

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

ATHLETIC CENTER

Your community connection to education and fitness.



December Newsletter

2023 Edition



Holiday Hours

December 22, 23 • 8:00 a.m. – 1:00 p.m.

December 24, Christmas Eve • *Club Closed*

December 25, Christmas Day • *Club Closed*

December 31, New Year's Eve • *Club Closed*

January 1, New Year's Day • 8:00 a.m. – 1:00 p.m.



CANADA COLLEGE
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Membership Hours

Monday - Friday

6:00 a.m. - 2:00 p.m.

4:00 p.m. - 8:30 p.m.

Pools close at 8:00 p.m.

Saturday

7:00 a.m. - 5:00 p.m.

Sunday

7:00 a.m. - 2:00 p.m.

Membership Hours

Monday - Friday

6:00 a.m. - 8:30 p.m.

Pools close at 8:00 p.m.

Saturday

7:00 a.m. - 5:00 p.m.

Sunday

7:00 a.m. - 2:00 p.m.

Contact Us

Phone: (650) 381-3575

Email: comfit.cc@smccd.edu

comfit.canadacollege.edu

Kinesiology & Wellness Building
Building 1
4200 Farm Hill Blvd.
Redwood City, CA 94061

Contact Us

Phone: (650) 378-7373

Email: sanmateoac@smccd.edu

comfit.smccd.edu

Health & Wellness Building
Building 5
1700 W. Hillsdale Blvd.
San Mateo, CA 94402

Parking fees will not be charged for the Fall 2023 and Spring 2024 semesters.

Front Desk News • Aquatics • Fitness News • Group Exercise • Membership
Endurance Training • Campus Lifestyle • Athletic Center Rules & Regulations



Editor's Note

WHAT'S NEW!

December 2023: *What's New?*

I read with interest that numerologists symbolized 2023 as the year of preparing and laying solid foundations for the future. Reflecting on this it seemed true. This was a year for many to give a momentary sigh of relief as COVID-19 was seen "in the rearview mirror," providing a much-needed pause from the stop-start and pivot-turns of interrupted normal daily routines in the pandemic era.

If 2023 was in fact, a year of laying solid foundations for the future, nowhere was this more evident than at fitness and Athletic Centers nationwide. According to The International Health Racquetball & Sports Association, as the pandemic entered the endemic stage, more Americans began thinking about starting to re-enter normal activity.

A growing awareness of the importance of physical and mental health and a need for personal connection in communities bolstered a return to the gym. Numerous individuals have voiced their fatigue with home workouts, digital fitness applications, and outdoor gyms. They yearn for the "life experience" and varied offerings that an Athletic Center provides, drawn to its creative and diverse programming.

Finally, in 2023 our planned daily activities were being maintained without interruption. Could any of us even dare to set a goal to improve our strength, speed and flexibility without an unwelcomed pause in our progress? The answer to that is, "Yes, we did!"

We sweated through regularly scheduled cycling classes, Masters Swim workouts, Bollywood classes and pickleball clinics. We pulled our way through TRX rooftop workouts and socialized and laughed with other parents bringing their kids to swim lessons and Bulldogs Youth Swim. We brought our friends and families to Showcase member-guest weekends and we smiled for the camera as we received gift bags for completing our 100th visit to the Athletic Center. 2023 became every individual's opportunity to set and maintain the foundations for improved commitment to physical, mental and emotional health.

This December, as we begin to move beyond the foundations for success we are reminded to accentuate our foundation with variety and to embrace our limitless potential for growth by adding and trying something new.

Welcome to the December 2023 "What's New," Edition, of the CSM-CAN Athletic Center newsletter. Our programming and facilities are always evolving and the team encourages you to join us on a journey of discovery!

UP FOR A CHALLENGE?

HOLIDAY HUSTLE

Front Desk News

Win a Winter Beanie! Join the fun of the Athletic Center's 2nd Annual Holiday Hustle!



As the festive holiday season approaches, it's time to embrace the Holiday Hustle, discover new activities and keep those fitness goals fresh, alive and well! The Athletic Centers are excited to announce our 2nd Annual

Holiday Hustle Fitness Challenge—a spirited way to stay active and energized throughout the holiday season.

What is the Holiday Hustle Fitness Challenge?

The Holiday Hustle is a fitness challenge designed to help keep you motivated during the holidays. This fun event will help you to discover new activities while maintaining your fitness momentum through **December 1–January 31, 2024**. The Holiday Hustle involves completing all 11-fitness activities on a stamp card (see below) and upon completion you will earn an Athletic Center winter beanie. Activity cards are available at both Athletic Centers' Front Desk!

[Review FAQ's here.](#)



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Front Desk News

Get Organized for the New Year & Spring Semester: Rent a Gym Locker Today!

It's the perfect time to prioritize your well-being with new organizational habits! To kickstart your journey to a healthier, more organized you, take advantage of our convenient gym locker rental service.

Why Rent a Gym Locker?

New Year, New You: Organization and routine are made easier when you don't have to re-plan and prepare your gym bag repeatedly. Start the New Year's resolutions early and buy yourself a locker rental. Gift yourself with the shower amenities only you use and place those with your newly purchased workout clothes. Recommending buying a rotation of 3 or 4 pairs of shorts and work out shirts and fitness shoes just for the gym. You will arrive to your workout sparking and leave in tip-top shape.

Effortless Convenience: Say goodbye to the hassle of carrying your gym gear around all day. A rented locker gives you the freedom to leave your essentials securely stored, ensuring you're always ready for a spontaneous workout or fitness class.

Focus on Fitness: A dedicated space for your workout gear means you're more likely to hit the gym regularly. It eliminates the excuse of not having your essentials on hand, helping you stay committed to your fitness goals.

