



# Club Life

May 2024 • San Francisco

## Your Summer Retreat

Where relaxation meets fitness and sports



### Club Highlights

#### Painting and Pinot

Learn to create your own masterpiece with a local artist while enjoying a glass of wine. All supplies provided and the event is open to guests. Email [BCSF@bayclubs.com](mailto:BCSF@bayclubs.com) to register.

#### Run Club

Join our run club to get ready for marathon and triathlon season! Check the class schedule for run times.

#### New Member Personal Training

New to the Bay Club? Schedule your complimentary personal training session and get set-up to crush your summer goals. Email [Mark.Ilarina@bayclubs.com](mailto:Mark.Ilarina@bayclubs.com) to register.



Shared Membership

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

Scan to add your squad.

# Hospitality & Family

## Wine Down Wednesday

Wednesday, May 1 | 5:30 pm-7:30 pm

Join us after power flow and gentle flow yoga for a glass of wine to get you through the mid-week slump.

## Bay to Breakers Kick-Off Party at Gateway

Sunday, May 19 | 6:00 am-9:00 am

Warm up for the race with our team! Join us bright and early to pre-game and stretch before the city's fun run.

## Summer Camp: Theme Weeks Now Live!

From Wizards to Treasure Hunts and Superhero Academy, make sure to get your camper enrolled in our camps. Interested in organizing a special pod of all your camper's friends? Email [Danielle.Palmer@bayclubs.com](mailto:Danielle.Palmer@bayclubs.com) to learn more.

## Memorial Day Adult Recess at Gateway

Monday, May 27 | 12:00 pm-4:00 pm

Kick off the summer months and enjoy some friendly competition with organized volleyball, dodgeball, ping pong and cornhole.

## Mother's Day Flowers and Chocolate

Sunday, May 12 | All Day

Stop by the lobby all day so we can show our appreciation for our Bay Club moms! Bring your mom to the club as a guest, on us!





# Sports & Fitness

## Cinco De Mayo Dance Social

Sunday, May 5 | 9:00 am-12:00 pm

Join us on the basketball court for back-to-back dance classes. Enroll on Connect.

## Complimentary Fitness Assessment

Get ready to crush your goals before summer! Schedule a complimentary fitness assessment with our fitness team to get set up with the best plan for you. Email [Kenny.Lorenzetti@bayclubs.com](mailto:Kenny.Lorenzetti@bayclubs.com) to get started.

## Swim Team Enrollment Now Open

Our group swim team workouts are designed to improve endurance and performance and can help your young swimmer perfect their stroke and technique. Spots open Monday-Friday. Enroll on Connect.

## Squash Lessons

Looking to step up your game? Book a private lesson or join a group lesson. Email [Pierra.Miller@bayclubs.com](mailto:Pierra.Miller@bayclubs.com) to learn more.

## Perform Better: Beach Body

Set up a personal training session and create new goals with new approaches. Pump up your body, throw on some sunscreen and get ready for summer! Email [Mark.Ilarina@bayclubs.com](mailto:Mark.Ilarina@bayclubs.com) to get started.

# May 2024

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Swim Team 5:00 pm-6:00 pm Wine Down Wednesday 5:30 pm-7:30 pm Recreational Basketball League 6:00 pm-9:00 pm	2 Swim Team 5:00 pm-6:00 pm	3 Swim Team 5:00 pm-6:00 pm Squash Round Robin 5:00 pm-9:00 pm	4 Open Basketball Run 9:00 am-12:00 pm
5 Cinco De Mayo Dance Social 9:00 am-1:00 pm	6 Swim Team 5:00 pm-6:00 pm Elite Basketball League 6:00 pm-9:00 pm	7 Swim Team 5:00 pm-6:00 pm	8 Swim Team 5:00 pm-6:00 pm Recreational Basketball League 6:00 pm-9:00 pm	9 Swim Team 5:00 pm-6:00 pm	10 Swim Team 5:00 pm-6:00 pm Squash Round Robin 5:00 pm-9:00 pm	11 Open Basketball Run 9:00 am-12:00 pm
12 Mothers Day Flowers and Chocolate All Day	13 Swim Team 5:00 pm-6:00 pm Elite Basketball League 6:00 pm-9:00 pm	14 Swim Team 5:00 pm-6:00 pm	15 Swim Team 5:00 pm-6:00 pm Recreational Basketball League 6:00 pm-9:00 pm	16 Swim Team 5:00 pm-6:00 pm	17 Swim Team 5:00 pm-6:00 pm Squash Round Robin 5:00 pm-9:00 pm	18 Open Basketball Run 9:00 am-12:00 pm Resort Ready Day: Gateway 12:00 pm- 3:00 pm
19 Bay to Breakers Kick-Off Party: Gateway 6:00 am-9:00 am	20 Swim Team 5:00 pm-6:00 pm Elite Basketball League 6:00 pm-9:00 pm	21 Swim Team 5:00 pm-6:00 pm	22 Swim Team 5:00 pm-6:00 pm Recreational Basketball League 6:00 pm-9:00 pm	23 Swim Team 5:00 pm-6:00 pm Painting and Pinot 5:00 pm-7:00 pm	24 Swim Team 5:00 pm-6:00 pm Squash Round Robin 5:00 pm-9:00 pm	25 Open Basketball Run 9:00 am-12:00 pm
26	27 Adult Recess: Gateway 12:00 pm-4:00 pm Swim Team 5:00 pm-6:00 pm	28 Swim Team 5:00 pm-6:00 pm	29 Swim Team 5:00 pm-6:00 pm Recreational Basketball League 6:00 pm-9:00 pm	30 Swim Team 5:00 pm-6:00 pm	31 Swim Team 5:00 pm-6:00 pm Squash Round Robin 5:00 pm-9:00 pm	1



### Club Hours

#### Monday through Thursday:

5:00 am-10:00 pm

#### Friday:

5:00 am-9:00 pm

#### Saturday and Sunday:

7:00 am-7:00 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.