



# MOTHER'S DAY BRUNCH

Sunday, May 10<sup>th</sup> 9am-2pm



CALCUTTA

Friday, May 15<sup>th</sup>-Sunday  
May 17th



MEMORIAL DAY  
POOL PARTY

Monday, May 25th  
12pm-3pm



MEMORIAL DAY  
CAMP

Monday, May 25th  
9am-4pm

# 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*

Executive VP LA  
anne.wharton@bayclubs.com  
310.562.0002



*Sarah Simon*

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



*Jennifer Hulme*

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



*Brandon Massey*

SVP of Membership Sales  
brandon.massey@bayclubs.com  
310.779.4381



*MaryAnn Varni*

Club Manager  
maryann.varni@bayclubs.com  
310.698.1847



*Rob Abbott*

General Manager  
rob.abbott@bayclubs.com  
310.545.0576



*Blanca Tamayo*

Member Services  
blanca.tamayo@bayclubs.com  
310.546.5656



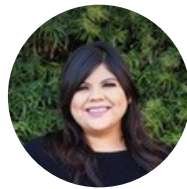
*Jose Rivas*

Operations & Accounting  
Manager  
jose.rivas@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



*Kyle Flanders*

Aquatic Director  
kyle.flanders@bayclubs.com  
424.247.5553



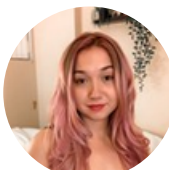
*Spencer Trotta*

Tennis Director  
spencer.trotta@bayclubs.com  
310.698.1838



*Monica Bruno*

Family Programming Director  
monica.bruno@bayclubs.com  
310.546.5656



*Amber Glabach*

Family Programming Director  
amber.glabach@bayclubs.com  
310.698.1845



*Nikki Murray*

Assistant General Manager  
Fitness  
nikki.murray@bayclubs.com



Visit our website

For all club

Newsletters & Club Events

[www.mccclublife.com](http://www.mccclublife.com)



# LEVEL UP YOUR TRAINING ROUTINE



Sign up for your complimentary Training Session with one of our excellent Certified Personal Trainers

Get your workout in in our beautiful new Fitness Facility, then relax in our recovery room

Partake in one of our group exercise classes in our new group exercise studio

Questions? Please email [nikki.murray@bayclubs.com](mailto:nikki.murray@bayclubs.com)



# Group Exercise Schedule

## Monday

7:00 am – Yoga Flow with Cali  
9:00 am – Power Vinyasa with Sabrina  
11:30 am – Yoga Therapeutics with Michelle C  
5:30 pm – HIIT with Eric  
6:30 pm – Core 30 with Eric  
7:00 pm – Yoga with Summer

## Tuesday

7:00 am – Yoga Sculpt with Cali  
8:00 am – Booty Burn with Mayra  
9:00 am – Gentle Yoga with Michelle C  
11:30 am – Mat Pilates with Karen  
5:30 pm – HIIT with Eric  
6:30 pm – Yoga with Bobby

## Wednesday

7:00 am – Gentle Yoga with Tracy  
9:00 am – Vinyasa Flow with Caroline  
11:00 am – ABS/ARM with Manuela  
11:30 am – Mat Pilates with Manuela  
5:30 pm – HIIT with Eric  
6:30 pm – Core 30 with Eric  
7:00 pm – Yoga with Summer

## Thursday

9:00 am – Power Yoga with Sabrina  
10:15 am – Vinyasa Flow with Jess  
11:30 am – Yoga Sculpt with Jess  
5:30 pm – HIIT with Eric  
6:30pm- Yin Yoga with Lenie

## Friday

7:00 am – Gentle Yoga with Tracy  
9:00 am – Restorative Yoga & Meditation with Sabrina  
11:00 am – Mat Pilates with Elma

## Saturday

9:00 am – Vinyasa Flow with Hannah  
11:00 am – Stretch & Strengthen with Michele T

