

Beetlejuice Halloween Party

Saturday, October 12th | 6pm - 9pm



AUSTIN HOPE WINE DINNER

Thursday, October 10th 6pm - 9pm



HALLOWEEN ROUND ROBINS

Pickleball: Friday, Oct. 18th Tennis: Thursday, Oct. 24th 6pm - 8pm



PUMMPKIN DECORATING

Monday, Oct 21st & Tuesday, Oct. 22nd 5pm - 8pm

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 | 5pm - 9pm

Pool Bar Hours

Mon - Sun (gam - 6pm)



Annie Batista

Executive VP of LA annie.batista@bayclubs.com



Sarah Simon

Vice President & GM sarah.simon@bayclubs.com 424.247.5554



Tennifer Hulme

SVP of Membership Sales jennifer.hulme@bayclubs.com 310.698.1842



Mary Ann Varni

Club Manager maryann.varni@bayclubs.com 310.698.1847



Rob Abbott

General Manager
rob.abbott@bayclubs.com



Blanca Tamayo

Member Services blanca.tamayo@bayclubs.com



Jose Rivas

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



Rosa Enriquez

Director of Housekeeping & Maintenance rosa.enriquez@bayclubs.com 310.698.1839



Rosie Vargas

Events Manager rosie.vargas@bayclubs.com 310.698.1845



Spencer Trotta

Tennis Director spencer.trotta@bayclubs.com 310.698.1838



Kyle Flanders

Aquatics Director kyle.flanders@bayclubs.com 424.247.5553





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)

POOL BAR HOURS Mon - Sun (9am - 6pm)

Specialty Dinner Nights

Taco Tuesdays

Every Tuesday | 5 - 8p

Happy Hour Wed - Sat | 5-7p Pizza and Pasta Night Every Thursday | 5 - 8p

Sushi & Sake Night

Every Friday | 5 - 8p







Bingo Night with Coach Kyle!

Wednesday, October 9th 6pm - 8pm

Reservation Required

We welcome you for a fun night of Family BINGO - we will have a prizes for the winners, a kids buffet, and loads of fun!

Austin Hope Wine Dinner

Thursday, October 10th 6pm - 9pm

\$150++ per person Reservation Required

Entice your palette with a 4 course dinner from Hope Family Wines.

72 hour written cancellation policy applies.

Kids Culinary Night - Pizza

Wednesday, October 30th 6pm - 9pm

\$25++ per participant RSVP on OpenTable

Calling all little Chef's. Learn how to make your own pizza!





COMPLIMENTARY LIGHT BITES, BEER, WINE & DANCING

SATURDAY, NOVEMBER 16TH
5PM-8PM

HOW TO ATTEND:

RSUP UIA QR CODE

BRING A FUN NON-MEMBER GUEST

BRING AN UNWRAPPED TOY FOR TOYS FOR TOTS



CHILDCARE WILL BE AUAILABLE, BUT LIMITED AND MUST BE RESERVED IN ADVANCE

EMAIL JENNIFER.HULME@BAYCLUBS.COM WITH ANY QUESTIONS



Adult \$75++ | Kids (3-12) \$55++ Guests are welcome!

Join us for our annual Halloween Party! Full Buffet, Spooky Haunted House, Photo booth, DJ, Costume Contest with Prizes, and a Kids Arts & Crafts station! Party is from 6pm-9pm - you are welcome to come at any time no matter your reservation slot.

72 hour written cancellation applies. If you need to cancel or change your reservation, you need to do so by emailing rosie.vargas@bayclubs.com by October 9th. We can't wait to see you soon!

Home Game Specials



FOOTLONG
DODGER DOG &
BEER | \$10++

Join us for the Dodger game!

Happy hour drink specials during the game.

PUMPKIN Decorating Night

MON & TUE, OCT 21ST & 22ND

5PM - 8PM

Join us for a spook-tacular pumpkin decorating night! Kids will have fun decorating their very own pumpkins with paints, glitter, and spooky stencils. Come dressed to get messy, we'll have Halloween treats and music to keep the festive spirit going. Don't miss this frightfully fun event— perfect for getting into the Halloween spirit!



Scan the QR code to sign up!



Tennis & Racquet Sports



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Tennis & Racquet Sports





Halloween Round Robins

PICKLEBALL: FRIDAY, OCT 18TH 6-8PM TENNIS: THURSDAY, OCT 24TH 6-8PM

80-4.5 level players are encouraged participate in these nonstop nights of Mixed Doubles delight!

