



## Happy New Year!



BINGO NIGHT

Wednesday, January 8th 6pm-8pm



WILSON DEMO NIGHT

Friday, January 17th 6:30-8pm



MLK POOL PARTY

Monday, January 20th 12pm-3pm





Visit our new website for all club

Newsletters & Events



www.mccclublife.com









## 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.hatista@hayclubs.com



Sarah Simon

Vice President & GM sarah.simon@hayelubs.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@hayclubs.com 310.698.1839



Rosie Vargas

Events Manager rosie.vargas@bayclubs.com 310.698.1845



Spencer Trotta

Tennis Director spencer.trotta@hayclubs.com 310.698.1838



Kyle Flanders

Aquatics Director kyle.flanders@bayclubs.com 424.247.5553



## Woodford Reserve



### **Bourbon Dinner**

Thursday, January 30th I 6pm-9pm

\$100++ per person

Join us and enjoy a 4-course dinner featuring Woodford Reserves finest bourbon.

72hr written cancellation policy applies rosie.vargas@bayclubs.com

RSVP VIA OPENTABLE



#### 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, January 8th I 6pm-8pm

Reservation Required
Join us for bingo, full of family
fun! You won't want to miss out
on this sell out event.
Dining reservation is required.

Please make reservations by calling the reception desk at 310.546.5656



#### Kids Culinary Night-Sushi

Wednesday, January 22nd I 5pm-9pm

\$25++ per participant RSVP on OpenTable

Calling all little Chef's.

Learn how to make your
own sushi roll!



#### Trivia Night

Wednesday, January 29th I 6pm-9pm

Trivia night at the bar!

Coach Kyle is ready to

test your knowledge.

Fun prizes awarded

every round!





PERKS INCLUDE: 2 BOTTLES OF WINE (1 RED, 1 WHITE)

SELECTED BY THE WINE COMMITTEE EVERY MONTH 20% DISCOUNT ON WINE DINNERS & TASTINGS (EXCLUDES MANHATTAN WINE AUCTION)
NO CORKAGE FEE ONCE A MONTH WHILE DINING IN THE RESTAURANT. (LIMIT 2 BOTTLES PER VISIT)

EACH QUARTER, ENJOY \$100 GIFT CERTIFICATE TO DINE IN OUR RESTAURANT

COST: \$75+ EACH MONTH CHARGED TO YOUR ACCOUNT



Ready to sign up? Scan here to get started



Before care I 8am-9am (\$10) After care I 4pm-5pm (\$10)



JAN. 20TH 9AM-4PM



No school? No problem! Our day camps offer a variety of activities, from group games and arts & crafts to sports and fitness sessions, ensuring there's something for everyone. Your camper will have a blast staying active, making new friends, and creating memories that will last a lifetime!







Any questions? Please reach out to family.mcc@bayclubs.com

Sign up on Connect today!

Lunch is included for all camps



#### Game On: Turbo Kart Night

#### Friday, January 17th | 5PM - 8PM

Get ready racers! Our two favorite plumbers are back full throttle – with an epic tournament set up for all players. Bring your controller from home or borrow one of ours and race your heart out to victory! We will also be creating some awesome video game crafts during the night. Our video game nights are super popular, so make sure to register as soon as possible. Dinner and dessert is served for all gamers!



#### Soap Making Night

#### Friday, January 24th | 5PM - 8PM

Dive into creativity at our Soapy Sensations Workshop! Join us for a fun-filled session where you'll create your very own unique bar of soap! Choose from a rainbow of colors, delightful scents, and even surprise toys to embed inside your creation. Whether you want a fruity fragrance or a calming scent, the possibilities are endless!



#### Friday, January 31st | 5PM - 8PM

Nerf Wars is here at MCC! Come battle it out with friends or try the challenge surviving on your own. Our Nerf wars will be done tournament style with multiple teams, pending on enrollment. Participants may bring one of their own Nerf guns from home, as long as it only fires standard darts and is not automatic firing. Do not miss out on this epic battle for the Nerf champion of MCC! Dinner and dessert is served for all participants.



