



# Club Life

March 2025 • Los Angeles



## Summer Camp Registration is Open!

The ultimate playground for kids to explore, connect, and have fun!

### Save 35%\*

Members always save 25% off all camp registrations, plus enjoy an extra 10% for limited time.

### Weekly Themes

New adventures every week - all summer long! From Hero Training to Under the Sea.

### Sports, Games, Art

A variety of activities and fresh ways to have fun, there's something for everyone ages 3-15.



Enroll  
Now

To view our full list of camp offerings and locations, visit [Connect](#). Non-members welcome.



# Hospitality & Family

## Aquatics Programming

Explore our wide range of swim programs for all ages and skill levels, from water safety to competitive swim teams. Find the option that will help you reach your goals and register today!

## Junior Guards Prep

Don't miss your last chance to sign up before the big test! Led by Coach Savage, this class focuses on technique, endurance, and speed to ensure you're ready for the challenge.

## Shared Membership

Sunny days are better together—share your spring by sharing your membership. Add up to 5 others to make the most of energizing group workouts, epic rallies, and all the ways to soak up the season with your squad!



## Kids Night Out

**Fridays | 5:00 pm-8:00 pm**

Every Friday at El Segundo, your kiddos can enjoy a fun evening of themed activities, bounce house play, and a pizza dinner at The Clubhouse. Ages 2-12. Sign up now on Connect.

# Sports & Fitness

## Triathlon Challenge at Redondo Beach

Sunday, March 16 | 11:30 am

Join us in this high-energy, cardio-intensive class that will push your endurance to the next level! Led by our expert trainer, Murat Kabil, you'll cycle through intervals on treadmills, rowers, and bikes, simulating the ultimate triathlon experience. Enroll on Connect.

## Beach Blast at Redondo Beach

Saturday, March 29 | 11:00 am

Join Bay Club trainers for a high-energy, full-body workout on the beach, combining strength, cardio, and beach fun to keep you moving and motivated. Enroll on Connect.

## Outdoor Running Bootcamp

Wednesdays | 4:00 pm

Join this complimentary bootcamp to boost endurance and running performance with Woodway treadmills and outdoor equipment. Perfect for runners and walkers of all levels. Sign up on Connect.

## Boxing Technique Clinic

Sunday, March 9  
12:00 pm–1:00 pm

Refine your boxing skills with expert trainer Lerone McElrath. This complimentary clinic covers footwork, defense, and precision punching to boost your form, speed, and performance. Enroll on Connect.



# March 2025

## Calendar of Events

| Sunday   | Monday | Tuesday | Wednesday  | Thursday | Friday  | Saturday  |
|--|--------|---------|--|----------|---|---|
| 23   | 24     | 25      | 26   | 27       | 28  | 1<br>Family Swim<br>1:00 pm-3:00 pm   |
| 2<br>Family Swim<br>10:00 am-3:00 pm   | 3      | 4       | 5<br>Running Bootcamp:<br>Redondo Beach<br>4:00 pm-5:00 pm | 6        | 7<br>Kids Night Out<br>Foam Wars: El Segundo<br>5:00 pm-8:00 pm       | 8<br>Women Who Lift<br>10:30 am-12:00 pm<br>Family Swim<br>1:00 pm-3:00 pm                                      |
| 9<br>Family Swim<br>10:00 am-3:00 pm<br>Boxing Clinic:<br>Redondo Beach<br>12:00 pm        | 10     | 11      | 12   | 13       | 14<br>Kids Night Out<br>Rhyme Time: El Segundo<br>5:00 pm-8:00 pm     | 15<br>Family Swim<br>1:00 pm-3:00 pm  |
| 16<br>Family Swim<br>10:00 am-3:00 pm<br>Triathlon Challenge:<br>Redondo Beach<br>11:30 am | 17     | 18      | 19   | 20       | 21<br>Kids Night Out<br>Monster Trucks: El Segundo<br>5:00 pm-8:00 pm | 22<br>Family Swim<br>1:00 pm-3:00 pm  |
| 23<br>Family Swim<br>10:00 am-3:00 pm  | 24     | 25      | 26   | 27       | 28  | 29<br>Kids Night Out<br>Video Races: El Segundo<br>5:00 pm-8:00 pm<br>Beach Blast:<br>Redondo Beach<br>11:00 am |
| 30   | 31     |         |  |          |   |   |



### 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.