

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

# ATHLETIC CENTER

*Your community connection to education and fitness.*



## March Newsletter

2024 Edition

### Daylight Savings Begins

Sunday, March 10

### Cesar Chavez Day - Holiday Hours

Friday, March 29 • 7:00 a.m. - 2:00 p.m.





CANADA COLLEGE  
**ATHLETIC CENTER**

Your community connection to education and fitness.



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**Membership Hours**

**Monday - Friday**

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

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

**Pools close at 8:00 p.m.**

**Saturday**

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

**Sunday**

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

**Membership Hours**

**Monday - Friday**

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

**Pools close at 8:00 p.m.**

**Saturday**

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

**Sunday**

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

**Contact Us**

Phone: (650) 381-3575

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

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

Kinesiology & Wellness Building  
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Redwood City, CA 94061

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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



# People, Programs & Points to Ponder

March 2024

## Editor's Note

### People, Programs and Points to Ponder

The month of March brings with it the connection of community in various celebrations and well-known and "not so known" special days to share with family and friends. This month, the Athletic Centers celebrate people and programs and encourage everyone to continue embracing physical health, yet to also expand emotional health by challenging one's self to find a day in March to celebrate with family and friends.

This month's newsletter focuses on the people, programs and special stories of students, faculty/staff and community. We encourage you to share your special stories with us, for future newsletters.

**Please see a list of some unique days in March to celebrate:**

- March 10th – Daylight Savings begins
- March 12th – National Plant a Flower Day
- March 13th – Good Samaritan Day
- March 17th – St. Patrick's Day
- March 19th – First Day of Spring
- March 20th – International Day of Happiness
- March 21st – National Courtesy Day
- March 23rd – National Puppy Day
- March 30th – National "Take a walk in the park" Day
- March 31st – Cesar Chavez Day



# Front Desk News


## Making Online Reservations Easier!

The Athletic Center Front Desk continues to prioritize member convenience, and is excited to share a quick and easy way to streamline the lap swimming and Group Exercise reservation process.

This article will provide a quick tutorial on how to place the Athletic Center Empower M.E. reservation website, on your mobile device home screen. The bookmark can then be accessed, with just a tap, making booking your workout sessions more efficient!

Here's a simple step-by-step guide to help you add the reservation website to your phone's home screen:

### 🍏 For iOS devices (iPhones and iPads)


1. In the Safari app, type the web address: [ourclublogin.com/login/500092](https://ourclublogin.com/login/500092)
2. Once on the member login page, tap the  **bookmark icon**.



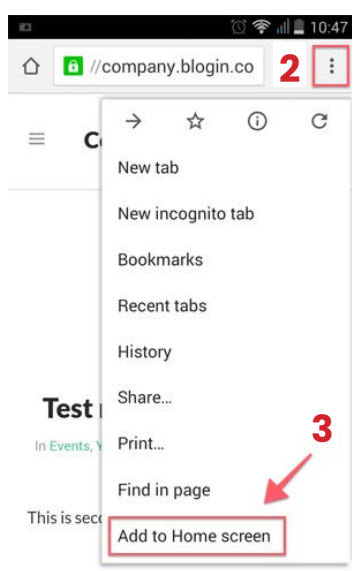
3. Tap the  **Add to Home Screen** widget.



### 🤖 For Android devices

1. In your device's web browser, type the web address: [ourclublogin.com/login/500092](https://ourclublogin.com/login/500092)
2. Once on the member login page, tap the  **menu button**.
3. Tap the **Add to Home Screen** option.

And done! You can hold and drag the icon to place it where you like on your phone's home screen. If you are having trouble with this process, contact our Front Desk step and we will assist you every step of the way.





# Aquatics

## Lifeguard Services – Do You Have What It Takes?

Do you ever ask yourself what it takes to become a certified lifeguard?

At the College of San Mateo and Cañada College, our lifeguards are the guardians of aquatic safety, entrusted with the well-being of our students, members, and community. Trained and certified through the American Red Cross, CSM & CAN Athletic Center lifeguards undergo an intensive qualification process to obtain their 2- year certification, yet the commitment to safety doesn't end there.

Following certification, lifeguards engage in additional in-person training sessions, ensuring that they are equipped with the latest on-site knowledge and details to maintain a secure aquatics environment. The dedication and expertise of the lifeguard team uphold the highest standards of training and safety, providing peace of mind for all who enjoy the beautiful outdoor pools.

Lifeguard services at the Athletic Centers also provide on-campus employment opportunities to students and community members. Lifeguard certification courses are hosted monthly and take place over the course of three days. If you know someone who would like to work with our program, it is important to note that the American Red Cross Certification training will be provided free of charge and upon successful completion Lifeguard Certification training, a Lifeguard position will be offered

at either or both campuses. Interested in joining the Lifeguard Services team? Please reach out to Nina Pineda, Operations Manager of Aquatics, at [pinedan@smccd.edu](mailto:pinedan@smccd.edu).

### Saying “Hi,” goes a long way!

Being a Lifeguard is by no means simple. This profession takes a high level of attention and athleticism, along with quick decision-making skills. Next time you stop by the pool deck, please say hello to the amazing lifeguards who work so hard early hours, late evenings and in challenging weather conditions to keep the pools running smoothly.