All events are ages 2-12 years
Buffet dinner included.
Register on Connect today! Please reach out to
family.mcc@bayclubs.com for any questions

## Tennis & Racquet Sports



Jim Pugh Tennis Pro jimpugh10s@me.com 310.469.3546



Bayley Callahan Tennis Pro callahanbayley@gmail.com 812.598.8188



David Bier Tennis Pro david.bier3@yahoo.com 310.809.4421



Greg Fowler
Tennis Pro
gregtk@earthlink.net
310.567.6225



Fritz Wolmarans
Tennis Pro
fritzw1@gmail.com
305.878.1075



Teff Laurie Tennis Pro smoothact1@yahoo.com 310.893.4698



Kerry Giardino Tennis Pro kg3mcc@gmail.com 310.413.9398



Lis Mantell
Tennis Pro
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Tennis Pro
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Cade Erickson
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Christina Sanders
Tennis Pro
christinasanderstennispro@gmail.com
702.334.8810



Allen Yap
Tennis Pro
yaptennis@gmail.com
323.855.6605

#### Tennis & Racquet Sports



## Wilson Demo Night

Friday, January 17th from 6:30pm-8pm

Come demo the newest and truest racquets of one of the most popular brands on tour!

#### **Entry is FREE**

Open to all levels! Sign up on TopDog to secure your spot.

New Winter Session of Pickleball Leagues

January 6th-February 28th

(No matches Feb 10th-14th)

Divisions of all levels: Men's and Women's Beginner, Intermediate, and Advanced

New Winter Session of Junior Tennis Programs

January 6th-February 28th

No run dates: January 20th & Feb 10th-14th
Featured Tennis Programs
Quickstart 1,2,3
High Performance (HP)
Satellite Elite





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



Questions? Email SPENCER.TROTTA@BAYCLUBS.COM



# MEMBER X GUEST CKLEBA

## TOURNAMENT

Saturday, January 25th 10am-2pm

Scan QR code to register



Sign up with a partner (member or guest) and play in our semi-annual tournament. Teams do not need to be mixed — any gender pairings are acceptable! Ring in the new year with pickleball!

Divisions offered: OPEN (4.5+) Advanced Intermediate Fun

# JR RACQUET SPORTS



#### **REGISTRATION OPENS DEC 16TH**

## QUICKSTART JR PROGRAM MON/TUES/WED JAN 6TH- FEB 21ST

- 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 JAN 6TH-FEB 21ST

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



## SATELLITE ELITE TUES/THUR JAN 6TH-FEB 21ST

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



QUESTIONS? EMAIL SPENCER.TROTTA@BAYCLUBS.COM



## Program Objective

The ultimate goal of the Junior Guard Preparation Program is to get your athlete ready for the swim test and keep them ready for the ocean. The program is coached by Kyle Flanders, the club's Aquatics Director, and after running the program for over 15 years, he has a 95% pass rate.

Coach Kyle works hard to get your young athletes ready

for the 100-yard swim test, using a fun and easy approach for all swimming levels, ranging from beginners to advanced. Aditionally, we have your athletes set a goal for themselves, and we ensure everyone achieves their individual goal by test day.

## Payment Options

ALL SESSIONS: \$1500

(Sign up **BEFORE** Jan.5th) [\$15 per workout]

ALL SESSIONS: (Available until 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 \$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

#### First day of JG Prep is Tuesday, Jan. 7th Ending in June)

Program days & times are as follows:

Tuesday: 7:30pm-8:30pm Fridays: 5:30-6:30pm Saturdays: 11am-12pm Sundays: 11am-12pm



Scan the QR code to fill out our digital form.

#### Session 1

\$400 | Jan 7-Feb 2

(16 workouts) [\$50 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 staming.

#### Session 3

\$400 I Mar 4-Mar 30

(16 workouts) [\$50 Drop In]

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

#### Session 5

\$400 | Apr 29-May 25 (16 workouts) [\$50 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

#### Sessions Info

#### Session 2

\$400 | Feb 4-Mar 2 (16 workouts) [\$50 Drop In]

Swimmers are maintaining their endurance and technique as well as develop upper body strength.
Swimmers at intermediate level or times range between 2:30-2:00.

WARNING: Swimmers with times over 2:00 just starting in this session are in risk of not passing.

#### Session 4

\$400 | Apr 1-Apr 27 (16 workouts) [\$50 Drop In]

Swimmers are putting finishing touches to test day.

#### Session 6

\$400 I Apr 29-May 25

(16 workouts) [\$50 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.



#### 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 aquactics.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 & 11:00am (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.



Scan the QR code to fill out our digital form.