Secure Storage: Our lockers are designed with your security in mind. Store your belongings worry-free while you focus on staying active, knowing that your valuables are protected.

How to Rent Your Locker

1. Choose Your Size: Select the locker number and size that best suits your needs. Whether you have just a gym bag or additional equipment, we have options for everyone!
2. Registration: Our friendly Front Desk staff will assist you in a quick and straightforward registration paperwork. Be sure that you receive a "locker reserved sticker" at the Front Desk and place it on your rented locker.

Athletic Center Member Monthly Rates

Locker Rooms		Fitness Floor
\$25	\$15	\$15
Large Lockers	Small Lockers	Small Lockers

Locker rentals are purchased at the Front Desk. Locks are also available for purchase.



CSM-AC Fitness

Try This Trendy Lower-Body Exercise for Glute Activation, Strength and Injury Prevention

Have you noticed this trend of everyone doing barbell hip thrusts? Athletes and personal trainer influencers have been singing their praises on utilizing hip thrusts in their workout routines. Traditional hip thrusts start on the mat with a barbell and the form is similar to squats and deadlifts but do not require standing. Hip thrusts are an effective and versatile lower-body exercise that should be implemented in your lower body routine. There are many different ways of performing the exercise with just your bodyweight, resistance bands, dumbbells, barbell, or a machine!

So, what is a hip thrust? The hip thrust is a lower-body exercise that primarily targets the glutes, hamstrings, and lower back muscles. It involves lifting the hips while in a seated position on the ground or using a bench for support. The movement requires the individual to drive through the heels, lifting the hips upward until the body forms a straight line from the shoulders to the knees, while keeping the upper back supported on a bench or stable surface. Gradually increase the load or resistance to help your progress.

What are the Benefits?

Glute Activation

Squats and lunges aren't the only go-to exercises for strong glutes. Hip thrusts intensely activates and strengthens the gluteal muscles, promoting better posture and reducing the risk of lower back pain.

Strength and Power

Athletes across various disciplines have incorporated hip thrusts into their routines to enhanced speed, agility and explosive power. This exercise contributes to improving athletic performance, allowing for strong hip extension and overall lower body strength.

Injury Prevention

Strengthening the posterior chain—the muscles on the backside of the body—plays a pivotal role in injury prevention. The hip thrust engages these muscles, offering stability and support to the lower back and knees, reducing the likelihood of strains or imbalances.

It is recommended to consult a personal trainer or fitness professional to ensure proper technique and form especially if you are new to the exercise.

Please contact Megan Pham phamm@smccd.edu to get started with your fitness journey!



CSM-AC Pilates

New Instructor Spotlight: Jessica Fernandez



Pilates at College of San Mateo Athletic Center welcomes Jessica Fernandez to the new Pilates instructor lineup. Hear about Jessica's training philosophy which speaks volumes about her professionalism and passion for the practice of Pilates:

"I love people and I love movement. For me, Pilates is taking care of someone's body through movements that matter.

As an athlete, I understand how to provide a goal appropriate, challenging class, offered with modifications yet designed to improve performances and help clients in a full-body workout. My education gives me the understanding of proper delivery of low impact movement combined with "level-appropriate" intensity.

Furthermore, my nursing skills and healthcare background give me the additional skills needed for me to deeply connect with CSM-Athletic Center Pilates clients and their needs. I excel in communicating modifications and adaptation, with the right exercises ensuring safety for all body types. My teaching style is creative and fun but also challenging placing focus on a client's goals with just a little bit of "French touch."

Joseph Pilates once said "Physical fitness is the first requisite for happiness." This is my favorite quote because movement makes people happier!"

Jessica's Certifications, Experience and Education include the following:

Certifications

- Balanced body comprehensive instructor (Apparatus, Mat and Reformer)
- CPR/AED first aid

Experience

- Pilates instructor – Since 2022
- Registered Nurse in rehabilitation and critical care – 2015-2022

Education

- BA, Nursing – Stell's Hospital (Paris, France), 2015
- Associate Degree in medical repatriation and air transport – Sorbonne University (Paris, France), 2017

Interests

Pilates, travels, hiking, volleyball, cooking and more than everything spending time with her daughter and husband.

To visit the Pilates Studio or for more info on Private or Group Pilates classes, please contact Sybille Draper at drapers@smccd.edu. Or fill out our [Pilates Interest Form](#).



CAN-AC Fitness

Looking Back on What's New!

As the end of the year approaches, the entire Fitness staff at the Cañada College Athletic Center would like to send out a huge **THANK YOU** to all our loyal members! Our staff is extremely honored to serve and provide you with exceptional service and exclusive fitness center offerings. Now is the perfect time to look back at this past year and reflect on our Fitness Department's new offerings.

Hyperice Massage Devices

Percussive therapy uses both pressure and vibration to help recover faster, and it works! The Athletic Center has been proud to offer three different percussive devices (gun, ball, and roller) that are available for members to check out daily by visiting our Fitness Desk. Check out of the devices are free of charge. For more information on the benefits of percussive therapy, members can also meet with one of our Certified Personal Trainers.

Fitness Clinics

Clinics are a fantastic way to learn new techniques and exercises to incorporate into any fitness routine. The group atmosphere helps encourage and motivate each participant as the clinics progress. One of our most well-received clinics of this past year was our inaugural Row Clinic, taught by one of our popular instructors, Geoff Caldwell. Participants of the Row Clinic learned how to use proper form, metrics, and a new way to workout—all while having a great time with each other! Be on the lookout for more clinics being offered in 2024 in our future newsletters!

Pickleball

The Pickleball community has expanded exponentially over this past year. This is no surprise, as our courts offer some of the best views the Bay Area has to offer. Programming for Picklers looking to expand their game has also increased through Group Classes, Private Lessons, Clinics, and Open Play scheduled court times.

