



# CLUB LIFE

MARCH 2023 • PORTLAND



## SPRING INTO WELLNESS

As we welcome the spring equinox this month, let's also welcome a renewed commitment to health. Spring into wellness with us and celebrate family, festivities, and fitness!

### CLUB HIGHLIGHTS

#### WOMEN'S STRENGTH CLASS

Saturday, March 4 | 9:00 am-10:15 am

Our Women's Strength EDGE Class will help you learn how to build strength and confidence and how to improve your form with Portland's elite female fitness trainers.

#### DATE NIGHT

Saturday, March 18 | 6:00 pm-9:00 pm

Enjoy a romantic evening with a special select menu in an adults-only restaurant.

#### SHAMROCK & ROLL

Friday, March 17 | 5:00 pm-7:00 pm

Come join us for some good ol' family fun on the courts with some inflatables!



#### JOIN OUR TEAM

Looking for a new and exciting career with a great company? We'd love for you to be a part of our Bay Club team!

Scan the QR Code to see our openings.



# SPRING BREAK CAMPS

**MONDAY, MARCH 27-FRIDAY, MARCH 31**

Let your kids spend Spring Break here at Bay Club! Activities include swimming, rock climbing, group games and crafts. Camp includes lunch and snacks. Sign up on Bay Club Connect.

## HOSPITALITY/FAMILY

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### **CRAFT WEDNESDAY: DESSERT & DESIGN II & III**

**Wednesday, March 1 and 8 | 5:00 pm-8:00 pm**

We're continuing our Craft Night series with this master calligrapher's workshop. Sign up at the Front Desk.

### **DATE NIGHT**

**Saturday, March 18 | 6:00 pm-9:00 pm**

Enjoy a romantic evening with a special select menu in an adults-only restaurant. Childcare options will be available. See Front Desk to book a reservation.

### **SHAMROCK & ROLL**

**Friday, March 17 | 5:00 pm-7:00 pm**

Come join us for some good ol' family fun on the courts with some inflatables! The restaurant will be open for Family Fun Friday and refreshments will be available on the courts as well.

### **CRAFT WEDNESDAY: PAINT & PINOT**

**Wednesday, March 22 | 6:00 pm-8:00 pm**

Get ready for Spring with our monthly Paint & Pinot series in the restaurant. Sip on a beverage and try your hand at painting a beautiful landscape. Guests are welcome! Sign up at the Front Desk.







## SPORTS/FITNESS

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### WOMEN'S STRENGTH CLASS

Saturday, March 4 | 9:00 am-10:15 am

Our Women's Strength EDGE Class will help you learn how to build strength and confidence and how to improve your form with Portland's elite female fitness trainers. Open to all skill levels. \$50. Sign up on Bay Club Connect.

### ELEVATE

Starts Monday, March 6

The latest edition of our 8-week program, ELEVATE, features 32 workouts and weekly one-on-one nutrition consultations, plus regular progress check-ins. Reach out to [David.Miller@bayclubs.com](mailto:David.Miller@bayclubs.com) for more information.

### EDGE | PERFORMANCE TRAINING

These high-energy fitness and training programs are designed to help you meet or exceed your performance goals. Tuesday and Thursday times have been changed to 11:30 am. Sign up on Bay Club Connect.

### BAY CLUB SPORTS ACADEMY: BASKETBALL

Mondays and Wednesdays  
5:45 pm-6:45 pm & 5:45 pm-7:15 pm

Our clinics are designed to improve your basketball skills at all levels of play, from beginner to advanced. Sign up on Bay Club Connect.

## BCSA: ROCK CLIMBING

TUESDAYS AND THURSDAYS  
5:30 PM-7:00 PM

In this sports academy clinic, you will improve your rock climbing, bouldering and balance each week with your friends. All skill levels are welcome. Sign up on Bay Club Connect.