Entry fee of **\$35.00 per player** includes drinks, music and prizes for tournament finalists and BEST COSTUME!

Register on TopDog.

Fall Session of Jr. Tennis Programs

OCTOBER 28TH-DEC 20TH

NO RUN DATES: NOV. 11 & 25-29

Featured Tennis Programs:

QuickStart 1,2,3



High Performance (HP)



Satellite Elite





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



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

Friday, November 15th: Turkey Junior Tourney (FREE for all participants!)

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

SEMI-ANNUAL PICKLEBALL

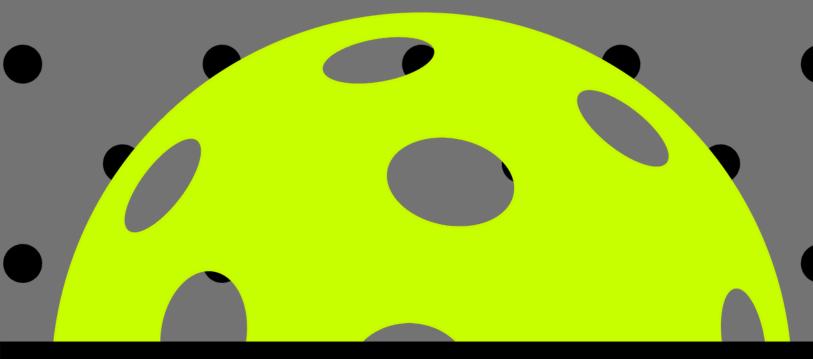
TOURNAMENT

SATURDAY, NOV. 2ND | 10AM-3PM

COST IS \$35 PER PLAYER - INCLUDES DRINKS, MUSIC & PRIZESI.

FALL is for PICKLEBALL! Grab a partner and sign up for our annual Mixed Doubles
Pickleball Tournament! Pool play into single elimination bracket Sign up with a partner
Limited spaces available

DIVISIONS OFFERED: ADVANCED, INTERMEDIATE, FUN



JR RACQUET SPORTS



REGISTRATION OPENS OCT 7TH

QUICKSTART JR PROGRAM

MON/TUES/WED OCT 28-DEC 20

- INTRO RED BALL CLASS (Novice, Ages 4-5) 3:00-3:45PM
- QS1 RED BALL CLASS (Novice, Ages 5-6)
 3:45-4:30pm
- QS2 ORANGE BALL CLASS (Novice-Intermediate, Ages 6-9) 4:30-5:30pm
- QS3 GREEN DOT BALL CLASSES (Novice-Intermediate, Ages 8-12) 5:30-7:00pm



HIGH PERFORMANCE (HP)

MON/WED OCT 28-DEC 20

 GREEN DOT BALL CLASS (Intermediate-Advanced, Ages 9-13)
 3:30-5:00pm



SATELLITE ELITE TUES/THUR OCT 28-DEC 20

YELLOW BALL CLASS (Advanced, Ages 9-14)
 3:30-5:00pm



QUESTIONS? EMAIL SPENCER.TROTTA@BAYCLUBS.COM



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?** Head Email Coach Natalie Bernstein at aquatics.mcc@bavclubs.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 Opruorm oStepsla wshabtearll saPferot 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 9R code to fill out our digital form.



SPLASHBALL

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

yg r amnd fitness in an engaging environment! You can bring your friendls to learnwhitew to and play Water Polo! For ages 3-8.



Scan the 9R code to fill out our digital form.

SWIM IFSSONS

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 cod 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: Drvland:

Moonn -- TThhuu ((65:-370:3-06ppm)), Fri (4-5:30pm), & Sun (8:30-10am)



Sunday Funday will continue until the end of October. The last Sunday Funday will be *October 27*! Please join us at the pool for more fun! Pool will be heated lifeguards will be running games drink specials and Sunday football will be on!

Scan the QR code to fill out our digital form.





BRING YOUR OWN BOAT!

SUNDAY, OCT 27TH | 11AM

Do you have what it takes to float yourself across water using only cardboard and duct tape? Join us in our annual Cardboard Boat Race and find out! Prizes will be awarded to best dressed boat, fastest boat, and more!

STAY DRY

PRIZES

- \$100 gift certificate for the winner of the race
- \$50 for the best theme and costumes.
- \$50 for the boat that can float with the most weight.