Members are also encouraged to download the TeamReach app to join the Cañada Open Play group, which has 275 members and counting! Scan the QR code to join our growing pickleball community. When prompted to enter our group code, please enter **CAN2803**.



Team of Certified Personal Trainers

Our team of CPTs has tripled over the past year to a total of 12! These inspiring individuals have helped our members reach their goals and beyond by providing exceptional personalized programming, but most importantly, understanding. According to a study in the Journal of Sports Science and Medicine, "one-on-one personal training is an effective method for changing attitudes and thereby increasing the amount of physical activity. Secondly, it seems that using problem-solving techniques is of value for successful behavior change". Members of all fitness levels can start or improve their routines by [booking a Fitness Assessment](#) with one of our trainers. CAN-Athletic Center members can also reach out to the Fitness Operations Manager, Joe Moorbrink, at: moorbrinkj@smccd.edu.



CAN-AC Pickleball



Private Pickleball Lessons

Private pickleball lessons offer the perfect opportunity for players to receive individualized instruction and improve their skills on the court. During these one-on-one sessions, instructors can tailor their approach to meet your specific needs and provide personalized feedback. With the focused attention and guidance provided by private pickleball lessons, you can take your game to the next level and achieve greater success on the court.

Sessions are one hour. Packages expire within 10-weeks (2.5 months) after the date of the first session.

Contact Joe Moorbrink at moorbrinkj@smccd.edu or fill out our [Pickleball Private Lesson Interest Form](#) to sign-up for private lessons. Below are our offerings/packages of private lessons:

Pricing		
Individual Session	Single Session	\$110
	3-Pack	\$315
	5-Pack	\$525
	10-Pack	\$989
Small Group (2-4 people)	Single Session	\$132
	3-Pack	\$375
	5-Pack	\$600

December Progression Clinics

Join our seasonal Pickleball Progression Clinic offered this fall! A pickleball progression clinic is an excellent opportunity for players of all skill levels to improve their game and take their performance to the next level. In a progression clinic, experienced instructors provide comprehensive instruction on a range of advanced techniques, strategies, and tactics, as well as fitness and conditioning exercises to enhance physical performance.

Our themed clinics are the following:

Attack or Drop the 3rd Shot w/ Ed

Wednesday, December 6, 2023

9:00 a.m. - 11:00 a.m.

Various Types of Serves for Beginners, Advanced Beginners and Intermediates w/ Ed

Wednesday, December 20, 2023

9:00 a.m. - 11:00 a.m.

Turning Your Defense Into Offense w/ Peter

Saturday, December 23, 2023

9:00 a.m. - 11:00 a.m.

Clinics are \$50/each. Reserve your spot today as spots fill up fast! To reserve, please email Joe Moorbrink at moorbrinkj@smccd.edu.



Group Exercise Updates

Shaping the Future of Internal Wellness

As we look ahead to the New Year, fitness concepts continue to evolve beyond physical strength and appearance. Trending in 2024, the shift towards holistic health and wellness, encompassing mental, emotional and spiritual well-being, often referred to as internal health are becoming the foundation and framework of group fitness class programming.

This year, the Athletic Centers will offer more integrated classes that combine physical exercise with mindfulness and stress management. The goal is to provide a well-rounded approach to health that addresses the mind and body as one. Look out for the Athletic Centers' 2024 Group Exercise Schedules offering new classes and workshops supporting this positive trend.

Expansion of Services – Virtual & On-Demand Classes



CSM-Athletic Center, Group Exercise is excited to continue offering approx. 29 virtual/hybrid classes in the new year! With the return of many members to in-person classes, efforts are underway to improve the technology

of hybrid classes with NEAT Board large-screens.

This device has an in-camera capability to stream to participants at home while also providing the instructors an easily view of the participants working out virtually, without affecting the quality of the class for those attending in person.

In addition, project development is currently under way to begin cataloging the classes into an "On Demand Library." The rollout of this feature is slated for April 2024!

What does that mean to CSM-Athletic Center members?

You will be able to attend select classes virtually, (if your schedule limits in-person attendance). You will also be able to select, play and attend many of your favorite classes anytime of the day or night from the library selection. We look forward to providing updates!

Reiki – Incorporating the Old into the New (CAN-AC)

Learn how this natural healing application can make a difference to your daily routine of health and wellness.

Reiki, is a laying of hands combining healing energy work with traditions and technique thousands of years old. It is a method of natural healing based on the application of Universal Life Force Energy. It is believed to have originated in ancient Tibet, and was rediscovered by Dr. Mikao Usui of Japan in the late 1800s.

Universal Life Energy, or Ki, is the vital life force that makes and maintains the existence of everything, and allows for all action and reproduction. The practice of Reiki is the art and science of activating, directing and applying this natural Ki. Reiki therapy consciously focuses and balances this Ki energy within your entire being, allowing you to stay healthy or to heal yourself or others.

Reiki is described as "energy that knows what to do." It is defined as love and intelligence in itself. Reiki flows of its own accord to the parts of the body that need reminding of their wellness. It is effective in releasing blocked energy we have acquired in our bodies naturally and safely. It is both powerful and gentle, promoting unconditional love, caring, compassion, trust, goodwill, wholeness, peace and self-actualization. It reduces stress and relaxes the body to help the body recover, it energizes and uplifts, it helps bring your body, mind, and spirit into balance so you can begin to heal yourself. There is no area in life that Reiki cannot affect simply as a result of raising



Group Exercise Updates

Continued from "Reiki - Incorporating the Old into the New (CAN-AC)"

your vibrations. It is also professed to assist in bringing awareness to your goals and desires, helping guide them into manifested form.

