



SUNDAY BRUNCH

Starting January 11th 11am-2pm



MLK POOL PARTY

Monday, January 19th
12pm-3pm



BINGO NIGHT

Wednesday, Jan 7th
6pm-8pm



DAVIS CUP
TOURNAMENT

Saturday, Jan 24th
11am-2pm

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

New Years Day: 7am-5pm



Anne Wharton

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310.562.0002



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Vice President & GM
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424.247.5554



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SVP of Membership Sales
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General Manager
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Amber Glabach

Family Programming Director
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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

Seafood Boil Night

Every Thursday | 5 - 8p

Happy Hour

Wed - Sat | 5-7p

Sushi & Sake Night

Every Friday | 5 - 8p



Bingo Night

Wednesday, January 7th
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 reservations are required. Please make reservations by calling the reception desk at 310.546.5656



MLK Pool Party

Monday, January 19th
12pm-3pm

Enjoy the holiday with a fun and refreshing pool day for all ages! Water slide, fun pool games and more. A fun time is what we have in store. Food and drink specials from 12pm-3pm



Trivia Night

Wednesday, January 21st
6pm-9pm

RSVP on OpenTable

Trivia night at the bar! Coach Kyle is ready to test your knowledge. Fun prizes awarded every round!



SUNDAY BRUNCH

Join us for Sunday
Brunch and treat
yourself to a variety of
delicious dishes

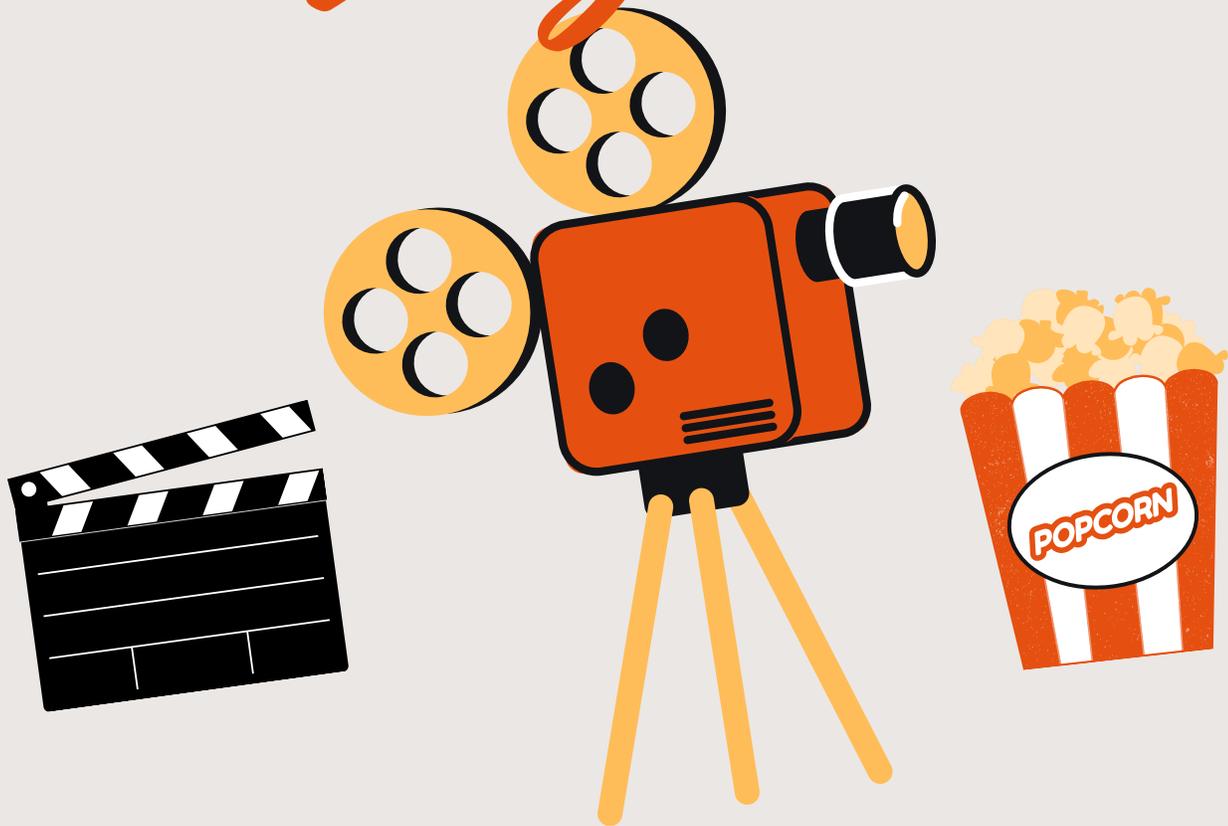


**BUFFET STYLE WITH
BOTTOMLESS MIMOSAS**

**STARTING JAN 11TH
11 AM-2PM**

\$45++

Movie *Nights*



YOU'RE INVITED TO MOVIE NIGHT IN THE ATRIUM!

COME IN YOUR PAJAMAS
AND ENJOY SOME FILMS WITH US!

Wednesday, January 14th | 5:30pm

PARENT SUPERVISION IS REQUIRED. MAKE
RESERVATIONS BY CALLING 310.546.5656

Member Social

WEDNESDAY, JANUARY 21ST
5:30PM - 7:30PM

**UNWIND AND CONNECT AT THE ULTIMATE
SOCIAL HOUR!**

**LIVE MUSIC - COMPLIMENTARY
LIGHT BITES & BEER**

**ALL MEMBERS WELCOME. CONNECT
WITH MCC FRIENDS AND MAKE NEW
FRIENDS!**

RSVP: INFO.MCC@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



