

Thursday, September 26th | 6pm - 9pm



SUNDAY FUNDAY COMPLIMENTARY TASTINGS

Sundays, September 1st - 29th 12pm - 3pm



MIXED DOUBLES CLUB CHAMPIONSHIP

Friday - Sunday, September 13th - 15th



KIDS CULINARY NIGHT - SUSHI

Wednesday, September 25th 6pm - 9pm

## Directory of Contacts

#### CHILDCARE

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

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

#### Club Hours

Mon (5:30am - 9pm) Tue - Fri (5:30am - 10pm) Sat (6am - 9pm) Sun (7am - 7pm)

#### Restaurant Hours

#### Lunch

Wed - Fri (11am - 2pm)

#### Dinner

Tue - Fri (5pm - 10pm) | Sat (5pm - 9pm)

MONDAY NIGHT FOOTBALL BEGINNING 9/9
WITH A LIMITED MENU FOR THE FOOTBALL SEASON

#### Seasonal Pool Bar Hours

Mon (gam - 7pm)
Tue & Thu (gam - 6pm)
Fri & Sat (gam - 7pm)
Sun (gam - 6pm)



Annie Batista
Executive VP of LA
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Sarah Simon
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Blanca Tamayo Member Services blanca.tamayo@bayclubs.com



Operations & Accounting Manager jose.rivas@bayclubs.com 310.698.1837

Jose Rivas



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& Maintenance

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Kyle Flanders

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FOR ALL CLUB
NEWSLETTERS & EVENTS
www.mccclublife.com





#### RESTAURANT HOURS

**Lunch** Wed - Fri (11am - 2pm)

**Dinner** Tue - Fri (5pm - 10pm) | Sat (5pm - 9pm)

Monday Night Football (5pm-9pm)

#### SEASONAL POOL BAR HOURS

Mon (9am - 7pm) | Tue & Thu (9am - 6pm) Fri & Sat (9am - 7pm) | Sun (9am - 6pm)

#### Specialty Dinner Nights

**Taco Tuesdays** 

**Happy Hour** 

Every Tuesday | 5p - 8p

.

Wed - Sat | 5p - 7p

Pizza and Pasta Night

Every Thursday | 5p - 8p

Sushi & Sake Night

Every Friday | 5p - 8p







#### Labor Day Pool Pary

Monday, Sep. 2nd 12pm - 3pm

Join us for some fun in the sun! Enjoy great company, food, and drinks, including a complimentary tasting of Nosotros Tequila. Featuring music by DJ Dan, Legends pop up.

## Bingo Night with Coach Kyle!

Wednesday, Sep. 4th 6pm - 8pm

Reservation Required RSVP on OpenTable

Join us for bingo, full of family fun! You won't want to miss out on this sell out event.

#### Kids Culinary Night - Sushi

Wednesday, Sep. 25th 6pm - 8pm

\$25++ per participant RSVP on OpenTable

Calling all little chefs! Learn to make your own sushi roll!



## FRANK FAMILY

## Wine Dinner

Thursday, Sep 26th 6pm - 9pm





Entice your palate with a 4-course dinner from Frank Family Vineyards.

\$150++ per person | Reservation Required 72hr written cancellation policy applies.

For cancellations: Email rosie.vargas@bayclubs.com

RSVP on OpenTable



JOIN US FOR SOME FUN IN THE SUN! ENJOY GREAT COMPANY PLUS THE FOLLOWING COMPLIMENTARY TASTINGS:

**SEP 1** EL SEGUNDO BREWERY

SEP 8 CELAYA TEQUILA

SEP 15 ROMANCE ROSE

SEP 22 FEVER TREE & GRAY WHALE GIN

SEP 29 HIGH NOON

# DODGERS

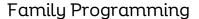
Home Game Specials



FOOTLONG
DODGER DOG &
BEER | \$10++

Join us for the Dodger game!

Happy hour drink specials during the game.







#### **MOVING UPDATE**

#### STARTING SEPTEMBER 9TH

Childcare is moving downstairs! In preparation for the renovation, childcare will move to the downstairs classrooms right off of the elevator. The hours will remain the same so book your reservations now on Connect. We look forward to seeing all downstairs! Please email the family.mcc@bayclubs.com for any questions regarding childcare reservations, cancellations, event inquires or assistance with camp!

#### Labor Day Camp

#### MONDAY, SEP 2ND

9AM - IPM (HALF DAY) | 9AM - 4PM (FULL DAY)

Little Explorer - Ages 2-5 | Multi-Sport Ages 5-12

Camp offers a fun and engaging way to keep your child active and entertained during school breaks. Crafts, tennis, swim, bounce house and a surprise guest to round out a perfect camp day before the kids head back to school! Sign up on Connect today!

