June Newsletter
2023 Edition

CAN-AC & CSM-AC Pool Closure
Closure due to routine maintenance:
Friday, June 16, 2023 • 5:45 a.m. – 2:00 p.m.

Saturday Hours Extended
Effective on Saturday, June 17, 2023
Hours extended to 5:00 p.m.

Holiday Hours
Juneteenth - Monday, June 19, 2023 • 8:00 a.m. – 1:00 p.m.

Membership Dues Increase
See the Membership section on page 17.
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.

Contact Us
Phone: (650) 381-3575
Email: comfit.cc@smccd.edu
Kinesiology & Wellness Building
Building 1
4200 Farm Hill Blvd.
Redwood City, CA 94061

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) 378-7373
Email: sanmateoac@smccd.edu
Health & Wellness Building
Building 5
1700 W. Hillsdale Blvd.
San Mateo, CA 94402

*Extended Saturday hours are effective June 17, 2023.
Prior to effective date, Saturday hours are 7:00 a.m. – 2:00 p.m.
Parking fees will not be charged for the Spring & Fall 2023 semester.
Happy Summer 2023!

Extended Saturday Hours
This edition of the Athletic Center Newsletter focuses on Reaching Your Summer Fitness Goals with **extended hours until 5:00 p.m. on Saturdays; effective June 17, 2023.** There is now a little more time on the weekend to enjoy and cool off in the pools, or work out in the comfort of the airconditioned Athletic Centers!

Summer Solstice – Cultivate Connections and Community Through Fitness
Observing the sun entering Cancer, (which is a water sign), Summer Solstice focuses on love, home, nurturing and connecting with friends, family and Mother Nature. Bask in this maternal energy by spending as much time as possible with people who bring genuine joy to occasions.

If you’ve been struggling to find a friend group this winter and spring, now is the perfect opportunity! There is friendship to be found in every Athletic Center Group Exercise class, group Pilates Class, pickleball lessons, roof-top TRX class, Masters Swim training or in the shared experience of a rowing class, to name a few.

If working out alone feels best for you, simply make a point to say “hi” and introduce yourself to a fellow member who you have seen for months, who is also working out at the same time as you! Community is all about people who care for one another. Let’s expand on this together, surrounded by the great energy of summer!

Thank You for Your Service
While the June Athletic Center newsletter’s focus is on Reaching Your Summer Fitness Goals, we extend a shout-out to the Memorial Day Holiday commemorating and acknowledging U.S. Active Duty and U.S. Veterans and the sacrifices made by this dedicated group. The Athletic Center thanks you for your service.

Juneteenth
This federal holiday takes place on **Monday, June 19, 2023** commemorating the emancipation of enslaved African Americans. The Athletic Center hours will change to allow members and staff to spend time with family and friends to celebrate. Please kindly plan workouts and swims as operating hours on this day will be **8:00 a.m. - 1:00 p.m.**
Our Summer Challenge: The Teeny Tiny Triathlon!

As the warm summer days approach, it’s the perfect time to set your sights on achieving new fitness goals and embracing exciting challenges. This month, the Front Desk introduces the Teeny Tiny Triathlon, (a simulated) small distance, multi-sport challenge designed for all fitness levels.

What is the Teeny Tiny Triathlon?
The Teeny Tiny Triathlon activity-based challenge relates scenic locations throughout the Bay Area to your workout distance.

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 equal to the distances found on page 5. Track your progress on your own and post photos of yourself on the bulletin board to mark your accomplishment. The Front Desk will offer a small prize for those who have completed two or more activities. Challenge Duration: June 1 – August 31.

See more details about the challenge on page 5, visit your Athletic Center's bulletin board or ask the Front Desk! Good luck on the summer challenge!
ABOUT THE CHALLENGE
Join in on a triathlon activity challenge based on scenic locations all throughout the Bay Area. 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 location 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.