## Meet our Lifeguard Staff!



### Leon Kief

Meet Leon Kief, a remarkable individual who embodies a diverse array of talents and passions. As a longstanding member of the San Mateo Master Marlins since 1979, Leon has made an indelible mark on the aquatics scene, contributing to the club's rich legacy of excellence. Beyond his aquatic pursuits, Leon has an impressive background in chemical engineering, having delved into the complexities of science with curiosity and rigor. But Leon's interests don't stop there; he seamlessly weaves swimming, yoga, and fly fishing into the fabric of his life, demonstrating a versatility that is as impressive as it is inspiring.

# Aquatics

Continued from "Meet our Lifeguard Staff!"



## Liam Smith:

Meet Liam Smith, a multifaceted individual whose roots trace back to the quaint town of Copperopolis, California where community thrives amidst a population of 3,566. Liam's journey is as diverse as it is fascinating, with a passion for understanding the

intricacies of human movement leading him to pursue a degree in kinesiology. Beyond the realms of academia, Liam's creative spirit finds expression in music, where he takes center stage as the main guitarist in a local band.



## Aidan McGee:

Meet Aidan McGee, a dynamic individual whose journey is adventurous and inspiring. From his early years in elementary school, Aidan embarked on a remarkable path through the Boy Scouts, culminating in the prestigious title of Eagle Scout—a testament

to his dedication, leadership, and resilience. Now, as he navigates the realm of higher education, Aidan delves into the intricacies of business administration, blending his passion for entrepreneurship with a drive for success. But amidst the demands of academia, Aidan finds solace and excitement in the great outdoors, where he has honed his skills over five years of exhilarating mountain biking.

## Jess Ruiz

Meet Jess Ruiz, a vibrant individual whose interests span from the mechanics of life to the mechanics of cars. Diving into the intricate world of biology, Jess explores the wonders of living organisms with a keen eye for detail. Beyond the microscope, Jess finds joy in the hum of engines and the thrill of the



open road, indulging in the satisfying challenge of working on cars. From tinkering under the hood to mastering intricate systems, Jess's passion for automotive mechanics knows no bounds. In the kitchen, a newfound hobby has emerged as Jess discovers the artistry of baking, where he blends precision of recipes with creativity to craft delectable treats that delight the senses.



## Aylin Ayar

Meet Aylin Ayar, a dedicated individual with a decade-long journey in competitive swimming, Aylin has honed her skills, discipline, and passion for the sport. Now, as she delves into the field of nutrition at Cañada College, Aylin's

love for swimming continues to flourish, informing her understanding of the symbiotic relationship between physical activity and dietary choices. Aylin embodies the pursuit of excellence, both in the water and in her studies, inspiring others to embrace the transformative power of commitment, perseverance, and a love for what they do.



## Kylie Seufert

Introducing Kylie Seufert, a trailblazer both in the great outdoors and within the realms of tradition. As part of the groundbreaking inaugural group of women to achieve the prestigious Eagle Scout rank in Scouts BSA, formerly known as Boy Scouts of America, Kylie

has shattered barriers and forged new paths. Now, as she immerses herself in the field of fire science, Kylie's passion for exploration and adventure continues to guide her journey.

# Aquatics

*Continued from "Meet our Lifeguard Staff!"*

Beyond her academic pursuits, Kylie finds joy in the roar of engines and the beauty of nature, whether she's attending or staffing car shows, cruising on her motorcycle, or simply basking in the serenity of the great outdoors.



## **Yasi Yavari**

Meet Yasi Yavari, a versatile individual with a passion in computer engineering. Delving into the dynamic world of computer science, Yasi explores the intricacies of coding and algorithms with a curious mind and a determination to innovate. Amidst the digital landscape,

Yasi finds joy in the simple pleasures of life, whether she's firing up the grill, diving into the refreshing waters of a pool, or crafting melodic tunes that resonate with the soul. With a harmonious blend of analytical prowess and creative energy, Yasi embodies the essence of balance, inspiring others to embrace the full spectrum of their passions and pursuits.



## **Eric Banach**

Meet Eric Banach, a fearless adventurer and dedicated student on a quest for knowledge and adrenaline alike. With a remarkable feat under his belt—having swum from Alcatraz not once, but three times—Eric's passion for pushing boundaries knows no bounds. Currently

pursuing an Associate's in Kinesiology, Eric's academic journey is marked by a commitment to understanding the mechanics of movement and the intricacies of the human body. Outside of school, Eric finds excitement in the waves, where he harnesses the power of the ocean through surfing. When he's not catching waves, Eric can be found honing his strength and endurance through rigorous workouts, or channeling his creativity in the kitchen, where he cooks up delicious culinary creations.



## **Brandon Ho**

Meet Brandon Ho, who is focused on studying business, commerce and entrepreneurship. But beyond the confines of textbooks and classrooms, Brandon enjoys delicious meals and trying out new restaurants throughout the Bay Area.



## **Sophia Zygarewics**

Introducing Sophia Zygarewics. When she's not on the soccer field, kicking goals and staying active, Sophia can be found immersed in her studies, pursuing her passion for nursing. With a nurturing spirit and a commitment to helping others, Sophia's journey through the world of healthcare is marked by empathy, dedication, and a drive to make a difference in the lives of those around her.



