



BIG GAME VIEWING PARTY

Sunday, February 8th 2pm-End of Game



SWEETHEARTS
DINNER

Saturday, February 14th
5pm-9pm



SWEETHEARTS
BINGO

Wednesday, February 11th
6pm-8pm



SWEETHEARTS
ROUND ROBIN
Pickleball: Thurs. Feb.5th
Tennis: Thurs. Feb 19th
6pm-9pm

Directory of Contacts

CHILDCARE

Morning | Sat & Sun 8am - 11am

Evening | Tue - Fri 5pm - 8pm

Club Hours

Monday 5:30am-9pm
Tues-Friday 5:30am-10pm
Saturday 6am-9pm
Sunday 7am-7pm

Restaurant Hours

Lunch
Wed - Fri 11am - 2pm
Dinner
Tue - Fri 5pm - 10pm
Sat 5pm - 9pm

Pool Bar Hours

Mon-Sun 9am-6pm



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Executive VP LA
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Sarah Simon

Vice President & GM
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424.247.5554



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Brandon Massey

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Blanca Tamayo

Member Services
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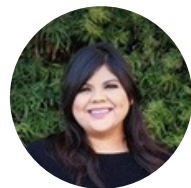
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Kyle Flanders

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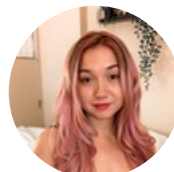
Spencer Trotta

Tennis Director
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Monica Bruno

Family Programming Director
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Amber Glabach

Family Programming Director
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310.698.1845



Visit our new website

For all club

Newsletters & Club Events

www.mccclublife.com



Group Exercise Schedule

1334 Building- 3rd Floor



Monday

11:30am - Gentle Yoga w/Michelle

Tuesday

11:30am Pilates Mat w/Karen

Wednesday

7am Gentle Yoga w/Tracy
9am Vinyasa Flow w/Caroline
11:30am Pilates w/Manuela

Thursday

9am Power Yoga w/Sabrina

Friday

7:00am - Gentle Yoga w/Tracy

Saturday

11:30am Stretch & Strengthen
w/Michele

Sunday

9am - Spin with PK
11:45am - Vinyasa Flow w/Caroline

Check Bay Club Connect for updates





RESTAURANT HOURS

Lunch Wed - Fri 11am - 2pm

Dinner Tue - Fri 5pm - 10pm | Sat 5pm - 9pm

POOL BAR HOURS

Mon - Sun 9am - 6pm

Specialty Dinner Nights

Taco Tuesdays

Every Tuesday | 5 - 8p

Italian Night

Every Thursday | 5 - 8p

Happy Hour

Wed - Sat | 5-7p

Sushi & Sake Night

Every Friday | 5 - 8p



Bingo Nights

Wednesday, February 11th
& February 25th
6pm-8pm

Reservation Required

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



Sweethearts Dinner

Saturday, February 14th
5pm-9pm

Reservation Required
\$150++

Enjoy a specialty dinner paired for 2! Reservations are required and limited. Make your reservation online or by contacting the reception desk at 310.546.5656



Trivia Night

Wednesday, February 18th
6pm-9pm

Dining Reservation required

Trivia Night with Coach Kyle!
Test your knowledge, who will rain champion and epic bragging right?! Prizes awarded each round with extended happy hour all night!





Sweethearts Dinner

Saturday, February 14th

5pm-9pm

\$150++

Reserve your table for two. Treat your Valentine to a specialty dinner for two, perfectly paired for a memorable night.