- **BAY BRIDGE**: 0.3 MILES
  - The swim starts near Yerba Buena Island and heads west, finishing in San Francisco.

- **HIGHWAY 1**: 5.5 MILES
  - Bike Highway 1: start from Francis Beach, to Half Moon Bay, to Cowell Ranch Beach.

- **GOLDEN GATE BRIDGE**: 2 MILES
  - Run across the entire bridge and back.

- **ANGEL ISLAND**: 0.6 MILES
  - Round-trip swim around Angel Island State Park.

- **DOWNTOWN NAPA**: 12 MILES
  - Napa Valley bike tour in Downtown Napa on the Vine trail.

- **MCNEAR BEACH**: 4 MILES
  - Mcnear’s Beach run in Marin County.

Visit our bulletin board for more info on the activities.

Questions? Visit the Front Desk.
Fitness Floor Refresh

New Equipment Arriving October 2023

The fitness floor at CSM-AC will see a refresh with new paint, cardio-equipment, Power Lifting Equipment and Hammer Strength Plate Loaded Squat and Glute pieces. In addition, the fitness floor will be reconfigured to align the free-weight and power lifting areas separate from the selectorized strength equipment and functional strength training area. Over all, look for some exciting additions to the Athletic Center. Equipment is ordered, and it’s on its way! New equipment include:

5x Life Fitness Integrity Series D SE3 HD Treadmills – Fitness Floor
Both treadmills offer wireless internet connection, so you can monitor valuable asset data. Integrity Treadmills are for those who want a sleek design and intuitive console with added workouts, or those who just want to get on and go.

4x Fitness Integrity Series S SL Treadmills – Adaptive Room

2x Hammer Strength Squat Racks with Platforms
Strength train with limitless configurability and the rugged durability that Hammer Strength is known for.

1x Hammer Strength Plate-Loaded Belt Squat
The Belt Squat has front and rear weight rods allow for large weight loads and four belt anchor points provide varying resistance ratios. It also accommodates users of all sizes, and a storage hanger for the belt and hook for added convenience.

1x Hammer Strength Plate-Loaded Glute Drive
The Glute Drive allows functional movement for posterior power, so users don’t have to rely on barbells, dumbbell benches or other devices to perform the movement.
Get Fit for Summer with a Personalized Program Plan

Summer is just around the corner, and it’s that time to get ready to have some fun in the sun! The Canada Athletic Center is home to a team of professional Certified Personal Trainers with a proven track record of performance and accountability. Booking a complementary Fitness Assessment with one of our trainers is the first step to getting ready to enjoy the summer months ahead by creating a Personalized Program Plan. See our talented team below! To book a Fitness Assessment, click here.

Nate Dougherty
As someone with a passion for fitness, Nate derives great joy from assisting clients in achieving their goals, just as he once accomplished his own. His primary areas of expertise within personal training include muscular strength, fat loss, mobility, athletic training, and even injury rehabilitation.

Candi Cabrera
Candi guides clients in developing new habits through determination, effort, and self-care, as these are crucial for attaining good health and fulfilling life. With 11 years of experience in teaching Group Fitness, 10 years in Energy Healing, and six years in Personal Training, Candi possesses a wealth of knowledge to support her clients on their wellness journeys.

Karen Clarke-Hoffman
Karen aims to inspire and motivate her clients to become a stronger and healthier version of themselves, turning the “I can’t do that” mindset into “I did it – let’s do it again!” Fun fact: Karen grew up in South Africa and was a competitive swimmer (Provincial level) and netball player.

Amber Applegate
Amber grew up playing basketball and volleyball. Finding motivation while working out with friends, Amber developed a genuine passion for the gym and eagerly looked forward to her workouts. Her greatest sense of accomplishment stems from witnessing her clients achieve significant milestones in their own fitness journeys.

Brenda Cisneros
Brenda, a faculty coach, specializes in mobility rehabilitation and strength training. Her aspiration is to be a leader and provide proper guidance to individuals seeking a healthy lifestyle, facilitating intentional change through the harmony of mind, body and soul.