RULES & REQUIREMENTS

- Please keep boats under 6' X 3'
- Only cardboard and duct tape allowed
- Must be assembled before arrival
- Keep teams under 8 members
- 1 member must be in boat, you cannot push your boat from the outside
- Paddles are allowed only if made from duct tape.



ABULT ABULT BE

Complimentary

childcare available with reservation! Drinks will be provided! Guests are welcome!

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!!!

\$30 per practice | Ages 21 & older

Contact Kyle to figure out the next session.
Please sign up to get email updates.
Also available for private parties or events.

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

phagemeriumte if at group olar player this will level the playing field.

Game Rules

- ~ Teams of 4 (up to 8)
- ~ 2 games each night
- ~ Must be in innertube to score!





Scan the QR code to to sign up.

Questions? Email kyle.flanders@bayclubs.com



Early start to JG Prep

Nov. 1st - Dec. 13th (18 Workouts) (\$50/workout)

Tue - 7:30pm | Fri - 5:30pm | Sun - 11am

This will be a drop in only session for age is 8-13yr old's. 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.





Scan the QR code to fill out our digital form.

ALL SESSIONS \$1500
Sign up BEFORE January 5th,
[\$15 per workout]

Jr. Guard Preparation officially starts on Friday, Jan. 7th (ending in June).

ALL SESSIONS (Available until Jan. 30th): \$1900 (96 workouts) [\$20 per workout] With this option you are free for any practice

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

Drop in \$50/workout

With this option you are only authorized 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.

Questions? Email kyle.flanders@bayclubs.com



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

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!



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



Mark DeCarli FITNESS TRAINER Trainer Level: Ultimate mark.decarli@bayclubs.com

SPECIALTIES:

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

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.



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!



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



Chris Alcala

PERSONAL TRAINER & FITNESS COACH

Trainer Level: Elite

chris.alcala@bayclubs.com

CERTIFICATIONS:

- NASM Certified Personal Trainer
- Exercise Science

SPECIALTIES:

- Fitness Nutrition Specialist
- Weight Loss Specialist
- Muscle Gain
- Sports Performance
- Strength & Conditioning

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.



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 allow ed 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)

Pool Bar Hours

Mon-Sun (gam - 6pm)

SUN							
Sunday Funday Sunday Funda		MON	TUE			FRI	SAT
Monday Night Football Taco Tuesday Bingo Night Spm - Spm Pizza & Pasta Night Spm - Spm Austin Hope Wine Dinner Spm - Spm Sushi & Sake Spm - Spm Pizza & Pasta Night Spm - Spm Sushi & Sake Spm - Spm	29	30	Taco Tuesday	2	9am – 4pm & 9am – 1pm Thursday Night Football 5pm – 9pm Pizza & Pasta Night	Monster Truck Rally 5pm - 8pm Sushi & Sake	5
Monday Night Football Taco Tuesday Spm - 8pm Pizza & Pasta Night Spm - 8pm Sushi & Sake	Sunday Funday 12pm - 3pm	Monday Night Football	Taco Tuesday	Bingo Night	Football 5pm - 9pm Pizza & Pasta Night 5pm - 8pm Austin Hope Wine		Beetlejuice Halloween
Sunday Funday 12pm - 3pm Pam - 4pm & 9am - 1pm Pumpkin Decorating (Night 2) 5pm - 8pm Taco Tuesday 5pm - 8pm	Sunday Funday 12pm - 3pm	Monday Night Football	Taco Tuesday	16	Thursday Night Football 5pm - 9pm Pizza & Pasta Night	(Pickleball) 6 - 8pm	19
Sunday Funday 12pm - 3pm Halloween Cardboard Boat Race 11am Monday Night Football 5pm - 9pm Monday Night Football 5pm - 8pm Kids Culinary Night: Pizza 5pm - 8pm Night Football 5pm - 8pm	Sunday Funday	9am - 4pm & 9am - 1pm Pumpkin Decorating (Night 1) 5pm - 8pm	Pumpkin Decorating (Night 2) 5pm – 8pm Taco Tuesday	23	(Tennis) 6 - 8pm Thursday Night Football 5pm - 9pm Pizza & Pasta Night	Halloween Game Night 5pm - 8pm Sushi & Sake	26
3 4 5 6 7 8 9	Sunday Funday 12pm - 3pm Halloween Cardboard	Monday Night Football	Taco Tuesday	Kids Culinary Night:		1	Pickleball
	3	4	5	6	7	8	9

Saturday, November 2nd: Semi-annual Pickleball Tournament **Friday, November 15th:** Turkey Tourney