## Annual Mother Son Barn Dance (Western Themed)

#### SATURDAY, SEPTEMBER 28TH | 5PM-8PM

\$120++ per Family of Two | \$50 per sibling added

Dj and Dancing, mechanical bull, Special BBQ Dinner Menu Provided and other activities! RSVP today using this QR code.





CHILDCARF

Morning | Sat & Sun (8am - 11am) Evening | Tue - Fri (5pm - 8pm)

## KIDS NIGHT OUT



#### Science and Slime

#### SATURDAY, SEPTEMBER 7 | 5PM - 8PM

Science night is back and is slimier than ever! Kids will have the opportunity to experiment with two types of slime and take part in other scientific activities. Make sure to reserve your spot early! Dinner will be served. Sign up on Connect today!

Ages 2-12 years

#### Minion Movie Night

#### FRIDAY, SEPTEMBER 13TH | 5PM - 8PM

Come join us for Movie Night! Themed games and crafts included! Dinner will be served. Sign up on Connect today!

Ages 2-12 years

## Super Smash Brother's Tournament

#### FRIDAY, SEPTEMBER 20TH | 5PM - 8PM

Our Annual Super Smash Bros. Tournament at MCC is here! There has been a lot of gamers around The Club talking about their fighting skills with Mario, Peach, Bowser, and Pikachu - now it's time to show off those skills in an epic tournament style. Gamers will have a chance to play Super Smash Bros. on our multi-TV setup, either teaming up with friends or going against them - kids will not want to miss this video game battle! Dinner is included for participants. Sign up on Connect today! Ages 6-12 years

#### Dino Night!

#### SATURDAY, SEPTEMBER 21ST | 5PM - 8PM

Dinosaurs take over! Tons of themed crafts and events and even a visit from DJ Dino to help us finish out the night with a prehistoric dance party for the ages! Sign up on Connect today! Ages 2-12 years





## Ambassador Training

Wednesday, Sep 11th 5pm - 8pm | Ages 9-11 years

Become an Ambassador at Manhattan Country Club and enjoy the privilege of coming to the club and participating in tennis, pickleball and other activities we offer on your own.

In this training course, participants will review Club rules, regulations and be given clear direction on proper conduct while visiting the club.

Training includes dining etiquette, a swim test, and a final test on what you learned about club policies, all of which are required to pass the program.

Space is limited so register today on Bay Club Connect!



## Tennis & Racquet Sports



Jim Pugh Tennis Pro jimpugh10s@me.com 310.469.3546



Bayley Callahan
Tennis Pro
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Steve Whitehead



Cade Erickson

Pickleball Pro
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Christina Sanders

Tennis Pro
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Allen Yap
Tennis Pro
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323.855.6605

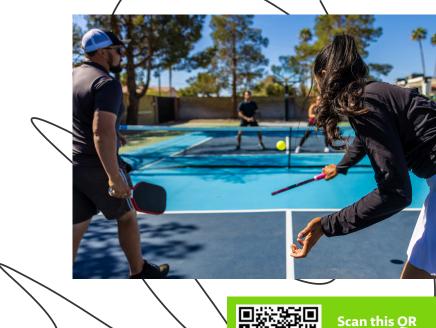
Adult Pickleball Clinics
Open Play Schedule!

OPEN PLAY Saturdays & Sundays 9am-12pm | Courts B & C

Round Robin for Intermediate Levels Saturdays & Sundays

#### LIVE BALL CLINICS AVAILABLE ON THE APP:

- Mondays (3.0-3.5) 10:30am-12pm
- Thursdays (3.0-3.5) 10:30am-12pm
- Fridays (3.0-3.5) 10:30am-12pm
- Saturdays (3.5+) 10:30am-12pm
- Sundays (3.5+) 9-10:30am





The Club's Junior Programming

Junior Tennis: -



Quickstart



High Performance (HP)



code to sign

up for events

on TopDog.

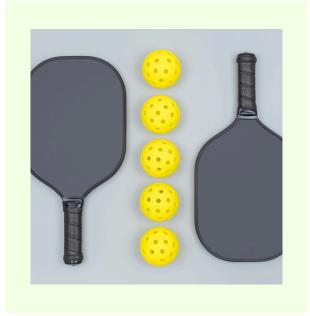
Satellite Elite

SESSION #1: SEP 9TH - OCT 25TH

Registration is Open, don't hesitate to enroll, spaces are limited!