Joaquin Rubio
Joaquin is a certified ISSA Personal Trainer with a strong commitment to fitness. Currently, he is pursuing an ADT in Kinesiology and Allied Health, furthering his knowledge in the field. Additionally, Joaquin is a midfielder for the Palo Alto Ducks Men’s Lacrosse Club and competes as a dedicated athlete under the United States Powerlifting Association (USPA).

Jake Smith
Jake is a dedicated team member at the Athletic Center, fulfilling multiple roles as a Personal Trainer, Group Exercise instructor and Aquatics professor for the Kinesiology, Athletics, and Dance Division. Jake has over two years of experience in personal training and a Master’s degree in Kinesiology. He also practices calisthenics in his free time.

Joseluis Oliva
Joseluis is a NASM Certified Personal Trainer with a focus on weight loss, strength training, bodybuilding and overall general fitness. He approaches training by guaranteeing his clients not only effective workouts, but also a friendly and engaging experience during each session. Joseluis’s ultimate objective is to inspire his clients to embrace fitness as a lifestyle they genuinely enjoy and eagerly anticipate every day.
Stay on Track with Summer Goals with Group Exercise

Summer is a great time to get in shape and focus on fitness goals. One effective way to stay motivated and on track is by taking Group Exercise classes at the Athletic Centers. Here are some tips for using Group Exercise classes to keep your summer fitness goals.

First, find a class that drives your passion! There is a wide variety of Group Exercise classes available, from yoga and Pilates to Zumba, Bollywood, Cycling and TRX. Find one that makes you smile and feel joy!

Second, commit to a schedule. Consistency is key when it comes to achieving fitness goals. Decide on a class and commit to attending that class regularly. Treat your fitness classes like any other appointment.

Third, set goals that are appropriate. When setting fitness goals, make sure they are achievable and realistic. Start with two days not five, when you first begin exercising. You can always level up later, and on the way you can congratulate yourself for each milestone.

Fourth, use the support of a group. The group dynamic of a class can be incredibly motivating. Use this support to push harder and stay accountable. Find a friend in class and exchange texts, to ensure accountability and write the night before to make sure gym clothes are in tow before leaving the house for work or errands and congratulate yourself for each milestone.

Summer Solstice Celebration

The Summer Solstice is a celebration of light, life and the completion/beginning of a cycle. Practicing yoga on the Summer Solstice is the traditional practice to activate the sun’s energy and honor the rhythm of nature.

The Athletic Centers will be offering two celebratory classes on June 21; 7:00 a.m. (50 Minutes) in Studio 2 at the College of San Mateo or 5:00 p.m. (75 minutes) on the rooftop at Cañada College.

The classes will be a combination of Yin Yoga, Vinyasa and Flow. This celebratory class is free to all Athletic Center members. No reservations needed. All levels are welcome!

GEX June Birthdays!

Yue Whelchel, June 2nd
Debbie Lucchesi, June 15th
Sterling Sakai, June 16th
In the last newsletter edition, we explored the emotional benefits of taking a cycle or spin class. This month, the focus is on helping members with the knowledge and instruction needed to feel confident walking into the cycle studio class. Instructors often use specific terminology to guide members through the workout. Here are some common terms used to help guide you in your next class:

**Resistance:** This refers to how much tension is on the bike’s flywheel. Instructors may ask to increase or decrease the resistance to increase or decrease the difficulty of the workout.

**RPM:** This stands for “revolutions per minute” and refers to how many times the pedals rotate in a minute. Instructors may ask to maintain a certain RPM during different parts of the workout.

**Saddle:** This refers to the bike seat. Instructors may ask to ride “in the saddle” which means seated, or “out of the saddle” which means standing on the pedals.

