



ST. PATRICK'S PARTY

Tuesday, March 17th 5pm-9pm



MEMBER MIXER

Thursday, March 26th
5:30pm-7:30pm



MEMBER/GUEST
PICKLEBALL TOURNAMENT

Saturday, March 28th
10am-2pm



FATHER
DAUGHTER DANCE

Saturday, March 28th
5pm-8pm

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



Anne Wharton

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Sarah Simon

Vice President & GM
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Kyle Flanders

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424.247.5553



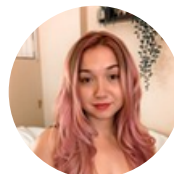
Spencer Trotta

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Monica Bruno

Family Programming Director
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Amber Glabach

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Visit our new website

For all club

Newsletters & Events

www.mccclublife.com





**1334 Building-3rd Floor
Group Exercise Schedule**

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 Night

Wednesday, March 11th
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



March Madness

March 17th- April 6th

March Madness is on at the Club. Watch your favorite teams in the restaurant or at the pool bar! Great food and drinks available



Trivia Night

Wednesday, March 25th
6pm-8pm

Dining Reservation required

Lakers 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!



ST PATRICK'S DAY PARTY

TUESDAY, MARCH 17TH

5PM-9PM

It's the luck of the Irish! Join us for some food & drink specials, live performances from Irish Dancers, and fun raffles from the pot of gold!

RSVP via OpenTable

QUESTIONS? EMAIL ROSIE.VARGAS@BAYCLUBS.COM



MEMBER MIXER

THURSDAY, MARCH 26TH

5:30pm-7:30pm

Unwind and connect at the ultimate social hour!

Live music- Complimentary light bites and 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



NERF WARS

Friday, March 6th | 5PM - 8PM



Gear up for an action-packed night of friendly competition! Kids will dive into exciting Nerf challenges, obstacle courses, and team games designed for all ages. Expect high energy, lots of laughs, and epic battles in a safe, supervised environment. Don't miss out! Sign up on Connect today!

DINOSAUR TAKEOVER

Friday, March 13th | 5PM - 8PM

RAWR! Dinosaurs are taking over Kids Night Out. Little explorers will stomp, roar, and play their way through dinosaur-themed games, crafts, and activities. A perfect night for our future paleontologists who love big fun and prehistoric adventures. Sign up on Connect today!



HARRY POTTER SCIENCE NIGHT

Friday, March 20th | 5PM - 8PM

Calling all witches, wizards, and curious scientists! This magical evening blends hands-on science experiments with spellbinding fun inspired by the wizarding world. Expect bubbling potions, magical discoveries and an enchanting night of learning through play. Don't miss out! Sign up on Connect today!



AMBASSADOR TRAINING

Thursday, March 12th | 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!

Happily Ever After Father Daughter Dance 2026



Saturday, March 28th
5:00pm-8:00pm



Spots are limited! RSVP Today
Email Family.mcc@bayclubs.com
with any questions!

An unforgettable evening where dreams come true
and magic is everywhere.





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



New Session of Pickleball League

March 2nd- April 17th

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.TROTТА@BAYCLUBS.COM



ST PATRICK'S DAY

Tennis Round Robin

Thursday, March 19th

6pm-8pm

\$35/player

Sign up solo and play in a mixed doubles format with a new partner each round to make new friends!

Drinks, music and prizes will be provided!

