Newsletter

CHÂTEAU DE POMMARD WINE DINNER

December 15th | 6:30pm-9pm

UGLY SWEATER ROUND ROBIN

Friday, December 9th | 6 - 8:30pm

ORNAMENT DECORATING NIGHT

Saturday, Dec. 17th | 5pm-8pm

HOLIDAY BINGO

Wednesday, Dec. 14th | 5pm-7pm

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Dining & Entertainment

Restaurant | Tue - Sat (5pm - 9pm)
Poolbar & Grill | Sun & Mon (9am-6pm) & Tue - Sat (9am-5pm)
*** Located in our restaurant during the pool closure. Estimated reopening: Saturday, Dec. 3rd**

Happy Hour & Live Music

Thursday, Dec. 8th | 5pm - 8pm

Enjoy live music from guitarist JT Harker while you settle in for dinner or happy hour specials.

Château de Pommard Wine Dinner

Thursday, Dec. 15th | 6:30pm-9pm
$125 ++ per person

Join us for a delicious 4 coursed dinner paired with elegant wine from Burgundy! 72 hour cancellation policy applies. Reservations are required and limited. Make your reservations by contacting ***rosie.vargas@bayclubs.com****.*

Holiday Bingo!

Wednesday, Dec. 14th | 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, Dec. 21st | 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

Santa Brunch

SOLD OUT!

Sunday, Dec. 4th
Adults $70++ | Kids $55++

Seating Times:
10am, 10:30am, 11am, 12pm, & 12:30pm
Please Join our waitlist by contacting Rosie Vargas at rosie.vargas@bayclubs.com Reservation required. 72 hour cancellation policy applies.

Save the Date

Wednesday, Jan. 11th: *Bingo Night (5-7pm)*
Wednesday, Jan. 18th: *Kids Culinary Night (5-7pm)*

MANHATTAN COUNTRY CLUB

JOIN TODAY

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

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

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

SCIENCE NIGHT

Saturday, Dec. 3rd | 5pm-8pm

Brrrr...winter is here which means we have very COOL science experiments in store at MCC! Our mini scientists will be creating their own snow and will be making some polar-themed slime. You do not want to miss out on this science night - dinner and hot chocolate will be available for all scientists ages 6-12. Register as soon as possible!

ORNAMENT DECORATING NIGHT

Saturday, Dec. 17th | 5pm-8pm

The annual MCC Ornament Decorating Night is here! We are gearing up hundreds of ornaments for all our young creative minds to put some style into the holidays. Whether you go with a cute and elegant theme or a crazy/wild messy theme, we will have plenty of crafty stuff ready for all young decorators! This event will sell out - make sure to reserve your spot as soon as possible - dinner will be served!

BAY CLUB CAMP

Dec. 26th - Jan. 6th | 9am-4pm

Winter fun is here for all MCC kids! Winter Camp will be here for two weeks as the kids are out of school - winter-themed crafts and games, active games, and swimming are in store for those ages 6-12. Our camp days fill up quickly, so make sure to reserve your spots now!

REGISTER FOR EVENTS ON THE BAY CLUB CONNECT APP! QUESTIONS? EMAIL TAYLOR.FALBISANER@BAYCLUBS.COM OR CALL EXT. 298

Tennis & Racquet Sports

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Pickleball Pro
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Christina Sanders

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702.334.8810

Allen Yap

Tennis Pro
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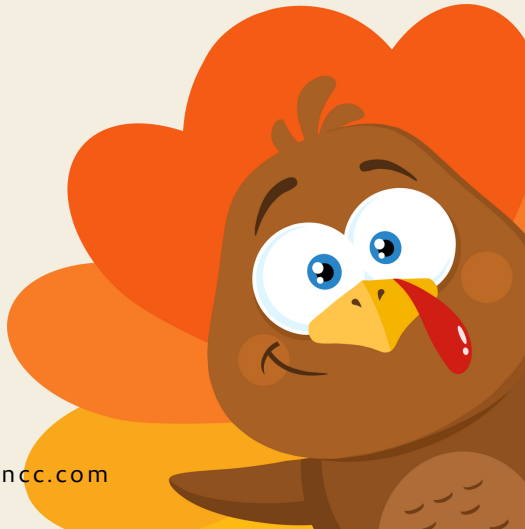
323.855.6605

Thank you to all who participated in the Turkey Tournament!