**Climb:** This refers to a simulated hill or incline on the bike. Instructors may ask to increase the resistance and maintain a slower speed to simulate climbing a hill.

**Sprint:** This refers to a short burst of high-intensity cycling, often with high resistance and a fast cadence.

**Recovery:** This refers to a period of lower-intensity cycling, often with lower resistance and a slower cadence, to allow for rest and recovery.

**NEW -- Cycle Beats w/ Candi**

Cycle Beats is a music-based ride where the speed of your pedal strokes and resistance are entirely dedicated to the beat of the music. RPMs are used to control your resistance, and drills to beats per minute. Cycle Beats offers a great, energizing and fun workout for all levels!

**CAN-AC:** Mon • 9:00 a.m. & Wed • 5:30 p.m.
**CSM-AC:** Sat • 8:00 a.m.

**NEW -- Intro to Cycling Workshop w/ Jory**

Interested in taking a Group Cycle/Spin class but not quite sure how to go about it? Join Cycle instructor extraordinaire, Jory Stein, for the Intro to Cycling workshop on **Tuesday, June 6, 2023 at 5:30 p.m.**

Learn the basics from how to adjust your seat to cycling terminology and more to feel confident to enroll in a cycle/spin class. *Note: This one evening workshop will be open to all members (CAN-AC & CSM-AC).*

[Reserve online](#) or by emailing [wrattenl@smccd.edu](mailto:wrattenl@smccd.edu).

Space is limited and reservations are required.
<table>
<thead>
<tr>
<th><strong>Group Exercise Classes</strong></th>
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<tr>
<td><strong>New Classes at CAN-AC</strong></td>
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<tr>
<td><strong>Spin w/ Karen</strong></td>
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<td>Wednesdays • 6:00 a.m.</td>
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<td><strong>Zumba w/ John Z.</strong></td>
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<td><strong>Yoga Fit-Fun w/ John</strong></td>
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<td>Saturdays • 8:00 a.m.</td>
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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).
Ignite Your Summer Fitness Journey with Pilates Training

As summer approaches, individuals strive to make the most of the warm weather and longer days by embracing a healthier lifestyle. If one is looking to revitalize their fitness routine, enhance core strength and achieve a toned and flexible body, Pilates might just be the perfect exercise method!

Welcome Pilates Instructor, Ginny McGinnis!

What better way to embark on the Pilates journey than with the guidance and expertise of a new instructor! The Pilates studio at CSM-Athletic Center is thrilled to introduce Ginny McGinnis.

A graduate of the 2-year intensive, College of San Mateo Pilates Instructor training program; Ginny is a highly trained and experienced professional. With a passion for Pilates as well as a number of other mind-body modalities, Ginny is dedicated to helping clients reach their fitness goals. Experience a fresh perspective and expertise guided with a personalized approach to instruction.

Whether a beginner or an experienced practitioner, embrace this summer as the ideal time to set goals prioritizing health and well-being through the practice of Pilates. Pilates provides a clear focus and motivation, allowing individuals to track progress and celebrate achievements. Summer goal setting promotes adherence to a consistent training routine and helps individuals stay accountable, ultimately leading to improved overall fitness.

With Ginny’s guidance, discover the transformative power of Pilates in a supportive and encouraging environment. Prepare to strengthen the core, improve flexibility, and experience a new level of vitality. A summer Pilates journey is both challenging and rewarding. It may just be the spark that ignites your summer fitness goals to completion!

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.

Welcome Pilates Instructor, Ginny McGinnis!

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.
Private Lessons

You asked, we answered! We now have NEW pickleball Private Lesson pricing and packages available.

Private pickleball lessons are a great way to take your game to the next level. Private lessons are tailored to your individual needs and can focus on specific areas of your game, such as technique, strategy, footwork and mental focus. With one-on-one instruction from a skilled coach, you can accelerate your learning and improve your game in a shorter amount of time.