## **Aidan Kurtzman**

Meet Aidan Kurtzman. Aidan finds joy and warmth in a steaming bowl of instant Ramen, enjoyed on the pool deck. As he navigates the world of academia, Aidan immerses himself in the realm of business administration, exploring the intricacies of commerce with ambition and determination. Beyond his visions for the boardroom, Aidan finds exhilaration and serenity in the natural world. Aidan embraces the thrill of surfing and skiing, harnessing the power of nature to fuel his spirit of adventure with a love for the ocean's waves and the mountains' slopes.

## **Charlie Tangeman**

Introducing Charlie Tangeman, a tech-savvy adventurer with a taste for excitement and exploration. As he delves into the

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# Aquatics

*Continued from "Meet our Lifeguard Staff!"*



world of computer science, Charlie is on a quest to unlock the mysteries of technology and innovation, driven by a curiosity that knows no bounds. Amidst the digital landscape, Charlie finds joy in the simple pleasures of life, particularly when they involve spending quality time with loved ones. Whether he's cruising

down the open road on bike rides with his father and friends, or embarking on spontaneous adventures, Charlie cherishes the bonds forged through shared experiences and outdoor escapades.



### **Dan Salvato**

Meet Dan Salvato, a master communicator with a passion for connection and a diverse range of interests. One fun fact about Dan is his innate ability to effortlessly connect with others, finding common ground and fostering meaningful conversations that

bring people together. As he immerses himself in the field of communications, Dan is dedicated to honing his skills in effective dialogue and interpersonal connection, recognizing the power of communication to bridge gaps and build relationships.



### **Gabriel Pedrosa**

Introducing Gabriel Pedrosa, an adventurer with a passion for business and a love for the great outdoors. Born in Brazil, Gabriel has embarked on a new chapter in his life when he moved to the United States just a few years ago. Since then, he has embraced the

opportunities and challenges that come with adapting to a new culture and environment. Currently pursuing a major in business, Gabriel is motivated to pursue a career in marketing management. With a keen eye for opportunity and a knack for strategic thinking, he navigates the world of academia with ambition and determination.

## **Bulldogs Swim School**

At Bulldogs Swim School, the team sees swimming as more than just a skill; it's a journey filled with growth, confidence, and joy. Since the start in 2022, the Bulldog family has grown to include over 350 families who trust the team to provide fun and engaging lessons for the kids. The staff, each bring skills from diverse swimming backgrounds, adding a unique touch to the team and making a mark as an essential part of the Athletic Center communities.

While the primary focus remains swim lessons, the team embodies much more. The team comprises a nurturing, well-rounded collective thriving both in and out of the water. Versatile to the core, the team seamlessly balances many roles as team leaders, guardians, and students with unparalleled dedication. Beyond the poolside, the swim instructors assume additional responsibilities as lifeguards, full-time students, and enthusiastic participants in a myriad of extracurricular activities. In this edition, excitement arises in introduction of this amazing team who provide insight, creativity and dedication to the Bulldogs Swim School Family. Meet the Bulldog's Swim Instructor team:



# Aquatics

Continued from "Bulldogs Swim School"



## Program Lead - Isaac Bravo

I am passionate about creating a safe haven for swimmers of all ages to develop their skills. I've been teaching swimming since 2018 and joined the CSM team in 2022. I hold a Bachelor's degree in Environmental Science from the University of San Francisco.

Outside of the pool, I'm an avid traveler, music festival enthusiast, and love spending time with my dog.



## Operations Lead - Stephanie Vuong

I was born and raised in San Jose and I graduated from San Jose State University with a degree in Communications. I've been working here at CSM since 2022, but working in the health and wellness field for 5+ years.

I believe that everyone can find an activity to connect with and adopt as a lifelong practice! A fun fact about me is that I teach hot yoga! It is one of my favorite hobbies alongside traveling and trying new foods!



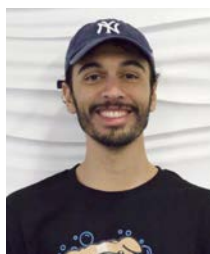
## Swim Instructor - Ava Jelniker

Hi my name is Ava I have been working at CSM since 2022. A hobby of mine is I like to do ceramics. I am studying psychology at CSM and outside of work I like to go on long hikes with my friends.



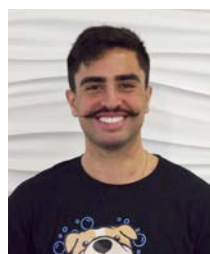
## Swim Instructor - Brandon Ho

I am a swim instructor here and also coach Blue 1. I am currently studying business at CSM and I enjoy listening to music, eating good food and staying active.



## Swim Instructor - Pedro Carneiro

Hi my name is Pedro, I'm a communication major and part of the CSM swim team! Outside of work I like to practice dancing in my spare time. A fun fact about me is I know how to train birds.



## Swim Instructor - Gabriel Pedrosa

Hi I am Gabriel, I am originally from Brazil and currently studying marketing at CSM. Outside of work I enjoy surfing and hanging out with pets!



## Swim Instructor - Armand Royeca

My name is Armand, I've been swimming since a young age. I've been teaching swimming since 2016. I'm studying the concept of success and what it means to me. I really like banana ice cream. Outside of work I enjoy listening to music, spending time with my dog, and hanging out in my neighborhood.



