

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

# ATHLETIC CENTER

*Your community connection to education and fitness.*



## February Newsletter

2024 Edition



**Feb. 16 & 19 – President's Day**

Normal Operational Hours



CANADA COLLEGE  
**ATHLETIC CENTER**

Your community connection to education and fitness.



COLLEGE OF SAN MATEO  
**ATHLETIC CENTER**

Your community connection to education and fitness.

## 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.

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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](mailto:comfit.cc@smccd.edu)

[comfit.canadacollege.edu](http://comfit.canadacollege.edu)

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

## Contact Us

Phone: (650) 378-7373

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

*Parking fees will not be charged for the Spring 2024 semester.*

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

# Editor's Note

## Cancer Prevention Month

Like so many reading this article who have personally experienced the challenges of a cancer diagnosis in self or a loved one, suffice to say, the experience changes the trajectory of one's life. The common thread of experiences peppered with existential, thought provoking moments and slow-motion "what-next" minutes, "second work-load weeks," long-distance travel, doctor's visits, testing, medical treatments, surgery and final outcomes are a denial wrapped in blurry memories, that quickly become laser-focused action plans. It is said "life changes in an instant," yet expanding on this statement, for the loved one facing cancer and the family and friends surrounding in support; the life-changing moments are a constant roller coaster of highs and lows and twists and turns.

A father who engineered and built electrical power stations, who could frame a house and who refused to pay for an oil change (preferred to do this task on his own), surely knew the difference between using a small nail for hanging a picture on the wall and a massive construction nail, used for securing a roof-shingle. Alas, the family witnessed the first symptoms of confusion, memory loss and blank stares. A roofing nail, not one, but many for hanging photos in his son's new home. The short story, a dementia or Alzheimer's diagnosis was not to be had. A brain cancer diagnosis took its place. The question from my dad to the doctor, "What if I don't get treatment?" The doctor's reply became one of many blurred moments to follow, "it is not expected that your body will survive past 16-weeks."

Thusly, I became an associated family statistic in the pool of over approximately 5,479 cancer diagnosed individuals each day, (given there are an estimated, approximate 2 million diagnoses every year in the United States). What was my action plan? Every other two weeks, for four months I would take a leave of absence from work to be with my Father. Lost work-income, flight expenses from California to the East Coast, time changes and family dynamics aside,

(like many reading this article); I stepped into a second work-role, supporting a mom, sister and brother, nieces and nephews while making sure the father I loved knew I would do anything to help him get well. The exceptional care at Penn State University's Neurology Department to mitigate, prayers and meditation just didn't lean towards a good post-surgical outcome. My father passed on his birthday, approximately 16 weeks after his initial diagnosis. What's true of my story? The truth is this story repeats for over 1600 U.S. families every day, who lose a family member to cancer.

While strides are being made in treatment and better positive outcomes, the benefits of cancer prevention are highly regarded as a best effort in decreasing the potential of cancer diagnosis. In the United States, 40% of cancer cases are associated with preventable risks. A 2022 American Association for Cancer Research - Cancer Progress Report shows that there are 15 types of cancer that have been linked to being overweight or obese, while several other types have been associated with physical inactivity. Among the reasons for increased cancers in younger populations, findings associate increasing incidences of obesity, decreased levels of physical activity and decreasing levels of sleep.

The February Athletic Centers Newsletter places a themed focus upon February's - Cancer Prevention Month. The Athletic Centers teams are honored to share summary findings to help you navigate best options to increase physical activity and to improve personal health in an effort to help lower the risk factors associated with cancer.



# Membership

## Feedback February

### CAN-CSM Athletic Centers Strategic Visioning Community Membership\* Forum

*\*Community members are non-student, non-faculty/staff members. (There will be future forums for students and faculty/staff members. Invitation to follow.)*

We welcome you to attend this public forum to share your visions, ideas and goals with the District leadership in the development of a strategic plan for Cañada College and College of San Mateo - Athletic Centers.

If you are a dual-site community member and wish to attend both events, please indicate dual attendance after clicking the RSVP Link below.

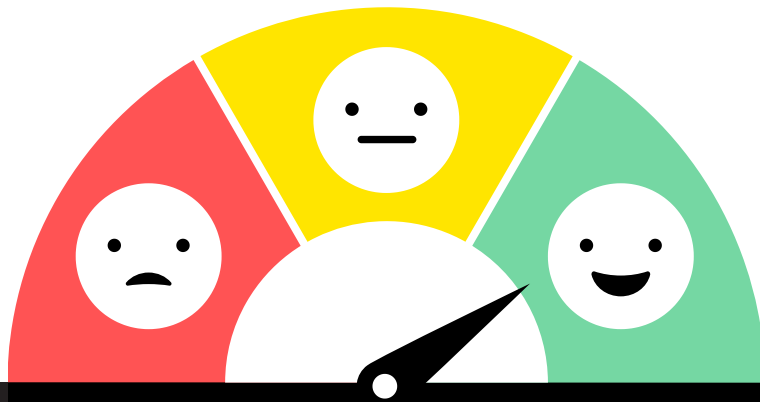
Cañada College and College of San Mateo - Athletic Centers under the direction of San Mateo County Community College District continue to see expanding membership growth. A result of this growth includes the development of a strategic plan based upon community, faculty, staff and student member input.