RSVP on OpenTable or calling 310.546.565

YOU ARE INVITED TO JOIN US FOR

MOVIE NIGHTS IN THE ATRIUM



WEDNESDAY, FEB. 4TH | 5:30PM



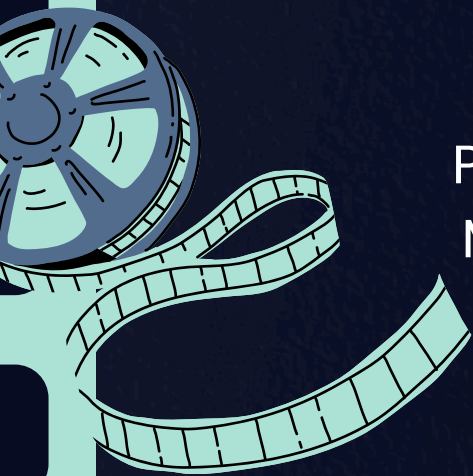
DESPICABLE ME 4

WEDNESDAY, FEB. 18TH | 5:30PM



ZOOTOPIA 2

PARENT SUPERVISION IS REQUIRED.
MAKE RESERVATIONS BY CALLING
310.546.5656





Galentine's Day BRUNCH

Sunday, February 15th

A toast to friendship, laughter, and great taste. Join us for a Galentine's Brunch Buffet style with Bottomless mimosas

11am-2pm

\$45++

**BOOK VIA OPENTABLE OR CALLING
310.546.5656**

Questions? Email rosie.vargas@bayclubs.com

MCC Wine Club



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
REGISTER?
SCAN HERE TO
GET STARTED



MANHATTAN COUNTRY CLUB

SKI WEEK CAMP

MONDAY, 2/9-FRIDAY, 2/13

9:00AM-4:00PM



AGES 2- 12 YEARS

SINGLE DAYS AND FULL WEEK AVAILABLE

SIGN UP ON CONNECT TODAY!

Family Programming

CHILDCARE

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

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

MARIO KART TOURNAMENT

Friday, February 6th | 5PM - 8PM



Start your engines! Kids will race against friends in an exciting Mario Kart tournament filled with friendly competition, cheering fans, and tons of fun. Whether they're seasoned racers or first-time drivers, everyone will have a blast speeding toward the finish line! Don't miss out. Sign up on Connect today!

UNDER THE SEA CRAFT NIGHT

Friday, February 20th | 5PM - 8PM



Dive into a creative ocean adventure! Kids will explore their artistic side while creating colorful, sea-inspired crafts. From shimmering sea creatures to underwater masterpieces, this night is perfect for young artists who love hands-on fun. Don't miss out! Sign up on Connect today!



UNICORN POOP SCIENCE

Friday, February 27th | 5PM - 8PM



Science just got magical! Kids will participate in fun, hands-on experiments featuring colorful reactions, fizzy fun, and plenty of unicorn-inspired surprises. A perfect blend of learning, laughter, and a little bit of sparkle. Don't miss out! Sign up on Connect today!

QUESTIONS? EMAIL FAMILY.MCC@BAYCLUBS.COM



PRESIDENT DAY CAMP

MONDAY, FEBRUARY 16TH

9:00AM-4:00PM

AGES 2-12 YEARS



LOOKING FOR SOMETHING FUN
ON THE HOLIDAY?
PRESIDENT'S DAY CAMP OFFERS
A FULL DAY OF ENGAGING ACTIVITIES
INCLUDING GROUP GAMES, CRAFTS, FITNESS,
AND MORE. IT'S THE PERFECT WAY TO KEEP
KIDS MOVING, SOCIAL,
AND SMILING ALL DAY LONG!



Sign up on Connect today!

SWEETHEARTS ROUND ROBINS

We're hosting our annual Tennis & Pickleball Round Robin for couples and friends to celebrate Valentine's Day this month! Grab a partner, and join for some fun mixed doubles!!

Pickleball

Thursday, Feb 5th from 6-9pm \$60/team

Tennis

Thursday, Feb 19th from 6-9pm \$60/team

Cost includes: on court drinks, music, and prizes for winners!



Scan the QR code
to register on
TopDog.

Questions? Email
spencer.trotta@bayclubs.com



New Session of Pickleball League

March 2nd - April 17th

SIGN UP THROUGH TOPDOG.