#### **Tennis & Racquet Sports**





### Mixed Doubles Club Championship

FRIDAY, SATURDAY & SUNDAY SEP 13TH - 15TH | \$90/PLAYER

Our second biggest annual tennis tournament of the year, for 18+ players of all levels.

Sign up with a partner in one of the following divisions based on your combined team NTRP rating: 6.0 | 7.0 | 8.0 | 9.0

Register on TopDog: Monday, August 14th

#### Pickleball Leagues

New 6 week league season of Pickleball:

SEP 9TH - OCT 18TH | \$50/PERSON SIGN UP ON TOPDOG: MONDAY, AUGUST 26TH

#### MEN:

- · Intermediate | Mon @ 5:30pm
- · Intermediate | Tues @ 6:30pm
- · Advanced | Wed @ 6:30pm

#### **WOMEN:**

- · Beg-Intermediate | Wed @ 9am
- · Intermediate | Wed @ 10:30am
- · Advanced-Intermediate | Wed @ 5pm
- · Intermediate (TEAM) | Tues @ 9:30am

#### MIXED:

· Mixed Doubles | Monday @ 7pm



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



Please save the date for the following Tennis & Pickleball programming:

Friday, October 18th: Halloween Round Robin (Pickleball)
Thursday, October 24th: Halloween Round Robin (Tennis)
Saturday, November 2nd: Semi-annual Pickleball Tournament

Friday, November 22nd: Turkey Tourney



#### MCC RIPTIDES WATER POLO

Mon & Wed (6:30 - 8:30pm) & Sat | 8:30 - 11:00am | \$40 per practice

Year-Round program for 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? Email Head Coach Natalie Bernstein at aquatics.mcc@bayclubs.com



Scan the QR code to fill out our digital form.



#### SWIM SCHOOL

Monday - Thursday 3pm-3:25pm & 3:30pm-3:55pm Price: \$45 per day

This program will help you on your path to getting your little one on the swim team. In this program you will be placed in a group by ability until you move up the levels and graduate to swim team. Please scan the QR code to hold your spot space is limited.



Scan the QR code to fill out our digital form.



#### SPLASH BABIES

Thursdays 9:30am & II:00am (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.



Scan the QR code to fill out our digital form.



#### SPLASHBALL

Fridays | \$40 Drop-in 4pm - 5:45pm (All Ages 3 & up)

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 code to fill out our digital form.

#### 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.



Scan the QR code to fill out our digital form.





#### 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)

Scan the QR code to fill out our digital form.





Thursdays, Sep 5th & 19th | 7:30p - 8:30p

\$30 per practice | Ages 21 & older

### Compete & Have Fun

Tired of treading water and swimming back and forth? Grab tube and play some water polo! To all our adult members, we welcome you to join us for an evening water polo game with innertubes!!!

## Beginners Welcome

This is a fun an easy way to jump right in. You don't need to be the best swimmer, all you have to do is paddle, kick, and throw the ball! You do not need to be an experienced water polo player and if you are an experience water polo player this will level the playing field.

## Game Rules

- ~ Teams of 4 (up to 8)
- ~ 2 games each night
- ~ Losing team buys winning team's first round of drinks the following week!



Scan the QR code to to sign up.

Questions? Email kyle.flanders@bayclubs.com

Fitness

#### PERSONAL & SMALL GROUP FITNESS TRAINING

Want to want to improve your strength and conditioning? Work on your recovery? Get your kids involved with sports conditioning? Then we have the right trainers for you!



Mayra Escobar

#### FITNESS TRAINER

Trainer Level: **Ultimate** mayra.escobar@bayclubs.com

#### **CERTIFICATIONS:**

- NASM
- Precision Nutrition
- MMA
- Condition Specialist
- TRX

#### SPECIALTIES:

- Sports Performance & Endurance
- Boxing
- Group Fitness Bootcamps
- Body Building



Rosalinda Harding

#### FITNESS TRAINER

Trainer Level: **Ultimate** rosalinda .harding@bayclubs.com

#### SPECIALTIES:

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



Jay Herron

#### FITNESS TRAINER & PHYSICAL THERAPIST

Trainer Level: **Ultimate** jay.herron@bayclubs.com

#### SPECIALTIES:

- TRX & Kettlebell Group Training
- Cardiovascular Endurance
   & Circuit Training
- Sports Performance & Youth Coach
- Core & Balance
- Strength Conditioning
- Tissue Work, Flexability, & Lower Back Injury Rehab
- Weight Loss

## ALL PACKAGES MUST BE ULTIMATE AND ARE VALID FOR 6 MONTHS AFTER PURCHASE.

- Package Options: 1, 4, 8, 12, or 24 sessions
- 25min or 50min sessions available
- **ULTIMATE:** 3+ years professional training experience & certification. Starts from \$105 per session.

