Holiday Hours
Tuesday, July 4, 2023 • 8:00 a.m. – 1:00 p.m.
### Membership Hours

**Monday – Friday**  
6:00 a.m. – 2:00 p.m.  
4:00 p.m. – 8:30 p.m.  

**Saturday**  
7:00 a.m. – 5:00 p.m  

**Sunday**  
7:00 a.m. – 2:00 p.m.  

Pools close at 8:00 p.m.

---

### Membership Hours

**Monday – Friday**  
6:00 a.m. – 8:30 p.m.  

**Saturday**  
7:00 a.m. – 5:00 p.m.  

**Sunday**  
7:00 a.m. – 2:00 p.m.  

Pools close at 8:00 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 Spring & Fall 2023 semester.*

Front Desk News • Aquatics • Fitness News • Group Exercise • Membership  
Campus Lifestyle • Athletic Center Rules & Regulations
Editor’s Note

Pre-2024 New Year Resolutions

Summer Solstice celebrations at the Athletic Center supported self-reflection and saying “goodbye,” to the long stagnant period of winter with an exciting propulsion into the changing summer season. Now those positive emotional, spiritual and physical transformations can manifest as July 1st marks the mid-year, where you can set into action today, a Pre-Resolution 6-month plan before New Year’s! Begin being your best self today and make a change that will be felt at the beginning of the New Year. Truly, a six-month journey starting today, and maintained through the summer, fall and early winter will be something to celebrate January 1, 2024!

Best practices to set a long-term goal begins with a few questions such as:

- What do I want to achieve?
- How can I make this a part of my daily life?
- When can I best schedule this?
- Who will help me be accountable?

The contributors to the July 2023 Athletic Center Newsletter include dedicated Managers, Coaches, Administrators and Program Leads wanting your best with the revival of goals, refreshing of action plans and an opportunity to support and help you enjoy your journey, along the way. Now let’s get started!
Reset with our Ongoing Summer Challenge!

🌞 Renew your Motivation 🌞
As we reach the middle of the year, it’s the perfect time to renew your commitment to health and well-being. Our Teeny Tiny Triathlon challenge is not just a physical test, but also an opportunity to rejuvenate your spirit. Surround yourself with like-minded individuals who share your passion for personal growth and let the energy of the group propel you forward.

🏞️ Swim with Purpose 🏞️
Dive into our refreshing pools, where you’ll glide through the water, building strength and endurance. Unleash your inner aquatic athlete as you conquer our 20 or 40 lap challenge, leaving behind built-up fatigue or stress.

🚴‍♀️ Cycle Towards Vitality 🚴‍♀️
Hop on a bike and pedal towards a new level of vitality. Our cycling 5- or 10-mile challenge will allow you to experience the joy of a two-wheel workout.

🏃‍♂️ Run to Recharge ♂️
Lace up your running shoes and let the rhythm of your heartbeat guide you to new horizons. Our 2- or 4-mile running challenge will not only boost your cardiovascular fitness but also provide mental clarity and release.

Join Us Today!
Don’t wait for the end of summer to refresh your commitment to personal growth. Act now and join the Teeny Tiny Triathlon challenge. Unleash your inner champion, push your boundaries and embrace the thrill of completing this challenge. Your mid-year transformation awaits! Sign up today with our Google Form and get ready to dive into a short and fun (teeny tiny) triathlon experience like no other! Let’s revive, refresh and reset together on this exhilarating journey towards a healthier, happier you!

Shout Out to our Teeny Tiny Triathlon Participants!
Congratulations to the members who have joined in the teeny tiny triathlon, a wonderful beginning to summer and cheers to everyone for getting out of their comfort zones and trying something new. The challenge will continue until the end of August, feel free to join in, it’s never too late!

Locker Rentals
Seize your summer at the Athletic Center by taking a dip in our pools, play a round of pickleball, or have a complimentary fitness assessment. With all of the fun activities to do, you definitely don’t want to be caught unprepared! Renting a locker will save you from the hassle of having to carry everything back and forth. Lockers start at $15 for Community Members and $10 for Student Members.

Pro Shop Summer Additions!
CAN-AC: View our July Additions
CSM-AC: View our July Additions
ABOUT THE CHALLENGE
Join in on a triathlon activity challenge. You can complete as many of the activities as you would like by walking, running, biking and swimming using the equipment and facilities of the Athletic Center.

