

THE BAY CREEK INSIDER

Monthly Member Newsletter

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CLASS & EVENT CANCELLATION POLICY

We have had tremendous success with class and event sign-ups through the Bay Creek mobile application! Due to continued event popularity, a cancellation policy is being introduced to ensure that all members have a fair opportunity to sign up for desired classes and events. For fitness classes, please cancel with at least 24 hours' notice. Last minute cancellations will incur a \$5 fee. For food & beverage and other events, please cancel with at least 72 hours' notice, or the full amount of the event will be incurred. Thank you for your understanding.



STAY UP TO DATE WITH EVERYTHING HAPPENING AT BAY CREEK. GET THE BAY CREEK APP TODAY. NOW AVAILABLE FOR DOWNLOAD ON





Dear Bay Creek Members,

We are excited to be kicking off the Coach House expansion and renovation project! The new metal cart building that you see being erected, just behind the existing green metal cart building, will be completed in April. The expanded cart storage area will then allow us to start renovating the existing cart storage area that we have inside the brick Coach House building – the section of the building that is to the left of the passageway from the parking lot. That section of the building will be renovated to include the pro shop (relocating from its current location to make room for new restaurant space), a Board Room and offices. We will keep you posted with updates as we get a better idea of the renovation schedule – it is still very difficult to nail down specific construction dates with the supply difficulties.

The Club has updated the Rules and Regulations and the Membership Plan with minor changes to keep current with Club policies. Those documents – and files that show what has changed (red-lined) from the previous versions – are now available for access in the App. You may also access the files by clicking here:

[Membership Documents](#). The 2022 Club Fee Schedules are also available in the App and at the link.

We will be changing the structure of our Fitness Classes starting on March 1st. We will have a complimentary Fitness Class every day under the direction of our Wellbeats video system. Classes that have a live instructor will cost \$5 per person starting on March 1st. We will offer an Annual Fitness Class Pass for \$400 for unlimited classes and that will eventually also allow for advance reservations into the fitness classes with live instructors. Please see the “Fitness Class FAQ’s” in the app – or speak with Jennifer Lewis at the Life Center for more information.

Since we are now a private club – we are going to discontinue the 15% member discount in the pro shop and for food and beverage purchases – there is no need to differentiate the menu prices or retail offerings in the pro shop when everyone is a member. We will have a new menu in the Tavern starting March 1 that will reflect the new pricing (prices adjusted accordingly without the 15% off calculated into the menu price) and Zach and his team have already been adjusting the pricing on the new merchandise arriving weekly as we get closer to season. The Blowout Sale on January 27th and 28th cleared much of our old inventory out so we are ready to start the season with fresh lines.

We hope to have an announcement soon to introduce Bay Creek’s new Club General Manager. The national search has been concluded and final details are being worked out – we are excited for the future direction of the Club!

Stay safe – and warm – and I will see you at the Club!

Rich Hohman, Troon Interim GM - Bay Creek

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1 Clubhouse Way

Cape Charles, VA 23310

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Email: rich.hohman@troon.com



Let's look at one such study, this study published in the PN insider issue #30.

How the studies worked

The researchers had volunteers train after two different conditions:

- **Mental fatigue:** The participants used social media apps on their phones for 30 minutes immediately before a workout. They were encouraged to stay continuously engaged on their platform of choice by reading, posting, and sending DMs.
- **Control:** This time the participants watched a documentary for 30 minutes. In one of the studies, they watched a show called Secrets of NASA on a 14-inch tablet. In the other, they saw videos about the Olympics on an 84-inch TV. They weren't allowed to bring their phones into the room in either study.

In one study, 16 young male lifters (average age: 21) did four sets of 10 reps of squats and bench presses after using social media or watching TV.

In the other, 16 men and women (average age: 24) did three sets of squats to failure with 80 percent of their 15-rep max.

What the studies found

In the first study, the young male lifters reported a higher rating of perceived exertion (RPE) when they used social media before their workouts.

They also estimated they had fewer reps in reserve after each set of squats and bench presses.

The men and women in the second study, who did three sets of squats to failure, did 15 percent fewer reps per set after using social media.

Neither study showed a difference between groups in power output or rep speed.