The continued collaborative efforts with the community members reflect the commitment to the District's efforts to make each Athletic Center "your community connection to education and fitness." The success of the Athletic Center developmental growth is unique in its hybrid approach to serving to the primacy of student academic and intercollegiate programs, followed by community members' needs, to improve quality of life through physical activity.

Specific complaints or concerns can be shared by referring to the survey on page 5.

Athletic Center	Meeting Location	Date	Time
Cañada College Athletic Center	Building 6, Room 601-602	February 20, 2024	5:30 p.m. - 7:00 p.m.
College of San Mateo Athletic Center	Building 5, Room 202	February 22, 2024	5:30 p.m. - 7:00 p.m.

RSVP for Feedback February: [bit.ly/ac-feedback-feb](https://bit.ly/ac-feedback-feb)



# TALK TO US!

## 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.

**FILL OUT OUR SURVEY**





# Membership

## New Members Referral Program February 2024

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 7.

## Ancillary Program Services Price Increase – Effective February 2024

Affected program services: Personal Training, Small Group Training, Pilates Training, Swim Schools and Private Swim Lessons. Please note, package pricing for affected program services will be increasing on **February 1, 2024**. Most program pricing levels have not increased for several years. See new pricing links below:

Cañada College Athletic Center  
[Personal Training](#) | [Small Group Training](#) | [Colts Swim School Youth Group Lessons](#) | [Colts Swim School Private Lessons](#)

College of San Mateo Athletic Center  
[Personal Training](#) | [Small Group Training](#) | [Pilates Training](#) | [Bulldogs Swim School Youth Group Lessons](#) | [Bulldogs Swim School Private Lessons](#)

These adjustments will allow the Athletic Centers to continue to pay and hire competitively while ensuring best-in-class service levels for our members and community. Thank you for the continued support!



# Your Community Connection to Education & Fitness

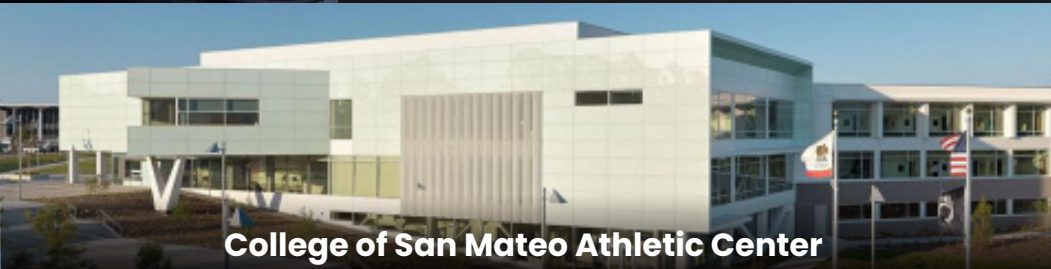
**Did you know there are 620 muscles in the body?  
 You will after 7 days of this!**

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](http://comfit.smccd.edu) • [sanmateoac@smccd.edu](mailto:sanmateoac@smccd.edu) • (650) 378-7373



**Cañada College Athletic Center**

[comfit.canadacollege.edu](http://comfit.canadacollege.edu) • [comfit.cc@smccd.edu](mailto: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.



# Aquatics

## THANK YOU – CSM Students & Athletic Center Members!

Welcome back to the students who have started the spring 2024 semester! It is both joyous and inspiring to see the commotion and contagious energy in the classroom hallways and on the pool decks.

This semester there are six scheduled academic classes and/or collegiate sports taking place at the College of San Mateo pools this semester, (making it one of busiest semesters in aquatics in CSM history)! With a high turnout in course enrollment and new swimmers on the CSM collegiate swim team, (yes, this has doubled since its return in 2023), the relationships between students and community members is at a level 10 on the friendship scale!

We thank all of the students, faculty/staff and community Athletic Center members who work in unison and caring to make the pools a safe, integrated and positive environment for all. Let’s celebrate together as we begin to put the colder, rainy winter days behind us and embrace CSM’s spring semester together!