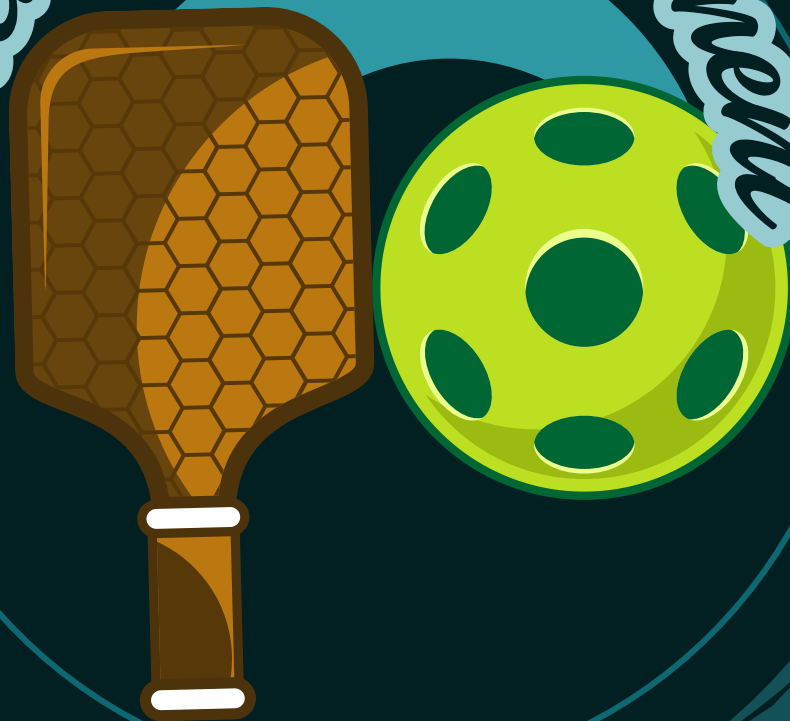


**REGISTER ON
TOPDOG!**

Questions? Email spencer.trotta@bayclubs.com

MEMBER/GUEST

Pickleball Tournament



**CALLING ALL
PICKLEBALL
ENTHUSIASTS**

**SAT. MARCH 28TH
10AM-2PM
\$70/TEAM**

*Grab a partner,
member or not
and sign up in one
of our divisions
offered:*



- Open
- Advanced
- Intermediate
- Fun



**REGISTER ON
TOPDOG!**

SPENCER.TROTTA@BAYCLUBS.COM

A tennis racket is partially visible on the left side of the top section, and a green pickleball is on the right side. The background is a dark green gradient.

TENNIS & PICKLEBALL CLINICS

Check out some new times offered for clinics on the app! Go to the Group Fitness > Racquet Sport Calendar to register

Don't forget, we also have Challenge Court and Open Play for Tennis and Pickleball from 9am-12pm Saturdays and Sundays!

A woman in a white t-shirt and black leggings is playing pickleball on an outdoor court. She is in a ready stance, holding a pickleball paddle. The background shows a fence and trees under a bright sky.

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
812.598.8188



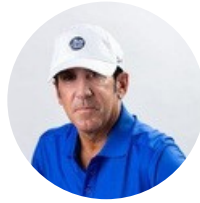
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310.283.4683



Nick Cote
Tennis Pro
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310.503.0588



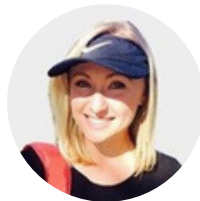
Paul Hing
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310.634.3437



Steve Whitehead
Tennis Pro
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310.561.5593



Cade Erickson
Pickleball Pro
coachcadepickleball@gmail.com



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



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 4

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

Swimmers are putting finishing touches to test day.

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 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

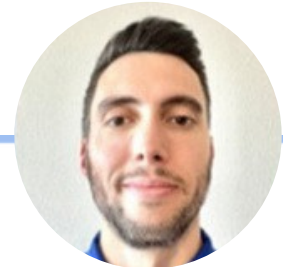


Rosalinda Harding

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 NIKKI.MURRAY@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

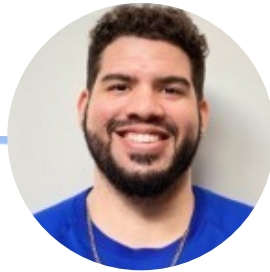
"Become creature of habit, stacking positive actions 1 by 1 until something extraordinary emerges."

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 Alcalá

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 NIKKI.MURRAY@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
- 

March

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	5 Italian Night 5pm-8pm	6 KNO: Nerf Wars 5pm-8pm Sushi & Sake 5pm - 8pm	7
8	9	10 Taco Tuesday 5pm - 8pm	11 Bingo Night 6pm-8pm	12 Ambassador Training 5pm-8pm Italian Night 5pm-8pm	13 KNO: Dinosaur Takeover 5pm-8pm Sushi & Sake 5pm - 8pm	14
15	16	17 St. Patrick's Day Party 5pm-9pm Taco Tuesday 5pm - 8pm	18	19 St. Patrick's Day Tennis RR 6pm-8pm Italian Night 5pm-8pm	20 KNO: Harry Potter Science Night 5pm-8pm Sushi & Sake 5pm - 8pm	21
22	23	24 Taco Tuesday 5pm - 8pm	25 Movie Night Trivia Night 6pm-8pm	26 Member Mixer 5:30pm-7:30pm Italian Night 5pm-8pm	27 Sushi & Sake 5pm - 8pm	28 Member/Guest Pickleball Tournament 10am-2pm Father/Daughter Dance 5pm-8pm
29	30	31 Taco Tuesday 5pm - 8pm				



Save the
Date

Sunday, April 5th | Easter Brunch
 May 15th-17th | Calcutta (Registration Opens April 17th)