RULES
Complete the activities, each activity is different and varies in distance. Track your progress on your own and see our bulletin boards for more info. **We will offer a small prize for those who have completed two or more activities.**

Challenge Duration: June 1 – August 31.

COMPLETE THE ACTIVITIES & TRACK YOUR PROGRESS
All distances are to be completed inside the Athletic Center.

- **SWIM**
  - **0.3 MILES**
  - Swim 20 laps in the large or small pools.

- **BIKE**
  - **5.5 MILES**
  - Bike 5.5 miles using the fitness floor or studio cycles.

- **RUN**
  - **2 MILES**
  - Run 2 miles on the fitness floor treadmills.

- **SWIM**
  - **0.6 MILES**
  - Swim 40 laps in the large or small pools.

- **BIKE**
  - **12 MILES**
  - Bike 12 miles using the fitness floor or studio cycles.

- **RUN**
  - **4 MILES**
  - Run 4 miles on the fitness floor treadmills.

Visit our bulletin board for more info on the activities. Questions? Visit the Front Desk.
FUNCTIONAL FITNESS

Program

A 55-minute Functional Training program is delivered to a maximum of 8-participants to ensure personalized training and feedback. All exercises and activities are demonstrated at beginner, intermediate and advanced levels. Each individual, regardless of where they start, are encouraged to challenge themselves at each session.

The group sessions are progressive, goal-appropriate, challenging and fun! Walk confidently using these fitness stepping stones and enjoy engaging activities we used to enjoy as a child. Each session is designed to achieve a total body workout with weekly body-specific intensity:

- Week 1: Legs
- Week 2: Core
- Week 3: Arms
- Week 4: Movement and Balance

Pricing

- Hop-in/Hop-out (1 Session): $38
- Once a week (4 Total Sessions over 4 weeks): $132
- Two a week (8 Total Sessions over 4 weeks): $240

RESERVE YOUR SPOT

Maximum capacity: 8 members per session. To reserve, email Megan Pham at phamm@smccd.edu.

When are the Sessions?
Mondays and Wednesdays at 12:00 p.m.
Starting August 21, 2023

What is Functional Fitness?
It is the type of strength training that focuses on the total body to help you enjoy your hobbies and activities. To accomplish this, a combination of body and hand weight exercises, balance and movement activities and stretching are implemented and goal appropriate to help achieve improved strength, balance and flexibility.

Program Instructor
Join and meet Dr. Judy Kalinyak, a retired physician who became a personal trainer to help clients achieve their best life by staying physically fit regardless of their age or related physical condition.
Reset with a Complimentary Fitness Assessment

Three Weeks to a Habit, Three Months to a Lifestyle
Setting and achieving fitness goals is something you do not need to do alone—even top-tier athletes will spend hundreds of thousands of dollars on a team of professionals to guide training and provide a support system. Yet, what could get you started on your fitness journey without spending a dime?

Booking a complementary Fitness Assessment with an Athletic Center Certified Personal Trainer is the first step towards reaching fitness goals which help establish self-affirming, positive lifestyle habits.

That fitness assessment can be the launchpad, that makes a 3-week plan a newly formed habit and something you can truly enjoy. Yet, one might ask, “what exactly is a Fitness Assessment?”

What is a Fitness Assessment?
A Fitness Assessment is a complimentary hour with one of our Certified Personal Trainers. During this hour, discussions will be held about goals, current routines, past histories and challenges that may be standing in the way. Once a clear understanding has been established, the Certified Trainer can guide the rest of the assessment based on the information provided.

Will There Be a Workout During the Fitness Assessment?
Yes! Based on the goals discussed during the assessment, The Certified Trainer will provide a personalized workout with detailed notes to get the program started. The workout will be explained and completed during the assessment and programmed into the exercise routine right away.

What Will I Take Away From a Fitness Assessment?
After the assessment, a Personalized Program Plan can be provided. This plan will include a monthly calendar with weekly scheduled workouts as well as weekly/monthly workout goals that will be verified by the trainer once completed. After completing the assessment, clear and concise direction will be provided on how exactly the goals will be achieved, and how our Certified Trainer can support to achieve them.