Taken together, the two studies show that mental fatigue can limit your clients' results in two important ways:

- There's a linear relationship between training volume and muscle hypertrophy.⁵ If someone feels mentally exhausted before they begin a workout, they'll probably do less total work.
- Even if they do the prescribed amount of work despite their mental fatigue, they'll remember the workout as being tougher than previous training sessions. Over time, it may be harder to find the motivation they need to push themselves.

Coaching Takeaways

1. Take these results with a grain of salt.

The researchers describe their social media protocol—30 unbroken minutes of reading, posting, and messaging—as “ecologically valid.”

That is, it's based on activities most people do regularly and voluntarily.

But the way many clients use social media may be a lot less intense. If a client spends a few minutes before a workout scrolling through their friends' updates and adding the occasional comment, it's hard to imagine a negative effect on their performance or results.

If, however, a client's glued to their phone for an extended period—or social media use leaves them mentally drained or amps up their anxiety—it could have a negative impact on athletic performance and/or mental health.

2. If you would like to get ideas on how to not get the Pre-Workout Mental Fatigue come see one of the Coaches here at the Life Center Fitness Club.

BEGINNER SPIN CLASSES

NOW AVAILABLE AT THE LIFE CENTER!

Have you always wanted to try Spin but were intimidated by the more advanced classes? Here is your chance to start from the beginning.

We have a new beginner spin class starting.

Saturday, February 12, 2022 at 8:00 am

Mark it on your calendars!



IS YOUR PHONE MESSING WITH YOUR WORKOUT?

Published by Precision Nutrition Insider Issue #30.

How many times have you been walking through the gym and see people talking or texting on their phone. This article is going to look at whether being on your phone prior to and during the workout is beneficial or detrimental to your actual training time.

It has been proven in many studies that mental fatigue will limit how well you will train. Let's think about why when your brain isn't well rested it can't train properly. When we train what exactly are we trying to accomplish. We are training our brain to send signals through our nervous system to recruit muscle fibers to contract so we can complete our aerobic, anaerobic or resistance training. If your brain is well rested, it will be able to send these signals for longer periods and with stronger signals. If it is not well rested these signals tend to be weaker and your training period will not last as long because your brain will not have the stamina to continue to send signals. Remember the brain must send signals to run the body too. Not just for your training.



GREENS INFO

All the nines will be open daily for the month of February. This month you may see some bunker work being done by the maintenance crew as they have started doing winter projects. Please play those bunkers as ground under repair. The maintenance crew is trying to free up and fix some drainage within those bunkers. You may also see some fairway drainage being addressed. The crew will be installing some French drains in an effort to dry up some historically wet areas.

The first tee time is 8:00am for the month of February as we are in our off-season shop hours. (7:00am to 5:00pm)

As COVID-19 restrictions have been lifted, we are asking everyone to pair together in carts. If you still feel you need an individual cart, you may, but you must pay for both riders. (\$31 for 18 holes). The golf staff thanks you in advance for your cooperation.

2022 MEMBER GOLF EVENTS SCHEDULE

With Spring right around the corner we want to make sure you have the key golf tournament dates for planning purposes. Please save the date for these events if you are interested. We are looking to put them on the app as soon as we can finalize all of the details, which should be in the next few weeks. Once they are on the app, you may then sign up. Please pay close attention to the maximum on some of the events. This being said, make sure you sign up early to ensure you spot. We are all looking forward to a great season in 2022. Please call the golf shop if you have any questions. 757.331.8620

FEBRUARY 2022

2/1 - NICKLAUS CUP REGISTRATION OPENS

MARCH 2022

3/13 - DAYLIGHT SAVINGS TIME

3/14 - 3/18 - AERATE THE PALMER GREENS
Palmer Front & Back Nine Closed

3/19 - ST PATRICK'S DAY SCRAMBLE
9 holes - Nicklaus Front

3/21 - 3/25 - AERATE THE NICKLAUS GREENS
Nicklaus Nine and Putting Green Closed

3/26 - BIG HOLE TOURNAMENT
18 Holes Palmer Course using 15-inch Holes

APRIL 2022

4/3 - SUNDAY MEMBER MIXER
4:00 Pm Shotgun Start - Palmer Front - 9 Holes Repeats every Sunday through October. (The nine they play will change from week to week)