With Gratitude,

Nina Pineda, Operations Manager of Aquatics

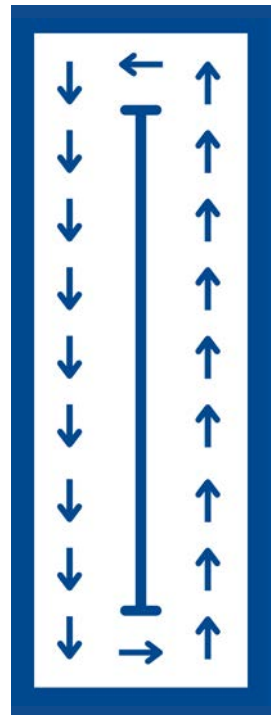
## CSM-AC: Saturday Long-Course

### Saturday Morning Swims Just Got Longer!

Starting Saturday, February 17, 2024 and every Saturday from 10:00 a.m. – 12:00 p.m., College of San Mateo Athletic Center will be adding long course lanes for members. This means that the 25 yard lanes will increase to 50 meters. This is an opportunity for seasoned swimmers to improve their skills.

**Please note: long-course in the Olympic pool at College of San Mateo will require lap swimmers to circle swim.**

Circle swimming refers to a swimming practice where multiple swimmers share a single lane by swimming in a circular pattern. This technique is commonly used in swimming pools to accommodate multiple-swimmers sharing a lane. The swimmers move in a counterclockwise (reference right image) direction within the lane. Please refer to page 10 for more details on circle swimming.







# Aquatics

*Continued from "CSM-AC: Saturday Long-Course"*

Circle swimming in a pool is a common practice to accommodate multiple swimmers in a single lane. Here are tips on how you can safely participate:

- **Choose the correct "swim level," lane:** Pick a swim lane that matches your swimming speed. Faster swimmers usually gravitate to the left lanes of the pool, while less experienced swimmers will stick to the right.
- **Notify your lane-mates before entering the water:** Always enter the water safely, keeping an eye on other swimmers in the lane. Notify and gesture your lane-mates, that you will be joining their lane!
- **Stay to the Right:** Swim on the right-hand side of the lane, similar to how you would drive on the road. This helps maintain a smooth flow of traffic.
- **Pass on the Left:** If you need to pass a slower swimmer, pass them on their left side. Make sure to check for oncoming swimmers before doing so and immediately move back to the right.
- **Communicate:** Use hand signals or verbal cues to communicate with other swimmers. A tap on the foot or a gentle touch can signal that you want to pass.
- **Maintain a Constant Pace:** Try to swim at a consistent speed to avoid collisions or disruptions in the flow of the lane.
- **Respect Others:** Be courteous to fellow swimmers. If you need to rest, move to the corners of the lane to allow others to continue swimming.

- **Be Aware of Your Surroundings:** Stay aware of other swimmers in the lane. Do not make sudden stops or changes in direction without signaling. If you decide to do a wide stroke, such as breaststroke, communication is key, as not to injure your lane-mates.
- **Exiting the Pool:** When finishing your swim or leaving the pool, be mindful of others, look around and be aware of your surroundings and swimmers coming towards you. Exiting the pool should not interrupt another swimmer or disrupt the flow of traffic.

Circle swimming is an effective way to maximize the use of swimming lanes, especially during peak times when multiple individuals may want to swim simultaneously.

For a more in-depth explanation regarding circle swimming, please see this helpful article and video [here](#).

As a reminder, circle swimming will only pertain to the days when long course lanes are available to members (Saturdays from 10:00 a.m. – 12:00 p.m.). More communication will go out reminding everyone about this addition. Lane splitting on other days will continue to apply.

Questions or concerns regarding aquatics may be sent to to Nina Pineda, Operations Manager of Aquatics at [pinedan@smccd.edu](mailto:pinedan@smccd.edu).



# CIRCLE SWIMMING

## Choose the Right Lane

Faster swimmers -> left  
Less experienced -> right

## Notify Entry & Exit

Inform your lanemates and enter/exit the water safely.