*Childcare will be closed Dec. 24th - 25th,
Dec. 31st & Jan 1st

Family Programming

CHILDCARE

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

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



WINTER SOAP MAKING

Friday, January 9th | 5PM - 8PM

Kick off the new year with a cozy winter-themed craft night! Kids will design and create their very own seasonal soaps using fun shapes, colors, and scents. It's hands-on, creative, and the perfect way to bring home a little sparkle of winter magic! Sign up on Connect today!

FROZEN SLIME NIGHT

Friday, January 16th | 5PM - 8PM

Let it go... straight into the slime lab! Kids will make icy-blue, glittery Frozen-inspired slime that's stretchy, sparkly, and oh-so-satisfying. Expect a night full of creativity, sensory fun, and plenty of giggles! Maybe even a visit from friend Olaf!! Sign up on Connect today!



LASER TAG

Friday, January 23rd | 5PM - 8PM

Get ready for high-energy excitement! We're transforming the space into a glow-up laser tag arena for an action-packed night of friendly competition, teamwork, and adventure. This one always fills fast, early sign-ups encouraged! Don't miss out!



ADOPT A PENGUIN PARTY

Friday, January. 30th | 5PM - 8PM

It's a flipper-flapping good time! Kids will "adopt" their own plush penguin friend and complete a series of activities in order to find their new buddy. Expect tons of adorable fun perfect for this chilly season. Don't miss out! Sign up on Connect today!



QUESTIONS? EMAIL FAMILY.MCC@BAYCLUBS.COM

*Childcare will be closed Dec.24th- 25th,
Dec.31st & Jan 1st

Family Programming

CHILDCARE

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

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



AMBASSADOR TRAINING

Thursday, Jan. 15th | 5PM - 8PM

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. Ages 10 and 11. In this training course, participants will review Club rules, regulations and be given clear directions 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 on Connect today!



FROZEN THEME CAMP DAY

Monday Jan. 19th | 9AM - 4PM

Join us for a magical Frozen-themed day featuring an **epic snowball battle** inside the **Elsa inflatable castle** and **Frozen face paint** by a professional artist. A full day of icy fun, games, and winter activities! Don't miss out! Sign up on Connect today!

