



Club Life

December 2024 • LA Campus



Your Season *to* Shine

Find joy in fitness, family
and festivities

Club Highlights

12 Days of Fitmas

This December, we're bringing you a festive lineup of dynamic workouts designed to energize your body and uplift your holiday spirit!

Youth Basketball Day Camp

Join us for two days of fun basketball training and instruction. For kids in 2nd grade-8th grade.

Self Defense Workshop: El Segundo

Empower. Protect. Thrive. Join us for a one-hour introduction to self-defense, designed to empower and teach practical techniques for staying safe.



Holiday
Happiness
Toy Drive



Now through December 20, bring a new, unwrapped toy to the Club or scan the QR code to donate online.

Hospitality & Family

Kids Night Out at El Segundo

Fridays | 5:00 pm-8:00 pm

Take a break while your kids enjoy themed activities, bounce house play, and pizza dinner at The Clubhouse! Don't miss our festive December themes, like gingerbread decorating, a grinchy scavenger hunt, and winter luminaries. Ages 2-12. Enroll on Connect.



Birthday Parties at The Clubhouse

Celebrate your kiddo's special day with a birthday party at The Clubhouse at El Segundo. Email Family.BCES@bayclubs.com for more details and to book your event.

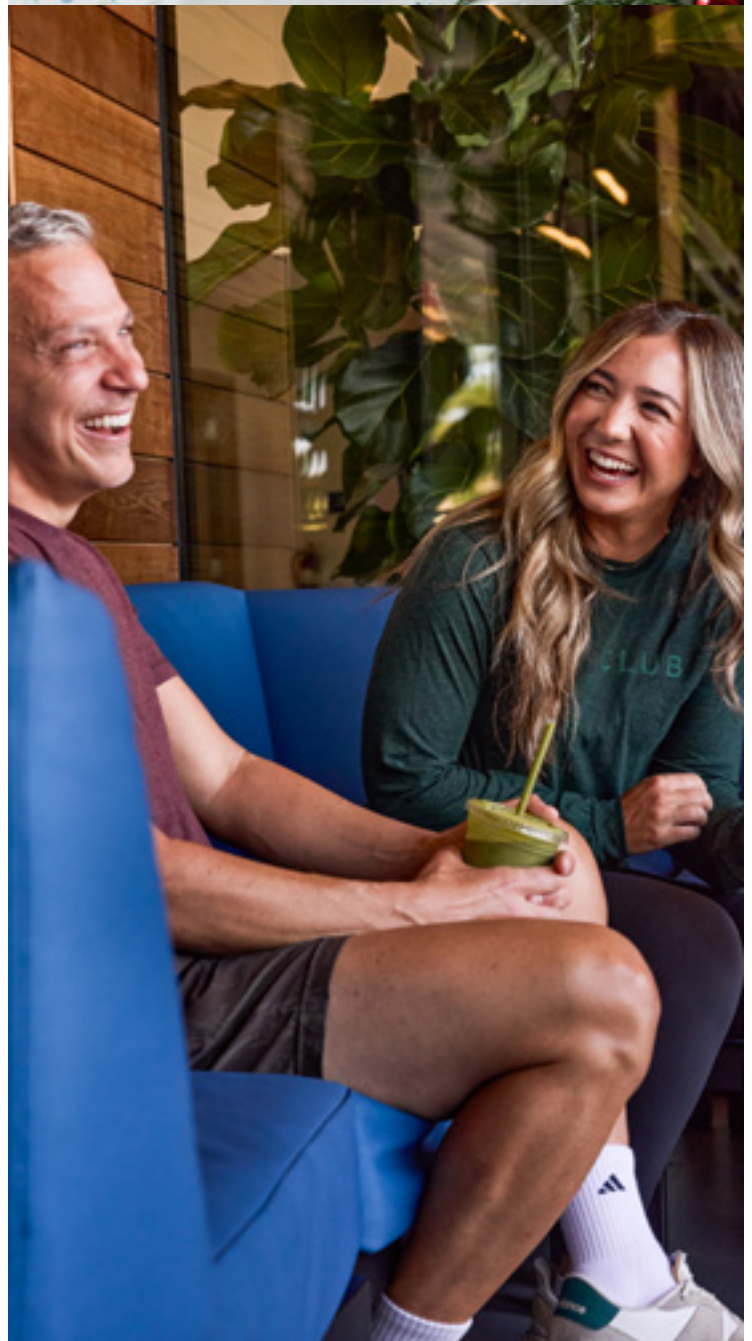
12 Days of Fitmas

Various dates & times

Get in the spirit of the season with festive workouts like Jingle Bell Rock 'n Ride, Candy Canes & Core, and more. Bring a new toy to donate in support of Toys for Tots and help spread holiday joy. Guests are welcome with a toy donation! Enroll on Connect.

Shared Membership

Celebrate and recharge together this holiday season. Add up to 5 people to your membership and enjoy fun classes and festivities at the Club!



Junior Guard Prep

Give your junior swimmer a head start on joining the 2025 Junior Guards with our prep sessions at El Segundo. We'll focus on strokes, endurance, and speed to help them succeed! Email Karrie.Kamiya@bayclubs.com for details.

Sports & Fitness

Private Swim Instruction

Join coaches at El Segundo for adult private lessons and take your swim skills to the next level. Whether you're a beginner or advanced, you'll learn something new! For ages 13 and up. Email Nikki.Murray@bayclubs.com to schedule.