## Stay to the Right, Pass on the Left

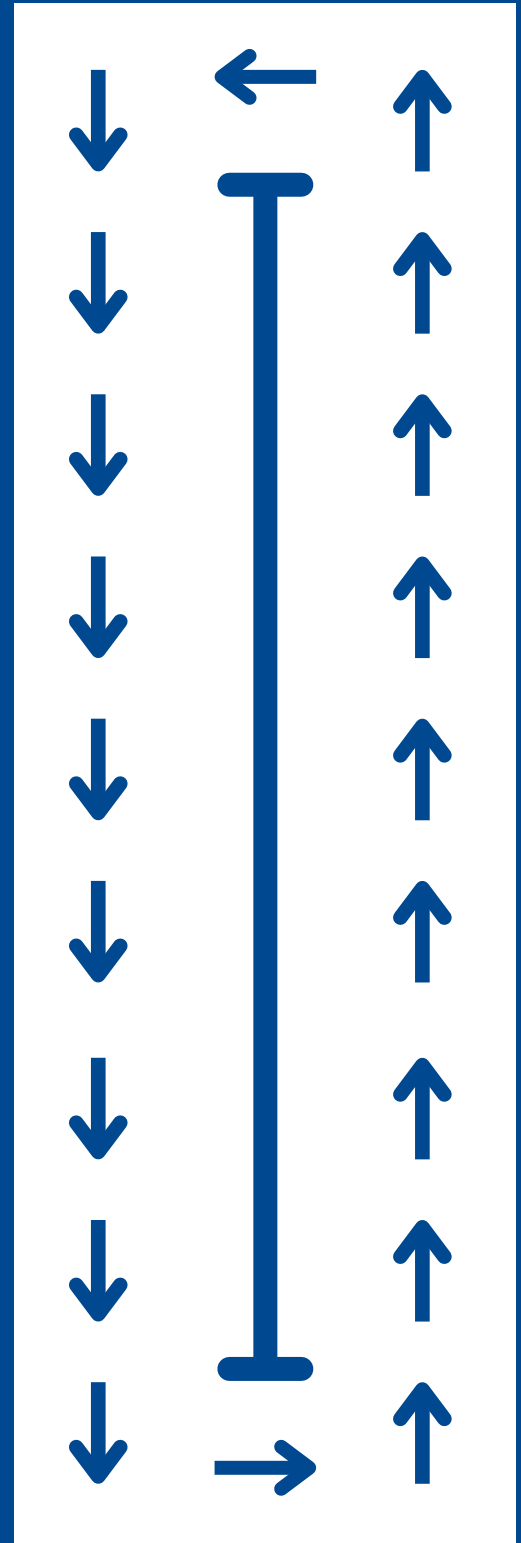
Maintain a constant pace to prevent collisions.

## Communicate

Use cues such as taps on the foot to signal passing.

## Be Courteous

Avoid sudden stops or changes without signaling.  
To rest, move to lane corners to allow passing.





# Aquatics

## Bulldogs Swim Club

While swimming may not be directly linked to preventing cancer, it can contribute to an overall healthy lifestyle, which is associated with lower cancer risks. Some indirect benefits include:

**Weight Management:** Maintaining a healthy weight is linked to a reduced risk of certain cancers. Swimming can aid in weight control.

**Immune System Support:** Regular exercise, including swimming, support a robust immune system, potentially helping the body defend against illnesses, including some forms of cancer.

**Stress Reduction:** Chronic stress has been associated with an increased risk of certain cancers. Swimming can help manage stress, potentially lowering this risk.

Engaging in regular physical activity during childhood establishes a foundation for a healthy and active lifestyle in adulthood. It encourages the formation of lifelong habits that contribute to overall well-being. Additionally, Regular exercise is associated with a lower risk of developing chronic conditions such as obesity, Type 2 Diabetes, cardiovascular diseases and other cancers later in life. The importance to providing a variety of activities that cater to the interests and preferences of every youth, are a great start to making exercise an enjoyable part of a routine in adulthood.

Consider enrolling your child in Bulldogs Swim Club by contacting Igor Marchenko at [marchankoi@smccd.edu](mailto:marchankoi@smccd.edu).

## Bulldogs Swim School

Prevention is the best plan for preventing illness. Across the United States, there are approximately 10 million individuals that currently live with cancer, with a prognosis of 3 out of 4 American families with at least one diagnosed family member. Half of all men and a third of women will develop cancer in their lifetime. Being the number two leading cause of death, accounting for 1 out of 4 deaths—cancer prevention is a priority.

Incorporating an active lifestyle and maintaining a healthy diet, are all elements contributing to cancer prevention. The American College of Sports Medicine, had conducted a study in October 2021 noting there is a connection between decreasing cancer risks with physical activity. The researchers had found that approximately 3% of common cancers such as: breast, stomach, esophagus, bladder, uterus, kidneys and colons, have a close link to inactivity. They had theorized that if individuals were able to at least meet the recommended five hours per week of moderate exercise, there is a potential for a decrease of cancer diagnoses.

There are plenty of swim organizations across the nation that support cancer research and treatments through swim events. Swim Across America is an organization founded in 1987, with the mission to support cancer research in addition to patient programming. The organization has earned guide star platinum status, the highest level of transparency for non-profits; just behind Jeff Keith's Run Across America.

# Aquatics

*Continued from "Bulldogs Swim School"*

Whether the intention is rooted in cancer prevention or simply in efforts to maintain an active lifestyle, the answer is to always keep moving and try new things. Grab the goggles, the swimsuit, the sunscreen and hop into the pool!



Please feel free to reach out to the Bulldogs Swim School Team for inquiries and registration for private swim lessons or youth swim. The team can be reached at [bulldogs.ss@smccd.edu](mailto:bulldogs.ss@smccd.edu).

## Masters Swimming

In support of Cancer Prevention Month, this article summarizes numerous studies that suggest that good cardiorespiratory fitness, (reflected in an individual's ability to engage in sustained aerobic exercises such as swimming), is associated with a 42% reduced risk of lung cancer, a 40% reduced risk of liver cancer and a 39% reduced risk of esophageal cancer.