4/9 - PLAY 'EM ALL
8:00 am Shotgun Start - All Three Nine

4/21 - LADIES LEAGUE OPENING BREAKFAST

4/22 - MEMBER GOLF CLINIC WITH ZACH PFINGST, PGA
5:00-6:00pm - Grip, Posture & Alignment

4/23 - MEMBER PAR 3 TOURNAMENT

MAY 2022

5/20 - MEMBER GOLF CLINIC WITH ZACH PFINGST, PGA
5:00-6:00pm - Iron Play

5/21 - SPRING MEMBER/MEMBER

5/31 - 6/3 - AERATE THE NICKLAUS GREENS
Nicklaus Nine and Putting Green Closed

JUNE 2022

6/6 - 6/10 - AERATE THE PALMER GREENS
Palmer Front & Back Nine Closed

6/10 - MEMBER GOLF CLINIC WITH ZACH PFINGST, PGA
5:00-6:00pm - Driving & Fairway Woods

6/18 - ONE DAY MEMBER GUEST

JULY 2022

7/2 - GLOW PUTT

7/9 - 7/10 - CLUB CHAMPIONSHIP

7/22 - MEMBER GOLF CLINIC WITH ZACH PFINGST, PGA
5:00-6:00pm - Putting

7/2 - CHEESEBURGER IN PARADISE TEAM SCRAMBLE

AUGUST 2022

8/18 - PINK BALL - CLUB FUNDRAISER

8/26 - MEMBER GOLF CLINIC WITH ZACH PFINGST, PGA
5:00-6:00pm - Short Game

SEPTEMBER 2022

9/6 - 9/9 - AERATE THE NICKLAUS GREENS
Nicklaus Nine and Putting Green Closed

9/12 - 9/16 - AERATE THE PALMER GREENS
Palmer Front & Back Nine Closed

9/29, 9/30, 10/1 - LEGENDS MEMBER GUEST

OCTOBER 2022

10/14 - MEMBER GOLF CLINIC WITH ZACH PFINGST, PGA
4:00-6:00pm - Playing Lesson

10/15 - FALL MEMBER/MEMBER

10/29 - HALLOWEEN TEAM SCRAMBLE

NOVEMBER 2022

11/6 - DAYLIGHT SAVINGS TIME

11/5 - 11/6 - KING & BEAR

11/24 - CLOSED THANKGIVING

DECEMBER 2022

12/3 - SNOWBALL TOURNAMENT & BALLOON SALE

12/25 - CLOSED CHRISTMAS



A LONG WINTER'S NIGHT

by Joe Fehrer

"Winter is a season of recovery and preparation." Paul Theroux

As I write this we've had an especially mild early winter, coming off a late fall of above average daily temperatures. Thus was the reason we observed a Rough Green Snake (*Opheodrys aestivus*) sunning itself as we took our annual Christmas day walk.

Many animals and almost all plants have evolved adaptations to allow them to survive the onset of cold weather. In plants, dormancy is the norm; the period of time in which the plants growth is arrested. This strategy can be activated by the plants biological clock which slows growth activity and prepares the plants soft tissue for freezing temperatures. It can also be triggered by decreasing temperatures, a shortening of daylight and/or a reduction in rainfall. Seeds can also "go dormant," sometimes for centuries until the right environmental conditions allow for germination. This is technically "seed coat or external dormancy" and not a true form of dormancy.

Hibernation is a term we're all familiar with but it too has its caveats; an animal can enter either predictive or consequential hibernation. Some animals like chipmunks, raccoons, skunks and bears reduce their activity by slowing their metabolism and sleeping for long periods of time. This is known as semi-hibernation and may last for days or weeks, and in the case of bears, months at a time, only to emerge for food, or on unusually warm days. These animals gorge themselves in the late summer and early fall, building up a thick layer of body fat that is "burned" during hibernation to provide a measure of heat and energy. The only true mammal hibernator we have on the lower shore are groundhogs; they're able to reduce their heart rate and body temperature and spend months in their burrows depending on the temperature. Bats are also long period hibernators like groundhogs, but we don't generally see hibernaculum here on the lower shore. During hibernation, animals go through many physiological changes such as a decreased heart rate, up to 95% in some animals, a decreased body temperature and periodic shivering to generate internal heat.