QUESTIONS? EMAIL FAMILY.MCC@BAYCLUBS.COM



Winter Session Pickleball League

January 5th - February 20th

No Matches February 9th-13th

**SIGN UP THROUGH TOPDOG. REGISTRATION OPENS
DEC.15TH**

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



Winter Session Jr. Tennis Program

January 5th - February 27th

NO RUN DATES: JAN. 19TH & FEB. 9TH - 16TH

Featured programs include:



**QuickStart
1,2,3**



**High Performance
(HP)**



**Satellite
Elite**



QUESTIONS? EMAIL SPENCER.TROTТА@BAYCLUBS.COM



DAVIS CUP

TOURNAMENT

SATURDAY, JANUARY 24TH
11AM-2PM
\$35/ PLAYER



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

CREATE A TEAM OF 3 MEN AND 3 WOMEN
TO REPRESENT A "COUNTRY" AND PLAY
OTHER TEAMS IN A FORMAT OF MEN'S,
WOMEN'S AND MIXED DOUBLES TO SEE
WHO THE TOP TEAM IS!

Questions? Email spencer.trotta@bayclubs.com

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

Tennis & Racquet Sports



Jim Pugh
Tennis Pro
jimpugh10s@me.com
310.469.3546



Bayley Callahan
Tennis Pro
callahanbayley@gmail.com
812.548.8188



David Bier
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Greg Fowler
Tennis Pro
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Fritz Wolmarans
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Kerry Giardino
Tennis Pro
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310.413.9398



Lis Mantell
Tennis Pro
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Lloyd Schweyer
Tennis Pro
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Tennis Pro
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Nick Cote
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Paul Hing
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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
yaptennis@gmail.com
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

Early Bird ALL SESSIONS: \$1500 (Sign up BEFORE Jan. 9th)
[\$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 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 1

\$400 | Jan 9th – Feb 3rd
(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 stamina.

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.



ADULT INNER TUBE

WATER POLO

EVERY FRIDAY | 5:30PM

\$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 and 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 experienced 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!

Questions? Email kyle.flanders@bayclubs.com



**Scan the
QR code to
to sign up.**

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

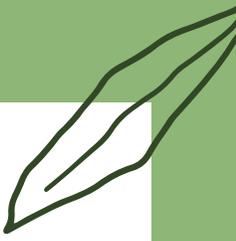
SPECIALTIES:

- 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
- 
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2026

JANUARY

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

News Years Day
Club Hours: 7am-5pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 News Years Day Club Hours: 7am-5pm <i>Happy New Year</i>	2 Sushi & Sake 5pm - 8pm	3
4	5 Winter Session of PB starts Winter Session of Junior Tennis starts	6 Taco Tuesday 5pm - 8pm	7 Bingo Night 6pm-8pm	8 Seafood Boil Night 5pm-8pm	9 KNO: Winter Soap Making 5pm-8pm Sushi & Sake 5pm - 8pm	10
11 Sunday Brunch 11am-2pm	12	13 Taco Tuesday 5pm - 8pm	14 Movie Night: 5:30pm	15 Ambassador Training 5pm-8pm Seafood Boil Night 5pm-8pm	16 KNO: Frozen Slime Night 5pm-8pm Sushi & Sake 5pm - 8pm	17
18 Sunday Brunch 11am-2pm	19 MLK Pool Party 12pm-3pm Frozen Theme Camp Day 9am-4pm	20 Taco Tuesday 5pm - 8pm	21 Trivia Night: 6pm-9pm Member Social 5:30-7:30pm	22 Seafood Boil Night 5pm-8pm	23 KNO: Laser Tag 5pm-8pm Sushi & Sake 5pm - 8pm	24 Davis Cup Tournament 11am-2pm
25 Sunday Brunch 11am-2pm	26	27 Taco Tuesday 5pm - 8pm	28 Bingo Night #2: 6pm-8pm	29 Seafood Boil Night 5pm-8pm	30 KNO: Adopt a Penguin Party 5pm-8pm Sushi & Sake 5pm - 8pm	31



Save the Date

Thurs, Feb. 5th: Sweethearts Round Robin: Pickleball I 6pm-9pm

Thurs, Feb. 19th: Sweethearts Round Robin: Tennis I 6pm-9pm