Men:

Beg-Intermediate Mon @5:30pm

Intermediate Tues @6:30pm

Advanced Wed @6:30pm

Women:

Beg-Intermediate Wed @9:00am

Intermediate Wed @10:30am

Advanced-Intermediate Wed @5:00pm

Intermediate "Team" format Tues @9:30am

Mixed:

Mixed Doubles Mon @7:00pm



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

QUESTIONS? EMAIL SPENCER.TROTTA@BAYCLUBS.COM



Spring Session Jr. Tennis Program

March 2nd - April 17th

NO RUN DATES: APRIL 6TH-10TH

Featured programs include:



QuickStart
1,2,3



High Performance
(HP)



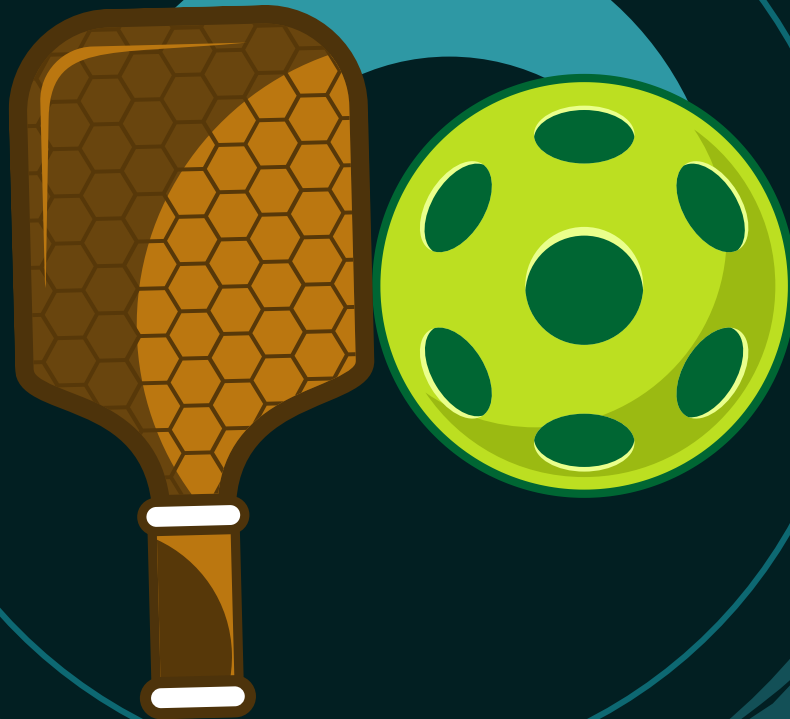
Satellite
Elite



QUESTIONS? EMAIL SPENCER.TROTТА@BAYCLUBS.COM

PICKLEBALL

Tournament



**CALLING ALL
PICKLEBALL
ENTHUSIASTS**

**SAT. MARCH 28TH
10AM-2PM**

*Grab a partner
and register in one
of our divisions
offered:*



- Open
- Advanced
- Intermediate
- Fun



**REGISTER ON
TOPDOG!**

SPENCER.TROTTA@BAYCLUBS.COM

Tennis & Racquet Sports



Jim Pugh
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jimpugh10s@me.com
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Kerry Giardino
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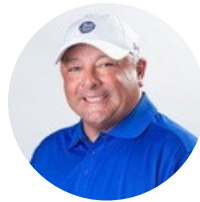
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Nick Cote
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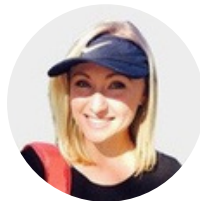
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Steve Whitehead
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310.561.5593



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



Allen Yap
Tennis Pro
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323.855.6605

Splash Babies

Thursdays 9:30am & 11am (30 minutes)

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



Bubble Tots

Tuesday & Thursday 2:30pm or 4pm | \$45 per practice

Learn to fall/jump in, roll to a back float and breathe
Back float is essential for survival, even if crying
Emphasis on calming and self-regulation
Learn to roll over or stand once at the wall or steps



Scan the QR code to fill out our digital form



Swim School

Mon-Thurs (3-3:25pm) & (3:30-3:55pm) | \$45 per day

This program helps your little ones path to the swim team. In this program swimmers are placed in a group by ability until they 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



Splashball

Fridays 4-5:45pm | \$40 Drop-In

Our Splashball Program promotes water safety and fitness in an engaging environment! 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



MCC RIPTIDES WATER POLO

Mon & Wed (6:30-8:30pm) & Sat (8:30-11am) | \$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 Natlie Bernstein at aquatics.mcc@bayclubs.com



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

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 Try outs

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

The Bay Club Swim Team earned 1st place at the Pacific Championship Meet

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

2026 JUNIOR GUARD PREPARATION PROGRAM

First day of JG Prep is
Friday, Jan. 9th



Scan the QR
code to fill out
our digital form.

