



# Club Life

October 2024 • San Francisco

## Your purpose. Your place.

Come for what matters: fitness, focus, and family.



### Club Highlights

#### Gateway Trick or Treat

Enjoy music, games, and refreshments while showing off your costume during early trick-or-treating on October 26.

#### School Break Camps

Now open for registration! Keep your kids active during school breaks with our day camps, offering sports, creative activities, swimming, and more.

#### Fall & Winter Youth Sports

Enrollment is now open for tennis, pickleball, and aquatics programs at all levels! View them now on Connect.



#### Recovery Centers

Your complimentary amenity for restoring body and mind, boosting circulation, reducing inflammation, and more.

Scan to learn more.

# Hospitality & Family

## First Friday Member Social

Friday, October 4 | 5:00 pm–7:00 pm

Stop by Gateway and enjoy complimentary food and drinks as you meet and mingle with your fellow San Francisco Campus members.

## School Break Camps at Gateway

### Various Dates & Times

We've got the fun covered for your kiddos when school's out for Veterans Day, Indigenous Peoples Day, and Thanksgiving and Winter breaks. Enroll on Connect!

## USTA Potluck at South San Francisco

Sunday, October 6 | 3:00 pm–6:00 pm

Come cheer on your Bay Club USTA teams in their league match and enjoy a mini potluck with fellow members.

## Spooky Sound Bath

Saturday, October 26 | 1:00 pm–2:00 pm

Start your Halloweekend with a sound bath in the Mind Body Studio. Space is limited and open to members only. RSVP to [Danielle.Palmer@bayclubs.com](mailto:Danielle.Palmer@bayclubs.com) to secure your spot.

# Pumpkin Trick or Treat

Thursday, October 31 | All Day

Come to the San Francisco Club on Halloween to score some candy and find the hidden pumpkins to win prizes!



# Sports & Fitness

## Small Group Pilates at Financial District

### Various Dates & Times

Try our new Spring Board Pilates class with Teresa! This gentle yet effective class will tone muscles you didn't know you had, perfect for beginners. Email [Kevin.Wong@bayclubs.com](mailto:Kevin.Wong@bayclubs.com) for details.

## Recovery Workshop & Training Day

Monday, October 14 | 9:00 am-1:00 pm

Come explore everything our fitness team offers, from personal training to body work sessions. Email [Kenny.Lorenzetti@bayclubs.com](mailto:Kenny.Lorenzetti@bayclubs.com) to reserve your spot.

## Pickleball Tournament at Gateway

Sunday, October 20 | 9:00 am-6:00 pm

Join the fun at our Women's & Men's doubles or singles pickleball tournament. Email [Courtney.Patterson@bayclubs.com](mailto:Courtney.Patterson@bayclubs.com) to sign up.

## MLP Pickleball Tournament at South San Francisco

Saturday, October 26 | 9:00 am-6:00 pm

Grab your paddles and join our Men's and Women's mixed doubles or singles MLP Tournament at The Palace! Email [Courtney.Patterson@bayclubs.com](mailto:Courtney.Patterson@bayclubs.com) to sign up.



# Adult Swim Stroke School

## Various Dates & Times

Improve your stroke form and endurance in our small group swim lessons. Just \$40 for a 50-minute session! Email [Aquatics.SFCampus@bayclubs.com](mailto:Aquatics.SFCampus@bayclubs.com) to enroll.

# October 2024

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
		Swim School: Gateway 4:00 pm-6:00 pm	Pastries & Pickleball: South San Francisco 9:00 am-11:00 am  Swim School: Gateway 4:00 pm-6:00 pm  Recreational Basketball League: San Francisco 6:00 pm-9:00 pm	Swim School: Gateway 4:00 pm-6:00 pm	Swim School: Gateway 4:00 pm-6:00 pm  First Friday Member Social: Gateway 5:00 pm-7:00 pm	Swim School: Gateway 10:00 am-12:00 pm
6	7	8	9	10	11	12
USTA Potluck: South San Francisco 3:00 pm-6:00 pm	Swim School: Gateway 4:00 pm-6:00 pm  Elite Basketball League: San Francisco 6:00 pm-9:00 pm	Swim School: Gateway 4:00 pm-6:00 pm	Swim School: Gateway 4:00 pm-6:00 pm  Recreational Basketball League: San Francisco 6:00 pm-9:00 pm	Swim School: Gateway 4:00 pm-6:00 pm	Swim School: Gateway 4:00 pm-6:00 pm	Swim School: Gateway 10:00 am-12:00 pm
13	14	15	16	17	18	19
	Recovery Workshop & Training Day 9:00 am-1:00 pm  Indigenous Peoples Day Camp: Gateway 9:00 am-4:00 pm  Elite Basketball League: San Francisco 6:00 pm-9:00 pm	Swim School: Gateway 4:00 pm-6:00 pm	Pastries & Pickleball: South San Francisco 9:00 am-11:00 am  Swim School: Gateway 4:00 pm-6:00 pm  Recreational Basketball League: San Francisco 6:00 pm-9:00 pm	Swim School: Gateway 4:00 pm-6:00 pm	Swim School: Gateway 4:00 pm-6:00 pm	Swim School: Gateway 10:00 am-12:00 pm
20	21	22	23	24	25	26
Pickleball Tournament: Gateway 9:00 am-6:00 pm	Swim School: Gateway 4:00 pm-6:00 pm  Elite Basketball League: San Francisco 6:00 pm-9:00 pm	Swim School: Gateway 4:00 pm-6:00 pm	Swim School: Gateway 4:00 pm-6:00 pm  Recreational Basketball League: San Francisco 6:00 pm-9:00 pm	Swim School: Gateway 4:00 pm-6:00 pm	Swim School: Gateway 4:00 pm-6:00 pm	Pickleball Tournament: South San Francisco 9:00 am-6:00 pm  Spooky Sound Bath: San Francisco 1:00 pm-2:00 pm  Trick or Treat: Gateway 3:00 pm-6:00 pm
27	28	29	30	31	1	2
Pickleball Tournament: South San Francisco 9:00 am-6:00 pm	Swim School: Gateway 4:00 pm-6:00 pm  Elite Basketball League: San Francisco 6:00 pm-9:00 pm	Swim School: Gateway 4:00 pm-6:00 pm	Swim School: Gateway 4:00 pm-6:00 pm  Recreational Basketball League: San Francisco 6:00 pm-9:00 pm	Pumpkin Trick or Treat: San Francisco All Day  Swim School: Gateway 4:00 pm-6:00 pm		



### Hours of Operation

**San Francisco**  
**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

**South San Francisco**  
**Monday through Friday:** 8:00 am-8:00 pm  
**Saturday and Sunday:** 8:00 am-10:00 pm

**Gateway**  
**Monday through Friday:** 6:00 am-9:00 pm  
**Saturday and Sunday:** 7:00 am-8:00 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.