Fitness

#### PERSONAL & SMALL GROUP FITNESS TRAINING

Want to want to improve your strength and conditioning? Work on your recovery? Get your kids involved with sports conditioning? Then we have the right trainers for you!



Mark DeCarli

FITNESS TRAINER

Trainer Level: **Ultimate** mark.decarli@bayclubs.com

#### SPECIALTIES:

- Tennis & Golf Conditioning
- Weight Management
- Joint Health, Posture, & Balance
- Strength & Conditioning for Sports Performance
- Functional Strength & Core
- Weight Loss & Muscle Gain
- Performance Nutrition



Keenon Pressley

FITNESS TRAINER

Trainer Level: **Elite** keenon.pressley@bayclubs.com

"Become creature of habit, stacking positive actions 1 by 1 until something extraordinary emerges."

#### **CERTIFICATIONS:**

• NASM DePaul University

#### SPECIALTIES:

- Strength & Conditioning
- Weight Loss



Darian White

FITNESS TRAINER & PHYSICAL THERAPIST

Trainer Level: **Elite** darian.white@bayclubs.com

#### CERTIFICATIONS:

ACSM-CPT

#### SPECIALTIES:

- Strength & Conditioning
- Injury Prevention / Rehabilitation
- Post-Op Recovery
- Youth Athletics
- Sports Performance
- Lifestyle & Mental Accountability Coach

#### ALL PACKAGES ARE VALID FOR 6 MONTHS AFTER PURCHASE.

- Package Options: 1, 4, 8, 12, or 24 sessions
- 25min or 50min sessions available
- **ELITE:** 1+ years professional training experience & certification. Starts from \$90 per session.





**BAY CLUB TRAINER** 

## Chris Alcala

FITNESS COACH | PERSONAL TRAINER

Chris.alcala@bayclubs.com

#### **SPECIALTIES:**

- Fitness Nutrition Specialist
- Weight Loss Specialist
- Muscle gain
- Sports Performance
- Strength and Conditioning

#### **CERTIFICATIONS:**

- NASM Certified Personal Trainer
- Exercise Science

#### **EDUCATION:**

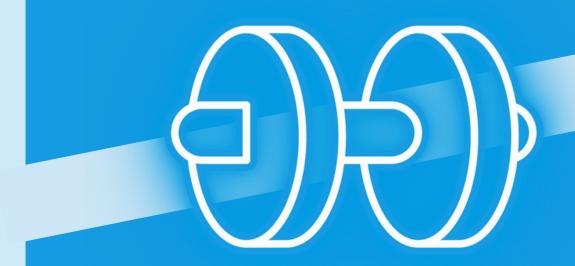
BS - Kinesiology Movement Studies (CSU Chico) Minor - Exercise Science, Physical Education, Coaching

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

- 1. My dog Nala
- 2. Having overpriced beverages/food at a Dodgers game
- 3. Hanging out with friends and family in social environments



# INJURY PREVENTION & REHABILITATION



SIGN UP FOR YOUR COMPLIMENTARY PERSONAL TRAINING SESSION

\*UNLESS ALREADY COMPLETED

DEVELOP PAIN MANAGEMENT AND PREVENTION STRATEGIES THROUGH CORRECTIVE EXERCISE WITH DARIAN

MORE INFORMATION

DARIAN.WHITE@BAYCLUBS.COM

#### MANHATTAN COUNTRY CLUB

## Friendly Reminders



#### **Guest protocol**

• Always check your guests in at the front desk via the digital guest registration. Failure to do so will result in an unregistered guest fee of \$50. Any guest that does not enter through the front door will be considered trespassing and result in a \$300 fine to the member

#### **Tennis & Pickleball Court Etiquette**

- Players must be on time and check-in at the desk for court reservations. If changing courts once you arrive, please notify the desk to avoid a no-show charge.
- Members who fail to check in for their court on time or at all, are subject to a late cancel/no show fee of \$25 and losing their court. Members must cancel their court on the app or notify staff in writing (email frontdesk.mcc@bayclubs.com) at least 1 hour before their reservation time to avoid a fee. Failure to do so will result in a \$25 charge.
- Please clean up your court from any towels, balls and trash, pitchers after use.
- Leave the ball machine & court ready for next member to use.
- Allow members to finish their play before walking on the court.
- There are two challenge courts, 9am 12pm, Saturday & Sunday for both tennis and pickleball. *Be inclusive.*

#### **Locker Room Etiquette**

- No one under 14 allowed in the jacuzzi, sauna or steam room.
- The sauna and steam rooms are for members relaxation & quiet time. No shoes or cell phones allowed
- All children under 14 need to be accompanied by an adult.
- Opposite gender children over 5 years of age are not allowed in opposite gender locker rooms at anytime.
- No cell phone use allowed.
- · No eating allowed

#### **Restaurant Etiquette**

- Children are not allowed at the bar.
- Children need to remain with their families while dining in the restaurant.