As an aside, there is only one bird specie that "hibernates", the Common Poorwill (*Phalaenoptilus nuttallii*) found on the west coast from Canada to northern Mexico on dry stony slopes with little vegetation. The Poorwill goes into a torpor for weeks or months at a time during the winter, concealed in and among the rocky landscape in which it lives. Such an extended period of torpor is close to a state of hibernation and is unknown among other birds.

Reptiles go through a period of "brumation" which means they do not depend on stored fat like the hibernators but rather on a greatly reduced metabolic process. Some reptiles may feed more heavily prior to brumation but will refuse food as the temperature drops and can go for months without eating. When the weather turns cold the Box Turtles we find on the property will be tucked underground in relatively shallow burrows [of about four inches deep]. These turtles are also freeze tolerant, they're the largest vertebrate that can withstand icing of their internal organs, all-be-it for a short period of time. They neither eat nor breath while in brumation, any oxygen they need is absorbed through the skin.



Red-bellied Cooter [Purnell Pond area]

Photo credit: Joe Fehrer

The Red-bellied Cooters and Painted Turtles we see in and around the ponds bury themselves in mud at the bottom of the ponds during especially cold weather, absorbing oxygen in the same way. A few of the frog species found a little farther north on the Delmarva peninsula are even more incredible; Wood Frogs retreat deep into leaf litter to over-winter. In extreme cold, they utilize a sugary substance in their cells that acts as an anti-freeze, their heartbeat stops and they can literally become frozen solid, only to thaw and emerge as the weather warms in the spring.



Rough Green Snake [Christmas Day 2021]

Photo credit: Joe Fehrer

Back to the Rough Green Snake we encountered Christmas Day--these non-venomous insect eaters (good snakes to have) are active right up to the time adverse winter weather conditions set in. As the weather changes, they seek refuge in underground burrows that were dug prior to the onset of winter. There they enter a state of brumation emerging as the weather moderates, usually in April. Using the strategy of "consequential dormancy" though can be disastrous for localized populations, causing high mortality rates if cold weather sets in too suddenly before they can enter their brumation den.

In the cold months, most, but not all, insects also shut-down, in a process known as "diapause," which while somewhat similar to hibernation can occur in any stage of the insect's life cycle. Once an insect enters diapause, they will remain dormant until spring, even though the weather might be suitable for normal growth.

Scientists are still trying to understand how insects are able to essentially "turn themselves off" and still preserve their soft tissue and other material to "turn themselves on." When insects suspend their growth and development in the fall, their metabolic rate starts to drop, eventually reaching a point where very little to no oxygen is needed; this greatly reduces the need to burn stored carbohydrates and fat. Some insects use a complement of enzymes that allows them to accumulate polyhydric alcohols, molecules that help to lower their freezing point much like anti-freeze, and thus avoid freezing.

We have about 340 species of birds, most of them insect eaters, that migrate south in the fall, wintering in the tropical regions of Mexico, Central and South America and the Caribbean. These migrations vary in length, with some birds traveling hundreds to many thousands of miles yearly. This type of long distance migration works for the Monarch butterfly, too. Many of our "local" songbirds that overwinter here switch from an insect-rich diet to a seed-based diet in the cold winter months. The hawks, eagles and owls (our meat-eaters) will remain as long as enough prey is available.

Birds are unique in the animal kingdom because of their feathers, but it's our winter birds, from the smallest songbird to the largest waterfowl, that really shine this time of year. Over many millennium, the winter birds have adapted to the sometimes bone-chilling cold of the northern latitudes. Like all birds, they wear a suit of stiff but flexible contour feathers, the outer layer that covers a layer of fluffy and light downy feathers is their insulation.

On a few waterfowl walks, I've been asked how waterfowl can tolerate the near freezing water they float on. Besides a thick layer of body fat that helps further insulate the birds, they have adapted to these conditions rather well. Most birds have an oil or preening gland (uropygial gland) located near the base of their tail; secreted oil is rubbed over the feathers using the bill or beak. Without this oil creating a shield for the feathers, they would not be able to shed water or repel wind, and many of them would succumb to the elements. Waterfowl in particular can be seen preening frequently, as the need to maintain a high amount of oil in their feathers is critically important.