## Sunday

9:00 am – Gentle Yoga with Cali  
11:30 am – Vinyasa Flow with Caro



Register on **Bay Club Connect**





### 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



### Cinco de Mayo Taco Tuesday Extravaganza

Tuesday, May 5th

5pm-8pm

Reservation Required

Cinco de Mayo Fiesta! Join us for a super-sized Taco Tuesday with great additions to our taco bar and our Churro bar! Please make reservations by calling the reception desk at 310.546.5656

### Bingo Nights

May 6th & May 27th

6pm-8pm

RSVP on OpenTable

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

### Trivia Night

Wednesday, May 20th

6pm-9pm

Reservation Required

Ready to test your knowledge?! Who's team will reign supreme? Prizes awarded every round, plus plenty of fun, laughs, and bragging rights up for grabs. Gather your crew and let's see what you've got!



PLEASE JOIN US



MOTHER'S DAY

*Brunch*

Sunday, May 10th

Seating Times: 9am      11am      1pm  
                         9:30am    11:30am    1:30pm  
                         10am      12pm

Adults (13+) \$85++

Kids (3-12) \$65++

(Kids 2 and under No Charge)

Celebrate Mother's Day with elegance at the Club. Honor the special women in your lives! Indulge in a full buffet and quality time with the ones you love!

RSVP on OpenTable

72 hr written cancellation policy applies: email  
[rosie.vargas@bayclubs.com](mailto:rosie.vargas@bayclubs.com)

# WINE DINNER



**\$150++ per  
person**



**Round Pound  
Winery**

**DRINKS**



**FOOD**



**MUSIC**

---

**FRIDAY, MAY 22ND**

**6PM-9PM**

---

**RSVP VIA OPENTABLE**

**QUESTIONS? [ROSIE.VARGAS@BAYCLUBS.COM](mailto:ROSIE.VARGAS@BAYCLUBS.COM)**



*Memorial Day*

*Pool*

*party*

**MAY 25TH**  
**12PM-3PM**

**Fun in the sun on  
Memorial Day! Water  
slides, pool games,  
complimentary spirits  
tasting and food and  
beverage specials!**



# 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





FRIDAY MAY 8<sup>TH</sup>  
10:30AM-1:30PM

# MAHJONG 101 LESSON

COMPLIMENTARY LESSON  
MCC MEMBERS ONLY

IN THE ATRIUM / RSVP BY MAY 7TH



SIGNUP REQUIRED IN

THROUGH BAY CLUB CONNECT APP -  
DINING RESERVATIONS/OPENTABLE

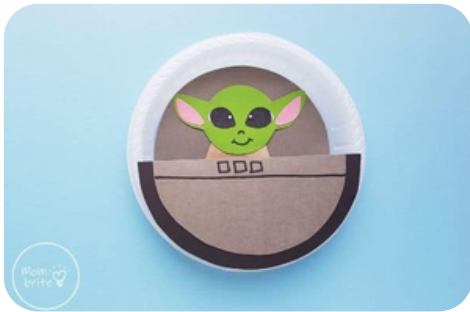
SPACE LIMITED TO 12

# Family Programming

CHILDCARE

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

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



## STAR WARS NIGHT

**Friday, May. 1st | 5PM - 8PM**

May the Force be with us! Kids will step into a galaxy far, far away with themed games, crafts, and Jedi-worthy adventures. Whether they're training like a Jedi or embracing their inner Sith, it's going to be an epic night! Don't miss out on this exciting event- spots are limited! Sign up on Connect today!



## FROZEN IN MAY

**Friday, May 8th | 5PM - 8PM**

A little winter magic in the middle of spring! Kids will enjoy Frozen-inspired crafts, games, and activities filled with snowy fun and imagination. Get ready to sing, play, and let it go! Don't miss out on this exciting event- spots are limited! Sign up on Connect today!



## OCEAN SLIME

**Friday, May 15th | 5PM - 8PM**

Dive into a sea of creativity! Kids will make their own ocean-themed slime with fun textures, colors, and mix-ins—plus enjoy underwater-inspired games and activities. It's going to be a splash! Don't miss out on this exciting event- spots are limited! Sign up on Connect today!



