



# Club Life

January 2025 • LA Campus

# BELONG *to something* BIGGER



## Club Highlights

### Birthday Parties

Host your kiddo's next birthday at The Clubhouse! Email [Family.BCES@bayclubs.com](mailto:Family.BCES@bayclubs.com) for details.

### Junior Guard Prep

Get ready to make Junior Guards this season with training in stroke refinement, endurance, and speed work.

### Winter Basketball League

Registration is now open for our 6-week league at El Segundo. All skill levels are welcome!



### Shared Membership

Add up to 5 people to your membership and team up to make 2025 your best year yet—together.

Scan to add your squad.

# Hospitality & Family

## Kids Night Out at El Segundo

Fridays | 5:00 pm-8:00 pm

Enjoy some time to yourself while your kids have fun at our themed events, featuring bounce house play, creative activities, and a pizza dinner. Ages 2-12. Enroll on Connect.

## Junior Guard Prep at El Segundo

Get ahead on training to make Junior Guards this season with stroke refinement, endurance, and speed training. For more info, email [Karrie.Kamiya@bayclubs.com](mailto:Karrie.Kamiya@bayclubs.com).

## Youth Basketball Winter Camp

January 2 & 3 | 9:00 am-3:00 pm

Ballers in grades 2-8 will enjoy a full day of drills, scrimmages, and a hot lunch in this Pro Skills camp. Cost: \$200 for members, \$225 for non-members. Register online at [proskillshoops.com/camp](http://proskillshoops.com/camp).

## Shared Membership

You and your friends have unique fitness goals, so your membership should reflect that. With Shared Membership, you can customize your crew. Add up to 5 others to your account, and team up to make it the best year yet.

## Self-Defense Course

Empower yourself with practical techniques in safety, awareness, and confidence in real-life situations. To enroll in the 6-week course or to drop-in, email [Nikki.Murray@bayclubs.com](mailto:Nikki.Murray@bayclubs.com).





# Sports & Fitness

## Free Intro to Pilates

Fridays | 12:00 pm

New to Pilates? Join us for a complimentary “Free Friday” class and discover the many benefits. Email [Nikki.Murray@bayclubs.com](mailto:Nikki.Murray@bayclubs.com) to reserve your spot.

## Stretching & Hypervolt Sessions

Boost your energy this year with personalized sessions that enhance flexibility, reduce stress, and improve overall well-being. Contact your Club’s Fitness Director to book your session.

## Resolution Ride at Redondo Beach

Wednesday, January 1 | 8:15 am

Pedal into 2025 with purpose. This energizing ride focuses on renewal, setting intentions, and embracing new beginnings. Start the year strong—register on Connect.

## Winter Basketball League at El Segundo

January 23–March 20 | 6:00 pm–10:00 pm

Registration is now open, and all skill levels are welcome! Expect competitive, high-energy games with 6 weeks of regular season followed by 3 weeks of playoffs. Email [Lloyd.Cook@bayclubs.com](mailto:Lloyd.Cook@bayclubs.com) to sign up.



## Get Fit for the New Year

Thursday, January 16 | 6:30 pm

Join Robert Rose for tips on optimizing your workouts, boosting strength, and staying consistent while making fitness fun. Sign up on Connect!

# January 2025

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Resolution Ride: Santa Monica 8:00 am-8:50 am Resolution Ride: Redondo Beach 8:15 am	2	3 Kids Night Out Winter Fun: El Segundo 5:00 am-8:00 pm	4 Family Swim: El Segundo 1:00 pm-3:00 pm
5 Family Swim: El Segundo 10:00 am-3:00 pm	6	7	8	9	10 Kids Night Out Snowball Batter: El Segundo 5:00 pm-8:00 pm	11 Skills Studio: El Segundo 12:00 pm-3:00 pm Family Swim: El Segundo 1:00 pm-3:00 pm
12 Family Swim: El Segundo 10:00 am-3:00 pm Skills Studio: El Segundo 12:00 pm-3:00 pm	13	14	15	16 Get Fit for the New Year: Redondo Beach	17 Kids Night Out Winter Science: El Segundo 5:00 pm-8:00 pm	18 Family Swim: El Segundo 1:00 pm-3:00 pm
19 Family Swim: El Segundo 10:00 am-3:00 pm Skills Studio: El Segundo 12:00 pm-3:00 pm	20	21	22	23	24 Kids Night Out Snowflake Cupcakes: El Segundo 5:00 pm-8:00 pm	25 Skills Studio: El Segundo 12:00 pm-3:00 pm Family Swim: El Segundo 1:00 pm-3:00 pm
26 Family Swim: El Segundo 10:00 am-3:00 pm Skills Studio: El Segundo 12:00 pm-3:00 pm	27	28	29 National Corn Chip Day: Santa Monica	30	31 Kids Night Out Laser Tag: El Segundo 5:00 pm-8:00 pm	1



### 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.