Our winter gulls, wading birds and waterfowl all have fleshy feet with little blood circulation making them less sensitive to the cold. Constricting their blood vessels reduces the amount of blood flow to the feet at low temperatures, important when standing in freezing water or on ice. Most ducks and winter gulls need to maintain a core body temperature of 104°F, however, the temperature of their feet may be just slightly above freezing, reducing their overall heat-loss. Other coping strategies include tucking one leg up against the body and sometimes tucking beaks or bills under a wing. You may also see birds sitting on the ground or on a stout limb, covering both legs with well fluffed up feathers.

I feel compelled to follow up regarding the mild weather I mentioned above; suffice to say the worldwide average temperatures have been ticking up during the past century, that data is beyond refute. The increase in average temperatures is, and will be, very problematic for those plant and animal species long adapted to oftentimes complex "connections" or inter-dependencies to what was the temperature norm. In fact, we're already seeing some "disconnects." As an example, the food supply many neo-tropical migratory birds rely on, namely the "hatch" of butterfly and moth larvae, is occurring earlier in the spring than the historical norms.

The problem is many of these song birds evolved with the photoperiod, the amount of daylight versus darkness which hasn't changed, using it as a cue for their migration. As food resources advance earlier in the spring with local warming, breeding is becoming more out of synchrony with the available food supply.

In a recent paper published by McGill University and The University of Canberra, researchers found, not surprisingly, that a species' "thermal tolerance" is linked to the climate where they live. They also found that cold tolerance evolved much faster than heat tolerance in almost all species studied. This is particularly true for endotherms (animals that generate metabolic heat to regulate their own body temperature, for example, mammals and birds) as compared to ectotherms (animals that regulate their body temperature using external heat sources, like reptiles, fishes and invertebrates) and plants.

The conclusion of the paper points towards the disparity between cold and heat tolerance based on an evolutionary barrier called an "attractor" beyond which further evolution is constrained or selected against. "This is very concerning because it suggests that the vast majority of species will not be able to adapt fast enough to survive the unprecedented rate of contemporary climate change," says co-author Joanne Bennett. According to the study, most species evolve heat tolerance more slowly than cold tolerance, and the level of heat they can acclimate to will have its limits, leaving them unable to adapt to rapid warming.

While winter and the wild mix of weather it can bring may not be your favorite season, it's still a wonderful time to get outside and explore. The Preserve and beach remain full of life...sometimes you just have to look a little harder.



CALL US OLD FASHIONED!

BOURBON TASTING

S O C I A L C O C K T A I L S T Y L E E V E N T

Our members and guests will be able to visit several tasting stations featuring different bourbons with food pairings. This is a social cocktail style event where everyone will be able to mingle.

\$100 PER PERSON

FEBRUARY 23RD, 6PM-8PM

The Coach House Tavern

RSVP in the Bay Creek App

Cancellation Policy - All reservations must be cancelled 72 hours prior to the event to avoid being charged the full cost of the event. If you need to cancel your reservation within the 72 hour window please contact the club to do so. Any no shows will be charged the full cost of the event.

Cocktail of Month PINK LEMONADE MARTINI

\$10 EACH

The Coach House Tavern will be featuring a Pink Lemonade Martini throughout the month. Join us and try one or more of these refreshing libations.



DINNER MENU

Valentine's 2022

\$65 per person - Choose 1 from each course

FIRST COURSE

Tomato Saffron PEI Mussels - fried cilantro, baguette
Chicken Cordon Bleu - prosciutto, boursin
*Tuna Tartare - avocado, caviar, pomme soufflé

SECOND COURSE

Strawberry Aglodge Salad-feta, candied pecan, shallot
Tomato Bisque-pumpkin seed, grilled cheese tuile
*Grilled Caesar-pumpernickel crouton, asiago, cured yolk

THIRD COURSE

*Filet Mignon-goat cheese mash, asparagus, demi
Chicken Carbonara-prosciutto, peas, bucatini, asiago
*Duck Breast-fingerling, cherry demi, carrot, watercress
*Scallops-brown butter polenta, roasted tomato, potato fontina cream, kale chips, salmon roe

FOURTH COURSE

NY Cheesecake - graham cracker crust, luxardo cherry
Chocolate Cluster Ice Cream
Choc'uterie-strawberry, truffle, macaron, shortbread, meringue, raspberry sorbet, basil