Private lessons are available for players of all ages and skill levels, and can be scheduled at a time and location that is convenient for you. So why wait? Book your private pickleball lesson today and take your game to new heights! Book your private lessons by signing up here.

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<th>Pricing</th>
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Private Coaches

Peter Noroña is a Certified Professional Pickleball Instructor. He is currently a Pickleball Instructor at the Sunnyvale and Cupertino Tennis Center. He sees pickleball not only as a sport, but a life-skill as well. To Peter, Pickleball is a sport for all ages, regardless of fitness, ability or capability. Peter has been instructing and coaching Pickleball for the last two years. He has also provided Pickleball Team Building events for Fortune 500 companies and private instructions to individuals, groups as well as families. His philosophy of pickleball is that it’s simple to grasp—“easy to learn but certainly hard to master!” Peter’s favorite sayings are “Pickleball is Life! and I Think I Have a Dinking Problem!”

Ed Wermuth is a Certified Pickleball Instructor with four years of playing experience.

Prior to that, he worked as a tennis instructor at Fossler’s Tennis Center in Elkins Park, PA for 15 years. With his extensive background in tennis, he found it easy to transition to pickleball and has been teaching the sport to students of all ages and levels.

Visit our new pickleball page: comfit.canadacollege.edu/pickleball.html
Pool Maintenance Notice

Both Athletic Center pools will be closed on the following day due to routine maintenance:
Friday, June 16, 2023 • 5:45 a.m. – 2:00 p.m.

Bulldogs Swim School

As the summer season approaches, Bulldogs Swim School is excited to create fun and exciting memories for all of the swimmers. This month, the focus is to always make swimming safe and fun while also facilitating each swimmer’s personal goals. With a renewed sense of energy and enthusiasm, let’s get ready to make this summer an unforgettable one!

Safety
Bulldogs Swim School safety remains the utmost priority. As summer approaches, it is ensured that every swimmer enjoys their time in the water while being protected. Highly trained instructors are ready to provide a safe and secure learning environment for all of the students while promoting quality swim instruction.

Engaging Instruction
Yet, swimming is not just a skill; it is also a fun and enjoyable activity that brings happiness to everyone involved. This summer, we have created engaging and interactive lessons designed to make learning to swim a fun and rewarding experience. Through creative games, swim drills and group exercises, our dedicated instructors will ensure that every swimmer develops their skills while having a blast in the water.

Setting Summer Goals
Summer is the perfect time to set new goals and push ourselves to achieve them. Whether your child wants to improve their technique, gain confidence or even participate in swim competitions, our instructors are here to provide guidance and support to make those goals a reality. By setting goals and working towards them together, we can make remarkable progress and celebrate many achievements along the way.

Grab some goggles and sunscreen and jump in, and embark on a summer full of growth, progress, and unforgettable experiences at Bulldogs Swim School. Thank you for your trust and support! Bulldogs are looking forward to helping each and every one of the swimmers reach their summer goals! Happy swimming!

Masters Swimming

With warmer weather finally approaching, it means all the layers and bags brought out on deck can be cut back when coming to the pool and along with the ease of swimming in the pools, one can celebrate the open water season, that comes with higher temperatures.

Pacific Masters website is a wonderful resource to get information and events this summer, regarding open swims, virtual swims, swim results, swim ranking, club listings, and more. Visit pacificmasters.org for more information.

Update, Cañada Masters has added a 6:00 a.m. and 7:00 a.m. workout on Mondays, Wednesdays and Fridays. Head coach Cesar Valera and assistant coach
Kirk Richards are presenting the team with some great challenging workouts that will keep everyone in tip top shape. Swim workouts are always geared to fit the swimmer’s speed and fitness level. And as always, no pressure, no stress when coming to a master’s workout!

The master’s coaches will always take time to invite new members who are swimmers to come give a masters practice a try. Make it a summer goal!