How Can I Book My Fitness Assessment?
Members can book a complementary Fitness Assessment by booking through our Calendy, scanning the QR code, or by reaching out with any questions to Fitness Operations Manager Joe Moorbrink at moorbrinkj@smccd.edu.
The Six Foundational Principles of Pilates

Pilates is rooted in six foundational principles: Breath, concentration, centering, control, precision, and flow which synergistically shape this transformative practice.

1. Breathe
Joseph Pilates said “Breathing is the first act of life and the last. Our very life depends on it.” Breath is the foundation of Pilates, facilitating a deep connection between the mind and body. Inhaling deeply through the nose and exhaling fully through the mouth helps oxygenate the muscles and organs, promoting relaxation and focus. Mindful breathing enhances body awareness, aids in movement efficiency and fosters a sense of calm during challenging exercises.

2. Concentration
During life, the body has learned to adapt to and compensate for any injuries or imbalances and established a movement code of certain movement patterns which can lead to further injuries or imbalances. Pilates teaches unwavering concentration to effectively engage and coordinate the body’s movements.

3. Centering
Centering refers to the intentional engagement of the body from its core, the center of gravity. If the center of gravity is off, certain parts of the body do more to support the body than others, muscles are imbalanced and joints can wear out unevenly. Activating the deep abdominal muscles, lower back and pelvic floor results in a strong and stable center of gravity. Centering provides a solid base for controlled fluid movements, facilitates balance and prevents undue strain on peripheral joints.

4. Control
Joseph Pilates called his method ‘Contrology’, the practice of learning to exercise control of the body and the equipment. Competency and mastery of a new skill requires control. The concept of control also emphasizes quality over quantity in execution of movement. Each exercise demands precise control of muscles and equipment, avoiding unnecessary tension or force.

5. Precision
By maintaining precise alignment and executing each exercise with intention and accuracy, practitioners optimize muscle recruitment, fostering better body awareness and refinement of movement patterns.

6. Flow
Flow is the seamless transition between movements in Pilates, creating a harmonious and continuous rhythm. Achieving flow shows mastered breath, concentration, centering, control and precision converging to create a transformative mind-body experience.

Understanding and embodying these Six Foundational Principles will deepen the connection with the practice and unlock its profound benefits. Take the first step, breathe and embark on a journey of holistic well-being through the power of Pilates.

For more information please contact Sybille Draper at drapers@smccd.edu. You can also scan the QR code to fill out our Pilates Interest Form.
July 4 GEX Classes
9:00 a.m. - 10:00 a.m.  Intro to Pickleball
10:15 a.m. - 11:15 a.m.  Pickleball Advanced Beginners
11:30 a.m. - 12:30 p.m.  Pickleball Intermediate

Drop-In Clinic: Doubles Strategies

Our Drop-In Pickleball Clinic is an opportunity for pickleball enthusiasts of all levels to come together and go over the theme of “Doubles Strategies”. Join us on Sunday, July 30th on our rooftop! The clinic will be from 9:00 a.m. - 11:00 a.m. (2-hour session) with a join cost of $40.

To learn more, contact Fitness Operations Manager Joe Moorbrink at moorbrinkj@smccd.edu.

Private Lessons

Pickleball Private Lessons offers numerous benefits for players looking to enhance their skills and elevate their game. Whether one is struggling with a specific skill or seeking to refine overall performance, we provide a tailored approach to address each individual’s needs.

The experienced instructors at the Athletic Center are experts in identifying areas that require improvement with detailed explanations and direction on how to make this happen. Devoting special attention to every stroke, while ensuring the development of everyone into proficient players are a top priority. Learn proper foundational body mechanics, techniques, game strategies and partner movements, while employing drills specifically designed to solidify muscle memory and enhance consistency. You can be sure you will reach your Pickleball Potential!

Book your private lessons by signing up here.

To learn more, contact Fitness Operations Manager Joe Moorbrink at moorbrinkj@smccd.edu.

<table>
<thead>
<tr>
<th></th>
<th>Individual Session</th>
<th>Small Group (2-4 people)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Session</td>
<td>$110</td>
<td>$132</td>
</tr>
<tr>
<td>3-Pack</td>
<td>$315</td>
<td></td>
</tr>
<tr>
<td>5-Pack</td>
<td>$525</td>
<td></td>
</tr>
<tr>
<td>10-Pack</td>
<td>$989</td>
<td></td>
</tr>
<tr>
<td>3-Pack</td>
<td>$375</td>
<td></td>
</tr>
<tr>
<td>5-Pack</td>
<td>$600</td>
<td></td>
</tr>
</tbody>
</table>

Visit our new pickleball page: comfit.canadacollege.edu/pickleball.html
Refresh and Reset with Group Exercise for Motivation, Social Interaction, and Health Benefits!