*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness



Wine of the Month

The Coach House Tavern wine feature for the month of February

Los Dos Cava Brut Rose- \$7 per glass or \$24 per bottle (on premise)

Like two dancers coming together to create the perfect routine, Los Dos celebrates the intricate steps in the dance of winemaking. It starts with the vine finding perfect partnership with the soil. With Los Dos Cava, the grapes are from family vineyards in the renowned D.O. Penedés. The rhythm of the dance changes when the winemaker steps in—carefully hand harvesting and aging the grapes on lees for 10 months resulting in a classic Cava that displays good acidity with some floral sweetness. Tasting Notes: Rose pink in color. Red florals and ripe red berry aromas with cherry, strawberry, and raspberry flavors with a medium structure.

Pairing Information

Good balance between the acidity and the fruit concentration. Serve with a delicious paella or fideua.



Perrin Nature du Rhone Rouge - \$7 per glass or \$24 per bottle

A beautiful 2018 vintage with great maturity. The nose reveals a beautiful expression of Grenache quite ripe without being tannic. Rich in the mouth, it offers a nice complexity with aromas of spices, garrigue, black currant and white pepper. Certified organic by Ecocert, Perrin Nature is not only an organic Côtes-du-Rhône but also a great wine. Using our experience in organic farming at Beaucastel (one of the first big estates to turn to organic farming 40 years ago), this wine is a beautiful expression of fruit with delicate and soft tannins.

Pairing Information

Goes well with Lamb, Beef, and Game (Deer, Venison)

Wine will also be available for take out (off premise) at a discounted price. \$17 per bottle.

WINTER FOLIAGE SCAVENGER HUNT

Bundle up and head outside to see what's still green

For the month of February

Collect photos of the following plant species

Trees

Loblolly pine (*Pinus taeda*)
American Holly (*Ilex opaca*)
Live Oak (*Quercus virginiana*)
Virginia Pine (*Pinus virginiana*)
Eastern Redcedar (*Juniperus virginiana*)
Sweetbay Magnolia (*Magnolia virginiana*)

Shrubs

Wax myrtle (*Myrica cerifera*)
Yaupon Holly (*Ilex vomitoria*)
Marsh Elder (*Baccharis halimifolia*)

Vines

Saw Greenbriar (*Smilax bona-nox*)
Bullbrier (*Smilax rotundifolia*)
Cross-Vine (*Bignonia capreolata*)

Helpful resources

<https://www.plantvirginiatives.org/plant-es-native>



Seek Mobile App

Identification guides in Life Center Library

Prizes will be awarded for complete submissions
before March 1

For helpful hints and to send submissions, email
Ranger Stan at sosmolenski@baycreeklife.com



MEMBER Wine Club

Port & Portugal

LIFE IS SHORT...EAT DESSERT FIRST

TUESDAY, FEBRUARY 08
5:30PM - 7:30PM

COST: \$35 PER PERSON
BAY CREEK LIFE CENTER LOUNGE

RSVP IN THE BAY CREEK APP FOR THIS POPULAR AND FUN CLUB

Cancellation Policy - All reservations must be cancelled 72 hours prior to the event to avoid being charged the full cost of the event. If you need to cancel your reservation within the 72 hour window please contact the club to do so. Any no shows will be charged the full cost of the event.



BBQ AND BREWS



Celebrity Dipper
David Brannon

JOIN BAY CREEK'S CELEBRITY DIPPER DAVID BRANNON

Friday, February 25th, 4pm - 8pm
Cape Charles Brewing Company

Benefitting Habitat for Humanity's Freezin' for a Reason

Please join us for an evening of brews, BBQ, and camaraderie as David prepares to take a chilly dip in the Chesapeake Bay for Habitat for Humanity's Freezin' for a Reason. 100% of ticket sales will be donated to the cause. Additionally, Preserve Homes & Neighborhoods will match donations up to \$10,000.