Making moderate to vigorous physical activity a part of one's lifestyle lowers the risk of cancer and that of other chronic diseases, such as heart disease and diabetes. Moderate to vigorous physical activity is exercise that makes you sweat and your heart beat faster. It includes walking, swimming, cycling or running. A growing body of research suggests that doing any kind of activity, (to avoid too much sitting) can also lower cancer risk.

Results of studies that follow the exercise habits of large groups of individuals over time, show that those who exercise regularly have a 40%–50% lower risk of developing colon cancer, compared with those who don't exercise regularly. Similar studies show that women who engage in moderate to vigorous exercise for more than three hours a week have a 30%–40% lower risk of breast cancer, regardless of family cancer history. Other studies show that the higher the activity level, the lower the cancer risk. However, it is unclear whether a specific activity level must be met to reduce risk. Activity throughout a person's life is important, but activity at any age may also help lower breast cancer risks.

Swimming is an excellent exercise for cancer risk reduction. Additionally, the injury rates associated with swimming are lower than many other sports, helping participants to stay consistent in their fitness programming, assisting in the ongoing benefits mentioned.

To learn more Masters Swimming, contact Coach Tom Reudy at [reudyt@smccd.edu](mailto:reudyt@smccd.edu).

## Colts Swim School

Swimming is a great low-impact exercise that improves cardiovascular health, enhances heart and lung performance, strengthens muscles and aids endurance as various muscle groups are involved in this exercise. The activity is perfect for people who need low stress movements for their bodies and may experience certain limitations physically due to other health related issues.

# Aquatics



*Continued from "Colts Swim School"*

February is Cancer Prevention Month and while we have learned the many benefits of cancer prevention via swimming, this article aims to provide beneficial information about swimming for those who currently have or are recovering from cancer. One of the benefits of swimming is that it can be altered to fit whatever level of health or fitness one has currently.

Cancer patients can go through periods of stress and low mental health. Swimming, or just gentle movement in a warm pool is a great aid to de-stressing mentally, while staying moderately active after treatments. The physical activity associated with swimming can also help reduce the side effects experienced when going through chemotherapy, radiation and has been shown to increase energy levels.

United States Olympic swimmer Nathan Adrian, also known as one of the greatest freestyle sprinters in history, is an example of how swimming can be beneficial for those with cancer and cancer survivors.

Nathan was diagnosed with cancer in 2018 at the age of 30 and is now cancer free. He explains what helped him in-between surgeries, included physical therapy and as an aid to his mental health—swimming. Nathan had five surgeries resulting in the removal of his abdominal muscle and internal tissue. This essentially left a portion

of his torso “shut off” from muscle activation. During his recovery, the motion of flexing the core was a task that proved difficult to the point of impossible. Yet, over time, the muscle movement associated with swimming helped Nathan overcome his post-surgical, post-cancer physical limitations. His battles were hard fought and his success was hard earned. Today, he shares his story as a means to encourage and inspire others with similar diagnoses and recovery processes.

The Cañada College Athletic Center welcomes all members to use Nathan’s story as an inspiration to come and take a splash in the pool and participate in the great exercise of swimming. The benefits for overcoming physical challenges are many and the Colts Swim School team look forward to sharing the healthy results that come with making swimming a part of daily life.



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



# Endurance Training

## 45 Minutes of Cycling Can Reduce the Risk of Cancer

A study from the University of Texas MD Anderson Cancer Center has discovered a link between intense exercise and cancer risk reduction. Specifically, for those with Lynch syndrome. Hereditary Nonpolyposis Colorectal Cancer (HNPCC) or Lynch Syndrome, is a genetic condition that predisposes individuals to a higher risk of developing certain types of cancer, particularly colorectal cancer. It is an autosomal dominant genetic disorder, meaning that individuals with this mutation in one relevant gene have a 50% chance of passing the mutation on to their children.

### Exercise and Cancer Prevention

Based on this study, in recent years, an increasing body of evidence points to the significant impact of regular exercise on reducing the risk of cancer. However, the MD Anderson study goes a step further by delving into how exercise influences cancer risk at the biological level. This study, though small in sample size (just 21 participants), offers unique insights into the relationship between exercise and cancer prevention.

One of the key takeaways from the study is the specificity of the exercise regimen recommended by the researchers. Participants were engaged in 45 minutes of high-intensity cycling three times a week, a targeted approach that aimed to provide concrete guidance for individuals. This precision in recommendations was emphasized by the lead author, oncologist Eduardo Vilar-Sanchez, MD, PhD.

### The Immune System's Role

Participants with Lynch syndrome were divided into two groups. Those following a 12 month exercise program showed more active cancer-fighting immune cells and lower inflammatory markers. This strengthens the immune system's ability to detect and eliminate potentially cancerous cells.

Unlike past studies, this one directly links exercise to changes in immune biomarkers, adding a biological basis to the correlation between exercise and cancer prevention.