#### SPLASHBALL

\*Starting February, if interested starting earlier email Kyle \*

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

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



Scan the QR 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 code to fill out our digital form.



Scan the QR code to fill out our digital form.





#### SWIM TEAM

Join our USA Swim Team, a year-round program open to swimmers of all ages! We help your kids take their skills to the next level by involving them in swim meets and providing the training they need for a successful future in swimming. Whether they're just starting or looking to compete, our dedicated coaches are here to support their journey!

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)

# LIFEGUARD American Red Cross TRAINING

Looking for great job where you can make a difference?
Become an American Red Cross certified lifeguard. Manhattan Country Club will be holding training at the pool.

LOCATION:
1330 Parkview Avenue
Manhattan Beach, CA 90266



Online Course Work

Due by February 7th

**Class Dates & Times:** 

Saturday, Feb. 8th | 9am-6pm Sunday, Feb. 9th | 9am-6pm

This is a blended learning course, there is an online portion (about 8hrs) that will be required completed before the first day of class. Check must made out to Bay Club's MCC (\$300). Fees must be paid by Friday, February 7th. All fees paid are non-refundable.

#### PREREQUISITES:

- 15 years of age by the last scheduled day of class.
- Swim 300 yards continuously (demonstrates rhythmic breathing and breath control - front crawl, breaststroke, or combination of both). Complete a timed event swimming 20 yards, surface diving in 7-
- 10 feet, retrieving 10lb. object, return to surface, swim on back with object to point of start and exit water with no assistance (without ladder or steps).

Tread water for 2 minutes using legs only with hands tucked into armpits.



#### 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!



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



FITNESS TRAINER

Trainer Level: Ultimate rosalinda.harding
@bayclubs.com

#### SPECIALTIES:

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



Mark DeCarli

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

#### SPECIALTIES:

- Tennis & Golf Conditioning
- Weight Management
- Joint Heath, Posture & Balance
- 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@hayclubs.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.

#### 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 andfun.



Club Hours

Mon (5:30am - 9pm) Tue

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

Restaurant Hours

Pool Bar Hours

Childcare

Lunch Wed - Fri (11am - 2pm)

Tue - Fri (5pm - 10pm) Sat (5pm - 9pm) Monday Night Football (5pm-9pm

Mon-Sun (9am - 6pm)

Morning Sat & Sun (8am - 11am)

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	30 Winter Camp	31	1	Pizza & Pasta Night 5pm-8pm Thursday Night Football	Sushi & Sake 5pm - 8pm	Sips at Sunset 5pm-7pm
5	6 Monday Night Football 5pm - 9pm	7 Taco Tuesday 5pm – 8pm	8 Bingo Night ópm – 8pm Wine Down Wednesday	9 Pizza & Pasta Night 5pm-8pm Thursday Night Football	Sushi & Sake 5pm - 8pm	Sips at Sunset 5pm-7pm
12	Monday Night Football 5pm - 9pm	Taco Tuesday 5pm - 8pm	Wine Down Wednesday	Pizza & Pasta Night 5pm-8pm Thursday Night Football	17 Turbo: Kart Night 5-8pm Wilson Demo Night I 6:30-8pm Sushi & Sake 5pm - 8pm	Sips at Sunset 5pm-7pm
19	20 MLK Pool Party 12pm-3pm MLK Camp 9am-4pm Monday Night Football 5pm - 9pm	Z1  Taco Tuesday 5pm - 8pm	22 Kids Culinary 5pm - 9pm Wine Down Wednesday	Pizza & Pasta Night 5pm-8pm Thursday Night Football	24 Soap Making Night 5-8pm Sushi & Sake 5pm - 8pm	25 Member x Guest Pickleball Tournament 10am-2pm Sips at Sunset 5pm-7pm
26	Monday Night Football 5pm - 9pm	Taco Tuesday 5pm – 8pm	29 Ambassador Training Trivia Night 6-9pm Wine Down Wednesday	30 Woodford Reserve Dinner I 6-9pm Pizza & Pasta Night 5pm-8pm Thursday Night Football	Nerf Wars 5-8pm Sushi & Sake 5pm - 8pm	

Fri, Feb. 7th: Sweethearts Round Robin Tennis I 6-8pm

Sun, Feb.9th: Super Bowl Party/ Kids Super Bowl Party

Feb.10th-14th & Feb 17th: Ski Week Camp I 9am-4pm

Thursday, Feb. 20th: Wine Dinner