TICKET INFORMATION

\$25 for Adults | \$10 for Kids

Includes: Craft Beers • BBQ • Clam Chowder • Live Music

PURCHASE
TICKETS

February 2022

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Waterfowl Walk, meet at Base Camp 8:30am	2 Nicklaus Cup Registration Opens Walking Club Preserve Walk, 9:00am	3 Preserve Walk, meet at Base Camp 9:30am	4 Bonfire at the Life Center, 5:00pm	5 Themed Preserve Walk, meet at Base Camp, 1:30pm
6	7	8 Preserve Walk, meet at Base Camp 1:30pm Wine Club: Ports & Portugal at Life Center, 5:30pm	9 Walking Club Preserve Walk, 9:00am	10 Waterfowl and Birding Walk, meet at Base Camp 8:30am	11	12
13 Valentine's Day Craft at the Life Center, 2:00pm	14 Valentine's Day 	15 Waterfowl and Birding Walk, meet at Beach Entrance 8:30am	16 Walking Club Preserve Walk, 9:00am Full Moon Walk, meet at Base Camp 5:30pm	17 Preserve Walk, meet at Base Camp 1:30pm	18	19 Themed Preserve Walk, meet at Base Camp, 1:30pm
20	21	22 Beach Walk, meet at Beach Entrance 9:30am	23 Walking Club Preserve Walk, 9:00am Bourbon Tasting, 6:00pm	24 Waterfowl and Birding Walk, meet at Base Camp 8:30am	25	26 Freezin' for a Reason - 12pm
27	28					

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 - Sat 7am-7pm
Sun - 7am-4pm

Coach House Tavern
757-331-8630

Mon - Wed 9am-3pm,
(Bar Open Until 5pm)
Thurs - 9am-8pm
Prime Rib Night
Fri - Sat 8am-8pm
Sun (Brunch) - 8am-3pm
(Bar Open Until 5pm)

Pro Shop
757-331-8620

Mon - Sun - 7am-5pm



February 2022

Life Center Monthly Schedule

Sign up is required for all Water Aerobics, Spin, Yoga, Tabata and TRX classes due to equipment availability and COVID-19 spacing precautions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Spin w/Ashley - 6am Yoga w/Debra - 7:30am Weighted Kettle Core w/Jill - 10am	2 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	3 Spin w/Ashley - 6am Yoga w/Debra - 8am General TRX - 10am Tabata w/Austin - 5pm	4 Full Body Stretch w/Austin - 9am Basic Mat Pilates w/Jill - 10am	5 Tabata w/Austin - 10am General TRX - 11am Soft Yoga - 11:30am
6	7 Spin w/Ashley - 7am Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	8 Spin w/Ashley - 6am Yoga w/Debra - 7:30am Weighted Kettle Core w/Jill - 10am	9 General TRX - 10am Spin w/Ashley - 5pm Total Body Workout w/Jill - 11am	10 Spin w/Ashley - 6am Yoga w/Debra - 8am General TRX - 10am Tabata w/Austin - 5pm	11 Full Body Stretch w/Austin - 9am Basic Mat Pilates w/Jill - 10am	12 Beginner Spin - 8am Tabata w/Austin - 10am General TRX - 11am Soft Yoga - 11:30am
13	14 Spin w/Ashley - 7am Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	15 Spin w/Ashley - 6am Yoga w/Debra - 7:30am Weighted Kettle Core w/Jill - 10am	16 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	17 Spin w/Ashley - 6am Yoga w/Debra - 8am General TRX - 10am Tabata w/Austin - 5pm	18 Full Body Stretch w/Austin - 9am Basic Mat Pilates w/Jill - 10am	19 Tabata w/Austin - 10am General TRX - 11am Soft Yoga - 11:30am
20	21 Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	22 Weighted Kettle Core w/Jill - 10am	23 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	24 Spin w/Ashley - 6am General TRX - 10am Tabata w/Austin - 5pm	25 Full Body Stretch w/Austin - 9am Basic Mat Pilates w/Jill - 10am	26 Beginner Spin - 8am Tabata w/Austin - 10am General TRX - 11am
27	28 Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm					

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 - Sat 7am-7pm
Sun - 7am-4pm

Coach House Tavern
757-331-8630

Mon - Wed 9am-3pm,
(Bar Open Until 5pm)
Thurs - 9am-8pm
Prime Rib Night
Fri - Sat 8am-8pm
Sun (Brunch) - 8am-3pm
(Bar Open Until 5pm)

Pro Shop
757-331-8620

Mon - Sun - 7am-5pm

