



# Club Life

April 2025 • Los Angeles

A large photograph of an outdoor pickleball court at the Bay Club. Several people are playing on the court, which has a blue and green surface. In the background, there are palm trees and a modern building. A "Bay Club" logo is visible on the black fence surrounding the court.

## Serving Up Serious Fun

Grab a paddle, find your people.  
It's National Pickleball Month.

### Club Highlights

#### Sound-Off Treading

Join us for the ultimate treadmill pop-up class, where DJ beats guide you through an energizing, interval-based workout.

#### Back to Basics Strength Program

Build lean muscle and maximum strength in this structured program tailored for all skill levels.

#### Spring Basketball League

Get ready for an exciting season of competitive basketball at El Segundo—open to of all ages and skill levels!



Life is  
Better  
Shared

Share your love of pickleball and more with up to 7 others on one Shared Membership.

Scan to build your crew.

# Hospitality & Family

## Women's Wellness

**Saturday, April 5 | 11:30 am**

Join us for a complimentary clinic on supporting hormonal balance through lifestyle, nutrition, and wellness strategies. Plus, practical tips to stay energized at any stage of life. Sign up on Connect.

## Host an Event

Book our Clubhouse for your next party! Enjoy 2 hours of fun with up to 100 guests, bounce house, games, and more, plus party attendants to handle the details. Available Fridays after 4:00 pm and weekends.

## Shared Membership

The best experiences are the ones we share. Now, you can add up to 7 others on Shared Membership for a total of 8 on one account. Share your spring with your favorite people—more friends, more fun!

## Summer Camps

This is your last chance to secure a season of fun and adventure for your kiddos—and save 35%! Sign up on Connect by April 30 to lock in your savings on exciting theme weeks, sports, and more.

## Spring Break Camp

**April 14-21 | 9:00 am-4:00 pm**

Join us for an exciting Spring Break adventure at Manhattan Country Club! Embark on jungle safari with themed activities and outdoor challenges. Sign up on Connect.



# Sports & Fitness

## Improve Your Bench Press

**8-Week Program | 2 Sessions per Week**

Boost your bench strength in this 1:1 coaching program, featuring max effort and explosive speed days. Limited spots available. Contact Jaime Moreno at 310.525.8389.

## Junior Guard Prep Class

**Various Days & Times**

Led by Coach Savage, this class prepares swimmers for JG testing and summer program success, focusing on technique, endurance, and speed. Email [Karrie.Kamiya@bayclubs.com](mailto:Karrie.Kamiya@bayclubs.com) for details.

## Swim Team at El Segundo

**Practices Times Vary Based on Level**

Get evaluated by Coach Savage to join our Precompetitive or USA Swim Club Team, focusing on skills, teamwork, and success in and out of the pool. Email [Karrie.Kamiya@bayclubs.com](mailto:Karrie.Kamiya@bayclubs.com) for more info.



# Redondo Beach Blast

**Saturday, April 26 | 11:00 am**

Join us for a complimentary, high-energy, full-body workout on the beach! This session combines strength, cardio, and plenty of motivation to keep you moving. Sign up on Connect.

# April 2025

## Calendar of Events

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|--|---|---|---|---|---|--|
| 30   | 31  | 1   | 2   | 3   | 4   | 5<br>Women's Wellness -<br>Navigating Hormones:<br>Redondo Beach<br>11:30 am |
| 6  | 7   | 8   | 9   | 10  | 11  | 12   |
| 13<br>Sound-Off Treading Class:<br>Redondo Beach<br>11:00 am | 14<br>Spring Break Camp:<br>Manhattan Country Club<br>9:00 am-4:00 pm | 15<br>Spring Break Camp:<br>Manhattan Country Club<br>9:00 am-4:00 pm | 16<br>Spring Break Camp:<br>Manhattan Country Club<br>9:00 am-4:00 pm | 17<br>Spring Break Camp:<br>Manhattan Country Club<br>9:00 am-4:00 pm | 18<br>Spring Break Camp:<br>Manhattan Country Club<br>9:00 am-4:00 pm | 19   |
| 20   | 21<br>Spring Break Camp:<br>Manhattan Country Club<br>9:00 am-4:00 pm | 22  | 23  | 24  | 25  | 26<br>Beach Blast:<br>Redondo Beach<br>11:00 am                              |
| 27<br>Master Class Sound Bath:<br>Santa Monica<br>12:00 pm   | 28  | 29  | 30  | 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.