July is the midway point in the year. School is out, vacations are on and now is the time to reflect on the goals set in the beginning of the year. Strategizing an action plan to accomplish goals is the start of something great to come. One way to begin is by creating an energy boost with a mid-year refresh and reset. Here are a few ideas on how challenging the mind and body can help one navigate a successful fitness journey.

**Motivate:** Encouragement and support with a group provides motivation, which is needed to work harder and achieve goals.

**Interact Socially:** GEX classes provide inspiring opportunities to meet new people and make friends with similar interests.

**Experience Variety:** GEX classes provide the perfect solution to combat boredom and burnout by offering a wide variety of workouts. From high-intensity interval training (HIIT) to yoga, dance and more, these classes cater to different interests and fitness levels.

**Feel the Benefits:** Group Exercise can be a fun and effective way to refresh your life and improve your physical and emotional health.

---

**GEX Spotlight: Jiu-Jitsu Fit Self Defense w/ Bruce (CSM-AC)**

Jiu-Jitsu-Fit Self Defense class is taught by Bruce Davidson, a Charles Gracie Brazilian Jiu-Jitsu Brown Belt at the College of San Mateo Athletic Center on Monday and Friday from 4:00 p.m. – 5:30 p.m. This Jiu-jitsu self-defense course incorporates street ready techniques that use leverage and body movement to control and submit a stronger, bigger and faster opponent.

This entry level course is designed for ages 16 through adult and requires only a basic level of fitness and flexibility. Each class includes a variety of standing solo drills, partner drills and real life, situational exercises to increase your confidence and self-defense techniques.

---

**GEX July Birthdays!**

Ellen Bauer, July 6th
Stephanie Vance, July 13th
Archana Bansal, July 27th
Reset Your Mindset & Physical Well-Being w/ Cycle (Part 3 of a 3-Part Series)

We’ve looked at the mental and emotional advantages of cycling, but what about the physical benefits? From a physical health standpoint, cycling can transform your body. One of the key benefits of cycling is that it helps to control or modify many of the risk factors for heart disease. Some of these include lowering stress hormones and blood pressure, managing weight, lowering cholesterol and lowering the risk of developing diabetes. Regular cycling can also lessen inflammation in the body. In addition, as you exercise, your muscles become more efficient at drawing oxygen from your blood.

So, what are you waiting for? Take the first step and sign up for one of our Group Cycling or Spin classes today!

CAN-AC GEX Schedule Updates

Please make sure to reserve your spot in your favorite GEX class. Classes are reaching maximum capacity and require roll call to enter, so reserve that spot!

Reservations are available 48 hours prior to the start of the GEX class. Reserve online.

CSM-AC: GEX Schedule Update

Summer in the Pool w/ Red*
Mondays & Wednesdays at 9:00 a.m.
*Special Summer Session, June 12 – July 19 at CSM

Cup of Jo Yoga II/III
Thursdays at 7:00 a.m. Paused for summer.
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!

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).
Pool Lane Updates: Rules of the Road

Academic classes have started up once more in the pools. Please be patient and kind to Deck Monitors, lifeguards and coaches on deck standing guard to guide community members. They are there to help, provide assistance and create ease and a sense of calm to all.

As a reminder, if academic classes are taking place, please do not loiter, start conversations with academic instructors or disrupt classes in session. This can be very distracting and disruptive to the students within the classes taking place.

Additionally, whenever walking out on deck, be mindful and observe if there are any cones and/or signage present in front of lanes. If there are, that means those lanes are not for community member use; those lanes are currently being used for another group of individuals and it would be wise to locate another lane, or seek a lifeguard for what lane would be wise to use. Thank you for the corporation.

Master’s Swimming

Welcome to summer! Unfortunately, the weather hasn’t been so ‘summery’, but the promise of warmer mornings will be on the horizon. That said, Master swimmers, get the caps ready, open water season is upon us, with more to come!