In January 2024, Cañada College Athletic Center will **offer Reiki Attunement Course Certifications** starting with:

First Degree Reiki: In Reiki 1, the attunement itself can sometimes heal physical levels of distress. Your physical health can change for the better in the days, weeks and months following your attunement. In Reiki 1, you are encouraged to use Reiki on yourself.

Second Degree Reiki: Is available after you have completed First Degree, have been using it on yourself and others and would like to pursue a higher, more powerful level. It includes a second-degree attunement and teaches you to use powerful energy symbols for healing. These symbols allow you to access many different levels or dimensions of energy, including mental, emotional and spiritual healing. Specific techniques for distance healing are also taught.

Third Degree Reiki: Is the Teacher/Master level. This level requires your deep commitment to the integrity of the system and the integration of Reiki into your lifestyle. It gives you the complete science for activation of the First, Second, and Third Degrees. It contains advanced techniques in energy activation, balance, direction and modulation for healing, transformation, integration and inner illumination.

Free Reiki Seminar: Saturday December 2nd @ 1:00 p.m. "What is Reiki?"

Here you will learn more with an explanation of the benefits, attunement certifications and how Reiki healing can assist you on your personal journey. We look forward to sharing the Reiki philosophy and application, helping you to create healthier and balanced personal foundations for a prosperous 2024!

To sign-up for the Reiki workshop contact: Candi Cabrera at cabrerac@smccd.edu.

Intro to POP Pilates, December 14th & 21st (CSM-AC)

Join Kim Yee for this special, two session Intro to POP Pilates® workshop, December 14th and 21st, 10:30 a.m.– 11:30 a.m. You've heard of Mat Pilates and Pilates on the Reformer, but what is POP Pilates® all about?

POP Pilates® is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat! In a POP Pilates® class, you'll experience a mix of modern, upbeat, and classical Pilates exercises all set to an energizing playlist curated specifically by Kim for each class.



Group Exercise Updates

Continued from "Intro to POP Pilates, December 14th & 21st (CSM-AC)"

Each song track has a different focus, including total body opener, hundreds, crazy cardio, ab challenge, back work, flexibility and so much more! We mean it when we say no muscle is left untouched.

Class is best taken barefoot or with grippy socks and bringing your own yoga mat is encouraged as some standing tracks are better done on a traditional yoga mat vs. the cushy mats in the studio. *Note: POP Pilates on 12/14 and 12/21 will not be offered virtually.*

Holiday Schedule & Live Class Updates

Group Exercise will be operating on a **modified schedule, December 21st–January 2nd**. Check your Dashboard on [Empower M.E.](#) to stay up to date with Group Exercise cancellations and substitutions.

Please continue to make reservations for all Group Exercise classes so you can be alerted if there is a last-minute class change or cancellation.

GEX December Birthdays!

Sandy Frojelin, December 2nd
Sybille Draper, December 3rd
Candi Cabrera, December 10th

Amandeep Barboza, December 12th
Marie Kyla Perez, December 13th
Taissia Belozerova, December 19th
Nina Pineda, December 21st
David Cho, December 25th



Class Adjustments at CAN-AC



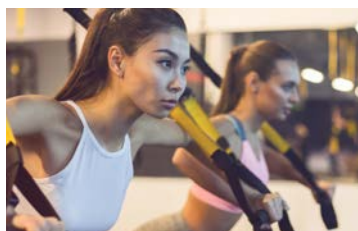
AquaFit with Liam

Mondays & Wednesdays
12:00 p.m.



Tabata with Karen

Thursdays • 8:00 a.m.



TRX with Karen

Thursdays • 9:00 a.m.

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Group Exercise Schedules

Did you know that College of San Mateo and Cañada College Athletic Centers combine to offer 150 complimentary Group Exercise classes each week? Embrace your passion to move, connect and be one with a community of like-minded members. Pick from a large selection of Group Exercise classes. Try something new or challenge yourself—**there's something here for you!** To reserve, please visit the [Empower M.E. member portal](#).



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comfit.canadacollege.edu/classes.html



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comfit.smccd.edu/group-exercise

CLICK TO SEE OUR CURRENT GROUP EXERCISE SCHEDULE

GEX "Rules of the Road" & Reminders

- *No Food or Drinks. Closed topped water bottles are great!*
- *Reservations are required for ALL Group Exercise classes at both Athletic Centers.*
- *Please arrive to class on time. Late arrival beyond 10 minutes is not recommended as proper warm-ups are necessary to ensure safe increases of intensity elevation.*
- *Please consider your courtesy towards others and the instructor, and keep talking to a minimum during instruction.*
- *Please check online for GEX changes and updates.*
- *Classes marked with *** are not offered virtually (CSM-AC only).*

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Endurance Training **NEW**

Introducing the Power-Based Cycling Program

Embark on a journey with [Head Coach Cesar Valera](#) to elevate your cycling experience with a new cutting-edge Power-based Cycling Class featuring upgraded power meter technology on our Spinning Bikes. We're thrilled to introduce this revolutionary technology and new CAN-Athletic Center program designed for cyclists with racing aspirations. Spinning enthusiasts aiming to elevate their fitness game will also find these inspiring classes a challenge that improve overall health, performance and endurance.

Cycling with power meters provides a precise and objective measure of effort. Unlike traditional metrics like speed or heart rate, power meters directly quantify the force applied to the pedals, offering an accurate representation of work output. This data enables cyclists to tailor their training intensity based on individual fitness levels, while tracking progress to specific performance goals. Additionally, power-based training allows for effective periodization, ensuring that workouts are strategically structured to enhance endurance, strength, and speed.

What Sets This Cycling Program Apart?

State-of-the-Art Power Meter Technology

The Spinning Bikes are now equipped with the latest power meter technology, providing you with accurate and real-time metrics to optimize your training.