Thank you all for your continued membership.

Our goal is to keep your Club experience positive and fun.

# PORTOFINO HOTEL & MARINA

Guests at The Portofino Hotel & Marina enjoy an authentic SoCal lifestyle nestled in our serene peninsula. With breathtaking views complete with floor-to-ceiling windows and private balconies, our welcoming space is your retreat after a day of sun and sand. We invite you to discover our coastal hideaway in Los Angeles' South Bay, a stunning blend of California history and modern elegance. Enjoy MCC perks for family visiting from out of town at the relaxing Portofino Hotel!

Manhattan Country Club - Exclusive Members Rate Select the dates and use your exclusive code: MCC2023







#### Event Calendar



#### Club Hours

Mon (5:30am - 9pm) Tue - Fri (5:30am - 10pm) Sat (6am - 9pm) Sun (7am - 7pm)

#### Childcare

Morning

Sat & Sun (8am - 11am)

Evening

Tue - Fri (5pm - 8pm)

#### **Restaurant Hours**

Lunch

Wed - Fri (11am - 2pm)

Dinner

Tue - Fri (5pm - 10pm) Sat (5pm - 9pm)

Monday Night Football (5pm-9pm)

#### Seasonal Pool Bar Hours

Mon (9am - 7pm) | Tue & Thu (9am - 6pm) Fri & Sat (9am - 7pm) | Sun (9am - 6pm)

						SAT
Sunday Funday with Waterslide 12pm - 3pm Complimentary Tasting El Segundo Brewery	Labor Day Club Hours: 7am - 7pm  Labor Day Pool Party + Complimentary Tasting: Nosotros Tequila 12pm - 3pm	3 Taco Tuesday 5pm – 8pm	4 Bingo Night ópm – 8pm	Fizza & Pasta Night 5pm – 8pm Innertube Water Polo 7:30pm – 8:30pm	6 Sushi & Sake 5pm - 8pm	7 Science Slime 5pm - 8pm
Sunday Funday with Wibit 12pm - 3pm Complimentary Tasting Celaya Tequila	9 Monday Night Football 5pm – 9pm	10 Taco Tuesday 5pm - 8pm	11 Ambassador Training 5pm – 8pm	12 Pizza & Pasta Night 5pm – 8pm	Sushi & Sake   5p - 8p Minion Movie Night 5pm - 8pm Mixed Doubles Club Championship	14
Sunday Funday with Waterslide 12pm - 3pm Complimentary Tasting Romance Rose	16 Monday Night Football 5pm - 9pm	17 Taco Tuesday 5pm – 8pm	18	Pizza & Pasta Night 5pm – 8pm Innertube Water Polo 7:30pm – 8:30pm	20 Super Smash Bros 5pm - 8pm Sushi & Sake 5pm - 8pm	21 Dino Night! 5pm – 8pm
Sunday Funday with Wibit 12pm - 3pm Complimentary Tasting Fever Tree & Gray Whale Gin	23 Monday Night Football 5pm - 9pm	24 Taco Tuesday 5pm - 8pm	25 Kids Culinary Night: Pizza   6pm – 9pm	26 Frank Family Wine Dinner   6pm - 9pm Pizza & Pasta Night 5pm - 8pm	27 Sushi & Sake 5pm - 8pm	28 Mother Son Dance 5pm – 8pm
Sunday Funday with Waterslide 12pm – 3pm Complimentary Tasting High Noon	30 Monday Night Football 5pm – 9pm	1 Taco Tuesday 5pm – 8pm	2	3 Pizza & Pasta Night   5pm – 8pm	4 Sushi & Sake 5pm - 8pm	5
6	7 Monday Night Football 5pm – 9pm	8 Taco Tuesday 5pm – 8pm	9	10 Pizza & Pasta Night   5pm – 8pm	11 Sushi & Sake 5pm – 8pm	12



Saturday, October 12th: Annual Halloween Party

Friday, October 18th: Halloween Round Robin (Pickleball)

Thursday, October 24th: Halloween Round Robin (Tennis)

October 27th: Halloween Cardboard Boat Race

Saturday, November 2nd: Semi-annual Pickleball Tournament

Friday, November 22nd: Junior Turkey Tourney