**Cañada Tri-Team: Setting and Achieving Goals Through Triathlon Training**

The journey of triathlon training provides an incredible opportunity not only to enhance physical fitness but also to gain valuable insights into setting and achieving goals. Through the challenges, victories and personal growth that come with triathlon training, here are some profound lessons that can be applied to all areas of life.

**Setting Ambitious Yet Realistic Goals**

Triathlon training teaches the importance of setting ambitious goals that push you beyond your comfort zone. However, it is crucial to balance ambition with realism. By understanding your current abilities, considering your limitations, and setting incremental goals, you can maintain motivation and enjoy a sense of accomplishment with each milestone achieved.

**Embrace the Power of Planning**

The structured nature of triathlon training emphasizes the significance of planning. Designing a training program that aligns with your goals, considering different disciplines, intensity levels and recovery periods, helps optimize consistent progress over time.

**Consistency and Persistence Yield Results**

Triathlon training demands consistency and persistence. It is through regular training sessions, even on days when motivation fades, that progress is made. By adopting a mindset of commitment and perseverance, you cultivate discipline and reap the rewards of consistent effort. The journey becomes a testament to the transformative power of persistence in achieving both short-term and long-term goals.

**Adaptability in the Face of Challenges**

Triathlon training, much like life itself, presents unexpected challenges. Injuries, unforeseen circumstances, or unexpected race conditions can test your resilience. Learning to adapt and adjust your plans when faced with obstacles is vital. By maintaining a flexible mindset, seeking alternative solutions, and staying focused on the bigger picture, you develop the ability to overcome adversity and keep moving forward.

**Celebrating Progress and Milestones**

Triathlon training is a journey composed of small victories and incremental progress. Celebrating milestones along the way provides valuable motivation and a sense of accomplishment. Acknowledging personal bests, completing a challenging workout, or conquering a new distance fosters a positive mindset and fuels the desire to push further. Celebrating progress, no matter how
small, reinforces the belief that consistent effort yields tangible results.

Triathlon training is not solely about completing races; it is a transformative experience that teaches valuable lessons in setting and achieving goals. These lessons...extend far beyond the triathlon world and can be applied to various aspects of life. The skills you develop as a triathlete will transcend the finish line enhancing all areas of life.

If you or someone you know is interested in Tri-Training at CAN-Athletic Center please contact Cesar Valera at: valarac@smccd.edu.

Colts Swim School

Summer is at our front door step! Say goodbye to stormy nights and say hello to blue skies and warm summer days, and with the new season comes a new aquatics program: Colts Swim School.

It is the most exciting to bring this Aquatics program news to Cañada College and to be able to serve individuals and families. At Colts Swim School, swimming is a life skill that should be accessible to everyone. The goal is to create a fun, safe environment for swimmers of all ages to develop skills, build confidence, and cultivate a life-long love for aquatics.

There are two major components to our swim school: a private swim lesson program open to all ages, (including adults) devoted to a more personalized swim instruction to maximize growth. Then there is Colts (youth) Swim School - set to launch early June 2023 – where group swim classes are conducted, creating a fun class environment for “day 1” swimmers and advanced swimmers alike between the ages of 3 and 12.

Colts Private lessons have just recently started, and all are having a lot of fun in one-on-one sessions with instructor-swimmer interaction. This personalized attention, makes for greater instructor-swimmer bonds and really helps instructors to set up a curated curriculum designed for the individual swimmer.

There could not be more excitement about bringing private and group swimming to the pools this summer! For more information please email colts.ss@smccd.edu.
Monthly Rate Increase Effective July 1, 2023

Every member is important and continuing to provide the best service experience possible at College of San Mateo and Cañada College Athletic Centers remains a top priority. While recognizing the incredible participation and community involvement each member brings to both locations; it is paramount to the continuing effective facility, staffing and operations that a 7% monthly dues rate increase take place effective July 1, 2023. Student rates will not be affected by the increase.

