



# Club Life

May 2024 • Portland

## Your Summer Retreat

Where relaxation meets fitness and sports



### Club Highlights

#### Outdoor Pool Opening

Our outdoor pool will be opening for the season May 3rd!

#### New Member Social

Newer to the club and want to learn more about what we offer? Head on up to the restaurant to mingle with fellow members and hear about all that the club has to offer.

#### Third Thursday Complimentary Wine Tasting

Join us in the restaurant for complimentary wine tasting.



#### Shared Membership

Take advantage of our warm weather activities by adding your favorite people to your membership!

Scan to add your squad.

# Hospitality & Family

## Stroll & Shop

May 10-May 11 | 9:00 am-1:00 pm

In need of some gift ideas? Stop by the club during our Stroll & Shop as we host local vendors that are sure to meet all your gift-giving needs.

## Mother's Day Brunch

Saturday, May 11 | 10:00 am-1:00 pm

Bring all the moms and special women in your life to a delicious brunch to show your appreciation! There will be one complimentary mimosa for each mom and a hot cocoa bar for all to enjoy.

## Resort Ready Day

Friday, May 17 | 4:00 pm-6:00 pm

Come join us for an afternoon of Wlbit, Family Fun Friday, lawn games, and futsal. Snacks and other pops will be available as well as a summer camp table with camp discounts. Free for members and no reservation required.

## Memorial Day BBQ

Monday, May 27 | 11:00 am-7:00 pm

Head to the Cabana for a Memorial Day BBQ out by the pool as we kick off the summer season!



## One-Day Kids Camps

Wednesday, May 22 &  
Monday, May 27  
9:00 am-4:00 pm

No school? No problem! From group games and arts & crafts to sports and fitness sessions, our day camps have something for everyone. Enroll on Connect.

# Sports & Fitness

## May ELEVATE Session

Starts Monday, May 6

By fusing strength training and nutrition, the ELEVATE program gives you the resources to build muscle and the educates you on the food necessary for your health and vitality. Email Jason.Buhay@bayclubs.com for more details.

## New Class: World Beats

Sundays | 11:45 am

World Beats will have you dancing into fitness! Experience dancing styles from around the world with engaging music. All levels welcome. Enroll on Connect.

## Fit Talk

Thursday, May 9 & Thursday, May 23

Join us as we continue our monthly Fit Talk series. This first installment will go over Inflammation and how to combat inflammation through diet and lifestyle. Join us later in the month to learn how to live a macro-lifestyle. Enroll on Connect.

## Kids Climb Time

Sundays | 11:00 am & 12:00 pm

Give your children the experience of climbing! Let our knowledgeable staff belay your child while you get your workout in. Enroll on Connect.

## Boxing

Saturdays | 9:00 am-9:50 am

Join Trainer Lawrence Martin for this full body workout. Includes bag work, boxing, and footwork to improve strength and much more! \$20 per person per class. Enroll on Connect.



# May 2024

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			BCSA: Basketball 5:45 pm-6:45 pm 5:45 pm-7:15 pm  Kids Night in the Restaurant 4:00 pm-9:00 pm	Pizza Pie Game Night 4:00 pm-9:00 pm	Outdoor Pool Opens  Family Fun Friday 4:00 pm-9:00 pm	Boxing 9:00 am-9:50 am  Brunch 10:00 am-2:00 pm
5	6	7	8	9	10	11
Kids Climb Time 11:00 pm-1:00 pm  Belay Certification Class 3:00 pm-5:00 pm	May ELEVATE Session Starts  BCSA: Basketball 5:45 pm-6:45 pm 5:45 pm-7:15 pm	Taco Tuesday 4:00 pm-9:00 pm  New Member Social 5:30 pm  Spring League 7:00 pm-10:00 pm	BCSA: Basketball 5:45 pm-6:45 pm 5:45 pm-7:15 pm  Kids Night in the Restaurant 4:00 pm-9:00 pm	Fit Talk: Inflammation 11:30 AM  Pizza Pie Game Night 4:00 pm-9:00 pm	Stroll & Shop 9:00 am-1:00 pm  Family Fun Friday 4:00 pm-9:00 pm	Boxing 9:00 am-9:50am  Stroll & Shop 9:00 am-1:00pm  Mother's Day Brunch 10:00 am-1:00 pm
12	13	14	15	16	17	18
Kids Climb Time 11:00 pm-1:00 pm  Belay Certification Class 3:00 pm-5:00 pm	BCSA: Basketball 5:45 pm-6:45 pm & 5:45 pm-7:15 pm	Taco Tuesday 4:00 pm-9:00 pm  Spring League 7:00 pm-10:00 pm	BCSA: Basketball 5:45 pm-6:45 pm 5:45 pm-7:15 pm  Kids Night in the Restaurant 4:00 pm-9:00 pm	Pizza Pie Game Night 4:00 pm-9:00 pm  3rd Thursday 6:00 pm-8:00 pm	Resort Ready Day 4:00 pm-6:00 pm  Family Fun Friday 4:00 pm-9:00 pm	Boxing 9:00 am-9:50 am  Brunch 10:00 am-2:00 pm
19	20	21	22	23	24	25
Kids Climb Time 11:00 pm-1:00 pm  Belay Certification Class 3:00 pm-5:00 pm	BCSA: Basketball 5:45 pm-6:45 pm & 5:45 pm-7:15 pm	Taco Tuesday 4:00 pm-9:00 pm  Spring League 7:00 pm-10:00 pm	Camp 9:00 am-4:00 pm  BCSA: Basketball 5:45 pm-6:45 pm 5:45 pm-7:15 pm  Kids Night in the Restaurant 4:00 pm-9:00 pm	Pizza Pie Game Night 4:00 pm-9:00 pm  Fit Talk: Figuring Out Your Macros 6:00 pm	Sip & Shop 10:00 am-1:00pm  Family Fun Friday 4:00 pm-9:00 pm	Boxing 9:00 am-9:50am  Brunch 10:00 am-2:00 pm  Cabana 11:00 am-5:00 pm
26	27	28	29	30	31	1
Cabana 11:00 am-5:00 pm  Kids Climb Time 11:00 pm-1:00 pm  Belay Certification Class 3:00 pm-5:00 pm	Camp 9:00 am-4:00 pm  Memorial Day BBQ 11:00 am-7:00 pm  BCSA: Basketball 5:45 pm-6:45 pm & 5:45 pm-7:15 pm	Taco Tuesday 4:00 pm-9:00 pm  Spring League 7:00 pm-10:00 pm	BCSA: Basketball 5:45 pm-6:45 pm 5:45 pm-7:15 pm  Kids Night in the Restaurant 4:00 pm-9:00 pm	Pizza Pie Game Night 4:00 pm-9:00 pm  Trivia Night 6:30 pm	Family Fun Friday 4:00 pm-9:00 pm	



### Club Hours Of Operations

**Monday through Friday:**  
5:00 am-10:00 pm

**Saturday and Sunday:**  
7:00 am-9:00 pm

### Contact Customer Service:

Log into the APP → More Tab → Contact us

Here, you can submit requests regarding membership changes, billing questions, and modifying your Shared Membership roster.

### Change Your Payment Method:

Log into the APP → More Tab → Billing → Payment methods  
→ Select your payment method

Payments can be set up with a debit card or checking account with zero transactional fees, or a credit card with a 2.5% surcharge.