## Swim Instructor - Diego Quintana

Hi my name is Diego I am a full time student studying Kinesiology and I've been at CSM since 2020. Outside of teaching swimming, I also coach basketball for a local middle school. I find nature as an outlet for relaxation and peace. I enjoy hanging out with friends and going on hikes. Throughout my life I was involved in various sports and enjoy preparing the future generation for what's to come.

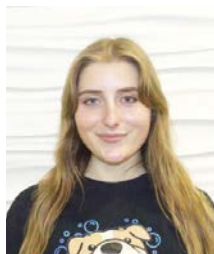
# Aquatics

Continued from "Bulldogs Swim School"



## Swim Instructor - Daniel Moloney

My name is Daniel, outside of swimming I love to build things. I am a recent graduate from San Jose State University in Civil Engineering, and some of my hobbies include Working out, swimming, taking care of my dog, and home projects.



## Swim Instructor - Mykayla Gage

Hi I am Mykayla, I have exceptional balance because I took my first steps as a baby on a boat. I'm studying environmental science at CSM. Outside of work and school I go on hikes with my dog, surfing and trying new foods with friends and watching movies



## Swim Instructor - Milo Greenwood

Hi I'm Milo, I like playing board games, dancing, and eating at new places. I'm currently studying kinesiology and part of the CSM track team, if I'm not in the water you can find me on the track. GO BULLDOGS!



## Front Desk - Lily Ly

Hi my name is Lily, a fun fact about me is that I can't swim (but working on it). I graduated from San Jose State with a BA in History. Outside of work I love to explore my artistic side by sewing and drawing.



## Swim Instructor - Nanette Wurdinger Carneiro

Hi my name is Nanette, I am currently studying fire technology, I have a bunny, and I enjoy hiking. I am also on the women's CSM water polo team and CSM swim team.

## Colts Swim School

Colts Swim School is a new and growing program that is filled with nothing but joy to be able to share the passion of swimming and community with all involved members. We are so proud of all that has been accomplished in the past 7-months of the program being up and running. From family retention, exceeding over 200 students, inclusivity of ages and all learning needs and growing as a staff of ten plus. Every new face met in the water, brings something new to the table and is a valuable asset to the program; such as new outlooks, personal experiences, etc.

Colts Swim School staff is a plethora of amazing personalities, all with different hobbies and interests which bring unique forms of teaching to the table. With that being said, please meet all of the amazing Colts Swim School instructors below. Next time you see their faces feel free to give a friendly "hello!"

Colts Swim School welcomes all new families interested in being a part of the program. Those looking for a fun environment where there is opportunity for growth and development, please reach out to [pinedan@smccd.edu](mailto:pinedan@smccd.edu).

# Aquatics

*Continued from "Colts Swim School"*



## Operations and Program Lead - Natalia Rosales

Nice to meet you all, My name is Natalia! I am currently in the process of obtaining my Bachelor's degree in computer science and ethnic studies. I have been working at Canada and San Mateo Athletic Center for over 2-years now. My favorite place is the beach, and I enjoy outdoor activities. My current goal is learning how to surf. My hobbies consist of reading and rotating through different craft projects and my favorite thing about working at this swim school is being able to build relationships with the community and incorporate a family dynamic on campus. Seeing all the children learn new skills while having fun in the water is the best part of my day.

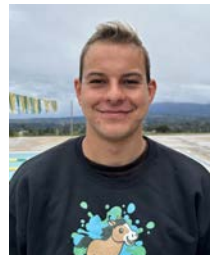


## Swim Instructor - Nikan Karimi

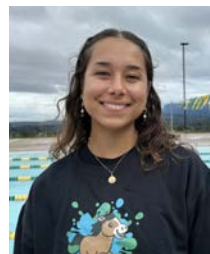
Hi, my name is Nikan. I graduated from San Jose State University with a Bachelor's in Business Management. I am a current swim instructor here at Colts Swim School, and I also work at their front desk. Some of my hobbies include: playing the guitar and making music. My current interests are cars, fashion, and basketball. For me, swim instructing creates a balance in my daily life and gives me a break from being on the computer. It's also fulfilling to watch swimmers progress and meet their goals regardless of what level they're in.

## Liam Smith

Hi everyone, Liam here. I am from Copperopolis, California. I love to do stand-up comedy. I'm a fan of dancing to all music



especially funk music, and I love acro-yoga. My favorite thing about instructing is having the opportunity to see changes in kids. Especially if I see a kid who has had trouble with swimming in the past; seeing the look on their face when they go from unsure about their abilities to confident and accomplished keeps me coming back every day. I invite everyone to reach out and inquire about a one on one swim-training session!



## Instructor - Sophia Zygarewicz

Hey everyone! I am currently in my last semester at Skyline and Cañada colleges. I am majoring in nursing and am hopeful to get into a program within the future. Some hobbies that interest me and that I like to do in my free time are: work out, hike, surf, rock climb, bake/cook, and spend time with my family. My favorite thing about swim instruction is being able to have fun with the kids and exposing them to various environments; such as overcoming their fears. I always enjoy helping a kid that is hesitant to get in the water and try new things; along with being a helping hand with other instructors.



## Instructor - Adama Diawara

My name is Adama, I am currently in school majoring in business management. I enjoy drawing and outdoor activities such as hiking. I appreciate the time I am able to spend with friends and family. My favorite thing about swim instruction is learning about the kids and watching them grow and make progress.