Zwift Workouts

Our workouts on Tuesdays and Thursdays at 6:15 a.m. and Mondays and Thursdays at 6:30 p.m. are designed to engage and challenge you in a virtual cycling environment.

Zwift is an interactive online platform revolutionizing indoor cycling by merging it with a virtual world. Cyclists

can connect their bikes, immersing themselves in a dynamic, gamified experience where they ride through virtual landscapes, participate in races, and engage in structured training programs. The app utilizes real-time data from connected devices, including speed, power, and cadence, to simulate the outdoor cycling experience. Zwift has become an interactive on-line global community, allowing users to train with others in real-time, making indoor cycling both social and competitive. Learn more about Zwift [here](#).

Flexible Training Schedule

We understand the demands of your busy life. That's why our cycling sessions are strategically scheduled on both weekday mornings and evenings, with 75–90 minute rides.

Program Details

Days and Times

Mondays and Thursdays: 6:30 p.m.
Tuesdays and Thursdays: 6:15 a.m.

Monthly Investment

\$75 per month

Who Should Join

- **Cyclists with competitive racing goals:** Ranging from seasoned cyclists aiming for the podium to beginners with aspirations—our program caters to all racing enthusiasts.
- **Spinning Enthusiasts Seeking the Next Level:** Take the Spinning passion to new heights. Our program is crafted to challenge and enhance the fitness journey.

Ready to experience cycling in this effective new way? Join the CAN-Athletic Center Endurance Cycling Program and embrace a new era of training excellence. With upgraded power meter technology, Zwift-powered workouts, and a flexible schedule. Let's ride, stronger together.

For inquiries and registration, please contact Cesar Valera at valerac@smccd.edu.



Aquatics

Bulldogs Swim Club

Dear Swimmers and Families,

As we approach the end of 2023 and race towards the New Year of 2024, it's important to think about building an even stronger sense of mutual support within the Bulldogs Swim Club. This year, there has been an outstanding amount of growth, and there are more exciting ideas to keep the team spirit high and strengthen the bonds that have always connected the BSC pod.

Involving Team-Building fun activities that will bring the team closer such as relays combining different groups always get the swimmers revved up. Our 3:45 p.m. dryland (right before swim practice) includes both Silver and Silver advance groups. It's a fantastic way for swimmers to connect and boost morale. In the New Year, there are developing plans to get dryland for all groups and even a 'Create Healthy Habits,' portion for the swimmers.

On Fridays after practice, Gold swimmers are assisting with the lane-line switching to let the Master's program run their long course. It has become quite fun for the swimmers where they can apply their competitive efforts while working with the community members. Many swimmers feel great teamwork and it has become the highlight of practice.

As always, parents/guardians play a crucial role in creating a supportive environment for Bulldogs. In the

New Year, Coaches will be providing monthly individual program newsletters separately to swim families highlighting the BSC details per group, as well as frequent team zooms. Be on the lookout for this information!

In addition to frequent communication, upcoming events such as: calendars of monthly workouts per group, calendars and lists of swim meets by month, and events and clinics will be provided to families. A strong sense of community and team bonding are the essence of what it means for swimmers to succeed.

Bulldogs Swim Club is very important to the coaches. The growth for all families and swimmers is what we want to see in the short and long term. The growth already displayed from the swimmers since Coach Igor's arrival in 2021 is comparable to none. Thank you for allowing us this great honor to coach your swimmers.

Remember, we are not just teammates; we're a family. Let's make this season unforgettable!

Swim strong,
Igor Marchenko • marchekoi@smccd.edu



Interested in joining the Bulldogs Swim Club? Contact bulldogs.ss@smccd.edu or book a tryout through our [Calendy](#).



Aquatics

Bulldogs Swim School

As the year comes to an end, it is time to reflect on all the new achievements of the Bulldogs Swim School! As a reminder, the Swim School caters to youth aged 3-12, offering five different levels, named after all the different Bulldogs variations: Alonos, Continentals, Mammut, Mastiffs and Blue 1. This year the team saw a large increase of swimmers, breaking through to over 500 swimmers, a new record! As the Bulldogs Swim Family continues to grow in size and in skill, the team would like to extend warm wishes and gratitude to the community members for their support and involvement. The Bulldogs Swim School greatly appreciates the community and patrons for holding space in their lives in participation.

Growth has been at the forefront of the Bulldog’s Swim School’s agenda, and growth was delivered! The team has been working endlessly to provide quality lessons, fostering the love of swimming to the attending youth. This has been the year that the Swim School has seen the greatest progress, across the board. Children have been flowing into and upward through all the levels of Swim School, with most of the Bulldogs attendees now in the Mammut level. Beyond this, the team noted that a total of 17 kids have moved from the developmental swim program, Blue 1 to Blue 2, officially the start of the Bulldogs Swim Club. We are seeing incredible development and flourishing children in the pools!

The team is also happy to introduce the newest program for the **Bulldogs Swim School: Bulldogs Private Swim Lesson Program!** This has been something the team has worked hard on for the community, as multiple parents in the surrounding areas have expressed high interest. These lessons will be done with the Swim Instructor, Carlos Arteaga, with over 10 years of teaching experience. Carlos’ lessons will be focused on skill and stroke development, the following prerequisites are set for these private lessons:

- Must be water safe
- At least 6 years of age
- Comfortable swimming alone (instruction will be from the deck, but in water if needed)
- Can comfortably swim a 50-yard freestyle or completion of Bulldogs Swim School

Private lessons will be offered during the following:

Mondays: 1:00 p.m. – 8:00 p.m.
 Wednesdays: 1:00 p.m. – 8:00 p.m.
 Thursdays: 5:00 p.m. – 8:00 p.m.
 Fridays: 10:00 a.m. – 6:00 p.m.
 Saturdays: 9:00 a.m. – 5:00 p.m.