While further research is needed, there's optimism that these findings may extend to the general population, offering protection against various cancer types through similar mechanisms. The American Cancer Society recommends 150 to 300 minutes of moderate-intensity exercise per week to reduce cancer risk. Nevertheless, participants in this study observed a significant immune response with just 135 minutes of high-intensity exercise weekly.

In conclusion, this study highlights the potential of endurance sports training, such as swimming, cycling, and running, as a powerful tool in cancer prevention. While more research is needed, it is clear that regular exercise helps reducing the risk of cancer.

For inquiries regarding Cañada College Athletic Center's Endurance Training and Tri-Team Program, please contact Head Coach Cesar Valera at [valerac@smccd.edu](mailto:valerac@smccd.edu).



# CSM-AC Pilates

## Pilates for Cancer Prevention

Regular physical activity is widely recognized as a key factor in cancer prevention. Pilates, a fitness method developed by Joseph Pilates, is known for its holistic approach and as such can contribute to reducing the risk of some cancers.

Pilates is low-impact and adaptable to any fitness level and is well-suited for most limitations and injuries making it an exercise method accessible to all. Pilates is good for every body.

The method focuses on strengthening core muscles, improving flexibility and enhancing overall body awareness. It also places a strong emphasis on the

mind-body connection, promoting the flow of movement and breath. The breath-work associated with the practice has been shown to decrease stress and anxiety, both contributors which negatively impact the immune system. In summary, a Pilates routine can help reduced stress levels thusly improving mental well-being and creating a better foundation in the development of a healthier immune system.

If you would like to learn more about breathwork and the many benefits of Pilates, please contact Sybille Draper at [drapers@smccd.edu](mailto:drapers@smccd.edu). Or fill out our [Pilates Interest Form](#).



## CAN-AC Pickleball

### Round Robin Pickleball Tournament

Introducing the first Cañada College Athletic Center Inaugural Round Robin Tournament taking place **Saturday, February 24th, from 9:00 a.m. – 1:00 p.m.**

The cost to register is \$50 per participant. Register for the tournament by emailing Joe Moorbrink at [moorbrinkj@smccd.edu](mailto:moorbrinkj@smccd.edu).

The tournament is designed for players with a self-assessed skill level rating of 2.5 and above, with 16 spots available for participation in the event. Each player will get the chance to play doubles with others in the clinic. As an added bonus, we will also be introducing Dynamic Universal Pickleball Rating (DUPR) at this event. DUPR is commonly referred to as the most inclusive and accurate rating system in pickleball to date.

It is recommended that participants sign-up with DUPR, prior to the tournament. The free sign-up for DUPR can be completed at [mydupr.com/signup](https://mydupr.com/signup).

Prizes will be awarded to the top three players! We look forward to seeing you there!

### February Progression Clinics

Join our seasonal Pickleball Progression Clinic offered this spring! 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 for January are the following:

#### Various Serves w/ Ed

Wednesday, February 14, 2024

9:00 a.m. – 11:00 a.m.

\$50/member

\*This clinic is geared towards players ranked (3.0 or higher). Reserve your spot today as spots fill up fast! To reserve, please email Joe Moorbrink at [moorbrinkj@smccd.edu](mailto:moorbrinkj@smccd.edu).

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

**ATHLETIC CENTER**

*Your community connection to education and fitness.*





# Group Exercise Updates

## Benefits of Water Aerobics

Water aerobics builds cardio fitness and strength, boosts mood and eases joint pain. This activity also helps you get a better night's rest, all while helping to reduce your risk to cancer. Research shows that aerobic exercises such as water aerobics and swimming are associated with a 42% reduced risk of lung cancer, 40% reduced risk of liver cancer and 39% reduced risk of esophageal cancer. It has also been determined that cancer is most closely tied to inactivity and suggests that getting more exercise is an important lifestyle change everyone can make to reduce their risk.

Water aerobics is a fun and low injury risk exercise. Not to mention a great cardio workout which meets and exceeds goals for cancer risk reduction. Explore the many benefits of an Aqua-Fit Class!

## Benefits of Dance Fitness

Dancing is food for the soul, but can dancing help prevent disease such as cancer? The physical benefits of dance therapy as exercise are well documented, yet research shows even greater positive physiological benefits.

Studies have shown physical activity and dancing is known to increase a special neurotransmitter substance in the brain called endorphins, which creates a state of well-being throughout the body. Total body movement similarly, enhances the functions of other "health

inducing body systems" as well, such as circulatory, respiratory, skeletal and muscular systems.

The emphasis on the hips and belly area while dancing also helps trim excess belly fat, which is a contributor to certain types of cancers. Fat reduction in this area can reduce the risk for colorectal cancer, breast cancer after menopause and uterine cancers according to the American Institute for Cancer Research.

Both Athletic Centers offer several different options for dance classes including: Zumba, Zumba Gold, BollyX, U-Jam, Dance-Mix, and Cardio Dance-QiGong just to name a few. Come check out your favorite dance class, and dance your way to improved health!