**QUESTIONS? EMAIL [FAMILY.MCC@BAYCLUBS.COM](mailto:FAMILY.MCC@BAYCLUBS.COM)**

# Family Programming

CHILDCARE

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

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

## AMBASSADOR TRAINING

**Thursday, May 21st | 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!



## CREATE YOUR OWN SQUISHIE

**Friday, May. 22nd | 5PM - 8PM**

Squeeze the fun into Friday night! Kids will design and decorate their very own squishies to take home, along with enjoying creative games and activities. Perfect for kids who love crafts and hands-on fun! Dinner will be provided! Sign up on Connect today!



## ADOPT A DINOSAUR

**Friday, May 29th | 5PM - 8PM**

Stomp into a prehistoric adventure! Kids will "adopt" their very own dinosaur, complete fun dino-themed activities, and take part in games that bring the Jurassic world to life. Dinner will be provided. Don't miss out on this exciting event- spaces are limited. Sign up on Connect today!



QUESTIONS? EMAIL [FAMILY.MCC@BAYCLUBS.COM](mailto:FAMILY.MCC@BAYCLUBS.COM)

# MEMORIAL DAY CAMP

MONDAY, MAY 25TH

AGES 2-12 YEARS

9:00AM-4:00PM

**TENNIS, SWIM, SPORTS & GAMES,  
ARTS & CRAFT AND MORE!**



**SIGN UP ON CONNECT TODAY!**

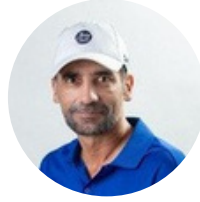
# Tennis & Racquet Sports



*Jim Pugh*  
Tennis Pro  
jimpugh10s@me.com  
310.469.3546



*Bayley Callahan*  
Tennis Pro  
callahanbayley@gmail.com  
812.598.8188



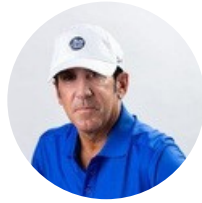
*David Bier*  
Tennis Pro  
david.bier3@yahoo.com  
310.809.4421



*Greg Fowler*  
Tennis Pro  
gregtk@earthlink.net  
310.567.6225



*Fritz Wolmarans*  
Tennis Pro  
fritzwl1@gmail.com  
305.878.1075



*Jeff Laurie*  
Tennis Pro  
smoothact1@yahoo.com  
310.893.4698



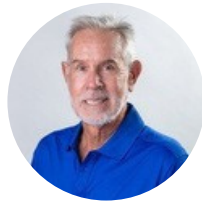
*Kerry Giardino*  
Tennis Pro  
kg3mcc@gmail.com  
310.413.9398



*Lis Mantell*  
Tennis Pro  
lymantell@gmail.com



*Lloyd Schwyer*  
Tennis Pro  
lloydshwyer1@gmail.com  
310.896.6836



*Mark McGuire*  
Tennis Pro  
mark.mcguire@manhattancc.com  
310.283.4683



*Nick Cote*  
Tennis Pro  
nick@nickcote.com  
310.503.0588



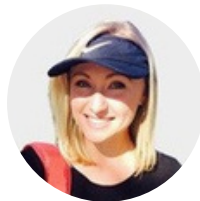
*Paul Hing*  
Tennis Pro  
paulhing@earthlink.net  
310.634.3437



*Steve Whitehead*  
Tennis Pro  
helpmerhonda@socal.rr.com  
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



# Pickleball League

April 27th- June 5th

\$50/person

**SIGN UP THROUGH TOPDOG**

## Men:

Intermediate Mon @5:30pm

Intermediate Tues @6:30pm

Advanced Wed @6:30pm

## Women:

Beg-Intermediate Wed @9:00am

Intermediate Tues @5:00pm &  
Wed @10:30am

Intermediate "Team" format Tues @9:30am

Advanced- Intermediate Wed  
@5:00pm

## Save the Date:

Summer Pickleball Starts June 15th  
Sign up weekly



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

### Divisions offered:

#### MEN:

- Intermediate Tues @ 6:30pm
- Advanced Wed @ 6:30pm

#### WOMEN:

- Beg-Intermediate Wed @ 9:00am
- Intermediate Wed @ 10:30am
- Advanced-Intermediate Wed @ 5:00pm