Please note these dates and times are subject to availability. Please feel free to reach out to the Bulldogs Swim School Team and Carlos for inquiries and registration for private swim lessons. The team can be reached at bulldogs.ss@smccd.edu and arteagac@smccd.edu.



Aquatics

Continued from "Bulldogs Swim School"

In addition to the growth of the swimmers in the Bulldogs Swim School, the employee-team has grown as well. The seasoned staff have welcomed the newcomers with open arms and we are blessed with plenty of new and smiling faces. The employees are both seasonal and year-round, attend CSM & CAN Colleges and come from locations all around the state!

The employee-team members who have joined the Bulldogs throughout this year include:

- Lily - Aquatics Front Desk
- Nikan - Aquatics Front Desk
- Nyla - Swim Instructor
- Gabriel - Swim Instructor
- Simone - Swim Instructor
- Jared - Swim Instructor
- Pedro - Swim Instructor
- Carlos - Swim Instructor

This caring group continues to express incredible professionalism and have shared that they are eager and happily willing to expand upon the new possibilities that 2024 will bring!



Interested in joining the Bulldogs Swim School? Enrollments accept students ages 3-12 years old. Contact bulldogs.ss@smccd.edu to get started or for job inquiries.

Colts Swim School

This has been an amazing year filled with growth and accomplishments. Colt's Swim School is grateful and joyous for all the swimmers who have joined the program and all the milestones that were achieved. A huge shout out to all the instructors and front desk who keep the program afloat, and all the amazing swimmers and their families who make the program worthwhile.

We have seen a tremendous amount of growth in our swimmers this year; from the many group swim students pushing past their limits consistently and graduating from their classes (Congratulations!), to our private lesson clients going from water novices to certified fish in months. We are all incredibly proud of all your swim accomplishments.

In the new year, we will be sending out a new monthly Colts Swim School Newsletter to all of our swimmers and their families! This newsletter will bring you updates on private instructor's schedules, new-up and coming news including program opportunities, pool closures and fun, interactive program sections for all ages.

We are excited to launch this new exclusive newsletter; it allows us to communicate effectively and engage with all of the lovely swimmers we see each day. Be on the lookout for the Colts Swim School Newsletter arriving in your inbox soon! Colts Swim School will continue to support everyone in their aquatics-journeys into the new year, and we invite everyone into the programs.



Aquatics

Continued from "Colts Swim School"

Always welcoming everyone with open arms to "test the waters," and check out the programs or "dive in" and begin lessons on the first day. Colts Swim School offers something for everyone.

Never considered swimming? Let's talk!

Swimming is a fantastic choice for New Year's resolutions for a variety of reasons! Here's why:

- **Comprehensive Workout:** Engages multiple muscle groups, burns calories, and supports weight loss.
- **Strength and Endurance:** Enhances overall strength and endurance, complementing diverse training regimens like boxing or running/cycling.
- **Low-Impact Exercise:** Minimizes strain on joints and muscles, reducing the risk of injury and allowing for long-term commitment.
- **All-Age Fitness:** Suitable for the young and older individuals, promoting sustained physical health without injury concerns.
- **Mental Well-Being:** Research indicates swimming movements contribute to improved mental health, emotional well-being, and provide stress relief.



The opportunities are boundless at Colts Swim School! Contact colts.ss@smccd.edu to get started in lessons or job inquiries.

Masters Swimming

As the San Mateo Masters continues to grow and flourish (290 swimmers between both Athletic Centers), we are constantly looking for ways to improve our swimmers'

overall experience. We are so fortunate to have four amazing coaches to help us achieve that goal as well as the unwavering support of the Athletic Centers Management team.

The Athletic Centers Masters Swimming team continues to provide the tools necessary for swimmers to improve their overall abilities. We currently send technique videos to all of our Masters members, so they can see what a perfect stroke looks like. Following that, there is Technique Sunday. This is the practical time, when swimmers can work with a coach on deck and to copy techniques they've learned on video. It has been a very popular class and it is exciting to continue this every Sunday.

The next goal is to start videotaping (by GoPro) the swimmers in the water in real time. The plan here? Masters will record out and underneath the water. This will give each swimmer an opportunity to see exactly what their stroke looks like; to assess the technique, and to talk with the coach directly afterwards, as they look at the video. It's an eye-opening and humbling experience to realize that we actually don't look like Michael Phelps or Katie Ledecky. But certainly, that is our goal!

We are also continuing our Long Course workouts on Saturdays. It's a whole different experience to swim a 50-meters course as opposed to a 25-yard course.

We are one of the few pools on the peninsula that provide long course training opportunity and our Masters swimmers never take it for granted.

Wishing you all safe holidays this month!

Coaches: Tom, Cesar, Kirk and Derek

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

ATHLETIC CENTER

Your community connection to education and fitness.



Membership

New Members Referral Program December 2023

The Athletic Centers continue to build a membership of new, enthusiastic like-minded individuals joining through the Membership Referral Program.

We encourage our current members to refer a friend, family member or work-colleague to join the Athletic Center. This provides the current member a chance to enter a drawing to win a 1-, 3- or 7-day guest pass with a value between \$30-\$210. To note: 3-day and 7-day guest passes are for consecutive days.

The new referred member will benefit too, with a \$50 discount referral on the new membership enrollment fee. Together we are building a wonderful community connection to education and fitness.

San Mateo County Public School K-12 Special Membership

We encourage the incredibly dedicated educators and public servants working for San Mateo County to keep a healthy work life balance and to practice self-care by taking advantage of the benefits of wellness and fitness

at the Athletic Centers at College of San Mateo and Cañada College. **Public school K-12 Faculty, Staff and Administrators** memberships receive special rates in appreciation of their dedication, service and hard work. Our way of thanking you for what you do! Pricing and information can found on page 20.