*Corporate Memberships will no longer be offered and will be adjusted above 7% increase to Community Collective Membership rates, reflective of equity of pricing and equal to San Mateo County Resident membership pricing.” Please See Addendum: Corporate Rates.

CSM–CAN Athletic Center rates were based upon 2019 pricing, the year of the last increase. An example of Individual monthly membership dues increases will range from .84 - $5.88, (depending on the type of individual single-site membership held). Couples, Family and dual-site membership will also incur the 7% price increase which reflects costs based upon the total number of members on the membership account, or if the membership provides multi-site access, (dual location).

Since the beginning of SMCCCD Athletic Centers price and community changes have included:

- Elimination of monthly and annual parking fees.
- SMCCD student memberships provided free of charge.
- San Mateo County membership use options for SMC, K-12 teachers and administrators.
- San Mateo County membership use options for SMC, Veterans, Active Duty and First Responders.
- SMCCD and CSEA–SMCCD use options for faculty, staff and administrators.

The Athletic Centers continue to be fully financially self-supported operations under SMCCCD Auxiliary Services Enterprises, which in addition to Athletic Centers also serves the three self–supported College Campus Bookstores, Campus Dining locations, 5–Coffee Cafés and Vending services to assure student initiatives, requests and service levels.

While rate increases are never easy, one is reminded these are hybrid student/community Athletic Center’s located on a college campus serving to the primacy of students of San Mateo County Community College District though community support. It is with gratitude that we thank each of you for participating in the unique connection to education and fitness, that serves as a national model to all.
Addendum: Corporate Rates

Corporate Memberships will no longer be available effective July 1, 2023. All Corporate Memberships* will automatically shift to the Community Collective Membership effective July 1, 2023 unless cancelled prior. Please see new pricing structure below:


Single location: CSM-AC or CAN-AC.
Dual location: CSM-AC & CAN-AC.

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<th>Dual Location</th>
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*Veteran, Active Duty and San Mateo County first responders’ membership monthly dues rates will incur a 7% increase against current rates and will not be subject to the Community Collective Rates.

New members who are referred by a current member and who provide the referring member’s name at the time of joining will receive an additional $50.00 off enrollment fees.

Referring members are signed up to a drawing to receive 1-day, 3-day and 7-day guest passes. The total value of the 7-day guest pass is $210. Please note, the 3-day and 7-day guest passes are for consecutive days.

We look forward to everyone continuing to refer family and friends to the Athletic Center. Together we are building a wonderful community connection to education and fitness!

Summer NON-SMCCCD College Student Memberships

Members with children who are college students who have returned for summer are entitled to register their College Student family member (living in the same household); for a Summer College Student Membership at a cost of $30 monthly. The Summer College Student membership is not prorated and requires full payment at the time of signing.

Non-SMCCCD College Students may sign up for one or more months up to four months at the time of joining. This offer requires a current primary Athletic Center member account holder (living in the same household) be available at the time of signing. This offer will not be offered after September 1, 2023 with all Non-SMCCCD College Student memberships expiring September 30, 2023. To find out more, visit the Membership Office.

New Members: Discounted Enrollment Fees June 2023

The Athletic Centers will offer a 19% discount off all enrollment fees to new members joining in the month of June, honoring Juneteenth, this June 19, 2023 in commemoration of the emancipation of enslaved African Americans.
Editor’s Note

Jazz on the Hill

We are thrilled to announce the return of Jazz on the Hill on Saturday, June 10, 2023! Join us from 11:00 a.m. - 6:00 p.m. in front of the CSM Library, Building 3. This FREE community event, hosted by KCSM Jazz 91, promises an unforgettable celebration of the soulful and captivating sounds of jazz. Get ready to be swept off your feet as the hills of San Mateo come alive with the enchanting melodies of jazz!