## Live Class Updates

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 February Birthdays!

Vy Ton, February 22nd  
Kim Yee, February 25th  
Laura Wratten, February 28th



# Group Exercise Updates

## New Instructor Spotlight



### Meet our newest Group Exercise Instructor – Nicole!

With a B.S. in Physical Education and Kinesiology from California Polytechnic San Luis Obispo and 29 years in the fitness and wellness industry, Nicole offers her education and expert instructor skills teaching multiple fitness formats. She is known for using precise, purposeful cuing and smart sequencing to cultivate positive movement experiences.

Nicole is an experienced Yoga teacher and has served in a Master Yoga Teacher apprenticeship. In addition, she’s an ACE Certified Personal Trainer and Healthy Lifestyle Coach with Advanced Training in Weight Management. She is currently an Aqua Association Member, Yoga Alliance Member and registered Yoga Instructor.

She is trained and certified to teach many fitness formats including: Aqua Fitness, BOSU Balance Training, Cardio Kickboxing, Mat Pilates, Progressive Strength Training, TRX and many Yoga formats. Nicole is truly passionate about human movement and helping her clients fall in love with self-care.

Experience Nicole’s creative style and join her GEX classes at either Athletic Center or you can also find her on the fitness floor providing Personal Training to many of the clients who enjoy her expertise at CAN-AC.

## New Classes



**Aqua Fit w/Nicole**  
Wed & Fri • 9:00 a.m.  
and **Aqua Fit w/Yue**  
Tues & Thurs • 9:10 a.m.



**Party in the Pool w/Red**  
Sundays • 9:00 a.m.

## Class Adjustments

**Power Fitness w/Jake**  
Tues • 5:00 p.m. • Rm. 1-207

**U-JAM Fitness w/Marianne**  
Sat • 10:30 a.m. • Rm. 1-203

## New Classes



**Cardio Kickboxing w/Nicole**  
Tues • 8:30 a.m. • Rm. 1-207



**Dynamic Strength w/David**  
Tues & Thurs • 1 p.m. • Rm. 1-207



**Aqua Strength & Power w/Ellen**  
Tues & Thurs • 11:00 a.m. • Pool

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

# ATHLETIC CENTER

Your community connection to education and fitness.



# 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](http://comfit.canadacollege.edu/classes.html)



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**ATHLETIC CENTER**  
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[comfit.smccd.edu/group-exercise](http://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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## CSM-AC Fitness

### Understanding Exercise's Role in Cancer Risk Reduction

Exercise has been proven to reduce the risk of developing many types of cancer. However, the potential effect of different types of activity for cancer prevention is always under research and can be open to interpretation.

It is proven in the broader scope that exercise is one of the factors in preventing cancer. It aids in lowering excess levels of hormones such as estrogen and insulin. This is very beneficial because increased levels of these hormones have a proven correlation with cancer development and progression. Exercising also helps reduce inflammation and improve the immune system, which allows the body to properly function and ward off diseases.

In 2019, an expert panel was formed to study the effects of exercise on cancer prevention, and they found strong evidence that physical activity can help prevent at least seven types of cancer. The panel included experts from the American College of Sports Medicine (ACSM) and also included experts from the American Cancer Society and National Cancer Institute. Alpa Patel, PhD, was an executive committee member of the panel and published three journal articles to summarize the panel's findings.

The journal reported that decreasing the amount of time spent sitting may help lower the risk of colorectal, endometrial, and lung cancers. Also, exercising after being diagnosed with breast, colorectal, or prostate cancer may help reduce the chance of recurrence and improve survival. Being physically active is one of the most helpful steps people of all ages and abilities can take to protect themselves from cancer.

Keeping an active lifestyle even when diagnosed with cancer can also yield positive outcomes. It slows weight gain, which is a common side effect of treatment. However, incorporating exercise into one's daily routine has been found to decrease the likelihood of recurrence in some cancers, such as breast cancer.

With all of this important research, there is no better time to take advantage of a wonderful indoor Athletic Center such as the one found at College of San Mateo to improve your personal health. We are here to help get your fitness journey started! We also understand it can be difficult to begin a strength training program without previous experience or formal instruction.

Get the workout plan, direction and inspiration you need by setting an orientation appointment. Book a complimentary 50-minute fitness assessment with a Certified Personal Trainer through [Calendly](#) or contact Megan Pham [phamm@smccd.edu](mailto:phamm@smccd.edu) to get started!



## Benefits of Exercise & a Balanced Diet for Cancer Prevention

Dietary education and an exercise program can help reduce the risk of developing cancer or even reduce the risk of the disease spreading. Choosing a healthier diet and lifestyle can also help prevent the disease.

### Have a Balanced Diet

For some people, this attitude may seem like a very simple lesson since there is currently vast information available about the best options for correct nutrition. However, according to the [American Cancer Society](#), the World Cancer Research Fund estimates that at least 18% of all cancers diagnosed in the United States are related to body fat, physical inactivity, alcohol consumption and/or poor nutrition and thusly could be prevented.