# Aquatics

Continued from "Colts Swim School"



## Instructor - Jared Prado

I am currently in school and my major is business management. Some of my hobbies include working out at the gym, hanging out with friends, cooking, going on walks with my dogs, and watching movies. My favorite thing about swim instructing

is being able to see the joy that comes from the kids when it comes to learning how to swim. Another aspect I enjoy is seeing the sense of accomplishment and pride the children feel as they progress and master new swimming skills.



## Instructor - Arely Ayar

Hi there! I'm currently in school for my Associates in Sociology and working towards more! In my spare time, I enjoy stargazing, bird watching, spending time with my family and learning about holistic health; as well as implementing it into my wellbeing. In all my years of being an instructor, what I've loved

and looked forward to most is being witness to a child or adult's progress in their swim skills and confidence; while gaining a love of being in the water and having fun!



## Instructor - Travon Walker

Hi, my name is Trey. I'm from Las Vegas and recently relocated to the Bay Area. I love swimming and anything water related. My favorite thing about being a swim instructor is learning from other advanced swim instructors then putting what I learned into

an actual session for the children! I am loving what I do!



## Instructor - Alia Grover

Hi! I am currently in school and my major is business and economics. Some of my hobbies include watching tv; if you have any recommendations, please pass them my way. My favorite thing about being a swim instructor is seeing my students improve and have fun while learning how to swim.



## Front Desk - Lily Ly

I graduated from San Jose State University with a BA in History and my hobbies are anything arts and crafts related! I like sewing, painting and crocheting. My favorite thing about working at the swim school is hearing all of the stories kids tell us at the desk after their lessons and before they go home!



## Front Desk - Yadira Aguilar

I am currently in my last semester at Cañada College and I am majoring in Radiology to become a travel ultrasound technician. Some of my hobbies consist of baking and practicing makeup. My favorite thing about working at the Aquatics desk is giving each swimmer stickers at the end of their swim lesson and seeing how happy and excited they get.



# Aquatics

## Bulldogs Swim Club - A Message from the Head Coach

I would like to share the story of success from one of the swimmers on our team:

This swimmer joined my group about two years ago from one of the High School teams. Despite having great physical abilities, his technique “needed a little work.” Particularly concerning to me as a coach was his dive from the starting block.

It's worth mentioning that the dive is one of the most challenging technical elements, especially the moment when the swimmer's body enters the water. Instead of slicing through the water in a streamlined position, this swimmer sort of “belly-flopped,” creating a lot of splashes and encountering significant water resistance. There were no high hopes for a quick fix, considering the complexity of the issue, the athlete's age, and the fact that the rest of the group had moved far ahead.

However, there was something in this particular swimmer's eyes that I liked when he asked me to give him an exercise that, in his opinion, would help correct his mistakes and that he could do on his own. I told him that such an exercise exists, and it's quite simple, but the challenge lies in the fact that for significant improvement, he would need to perform this exercise on his own several thousand times.

In response, this motivated swimmer calmly said he would do it. Over the following year, he began performing this exercise wherever he could, even when the practice was over. He would stay behind after practice when the other swimmers went home, patiently completing the task I had given him time and time again, with determination. At first, the other team members either laughed or smiled at the futility of his attempts. Then they simply forgot about him.

About six months later, I started noticing that this swimmer's start, (once among the worst in the group), had moved to the middle. Another six months passed, and he became the best. And now, I proudly show all the other kids the cleanliness of execution of the element and explain the progress that can be achieved when you have a clear goal, immense motivation, and belief in your own abilities. For me, this case once again served as an example of how, with just a few of the aforementioned tools, we ourselves are capable of performing miracles.

Swim Strong,  
Igor Marchenko

Learn more about Bulldogs Swim Club by contacting Igor at [marchenkoi@smccd.edu](mailto:marchenkoi@smccd.edu).

# Aquatics

## Masters Swimming

In case there has not been the opportunity to meet the amazing Masters Swim Team coaches, please take the time to get to know them. The College of San Mateo and Canada College are so proud of these guys and what they have done to encourage and support our team. The energy and positive attitudes are the main reasons our Masters team is so successful and why we have one of the largest Masters teams in the United States. We take pride in accepting all ages, abilities, nationalities and genders.

The Masters teams are located at both College of San Mateo and Canada College Athletic Centers, and offer a combined 37 workouts per week. While the number of workouts is impressive, what is even more notable is the camaraderie and friendships that are created that make this Masters Swim Team incredibly special. Coach Tom has been coaching for more than 30 years and has never been more proud of the swimmers and being chosen as the representative Head Coach of the San Mateo Masters Swim Team. Let us introduce you to the support team that make it all happen.



### Tom Reudy

Tom Reudy is the Head Coach at CSM and has been coaching Masters swimming for over 30 years. He has been the HEAD COACH of San Mateo Masters Swim Team for the past 13 years and was awarded the PACIFIC MASTERS COACH OF THE YEAR in 2011. Tom is

a former Masters World and National Record holder, National Champion and All American. He has 122 TOP 10 swims and has been ranked World #1 and National #1, numerous times.



### Cesar Valera

Cesar Valera, is the Head Coach at Canada College Athletic Center. He brings a wealth of experience to the swimming world, yet also the TRIATHLON world. He is a former Professional triathlete with 25-years of experience in the sport and has competed

globally finishing more than 50-long distance triathlons, including the Ironman World Championships in Kona, Hawaii, multiple times. Cesar has been coaching swimmers and triathletes of all levels since 2007.