Headlining this year’s event is the phenomenal Spanish Harlem Orchestra! Joining the lineup are the talented young musicians of the Berkeley High School Combo, The Mimi Fox Trio, and the sensational CSM Little Big Band led by Patrick Wolff. A special highlight of this year’s festival is the presentation of the prestigious KCSM Jazz Icon Award. We are honored to recognize the legendary John Handy for his exceptional contributions as a performer, composer, educator, and jazz historian. Don’t miss the chance to witness his brilliance alongside the remarkable Akira Tana Quartet.

Jazz on the Hill is more than just a music festival; it’s a celebration of the rich heritage and profound impact of jazz. We invite you to bring your family and friends to revel in an enchanting afternoon of jazz, arts and crafts, delicious food trucks, and the finest wines and beers from local purveyors.

Don’t miss out on this captivating experience! For additional information, please visit our Jazz on the Hill site and be part of this unforgettable celebration of jazz.

College Bookstores: Summer Specials – There’s More Than Just Books

Review the Bookstore articles below and take advantage of convenience, quality and service. Activity is light in the Summer and shopping on a warm day or taking advantage of print services during slower academic months will make your life easy, just like a Summer Breeze.

College Dining

Review the Dining services on page 25, to view the menu, order online and indicate your time of pickup. The sushi is hand rolled, the pizza’s are made on-site and of course there is always grilled food if you want to indulge, just a little.

Dining Services resume June 12, 2023 at the start of the summer semester!
A FREE COMMUNITY EVENT

Jazz on the Hill
KCSM.ORG 2023

Spanish Harlem Orchestra
Akira Tana Group with John Handy
Mimi Fox Trio CSM Big Little Band
Berkeley High School Combo

SATURDAY
JUNE 10TH
11:00AM - 6:00PM

AT COLLEGE OF SAN MATEO
ARTS & CRAFTS | FOOD TRUCKS
JAZZONTHEHILL.ORG
Summer Surprises

While another academic year comes to closure, the Bookstore eagerly embraces the arrival of Summer

Consider Summer shopping for a gift when visiting the campus during the Summer. Take a moment to stop by Building 10 and peek at “the non-book items.” There are now plush bath towels, fashionable tote-bags, bath and body essentials, trendy flip flops, and new clothing to choose from.

It is also exciting to announce efforts in collaboration with new-local vendors, who foster fruitful care to the desires of residents across the Bay area community. Like so many people and places that make this a great place to live, each brand offers uniqueness and charm. They include:

**BAGGU**
This sustainability brand advocates a reusable Tote bag perfect for trips to the beach and park. “Earth Month” just passed, and we are happy to support local environmental initiatives with BAGGU. We remind students, faculty/staff and the community to support local brands and the bookstores! Take some time to shop and discover what special and new.

**The Herbal Alchemest**
Dedicated to crafting exquisite body butters, invigorating scrubs, and many other sustainable body-delights, this local brand of self-care products offer natural ingredients and treads lightly upon the environment.

The Bookstore always works toward supporting students and the college. With a purchase, we remind you that you are offering this same support. Purchase a gift for friends, family or loved ones today. See you at the CSM-Bookstore!
Did You Know the CAN-Bookstore Operates the Colts Café?

Colts Café offers a variety of drinks and goods including energizing coffee, matcha, bagels and more refreshments. Find us at the Cañada College Athletic Center Lobby in Building 1 to grab and go your pick-me-up drink in support of the student bookstore whenever you come by the campus!

Colts Café Specials

Get it Hot or Cold! **Ice/Hot drip coffee grande with a pastry of choice for $4.00.**

**Vegan Cookies: 2 for $5.00**

**Time to Cool Off with Celsius! 2 Celsius drinks for $5.00**

Promotions are valid through **June 30, 2023.** Cannot be combined with any other offer. Can be discontinued at any time without notice. No rain checks. Limited to items in stock.
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!
order & pickup

college of San Mateo

Skyline College

Canada College

pacific-dining.com/csmcafe pacific-dining.com/skylinecafe pacific-dining.com/canadacafe
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.