Congratulations to CSM-AC and CAN-AC members who competed in the Lake Berryessa open water swim:

2-Mile Results
- Jackson Wang - 2nd
- Todd Arris - 3rd
- Kirk Richards - 3rd
- Stepanie Couch - 4th
- Mark Welsh - 7th

1-Mile Results
- Stephanie Couch - 3rd
- Kirk Richards - 3rd
- Todd Arris - 4th
- Mark Welsh - 11th

A big shout out to Masters teammate Marcie Kottmeier, who scored three goals in four matches at the recently held USMS Water Polo Nationals. This was the first time the 60 and over age group has been included in USMS Nationals. Congratulations again, Marcie! and all of our amazing CSM-AC and CAN-AC Weekend Warriors! You make us proud!

Upcoming Open Water and Swim Competitions
- July 15, 2023 – Trans Tahoe Relays
- July 21-23, 2023 – LCM Championships
- July 29-30, 2023 – Santa Cruz, CA
- August 12, 2023 – Donner Lake, CA
- August 26-27, 2023 – Del Valle, CA
Private Stroke Lessons with Masters Coaches
Interested in getting some stroke analysis? Look no further. Sundays this summer at College of San Mateo, Coach Tom and Coach Kirk will be offering 1:1 and 2:1 private lessons for the Master swimmers.

For pricing, scheduling, and more information, please reach out to Head Masters Coach Tom Reudy at reudyt@smccd.edu.

An important reminder that CSM-AC and CAN-AC provide the members with incredible opportunities to cross train. Both locations have an amazing team of personal trainers to provide overall training workouts that will give strength and conditioning. It is important to add strength workouts (dry-land) in with the swimming workouts. Please try to take advantage of all of the opportunities that are offered. Even better, you will find them at the Athletic Centers, all under one roof!

Rediscovering Motivation and Joy: Reassessing Mid-Season Goals in a Personal Fitness Journey

Embarking on a fitness journey is an exciting endeavor, filled with goals and aspirations. However, sometimes individuals find themselves unable to reach their mid-season targets, leaving a sense of discouragement and lack of motivation. In such moments, it’s essential to reassess goals, reignite motivation and find joy in the process of getting back in shape. Here are some valuable strategies to navigate these challenges and embrace the journey with renewed enthusiasm.

Reassess Mid-Season Goals
When faced with unattained goals, it’s crucial to reassess and adjust them realistically. Reflect on factors that hindered progress and identify any shortcomings or obstacles. Overcoming these obstacles should become the new goal. Being kind and understand setbacks are a natural part of the journey. Adapt goals to align with current capabilities and circumstances, setting incremental targets achievable with consistent effort.

How Can I Gain Motivation Again?
Finding motivation after a setback requires a shift in perspective and reconnection with deeper reasons for pursuing a fitness journey. Take a moment to remind yourself of the positive impact regular exercise and a healthy lifestyle have on overall well-being, both physically and mentally. Seek inspiration from successful stories of others and surround yourself with a supportive community or training partners who can provide encouragement and accountability.

Embrace the Process (Mood Follows Action)
Rather than solely focusing on the end result, shift attention to the process itself. Embrace the joy of movement, progress made each day, and small victories along the way. Find activities that bring joy and incorporate them into the routine. Explore new workout routines, try different sports or fitness classes, or simply enjoy the beauty of nature during outdoor activities.
Set Non-Achievement-Related Goals
While goals are essential for tracking progress, it’s equally important to set non-achievement-related goals that emphasize the intrinsic value of the journey. Focus on building habits, such as consistency in training, improving technique, or enhancing endurance. Set goals centered around self-care, mental well-being, and overall health. By shifting the focus from outcome-based goals to process-oriented goals, one cultivates a sustainable and enjoyable approach to fitness.

Celebrate Every Step
Acknowledge and celebrate every step forward, regardless of its magnitude. Embrace the small wins, such as completing a challenging workout, mastering a new exercise, or improving form. Recognize the effort and dedication invested daily and appreciate progress made. By celebrating these achievements, create a positive mindset that fuels motivation and instills a sense of fulfillment throughout the fitness journey.

Bulldogs Swim Club
Bulldogs Swim Club is deep into the Summer Session and the club is slowly yet surely improving. BSC had the best showing yet at the swim meet in Burlingame. In all, a total of 53 athletes competed over the weekend in more than a hundred events with every swimmer acquiring new lifetime bests in some of the events. There were even some new qualifiers for the upcoming Age Group Championships. The progress has been slow yet steady.