### Derek Koo

Derek Koo is the Assistant Masters Swim Coach at College of San Mateo. He started swimming competitively at 12 years old and continued through High School (Serra High School) and then 2 years right here on the campus of CSM. He is a former All American Masters swimmer. He has been coaching both club and Masters for 10 years.

### Kirk Richards

Kirk Richards is the Assistant Masters Swim Coach at Canada College. Growing up Kirk competed in YMCA meets, winning numerous awards. He then swam 4 years in college at Missouri. He is one of the top open water swimmers in his age group, having won numerous times in Lake Berryessa and Del Valle. He is a Masters National Champion for the USMS POSTAL SWIM, which he has won numerous times, as well. Kirk has been a part of our Masters team coaching staff for the past two years.

# Aquatics

A top-down view of a swimmer in a pool, performing a butterfly stroke. The swimmer is in the center-right of the frame, with their arms extended forward and water splashing around them. The pool's lane lines are visible in the background.

## Masters Swimming – Note from Coach Tom

“Can I join Masters? Absolutely! I know when you hear the word “swim team”, it can be a little intimidating. But don’t let that scare you away. I have so many stories of people who were scared to join but gave it a shot anyway.

They are truly some of our most inspiring swimmers on the team. If you have any questions regarding Masters

Swim Team, please reach out. You can also introduce yourself informally, when you see us on the pool deck.

We will be more than happy to give you all the information you need, to hopefully become a part of our swim family.”

Thank you,  
Tom Reudy – Head Coach, Masters Swim Club

To learn more about Masters Swim Team, please contact Tom Reudy at [reudyt@smccd.edu](mailto:reudyt@smccd.edu).

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# CSM-AC Fitness

## Unlock your Full Potential with a Certified Personal Trainer

Are you prepared to unlock your full fitness potential? Look no further! Our Certified Personal Trainers (CPT) are here to help you achieve your health and wellness goals faster and more effectively than ever before. Say goodbye to generic routines! Our CPTs will craft a personalized workout plan specifically for you, considering your unique fitness level, goals and preferences. Get the support and expertise you need to perform exercises correctly and safely.

Our CPTs will teach you proper form, technique and provide constant motivation to keep you on track of your fitness goals. We'll be with you every step of the way, holding you accountable for your progress. Through regular check-ins, progress tracking, and adjusting your plan as needed—we're committed to your success.

Meet our new personal trainers who are available to start training with you today!



### Angilee Stokesberry

Angilee is a multifaceted fitness professional, boasting credentials as a 200-Hour Certified Yoga Instructor, Group Exercise instructor, and a National Academy of Sports Medicine (NASM) Certified Personal Trainer.

As a NASM-certified personal trainer, Angilee brings a lifetime of experience, commitment, and expertise to the realm of fitness and wellness. Her primary focus lies in strength training, with a special emphasis on enhancing mobility, flexibility, balance, and core strength. With a goal-oriented approach, a dedication to service, and an unwavering passion for fitness, Angilee endeavors to empower individuals to reach their fitness goals. She guides her clients along a path of improved health and well-being, fostering a lifelong commitment to fitness and wellness.



### Jason Smith

Jason is a NASM-CPT with a Master's in Sports Management and a Bachelor's in Kinesiology, specializing in Sports Psychology. He's a seven-time NCAA Division I All-American and a finalist in the 2021 U.S. Olympic Trials, showcasing his elite athleticism and dedication.

Drawing from his background and athletic career, Jason's training focuses on enhancing movement efficiency and preventing injuries. He prioritizes foundational strength, seamlessly transitioning to intensive strength training. With experience working alongside Physical Therapists, he adopts a rehabilitative approach, addressing muscle imbalances and injury histories through corrective exercises. His training regimen, informed by his athletic career, emphasizes strength, power, core control and flexibility.

Contact Megan Pham at [phamm@smccd.edu](mailto:phamm@smccd.edu) to book a complimentary 50-min fitness assessment with a CPT.





# CAN-AC Fitness

## New Certified Personal Trainers

Interacting with the staff at the Athletic Center is an integral part of the experience of coming to this beautiful facility. The Fitness Department has provided staff hospitality training to encourage the team to greet members with a warm welcome and a fresh towel. Careful attention is also placed on Certified Personal Trainers to create supportive and goal-appropriate fitness programs. In addition, the Group Exercise Program (also under the Fitness Department purview) places emphasis on instructor connectivity and class modifications to encourage all members to excel at their current fitness levels.

The fitness staff is the heartbeat of the Athletic Center and we thank them for helping to keep the day-to-day operations of our wonderful facility thriving. This month we would like to highlight two new Certified Personal Trainers who joined our team this past January:



### Nicole Wargo

Nicole has a B.S. in Physical Education and Kinesiology from Cal Poly, SLO (1995), and has 29 years of experience in the fitness and wellness industry. Nicole is an ACE Certified Personal Trainer and Healthy Lifestyle Coach with Advanced Training in Weight Management.