# CALENDAR OF EVENTS

MARCH							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	29	30	31	1	2	3	4
			Craft Wednesday: Dessert & Design II 5:00 pm-8:00 pm  BCSA: Basketball 5:45 pm-6:45 pm & 5:45 pm-7:15 pm	BCSA: Rock Climbing 5:30 pm-7:00 pm  Game Night 6:00 pm-8:00 pm  Basketball League 7:00 pm-10:00 pm	BCSA: Rock Climbing 5:30 pm-7:00 pm  Game Night 6:00 pm-8:00 pm	Family Fun Friday: Minions: The Rise of Gru 5:00 pm-9:00 pm	Women's Strength Class 9:00 am-10:15 am
5	6	7	8	9	10	11	
Kids Climb Time 11:00 am-2:00 pm  Belay Certification Class 3:00 pm-5:00 pm	New Elevate Session Starts  BCSA: Basketball 5:45 pm-6:45 pm & 5:45 pm-7:15 pm	Taco Tuesday 5:00 pm-9:00 pm  BCSA: Rock Climbing 5:30 pm-7:00 pm  Basketball League 7:00 pm-10:00 pm	Craft Wednesday: Dessert & Design III 5:00 pm-8:00 pm  BCSA: Basketball 5:45 pm-6:45 pm & 5:45 pm-7:15 pm	BCSA: Rock Climbing 5:30 pm-7:00 pm  Game Night 6:00 pm-8:00 pm	Family Fun Friday: Flushed Away 5:00 pm-9:00 pm	EDGE   Performance Training 9:00 am-10:15 am	
12	13	14	15	16	17	18	
Kids Climb Time 11:00 am-2:00 pm  Belay Certification Class 3:00 pm-5:00 pm	BCSA: Basketball 5:45 pm-6:45 pm & 5:45 pm-7:15 pm	BCSA: Rock Climbing 5:30 pm-7:00 pm  Taco Tuesday 5:00 pm-9:00 pm  Basketball League 7:00 pm-10:00 pm	Envision Golf 5:30 pm  BCSA: Basketball 5:45 pm-6:45 pm & 5:45 pm-7:15 pm  Craft Wednesday: Sip & Stamp 6:00 pm-8:00 pm	BCSA: Rock Climbing 5:30 pm-7:00 pm  3rd Thursday 6:00 pm-8:00 pm	Shamrock & Roll 5:00 pm-7:00 pm  Family Fun Friday: Night at the Museum: Kahmunrah Rises Again 5:00 pm-9:00 pm	Date Night 6:00 pm-9:00 pm	
19	20	21	22	23	24	25	
Kids Climb Time 11:00 am-2:00 pm  Belay Certification Class 3:00 pm-5:00 pm	BCSA: Basketball 5:45 pm-6:45 pm & 5:45 pm-7:15 pm	Taco Tuesday 5:00 pm-9:00 pm  BCSA: Rock Climbing 5:30 pm-7:00 pm  Basketball League 7:00 pm-10:00 pm	BCSA: Basketball 5:45 pm-6:45 pm & 5:45 pm-7:15 pm  Craft Wednesday: Paint & Pinot 6:00 pm-8:00 pm	BCSA: Rock Climbing 5:30 pm-7:00 pm  Game Night 6:00 pm-8:00 pm	Family Fun Friday: Strange World 5:00 pm-9:00 pm	EDGE   Performance Training 9:00 am-10:15 am	
26	27	28	29	30	31	1	
Kids Climb Time 11:00 am-2:00 pm  Belay Certification Class 3:00 pm-5:00 pm	Spring Break Camp 9:00 am-4:00 pm	Spring Break Camp 9:00 am-4:00 pm  Taco Tuesday 5:00 pm-9:00 pm  Basketball League 7:00 pm-10:00 pm	Spring Break Camp 9:00 am-4:00 pm	Spring Break Camp 9:00 am-4:00 pm  Game Night 6:00 pm-8:00 pm	Spring Break Camp 9:00 am-4:00 pm  Wild for Wibit 4:00 pm-6:00 pm  Family Fun Friday: A Bug's Life 5:00 pm-9:00 pm		



## CLUB HOURS OF OPERATIONS

### Monday through Friday:

5:00 am-10:00 pm

### Saturday and Sunday:

7:00 am-9:00 pm

## Did you know you have two ways to make your monthly membership payments?

- Using a Card on File: Securely store your payment information and manually submit payments.
- Auto-Pay: The Club will have your balance automatically paid from your bank account.

## Need to change your payment information?

Login to Bay Club Connect under "Billing". It's easier than ever to stay on top of your billing and make your membership payments before the end of the month!