Complimentary Self-Defense Workshop

Saturday December 7 | 8:30 am-9:30 am

Empower. Protect. Thrive. Join us for a one-hour introduction to self-defense, designed to empower and teach practical techniques for staying safe. Email Nikki.Murray@bayclubs.com to sign up.

Skills Studio Youth Basketball Clinics

December 8, 14, 15, 21, 22 | 12:00 pm-3:00 pm

Our clinics at El Segundo combine the fun and excitement of basketball within a studio atmosphere to encourage creativity and help young athletes grow. Ages 5-18. Enroll on Connect or email Lloyd.Cook@bayclubs.com for more info.

Indoor Pickleball Lessons

December 23, 30, & 31 | Various Times

Come join our small group lessons on the half basketball court for both beginners and intermediate pickleball players! \$40 for members, \$50 for non-members. Email Lloyd.Cook@bayclubs.com for more details.



Hypervolt & Stretch at Santa Monica

Say goodbye to muscle fatigue and revitalize your workouts with a 25-minute one-on-one Hypervolt percussive and stretch session. Our trainers will help relieve muscle knots, release tension, and increase flexibility.

December 2024

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Family Swim at El Segundo 10:00 am-3:00 pm	2	3	4	5	6 Kids Night Out Winter Luminaries: El Segundo	7 Family Swim at El Segundo 1:00 pm-3:00 pm Self Defense Workshop: El Segundo
8 Family Swim at El Segundo 10:00 am-3:00 pm	9	10	11	12	13 Kids Night Out Gingerbread Decorating: El Segundo	14 Toys for Tots MasterClass: Barre to the North Star 12:00 pm Family Swim at El Segundo 1:00 pm-3:00 pm
15 Family Swim at El Segundo 10:00 am-3:00 pm	16	17	18	19	20 Kids Night Out Grinchy Scavenger Hunt: El Segundo	21 Family Swim at El Segundo 1:00 pm-3:00 pm
22 Family Swim at El Segundo 10:00 am-3:00 pm	23 Indoor Pickleball Lessons Novice: El Segundo 7:00 am, 8:00 am, 11:00 am, 12:00 pm	24	25 Christmas Day Closed	26	27 Kids Night Out Foam Blaster Wars: El Segundo	28 Family Swim at El Segundo 1:00 pm-3:00 pm
29 Family Swim at El Segundo 10:00 am-3:00 pm	30 Indoor Pickleball Lessons Novice & Intermediate: El Segundo 7:00 am, 8:00 am, 11:00 am, 12:00 pm	31 Indoor Pickleball Lessons Novice & Intermediate: El Segundo 7:00 am, 8:00 am, 11:00 am, 12:00 pm	1	2	3	4



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.