture, and Balance
- Strength and Conditioning specific to Sport Performance
- Functional Strength and Core
- Weight Loss and Muscle Gain
- Performance Nutrition

CERTIFICATIONS:

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

EDUCATION:

- Kinesiology and Nutrition Degree from UCLA, Bachelor of Science in Nutrition from Stockholm University, LUISS Milan, LUMSA Rome.

"Three things that make me happy..."

1. ALL Food
2. ANY Music
3. Photography as a hobby!

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 (6am - 9pm)

February

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4 Movie Night "Spider-Man: Into the Spider-verse" 5pm - 8pm
5	6 Bay Club Swim School Begins	7	8	9	10 Sweethearts Pickleball Round Robin 5pm - 7:30pm Splashball Begins	11 Magic Night 5pm - 8pm
12 Kids Super Bowl Party 11:30am - 2pm Super Bowl Viewing Party Start @ 1pm	13	14 Junior Tennis Programs: Registration Opens	15 Ambassador Training: Part 2 5pm - 7pm Sweethearts Bingo Night 6pm - 8pm	16 Caymus "Sweethearts" Wine Dinner 6pm - 9pm	17 Sweethearts Tennis Round Robin 5pm - 7:30pm	18
19	20 Ski Week Camp 9am-4pm & 9am - 1pm	21 Fat Tuesday Mardi Gras 5pm - 9pm	22 Kids Culinary Night 5pm - 7pm	23	24	25 Science Tie-Dye Night 5pm - 8pm Steakhouse Dinner 5pm - 9pm
26 Spring Pickleball Leagues Begin	27 New Member Social 6:30pm - 7:30pm	28	1	2	3	4 Glow in the Dark Pickleball Tournament 5:30pm - 8:30pm

SAVE THE DATE

- Saturday, March 4th: Glow in the Dark Pickleball Tournament | 5:30 - 8:30pm
- Wednesday, March 8th: Bingo Night
- Saturday, March 11th: St. Patrick's Science Night
- Saturday, March 15th: Ambassador Training - Dining Etiquette (Part 3)
- Thursday, March 16th: Wine Dinner
- Saturday, March 18th: Mario Kart Tournament
- Wednesday, March 22nd: Kids Culinary Night
- Friday, March 24th: Saint Patrick's Round Robin | 5:30 - 8pm
- Saturday, March 25th: Father & Daughter Dance