Program Description

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. Additionally, we have your athletes set a goal for themselves, and we ensure everyone achieves their individual goal by test day.

Payment Options

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 authorized to come to Friday and Saturday.

Program days & times are as follows:

Tuesdays: 7:30pm-8:30pm

Fridays: 5:30pm-6:30pm

Saturdays: 11am-12pm

Sundays: 11am-12pm

SESSIONS INFORMATION

SESSION 2

\$400 | Feb 6th – Mar 3rd
(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 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 | Mar 6th – Mar 21st
(16 Workouts) (\$50 Drop In)

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

SESSION 4

\$400 | Apr 3rd – Apr 28th
(16 Workouts) (\$50 Drop In)

Swimmers are putting finishing touches to test day.

SESSION 5

\$400 | May 1st – May 26th
(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!

SESSION 6

\$400 | May 29th – Jun 21st
(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.

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? 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, Flexibility, & Lower Back Injury Rehab
Weight Loss

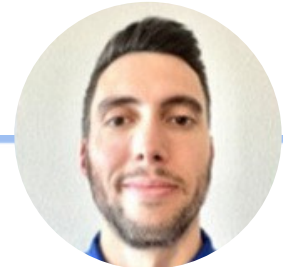


Rosalinda Harding

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

SPECIALTIES:

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



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

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.

QUESTIONS? EMAIL LATRICIA.HAYMON@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!



Keenon Pressley

FITNESS TRAINER

Trainer Level: *Elite*

keenon.pressley@bayclubs.com

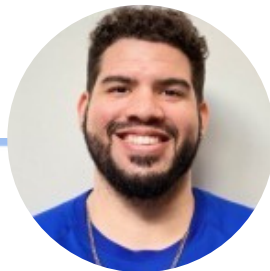
"Become creature of habit, stacking positive actions 1 by 1 until something extraordinary emerges."

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.

QUESTIONS? EMAIL LATRICIA.HAYMON@BAYCLUBS.COM



MANHATTAN COUNTRY CLUB

FRIENDLY REMINDERS

Guest protocol

- Please 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


- Please 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, trash, and 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 under 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
- 

FEBRUARY

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

Pool Bar Hours

Mon- Sun 9am - 6pm

Childcare

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Movie Night: Despicable Me 4 5:30pm	5 Sweethearts RR: Pickleball 6pm-9pm Italian Night 5pm-8pm	6 KNO: Mario Kart Tournament 5pm-8pm Sushi & Sake 5pm - 8pm	7
8 Big Game Viewing Party I 2pm	9 Ski Week Camp 9am-4pm	10 Ski Week Camp 9am-4pm Taco Tuesday 5pm - 8pm	11 Ski Week Camp 9am-4pm Sweethearts Bingo Night 6pm-8pm	12 Ski Week Camp 9am-4pm Italian Night 5pm-8pm	13 Ski Week Camp 9am-4pm Sushi & Sake 5pm - 8pm	14 Sweethearts Dinner 5pm-9pm
15 Galentine's Day Brunch 11am-2pm	16 President's Day Camp 9am-4pm	17 Taco Tuesday 5pm - 8pm	18 Movie Night: Zootopia 2 5:30pm Trivia Night 6pm-9pm	19 Sweethearts RR: Tennis 6pm-9pm Italian Night 5pm-8pm	20 KNO: Under the Sea Craft Night 5pm-8pm Sushi & Sake 5pm - 8pm	21
22	23	24 Taco Tuesday 5pm - 8pm	25 Bingo Night 6pm	26 Italian Night 5pm-8pm	27 KNO: Unicorn Poop Science 5pm-8pm Sushi & Sake 5pm - 8pm	28



Save the
Date

Mon. March 2nd: New Session of Pickleball League Starts

Mon. March 2nd: Spring Session of Junior Tennis Programs Starts

Sat. March 28th: Pickleball Tournament I 10am-2pm