


# June 2024

## Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Clean the Bay Day, 9:00am - 12:00pm
2	3	4 Trivia Night, 5:30pm Guided Kayak Experience: Advanced Tour, Base Camp, 7:00pm-9:00pm	5 Nature Talk Campfire, Base Camp, 7:30pm	6 Kayak Skills Course, Base Camp, 8:30am-10:30am Ladies League Play Day, 9:00am American Legion Outing, 12:00pm	7 Yappy Hour, 5:00pm Member Clinic, 5:00pm 	8 One Day Member Guest, 9:00am Callaway Fitting Event, 10:00am-2:00pm
9 Cheeseburgers and Paradise Scramble, 3:00pm	10 VSGA One Day, 12:00pm	11 VSGA One Day, 10:00pm Guided Kayak Experience: Beginner Tour, Base Camp, 1:00pm-3:00pm	12 Shinrin-Yoku (Forest Bathing), Base Camp, 9:00am - 11:00am	13 Ladies League Guest Play Day, 9:00am	14	15 Guided Kayak Experience: Advanced Tour, Base Camp, 3:30pm-5:30pm
16 Sunday Afternoon Team Scramble, 3:00pm	17	18 Field Sketching: Plant Identification, 10:00am - 12:00pm	19 Preserve Owl Prowl, Base Camp, 7:30pm	20 Ladies League Away Day, 9:00am	21 Kayak Skills Course, Base Camp, 8:00am-10:00am	22 Talent Showcase, 5:00pm
23	24 Plein Air Painting, Base Camp, 2:00pm - 4:00pm	25 Music Bingo, 5:30pm	26 Guided Kayak Experience: Beginner Tour, Base Camp, 12:00pm-2:00pm	27 Ladies League Play Day, 9:00am	28 Tree of Life , 5:00pm	29 Bicycle Beer Flight, 2:00pm
30 Sunday Afternoon Team Scramble, 3:00pm						

\*\*All events, classes and hours are subject to change due to weather and other unforeseen circumstances. Updates for any changes will be in the Bay Creek app, as well as sent out via email.\*\*

### Hours of Operation

**Life Center**  
757-331-8730

Mon - Fri 6:30am - 8pm  
Sat - Sun 7am - 8pm

**Coach House Tavern**  
757-331-8630

Hours have been modified due to construction.

Mon - Closed  
Tues - 10am - 7pm  
Wed - 10am - 7pm  
Thurs - 10am - 8pm  
Fri 9am - 9pm (Food Service stops at 8pm)  
Sat 9am - 9pm (Food Service stops at 8pm)  
Sunday - 9am - 7pm

**Pro Shop**  
757-331-8620

Mon - Sun - 7am - 6pm



# June 2024

## Life Center Monthly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Spin & Strengthen - 7:30am Full Body Stretch - 9am Tabata - 10am	4 Spin - 6:30 am Tai-Chi - 8:30 am	5 Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	6 Tabata - 7am Spin - 6:30pm	7 Spin & Strengthen - 7:30am Full Body Stretch - 9am Basic Mat Pilates - 10am	8
9	10 Spin & Strengthen: 7:30am Full Body Stretch - 9am Tabata - 10am	11 Spin - 6:30 am Tai-Chi - 8:30 am Water Aerobics - 10:30 am	12 Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	13 Tabata - 7am Step Aerobics - 10:30am Water Aerobics - 10:30am Spin - 6:30pm	14 Spin & Strengthen - 7:30am Full Body Stretch - 9am Basic Mat Pilates - 10am Water Aerobics - 11:30am	15
16	17 Spin & Strengthen - 7:30am Full Body Stretch - 9am Tabata - 10am	18 Spin - 6:30 am Tai-Chi - 8:30 am Water Aerobics - 10:30 am	19 Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	20 Tabata - 7am Step Aerobics - 10:30am Water Aerobics - 10:30am Spin - 6:30pm	21 Spin & Strengthen - 7:30am Full Body Stretch - 9am Basic Mat Pilates - 10am Water Aerobics - 11:30am	22
23	24 Spin & Strengthen - 7:30am Full Body Stretch - 9am Tabata - 10am	25 Spin - 6:30 am Tai-Chi - 8:30 am Water Aerobics - 10:30 am	26 Full Body Stretch - 9am Tabata- 10am Basic Mat Pilates - 11am	27 Tabata - 7am Step Aerobics - 10:30am Water Aerobics - 10:30am Spin - 6:30pm	28 Spin & Strengthen - 7:30am Full Body Stretch - 9am Basic Mat Pilates - 10am Water Aerobics - 11:30am	29
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