

Summer Fun Awaits

Everything you need for an unforgettable summer.



Club Highlights

Recovery Packages

Experience next level wellness with a personal trainer Recovery Package including athletic stretching, Myofascial release, and more.

Host a Party

Make it an extra special birthday party for your kiddo by hosting it at The Clubhouse! Weekend afternoons are available.

Small Group Pilates Reformer Classes

Come join a small group Pilates Reformer session at El Segundo for only \$35 per class.



Shared Membership

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

Scan to add your squad.



Summer Camps

The perfect solution for keeping kids engaged and inspired all summer. Weekly camps and last-minute single-day options.

Hospitality & Family

Kids Night Out at El Segundo

Friday, July 12 | Nerf Battles Friday, July 19 | Summer Slime

Enjoy a Friday night out while your little ones enjoy all sorts of themed activities, bounce house play, and pizza! 5:00 pm-8:00 pm. Ages 2-10.

Family Swim at El Segundo

Saturdays | 1:00 pm-3:00 pm Sundays | 10:00 am-3:00 pm

Have some fun with the whole family this summer during swim time in our Family Pool. Sign up on Connect or email Family.BCES@bayclubs.com for more.

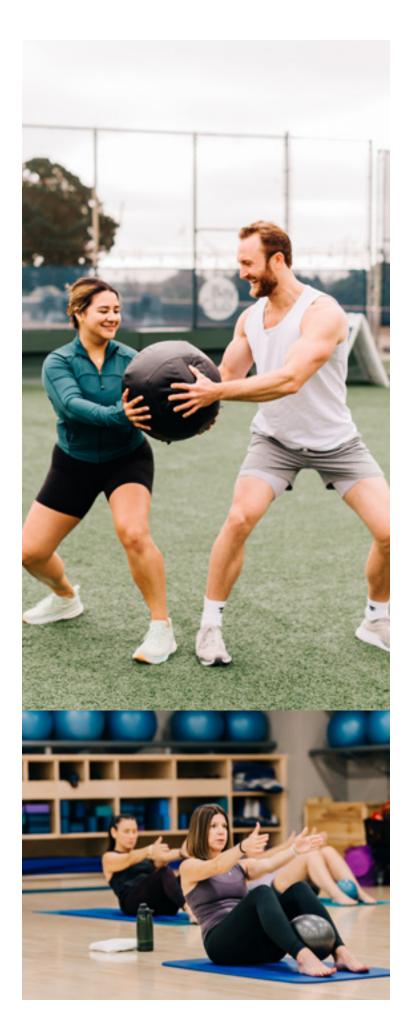
Shared Membership

Enjoy this summer to the fullest by adding up to 5 of your favorite people to your Bay Club membership.

Host a Party

Make it an extra special birthday party for your kiddo this year by hosting it at The Clubhouse! Weekend afternoons are available. Email Family.BCES@bayclubs.com to get the party started.





Sports & Fitness

Hot Summer HIIT at Redondo Beach

Monday, July 15 | 9:00 am

Work up a sweat with Betsy in this special HIIT class featuring Tabata-style quick bursts of cardio and blocks of strength training for every major muscle group. Plus treats after class!

Boxing Technique with Lerone McElrath at Santa Monica

Saturday, July 20 | 12:30 pm

Learn correct stance, breathing techniques, and proper form for the 4 basic punches. All levels welcome! Email Madeleine.Lewis@Bayclubs.com for more.

Pilates & Popsicles at Santa Monica

Saturday, July 6 | 11:00 am

Enjoy a summertime treat after this complimentary core strengthening and body lengthening Pilates mat class. Email Madeleine.Lewis@Bayclubs.com to enroll.

Strength Development at El Segundo

Mondays 8:30am | Thursdays 11:00 am

Join this 12-part series of progressive group workouts designed to build muscle, improve technique, and grow your confidence. All levels welcome.

Recovery Packages

at El Segundo & Redondo Beach

Recovery services with a personal trainer can help keep you on your A game and living discomfort-free. Packages include athletic stretching, Myofascial release, and more. Email: Garrett.Boyce@bayclubs.com for details.

July 2024

Calendar of Events

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30	1	2	3	4	5 Kids Night Out: El Segundo	Pilates & Popsicles: Santa Monica 11:00 am Family Swim 1:00 pm-3:00 pm Family Swim: El Segundo
Family Swim 10:00 am-3:00 pm Family Swim: El Segundo	7	8	9	10	11	Kids Night Out: Nerf Battles 5:00 pm-8:00 pm Kids Night Out: El Segundo	Family Swim 1:00 pm-3:00 pm Family Swim: El Segundo
Family Swim 10:00 am-3:00 pm Family Swim: El Segundo	14	Hot Summer HIIT: Redondo Beach 9:00 am	Boxing Technique with Lerone McElrath: Santa Monica 12:30 pm	17	18	Kids Night Out: Summer Slime 5:00 pm-8:00 pm Kids Night Out: El Segundo	Family Swim 1:00 pm-3:00 pm Family Swim: El Segundo
Family Swim 10:00 am-3:00 pm Family Swim: El Segundo	21	22	23	24	25	26 Kids Night Out: El Segundo	Family Swim 1:00 pm-3:00 pm Family Swim: El Segundo
Family Swim 10:00 am-3:00 pm Family Swim: El Segundo	28	29	30	31	1	2	3



Hours Of Operation

El Segundo

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

Santa Monica

Monday through Thursday: 6:00 am-9:00 pm **Friday:** 6:00 am-7:00 pm

Saturday and Sunday: 7:00 am-3:00 pm

Redondo Beach

Monday through Friday: 5:30 am-9:00 pm Saturday and Sunday: 7:00 am-7:00 pm

Membership Payments:

Members are billed on the 1st of each month. Payments are due before the last day of the month via Connect, bill pay, or by mailing a check to: The Bay Club Company, P.O. Box 511462, Los Angeles, CA 90051-8017.

Shared Memberships:

You can add a former member to your roster by submitting a Modify Shared Roster request under Contact Us on the Connect app. Please include the name, birth date, and email address of the person you would like to add.