QUESTIONS? EMAIL [SPENCER.TROTТА@BAYCLUBS.COM](mailto:SPENCER.TROTТА@BAYCLUBS.COM)



# Jr. Tennis Program

## April 20<sup>th</sup>- June 5<sup>th</sup>

### Featured programs include:



#### QuickStart 1,2,3

Mon/Tues/Wed

**Intro Red** Ball Class (Ages 4-5)  
3:00-3:45pm

**QS1 Red** Ball Class (Ages 5-6)  
3:45-4:30pm

**QS2 Orange** Ball Class  
(Intermediate Ages 6-9)  
M, W 4:30-5:30pm/ T 5:00-6:00pm

**QS3 Green** Ball Class  
(Intermediate, Ages 8-12)  
5:30pm-7:00pm



#### High Performance (HP)

Mon/Wed

**Green** Dot Ball Class  
(Intermediate-Advanced  
Ages 9-13)  
3:30pm-5:00pm



#### Satellite Elite

Tues/ Thur

**Yellow** Dot Ball Class  
(Advanced Ages 9-14)  
3:30pm-5:00pm



# CALCUTTA



**MAY 15TH-17TH**

**REGISTRATION OPENS APRIL 17TH**

**F1-41**

**\$195/player | Fee Includes :**

- Fun and competitive tennis
- F1 themed Friday night live auction bidding party for all (includes dinner and signature cocktail)
- Gift bag with sponsor and tennis related goodies
- Saturday morning continental breakfast and lunch
- Sunday brunch and Bloody Mary bar
- Championship matches on center court



**DEADLINE to cancel for full refund is midnight May 3<sup>rd</sup>**  
**Cancellations after deadline will be CHARGED IN FULL**

*All proceeds benefit First Break Academy Junior Athletics Fund to support youth activities.*

# JUNIOR WIMBLEDON

FRIDAY,  
JUNE 26TH

5PM-7:30PM

\$30 per player

WEAR ALL WHITE AND  
BRING YOUR A GAME FOR  
THIS SINGLES ROUND  
ROBIN TOURNAMENT

ENTRY FEE INCLUDES MATCHES, MUSIC,  
SPECIAL TREAT FOR ALL PLAYERS AND  
PRIZES FOR WINNERS.



Register on  
TopDog

Questions? Contact  
[spencer.trotta@bayclubs.com](mailto:spencer.trotta@bayclubs.com)

## 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](mailto: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

## 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.



Scan the QR code to fill out our digital form.

## 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 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.

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

# MEMBERS

# ONLY *Meet* *Swim*

**SUNDAY, MAY 24TH  
9:00AM - 11:30AM**

Race against other members, family members, & friends. Swim fast enough in a event to break your time and get your name on the Member's Record Board! Sign each member up individually.

- Can't do a flip turn? No worries! All types of turns are welcome!
- Afraid of belly flopping off the block? Not a problem! All members have the option to either start in the water, or cannon-ball off the block.
- Each stroke will have a 25-yard (1 lap) length event for ALL AGES to participate.



*Scan the  
QR code  
to sign up.*

**ENTRIES DUE BY  
FRIDAY, MAY 22ND  
COST: \$30/SWIMMER**

**\*\*YOU ARE REQUIRED TO  
ENTER THIS MEET WITH A  
TIME. IF YOU DON'T, PLEASE  
COME UP WITH AN ESTIMATED  
GUESS FOR THE EVENT LISTED.**

**QUESTIONS? EMAIL [KYLE.FLANDERS@BAYCLUBS.COM](mailto:kyle.flanders@bayclubs.com)**



**American  
Red Cross**

# LIFEGUARD 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  
Thursday, June 4th**

**Class Dates & Times:**

**Friday, June 5<sup>th</sup> | 3:30pm-9pm**

**Saturday, June. 6th | 9am-5pm**

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, May 29th**. 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.