There have been two new swim groups added to accommodate swimmers of all levels and interests; JV and Varsity. Saturday practice was also added to offer even more options to swimmers to attend additional practices, or use as a makeup. The participation for the weekend practice so far has been excellent.

BSC is always working on proper outreach to grow the club; having a robust team as it once was prior to COVID is always the goal. On the back end the parents work diligently and harmoniously together to cultivate a strong band of volunteers. The group of parent volunteers is stronger and larger now than it has been since early 2018. Parents are creating a wonderful atmosphere for the swimmers at swim meets, outside fun events for the swimmers, and friendships and bonds that will last a lifetime.

As a swim team, extending gratitude to the parents of the swimmers is an absolute must. Without them, swimmers and parents would not be nearly as organized, well taken care of, or as loved as they are. Thank you BSC parents, for all that you do!
Colts Swim School

Ever since the days have gotten longer and the sun has gotten brighter, Colts Swim School students have been getting better this summer! Since the opening in early May, the numbers of splashers, divers, and bubble blowers have sky-rocketed, as has the number of caring instructors. CSS now has eight instructors with over 100 adult-sized and pint-sized swimmers! Additionally, they had a superb launch day for group classes on June 12th, and everyone from the parents to the children to the instructors could feel the excitement in the air.

There are two major components to the Colts Swim School; a private swim lesson program open to all ages (including adults) devoted to a more personalized swim instruction to maximize growth, and the group swim school where they conduct group swim classes, creating a fun class environment for “day 1” swimmers and advanced swimmers alike between the ages of 3 and 12. The group swim launched June 12th with a splash! When asked about the benefit of group swim classes, Lead Supervisor Liam Smith had this to say:

“For the kids, group swim is a great first experience of being part of a team, because even though swimming is an individual sport, they get to play, learn, and eventually be motivated by their peers in a class setting, building their social skills in a smaller setting before they move on to other group sports.

Additionally, as an instructor, I care deeply about seeing individual swimmers reaching the highest echelons of competition, but what I enjoy even more is encouraging a swim culture that exists past the lanes.”

If you are interested in private lessons, or group swim classes for the little ones in your life, please reach out to the Colts Swim School at colts.ss@smccd.edu, or stop by the aquatics desk at Cañada College Athletic Center. The swim school staff are waiting with open arms and a smile to greet new swimmers and inquiring parents.

Bulldogs Swim School

It’s officially the time of year to put the winter gear away and break out the summer threads! As we are preparing for the excitement of summer, it’s a perfect time to revisit the goals set at the beginning of the year.
Continued from “Bulldogs Swim School”

It is time to say, “see ya later!” to all the forgotten New Year’s Resolutions or hobbies that haven’t yet been accomplished, and, “Hello!” to the summer’s mid-year refresh!

Here at Bulldogs Swim School, staff always place swimmers first by supporting them on their journey to achieve goals such as trying new things, becoming water safe, learning how to swim, and instilling healthy habits. Since Bulldogs Swim School is a year-long program, there are endless opportunities to achieve goals or start a new hobby.

With the sun out, the pool is that much more inviting. Let the anxiety of trying new things melt away! The pools here at College of San Mateo are super inviting, please come by for a tour with the membership team and make sure to stop by the Aquatics Desk and sign up for swim lessons as soon as possible. Evaluations are taking place weekly where proper feedback is given to your swimmer about what level they should be in. Never a missed opportunity!

As always, the safety of swimmers remains the highest priority. We express our heartfelt gratitude to all of you for your unwavering support in creating a secure and nurturing environment for our community. Our experienced instructors and staff are dedicated to ensuring that every swimmer receives proper guidance and care throughout their journey with BSS.

As we enter this mid-year refresh, let’s renew our commitment to personal growth, celebrate our achievements, and embrace new opportunities. We appreciate your continued trust and support, and we are dedicated to helping each and every member of our swim school community reach their goals!

CSM Introduces...
The Return of Aquatics Academic Courses and Intercollegiate Programs

This summer marks the return of CSM’s aquatics academic classes as well as the return of intercollegiate water polo this fall, and swim in the spring. The college is also celebrating the return of men’s water polo which has been on hiatus since the mid-70’s.