Firstly, it is recommended to eat less fat, especially animal fat. The ideal diet is also to gradually reduce sugar and salt. It is worth remembering: nothing in excess is good. Secondly, it is recommended to include vegetables, fruits and whole grains in your daily intake. Fruits, vegetables, legumes, and whole grains contain nutrients (vitamins, fiber, and other compounds) that help the body's natural defenses destroy carcinogens before they cause serious damage to cells.

Studies have shown that a diet rich in nutrients helps reduce the risk of lung, colon, rectum, stomach, mouth, pharynx and esophageal cancer. There is evidence that

they also reduce the risk of breast, bladder, larynx, and pancreatic cancer, and possibly ovarian, endometrial, cervical, thyroid, liver, prostate, and kidney cancer.

### Regular Exercise

Exercising moderately, at least three times a week, can also make all the difference to your health and well-being and plays an important role in reducing the risk of cancer. Studies show that the practice of physical activities is associated with a lower chance of developing different types of cancer, such as breast, prostate and colorectal. Furthermore, physical activities help regulate some hormones and contribute to improving the immune system.

Leaving behind a sedentary (physical inactivity) lifestyle and doing regular exercise can also contribute to other aspects related to health. For example, reducing the risks of cardiovascular complications, the development of diabetes and obesity.

If you want to start daily or frequent training, first seek the evaluation of a specialist. The first analysis will be able to define the best activities to be carried out at the beginning. Our team of Certified Personal Trainers are another great tool to help show exactly how to plan and execute preventative measures to cancer into your fitness routine. **[Book your complimentary Fitness Assessment](#)** today or contact Joe Moorbrink at [moorbrinkj@smccd.edu](mailto:moorbrinkj@smccd.edu)!



# New for 2024! BAPA Spring Camps

**TWO 1-WEEK SESSIONS:**

**4/1- 4/5 or 4/8 - 4/12 (Ages 11-14) from 9am-1pm**

## **ART CAMP**

**Price: \$250**

Students will explore drawing, water color, magic clay, origami, pencil and pastels, crafts and more!



## **CODING CAMP**

**Price: \$350**

Students will explore a series of coding languages such as HTML, CSS, JavaScript & Python through projects and design challenges.



**Questions or need help  
with enrollment?**

**(650)574-6124**

**communityed@smccd.edu**

**Register here!!  
Limited space available**



**BAY AREA  
PATHWAYS  
ACADEMY**

*Summer Programming. Year Round Impact.*



# 2024 BAPA SUMMER CAMPS

College of San Mateo  
1700 W Hillsdale Blvd San Mateo

**\*Registration now open! Register before April 22nd to receive Early Bird pricing!\***



## **LIVE!! BAPA Summer Coding Academy (Ages 11-14)**

**3 Sessions available. 2 week/half day sessions. 9am-1pm**

Explore a series of coding languages like HTML, CSS, JavaScript, and Python through introductory projects and design challenges. Learn the basics to get started on your coding journey and become the next coding prodigy!

## **LIVE!! BAPA Jr. Summer Camp**

**3 Sessions available**

**2 week/half days 9am-1pm**

**Ages 6-7:** Arts and crafts, sing songs, read books, play small group games and dancing. Outdoor time: games, stretching, and yoga.

**Ages 8-10:** Drawing, watercolor, magic clay, origami, pencil and pastels, intro to VEX robotics, crafts and more. Outdoor time: games, stretching, and yoga.

## **LIVE!! BAPA (Academic, Enrichment & Fitness) Ages 11-14**

**3 Sessions available.**

**2 week AM, PM or Full day**

**Academic:** Math, Science, & Writing Skills.

**Enrichment:** Pencils and Pastels, Sculpture

w/Paper Mâché, Stop Motion, Digital

**photography, Leadership 101, Debate, Chess.**

**Fitness/Sports:** Basketball, Tennis, Hoop Dance  
**(check website for full class list)**

## **Online STEAM Courses**

**(Ages 8-14)**

**January - July 2024.**

Powered by Black Rocket, a national leader in tech-education. Choose coding, game design, eSports, virtual reality, Minecraft Designers, Roblox Coders, Pokemon Masters, and more.

**Register here!!**



Questions or need help  
with enrollment?

(650)574-6124

communityed@smccd.edu



BAY AREA  
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[sanmateo.augusoft.net](https://sanmateo.augusoft.net)



# order & pickup



College of San Mateo

 **Skyline College**

  
Cañada College

[pacific-dining.com/csmcafe](http://pacific-dining.com/csmcafe)

[pacific-dining.com/skylinecafe](http://pacific-dining.com/skylinecafe)

[pacific-dining.com/canadacafe](http://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](http://comfit.smccd.edu) and Cañada College - [comfit.canadacollege.edu](http://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.**