Nicole is trained and certified to teach many different fitness formats including Aqua Fitness, BOSU Balance Training, Cardio Dance, Cardio Kickboxing, Mat Pilates, Progressive Strength Training and TRX. She is also an experienced, Registered

Yoga Teacher (E-RYT) who served a master yoga teacher apprenticeship and completed three Yoga Teacher Trainings. Nicole is truly passionate about sport and human movement. She helps her clients fall in love with taking care of their body and mind.



### Courtney Winterbauer

Courtney has a background of over 10 years in endurance performance, ranging from triathlon to marathons, racing for various teams and is a former Team USA Elite duathlete.

Her approach to training is holistic, incorporating the elements of strength, flexibility, mobility and balance as they are not mutually exclusive. Corrective exercises targeting imbalances, re-training the body with neural muscular communication cues and training with specificity requires a holistic understanding of how the kinetic chain works in unison, ranging from everyday life activities to athletic performance. These skills are for everyone and Courtney is here to teach you!

Gaining huge perspective and empathy for every competitor when looking at the start line at the beginning of a race, to understanding the determination and sweat during training, Courtney is humbled to have an opportunity to serve. Encouraging each individual who is giving their absolute best to work towards self-care, self-improvement, happiness and reward. Courtney guides each participant to help connect with themselves in a meaningful way.

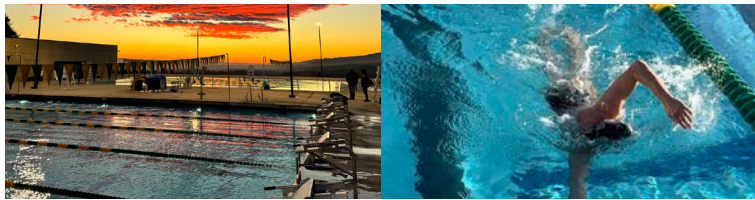
**[Book your complimentary Fitness Assessment](#)** today (if you'd like to work with a specific trainer, please indicate it in the comment box) or contact Joe Moorbrink at **[moorbrinkj@smccd.edu](mailto:moorbrinkj@smccd.edu)**.



# Endurance Training

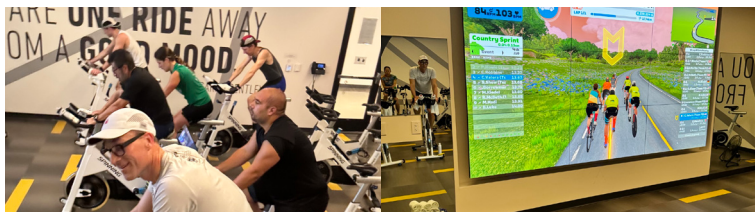
## Endurance Training Program

At Cañada College Athletic Center, we are offering comprehensive Endurance Training Programs under the expert guidance of Head Coach Cesar Valera. These programs cater to athletes of all levels, ages and abilities. From experienced triathletes to novice swimmers, everyone can experience the joy of going the distance in swimming, cycling or running.



### Masters Swimming Coached Workouts

The swimming program boasts 17 coached swimming practices each week. These sessions provide ample opportunities for participants to enhance their technique, build endurance, and excel in the water. Whether seasoned swimmers or newcomers, athletes receive expert guidance throughout their journey from our vastly experienced coaching staff.



### Power-Based Cycling Workouts

The cycling program features four power-based cycling workouts weekly, fostering a supportive and motivating

environment for cyclists of all backgrounds. Participants ride alongside peers, working towards race goals or improving overall fitness levels with precision and power. We use the latest technology through a very popular and advanced cycling virtual platform.



### Running and Strength Training

In addition to swimming and cycling, the Endurance Training Programs include running and strength training sessions. These sessions aim to enhance speed, endurance, and overall athletic performance, contributing to well-rounded athleticism.

### Complimentary Workouts

Prospective participants are invited to experience the difference first hand through complimentary workouts in swimming, cycling, running, or strength training. This opportunity allows individuals to witness the supportive environment and expert coaching firsthand, setting the stage for unlocking their endurance potential.



### How do I Join?

For inquiries regarding the Endurance Training programs and to schedule a complimentary workout, please contact Head

Coach Cesar Valera at [valerac@smccd.edu](mailto:valerac@smccd.edu). Learn more about our Head Coach at [comfit.canadacollege.edu/endurance.html](http://comfit.canadacollege.edu/endurance.html).

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# Group Exercise Updates

## Member Testimonials

Group Exercise classes offer a great way to be accountable, have fun, socialize, make new friends and push yourself in a healthy, friendly, competitive way. Being a part of this community can provide a huge boost of motivation beyond what already comes with the physical benefits of a workout.

Group Exercise classes help encourage and motivate you to try different structured workouts that you might not do on your own. Hear from a couple of our members, their experience with the Athletic Centers' complimentary classes:

*"The classes are challenging. In the years that I have been taking these classes, my strength and endurance have improved. The instructors push you to be better (definitely embodying the no pain, no gain mantra). They are also fun instructors and they keep their classes lively!" – Nadia L.*

*"I started going to Group Exercise classes five years ago when I was bored and unfit. Now I am neither. It has been a wonderful journey of new friendships with fun and engaging instructors who challenge us towards our fitness goals. I am now strong, confident and unafraid of fitness challenges." – Rose E.*

*"The camaraderie of the Group Exercise classes motivates me to push myself further and get a better workout." – Sandra S.*

## How TRX Can Help You Accomplish Your Fitness Goals

If you've ever taken a TRX or TRX HIIT class, you know you must reserve your spot as capacity for this class is usually full. Total Body Resistance Exercise (TRX) suspension workouts are a fast and effective full-body workout that use your body weight and gravity as resistance to build strength, balance, coordination, flexibility and core and joint stability. Created by a former navy seal, TRX has been a popular format for over a decade, helping people achieve their fitness goals.