NEW in 2024 - Monthly Member Zoom "Fireside Chat"

The Athletic Centers Community is growing and we are so grateful to each of you for your support! In an effort to learn more about the students, faculty and community Athletic Center members, we will begin offering a Monthly informal Zoom Fireside Chat (more details in January).

Members will be sent an invitation to attend and to send questions or comments in advance. The Athletic Center team will then contact those members whose questions are selected and request them to share their experiences, questions or concerns.

While we will do our best to include everyone who is requesting participation in a specific monthly meeting, the group may be large, so if we are unable to get to your questions or concerns in the meeting, we will address these with you individually and offer the opportunity to chat in the next month's meeting. We are excited to bring the community together and look forward to seeing you!



Your Community Connection to Education & Fitness

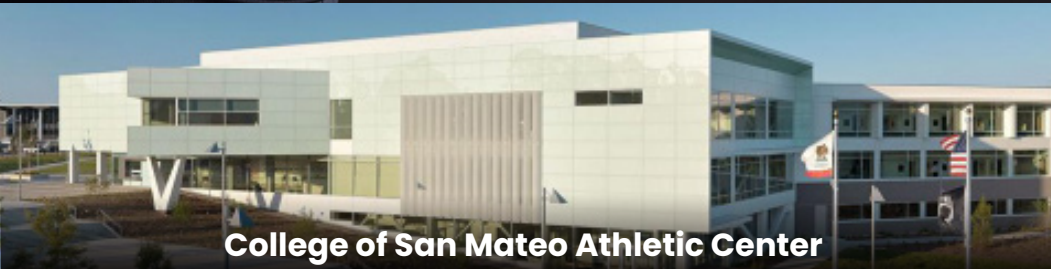
**Did you know there are 620 muscles in the body?
 You will after 7 days of this!**

Cañada College and College of San Mateo Athletic Centers welcome **San Mateo County Public School K-12 Teachers, Staff, and Administrators** to experience the joy of movement.



Scan the QR Code to request your guest pass!

Receive a 7-day* complimentary guest pass to experience Aquatics, Strength Training, Dance/Fitness Classes, Yoga, Pilates, Pickleball, Cycling and more. Receive **50% off** your enrollment fee when you sign up!



College of San Mateo Athletic Center

comfit.smccd.edu • sanmateoac@smccd.edu • (650) 378-7373



Cañada College Athletic Center

comfit.canadacollege.edu • comfit.cc@smccd.edu • (650) 381-3575

Faculty/Staff/Administrators

	Enrollment Fee	50% Discount	Monthly Single-Site	Monthly Dual-Site
Single	120	60	32.10	40.66
Duo	192	96	58.85	73.83
Family	264	132	80.25	100.58

Faculty/Staff/Administrators (Non-Prime-Time)

Limited access: M-F: 6 a.m. - 8:30 a.m. • 4 p.m. - Close • Weekends: no restrictions

	Enrollment Fee	50% Discount	Monthly Single-Site	Monthly Dual-Site
Single	60	30	12.84	16.05
Duo	96	48	25.68	33.17
Family	132	66	35.31	43.87

*7-day guest pass is valid for consecutive days only.



Become a Student Athletic Center Member

\$0 Enrollment

2 Complimentary Months
Your first 2 months on us!



Fit-for-FREE

Check-in at the Front Desk 15 times in one month and your dues for that month are FREE!

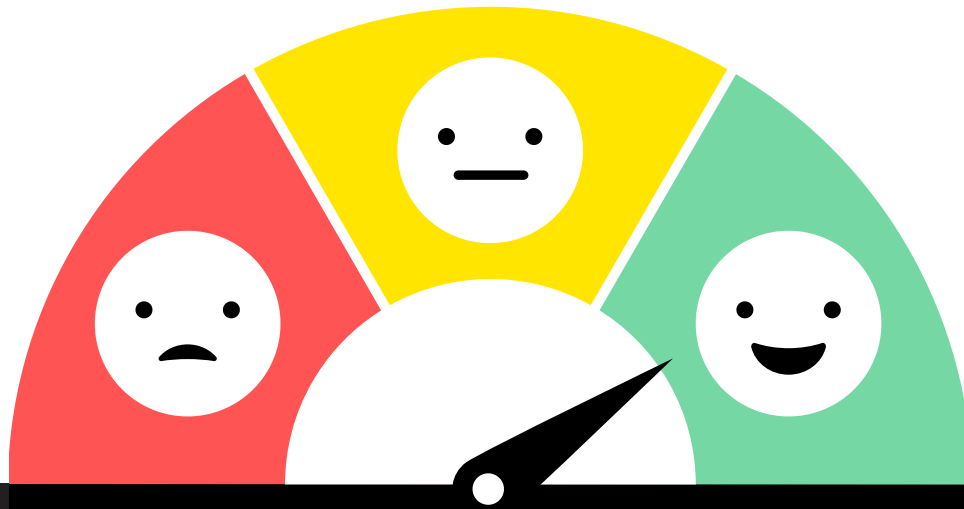
Membership

Special Student Offering – Fit-for-FREE

Cañada College and College of San Mateo Athletic Center are excited to provide accessible, high-quality gym services while being the bridge between education and fitness.

Are you a student in the San Mateo Community College District? The Athletic Centers have a special membership promotion just for you! If you are 18+ years old and registered in at least 6 units at any one college or combination of colleges within the San Mateo Community College District: Cañada College, College of San Mateo, and/or Skyline College, your enrollment fee is reduced to \$0, you receive two complimentary months of membership, and any month after is \$15 per month!