Coach Andrew Silva (also a member of the USA National Water Polo coaching staff) has been hired to lead these programs. To find out more please review the link here.
New Members Referral Program

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 K–12 Faculty, Staff & Administrators 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. 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 19.
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 K-12 Teachers, Staff, and Administrators to experience the joy of movement.

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!

Scan the QR Code to request your guest pass!

<table>
<thead>
<tr>
<th>Faculty/Staff/Administrators</th>
<th>Enrollment Fee</th>
<th>50% Off</th>
<th>Monthly Single-Site</th>
<th>Monthly Dual-Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>120</td>
<td>60</td>
<td>32.10</td>
<td>40.66</td>
</tr>
<tr>
<td>Duo</td>
<td>192</td>
<td>96</td>
<td>58.85</td>
<td>73.83</td>
</tr>
<tr>
<td>Family</td>
<td>264</td>
<td>132</td>
<td>80.25</td>
<td>100.58</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Enrollment Fee</th>
<th>50% Off</th>
<th>Monthly Single-Site</th>
<th>Monthly Dual-Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>60</td>
<td>12.84</td>
<td>16.05</td>
</tr>
<tr>
<td>Duo</td>
<td>96</td>
<td>25.68</td>
<td>33.17</td>
</tr>
<tr>
<td>Family</td>
<td>132</td>
<td>35.31</td>
<td>43.87</td>
</tr>
</tbody>
</table>
Become a Student Athletic Center Member!

**Your Community Connection to Education and Fitness**
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!
CAMPUS Lifestyle
order & pickup

College of San Mateo

Skyline College

Cañada College

pacific-dining.com/csmcafe

pacific-dining.com/skylinecafe

pacific-dining.com/canadacafe
Students Make Everything Special

With August swiftly approaching and the advent of a new school year on the horizon, our esteemed bookstore buzzes with purpose and determination. We are eagerly gearing up to welcome incoming students and unveil an expertly curated selection of captivating offerings sourced diligently from the vibrant bay area.

Whether you’ve purchased supplies or indulged in a steaming cup of coffee at the delightful Paws for Coffee, chances are you’ve already had the pleasure of interacting with our dedicated student employees. These exceptional individuals bring a rich tapestry of diverse backgrounds and life experiences to our campus community.

With a genuine enthusiasm to connect, they are eager to share their personal narratives and foster meaningful relationships. Spanning globally, our student employees proudly represent many nations, including Burma, China, the Philippines, Cambodia, Brazil, Nepal, and our very own United States. When you enter the CSM-Bookstore you will see the flags of the nations currently and past represented with the dedicated Student Associates!

As an integral part of our commitment to inclusivity and representation, we are delighted to announce our plan to showcase and celebrate their invaluable contributions to the store. By prominently highlighting the myriad cultures and perspectives our student employees bring to the table, we aspire to cultivate an inviting atmosphere that resonates with every student and shopper.

CSM-Bookstore aims to create a space where people can reflect on their contributions and experience a genuine sense of belonging. Whether you need a new pair of flip-flops, school supplies, a tasty bag of chips, or crave a friendly face to brighten your day, we invite you to visit the CSM-Bookstore and meet our exceptional student staff.
Colts Café Presents... Our New Smoothie Bar!
Coming August 2023

Looking for a delightful and refreshing way to revitalize your day? We have exciting news for you! The health-conscious communities of San Mateo County are about to welcome a fantastic addition—an all-new smoothie bar!

Help us name our brand with some name suggestions such as:
Colts Café – Cold Concoctions
Colt’s Café & Smoothie Uplifts

The selected winner will receive a $25.00 gift card! Last day to submit names is **July 21, 2023**. We cannot accept names of other businesses or legal names of other enterprises. Be open, creative and catchy!!

Send us your suggestions at canadabookstore@smccd.edu.
Print, Design and Logo Shirt Production

Are you planning an event this summer and need custom print, design or T-shirt/Hat items with low minimums?

Consider Skyline College Bookstore’s Graphic Arts & Production SkyGAP. Visit us at Building 19, Skyline College.

Services offered include everything from custom invitations to banners to T-shirts and much more.

For more Information, click below: 
bookstore.skylinecollege.edu/SkyGAP

For general inquiries, please contact: skygap@smccd.edu. We’re excited to work with you!
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 the 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.
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.