**QUESTIONS? EMAIL [KYLE.FLANDERS@BAYCLUBS.COM](mailto:kyle.flanders@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? We have the right trainers for you!



*Jay Herron*

FITNESS TRAINER &  
Physical Therapist  
Trainer Level: *Ultimate*  
[jay.herron@bayclubs.com](mailto: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](mailto: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](mailto: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](mailto: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



*Lauryn MacMillan*

PERSONAL TRAINER

Trainer Level:

*lauryn.macmillan@bayclubs.com*

#### CERTIFICATIONS:

- NASM-CPT

#### SPECIALTIES:

- Strength Training
- Functional Movement
- Injury Prevention
- Sport Performance
- Balance



*Justin Sweat*

PERSONAL TRAINER

Trainer Level:

*justin.sweat@bayclubs.com*

#### CERTIFICATIONS:

- Ace CPT
- TPI Level 1 Swing Coach
- TRX
- TOA (Training the Older Adult)

#### SPECIALTIES:

- Strength Training
- Injury Prevention
- Sport Performance
- Body Recomposition
- Mobility & Longevity

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](mailto: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!



*Mayra Escobar*

FITNESS TRAINER

Trainer Level: *Ultimate*

*mayra.escobar@bayclubs.com*

### CERTIFICATIONS:

- NASM
- Precision Nutrition
- MMA Condition Specialist

### SPECIALTIES:

- Sports Performance & Endurance
- Group Fitness
- Bootcamps
- Weight Loss



*Ashley Robbins*

PERSONAL TRAINER

Trainer Level: *Ultimate*

*ashley.robbsins@bayclubs.com*

### CERTIFICATIONS:

- NCSF-CPT  
Cleveland Clinic
- Nutrition

### SPECIALTIES:

- Pre & Postnatal
- Functional Training
- Strength Training
- TRX
- Nutrition
- Weight Loss
- HIIT

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](mailto: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](mailto: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
- 



# MAY



### 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

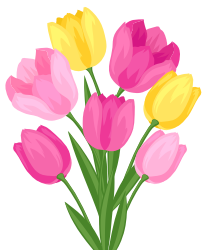
### Pool Bar Hours

Mon- Sun 9am - 6pm

### Childcare

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 KNO: Star Wars Night 5pm-8pm  Sushi & Sake 5pm - 8pm	2
3	4	5 Cinco de Mayo Taco Tuesday Extravaganza 5pm - 8pm	6 Bingo Night 6pm-8pm	7 Italian Night 5pm-8pm	8 KNO: Frozen in May 5pm-8pm  Sushi & Sake 5pm - 8pm	9
10 Mother's Day Brunch 9am-2pm	11	12 Taco Tuesday 5pm - 8pm	13	14 Italian Night 5pm-8pm	15 KNO: Ocean Slime 5pm-8pm  Kick-off Calcutta Party Sushi & Sake 5pm - 8pm	16 Calcutta
17 Calcutta	18	19 Taco Tuesday 5pm - 8pm	20 Trivia Night 6pm-9pm	21 Ambassador Training 5pm-8pm  Italian Night 5pm-8pm	22 KNO: Create your own Squishie 5pm-8pm  Wine Dinner: Round Pound Winery Sushi & Sake 5pm - 8pm	23
24 Members Only Swim Meet 9am-11:30am	25 Memorial Day Pool Party 12pm-3pm  Memorial Day Camp 9am-4pm	26 Taco Tuesday 5pm - 8pm	27 Bingo Night 6pm-8pm	28 Italian Night 5pm-8pm	29 KNO: Adopt a Dinosaur 5pm-8pm  Sushi & Sake 5pm - 8pm	30
31						



Save the  
Date

Saturday, June 6th: 2026 Wine Auction- (Club closes 1pm)

Fri, June 26th: Junior Wimbledon I 5pm-7:30pm