How could we sweeten this deal even more? Our **Fit-for-FREE program** encourages Student Select members to form consistent fitness habits and making your health and fitness goals a reality. Check-in at least 15 times in one month, a Student Select member's dues for that month are FREE!



TALK TO US!

NEW, NEW, NEW...We Hear You! Member Experience Response Form

We encourage you to share your insights, concerns and comments. Each month the Membership Teams will include the survey below. Simply scan the QR code with your mobile device or click [here](#) and reply, respond and comment about your member experience or perhaps share some wonderful suggestions to help us improve, implement and expand upon our customer service best practices!

We thank you and value your input.

**SHARE YOUR
EXPERIENCE**



IT'S NEVER TOO COLD FOR A COLTS SHAKE~!



PUMPKIN SPICE

seasonal special

PROTEIN SHAKE

**MADE WITH
INGREDIENTS YOU LOVE!**

Almond milk
Bananas
Vanilla whey
Pumpkin spice





order & pickup



College of San Mateo

 **Skyline College**


Cañada College

pacific-dining.com/csmcafe

pacific-dining.com/skylinecafe

pacific-dining.com/canadacafe

Student Dining now serving until 7:00 p.m.

Membership Rules

Guest Fees

We remind our guests that Guest Fees will be credited back to the purchase of a new membership. Individuals who first pay the fees and then join the Athletic Center afterwards will receive that credit at that time. Guests are encouraged at our locations and we look forward to meeting and sharing our facilities and programming.

Rules and Regulations

We encourage our members to support and adhere to the rules and regulations to assurances of best practices and ease of process for the benefit of showing caring to our college students, faculty and staff and community members.

Hours of Operation

1. Hours of Operation are posted on the SMCCD Community Fitness Website: College of San Mateo - comfit.smccd.edu and Cañada College - comfit.canadacollege.edu.
2. Holiday and Special event hours will be posted in advance of changes on the website.

Member/Guest Eligibility for Use

1. Only Members of the College of San Mateo Athletic Center / Canada College Athletic Center (SMCCD fitness and pool facilities at the college(s) of San Mateo and/or Cañada), herein referred to "SMCCD Community Fitness Members," in good financial standing will be able to use the facility or facilities. Single location membership or dual membership location designation-memberships must be purchased in advance and align with the membership on file for accessibility and use at either or both locations.
2. A one-day Guest Pass is available for members to purchase for their guest at a charge of \$30.
3. Local guests may only use the facility 1 time per month, local ID is required.
4. Out of town family guests, may use the facility up to 4 times monthly, out of town ID is required.
5. Guests must be accompanied by a current member while using the facility.

Enforcement of Rules

The SMCCD Community Fitness staff will protect the rights and privileges of rule-abiding members. Behavior deemed inappropriate by attending staff or management will be addressed with courtesy. Members who display intentional noncompliant behavior or actions affecting the safe operations of the facility to self or others will be asked to leave the fitness, exercise, or swim area to discuss corrections. Willful disruptions, (arguing and fighting) with members, staff or public safety will result in removal from the facility and may also result in the suspension of/or cancellation of the membership.

Rules

1. Use of the SMCCD Community Fitness Center(s) is restricted to students, faculty, and community members in good financial standing and/or attending academic instruction.
2. All Members and Guests must register at the Front Desk prior to using the center.
3. All Members wishing to use the SMCCD Community Fitness Center(s) are required to complete registry and enrollment paperwork, including Membership Application, Liability Waiver, Health History Questionnaire, and payment information for monthly member charges.
4. All Paid Member Services, including personal training, semi-private fitness training, Pilates, swim instruction etc. will be conducted by an SMCCD employee.
5. All persons using the SMCCD Fitness Center(s) do so at their own risk and agree to abide by the rules for use of the facility.
6. Members and Guests are responsible for their own personal property. The SMCCD Fitness Center(s) assumes no responsibility for any loss or damage to personal property.
7. The Family Membership has been created for family use together, with at least one parent or guardian working out with their child/children at that time, thusly children 15 to 17 should be in the company of the member parent or guardian during their workout. (An adult friend brother or acquaintance age 18 or older is not a replacement for the parent or guardian who has signed up to the Family Membership, with requirements to be with family during workouts).
8. Horseplay, profanity, and disruptive conduct are strictly prohibited.

Membership Rules

9. Proper workout fitness and sports attire must be worn when working out in the Fitness area or group exercise classes. Street clothes are not acceptable, and members will be asked to change clothing or leave the workout area if attire is not assuredly sport/fitness/yoga attire and with proper sports shoes. Examples of inappropriate dress include, torn clothing, cargo pants, bathing suits, flip flops, sandals, bare feet clothing with belts, buckle or made of denim etc.
10. Fitness equipment is required to be wiped down by each user after completion of each exercise.
11. Trash must be placed in containers provided for this purpose.
12. Food is not permitted inside the fitness or pool area.
13. Open speaker audio is not allowed on the fitness room floor.
14. Phone calls must be taken and/or made off the fitness room floor, outside, at the front desk area or Aquatics lobby. Members will be required to end phone call made in the fitness area, by attending staff or managers on duty.
15. The time limit on equipment is 30 minutes, when others are waiting.
16. Re-racking weights in proper order is a requirement at this facility. This location is a student teaching facility and weights are required to be replaced in their intended manner.
17. Cancellation policy on all paid services is 24 hours. Cancellations within 24 hours will incur the full charge of the service.
18. Locker room facilities are available for all members and their guests. Children 15-17 must be accompanied by their parent or guardian.
19. Member may not adjust lights, fans, temperature controls, yet may seek staff assistance.
20. No personal notices, advertising posters, distribution of personal or business or posting of non-approved SMCCD material is allowed at any time.

All persons using SMCCD Fitness Center(s) do so at their own risk and agree to abide by these rules for use of the facility.