Tennis & Racquet Sports

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 to sign up.*

NEW WINTER SESSION OF PICKLEBALL LEAGUES

Monday, January 9th - Friday, February 17th

Current Pickleball Match dates available to sign up weekly under ***ACTIVITY SCHEDULE!*** *Divisions for all levels: Men's and Women's Beginner, Intermediate, and Advanced as well as Seniors 65+*

Create an account on TopDog to register on December 19th.

SAVE THE DATE

Pickleball Tournament

Saturday, January 28th
10am - 1pm | $40/player

Registration opens Jan. 2nd

WINTER SESSION OF JUNIOR TENNIS PROGRAMS

Monday, Jan. 9th - Thursday, Mar. 3rd
No run dates: *Jan. 16th & Feb. 20th - 24th*

QuickStart Junior

HP Junior Tennis

Satellite Elite

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

ADULT RACQUET SPORT PROGRAMMING:

Challenge Courts for Pickleball & Tennis:
Saturday & Sunday (9am-12pm)

Adult Tennis Clinics for all levels on Bay Club App:
Sun (9-10:30am & 10:30am-12pm) | Thu (6-7:30pm)

Pickleball Clinics by level on Bay Club app:
Beginner: Mon (10-11:30am) | Intermediate: Thu (2-3:30pm)

Host a Pickleball party for your next event!
Inquire regarding dates and details at
spencer.trotta@bayclubs.com

Aquatics

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

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.

SWIM TEAM

Year-round Program | Billed Monthly | No Drop-ins
Contact Coach Jeff Beiter for Tryouts.
jeff.beiter@bayclubs.com | (310) 869 - 1625

White Level:
Mon - Thu (3:15 - 4pm)

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 (310) 546- 5656 ext. 310 or email aquatics.mcc@bayclubs.com*

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

SWIM SHCOOL will start back up on January 9th. Be sure and sign up now to lock in your spot.

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

2023 JR GUARD

PREPATORY CLASS

First day of practice is Jan. 3rd!!

Scan the QR code to fill out our digital form!

Early Bird Special!
(if you sign up BEFORE Jan. 3rd)

PRACTICE DATES & TIMES

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!

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 JG prep will provide a lot of technique work and basic knowledge of what to expect in jr. Guards.*

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

ALL SESSIONS (available till Jan. 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.*

310.546.5656 Ext. 310
kyle.flanders@bayclubs.com

Fitness

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

ELITE 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

ELITE TRAINER

BAY CLUB TRAINER

Demetri Theodore

FITNESS 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..."

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

ELITE TRAINER

BAY CLUB TRAINER

Mark De Carli

FITNESS TRAINER / WEIGHT LOSS NURTITION / TENNIS CONDITIONING

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

Book all your Personal Training Packages on Bay Club Connect.

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)

December

Club Holiday Hours:

Christmas Eve:
Dec. 24th (6am - 2pm)

Christmas Day:
Closed

New Years Eve:
Dec. 31st (6am - 2pm)

New Years Day:
Jan. 1st (6am - 2pm)

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1	2 Pickleball Tourney Registration Opens	3 Estimated Pool Reopening *(Subject to change) Science Night 5pm - 8pm Jr UTR Tournament
4 Santa Brunch 10am - 2pm	5	6	7	8	9 Ugly Sweater Mixed Doubles Round Robin 6pm - 8pm	10
11	12	13	14 Bingo Night 5pm - 7pm	15 Château de Pommard Wine Dinner 6:30pm - 9pm	16	17 Ornament Decorating Night 5pm - 8pm
18	19	20	21 Kids Culinary Night 5pm - 7pm	22	23	24 Christmas Eve **Club Hours: 6am - 2pm**
25 Christmas Day **Club Closed** 1 New Years Day **Club Hours: 6am - 2pm**	26 Bay Club Camp 9am-4pm or 9am-1pm	27	28	29	30	31 New Years Eve **Club Hours: 6am - 2pm** No Camp on Sat & Sun

Save the Date

Saturday, Jan. 14th: Science Night

Wednesday, Jan. 11th: Bingo Night

Wednesday, Jan. 18th: Kids Culinary Night

Saturday, Jan. 21st: Movie Night "Puss in Boots: The Last Wish"

Saturday, Jan. 28th: Winter "Snowball" Dodgeball Tournament

Saturday, Jan. 28th: Pickleball Tounament