TRX is an effective form of resistance training that helps you build muscle and burn fat. The instability that the TRX suspension system creates whilst you perform movements means that your core is constantly activated. Moreover, the functional movements mean that many muscles are worked at the same time, providing a very comprehensive, all-over workout. One of the greatest advantages of TRX training is how quickly and easily it conditions the muscles. You are using your own body weight as resistance rather than using free weights. It definitely provides you with a full-body workout with faster results.

This fantastic and simple method of exercise can allow anyone to reach their desired goal, be it weight loss,



# Group Exercise Updates

*Continued from "How TRX Can Help You Accomplish Your Fitness Goals"*

improved muscle tone or overall fitness. Below are seven benefits of TRX suspension training, from its low impact nature to engaging your whole body:

- Suitable for all levels of fitness
- Exercise never gets boring
- New twists on old exercises
- Burn more calories
- Strengthens your core
- Gain more muscle

At Cañada College Athletic Center we have 13 options of TRX classes to choose from and several body conditionings classes that use TRX in their Group Exercise classes as well.

Spots fill fast so reserve your spot on [Empower M.E.](#) and see your body transform!

## Reiki 1 Certification Course

*Coming March 23, 2024 to CAN-AC*

We are extremely excited to introduce Reiki 1-3 healing and attunement certification courses at CAN-AC in 2024. Our Reiki Master Candi Cabrera hosted the first Reiki 1 certification course on January 20th. In that class, 11 members were certified in Reiki 1 healing. Reiki

1 is a self-healing course, teaching participants how to administer Reiki on oneself.

Learning the benefits of Reiki healing is not only beneficial for your everyday health, but it can be one of the most empowering courses you could ever learn for yourself and others.

The process of attunement is what makes Reiki unique from other healing modalities. Through attunement, Reiki passes from the master to the student and opens up their channel of energy for healing. Attunements are given within our certification course with time given for explaining the philosophy, teaching the symbols, and practice. The actual process of attunement is a dedicated ritual and unique for each person. Once the attunement is complete, you often will be provided with reflection time, to acknowledge and integrate the energy flow.

In a Reiki 1 Attunement Course, the Reiki Master teaches the Usui Reiki system of energy therapy, the history of the Reiki healing process and the procedure for giving a complete Reiki treatment to oneself. The course takes approximately four hours. Each participant receives a Reiki attunement which connects you to the unlimited source of universal energy and flow also known as Chi. The attunement certification course will include a combination of lecture, learning hand placements, experiencing energy flow and certification.



# Group Exercise Updates

*Continued from "Reiki 1 Certification Course"*

Activating your Chi is what Reiki is all about. Chi is a spiritual energy that helps us to become physically stronger, mentally focused, energized and revitalized with activation. The physical effects of cultivating your Chi can help to improve your overall health and wellbeing.

Reiki is Chi, it flows of its own accord to the parts of the body that needs reminding of their wellness. It is effective in releasing blocked energy we have acquired in our bodies naturally and safely. Reiki is both powerful and gentle, promoting unconditional love, caring, compassion, trust, goodwill, wholeness, peace, and self-actualization. It reduces stress and relaxes the body to help the body recover, it energizes and uplifts. Here are a few testimonies from the Reiki 1 certification course held on Jan. 20th, 2024:

*"Candi's Reiki class was awesome! You can tell how passionate she is about sharing her knowledge with others. Even though I had taken an online class prior, I learned so much from her in person class. She has a great energy. I can't wait for Reiki 2!"*  
-Vicky H.

*"There is definitely something "there." When Candi does Reiki, it's very relaxing and I feel tingling throughout my entire body. When I do self-Reiki, it's more subtle, but I do feel the heat from my hands. It's very exciting to me—the possibilities!"* - Liz N.

## **Course Certification: Reiki 1 Attunement**

Saturday, March 23, 2024

12:30 p.m. - 4:30 p.m.

Cost: \$150.00/member

Interested? Contact Reiki Master Candi Cabrera at [cabrerac@smccd.edu](mailto:cabrerac@smccd.edu).

## **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 March Birthdays!**

Laurie Becker, March 1st

Debi Bohmerwald, March 21st

John Zdrodowski, March 22nd

Phoebe Wong, March 24th

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# Group Exercise Updates

## New Instructor Spotlight - Yue Whelchel



Yue was born and raised in Beijing, China. She has a background in international business and engineering management. Yue always had a passion for fitness and after working as engineer for 20 years, she decided to become a certified Group Exercise instructor.

Yue makes it a point to get certified in multiple formats so that she can meet people looking to make changes in their routines. She enjoys what she does, and it is naturally motivating to her. At the end of the day, quality sleep is crucial for her recovery and preparing for the next day. Besides teaching Group Exercise classes, her other passion is running. She enjoys running with her husband and her twin nieces.

“Be yourself, take care of yourself and be patient with yourself. Worry less about what other people are doing and focus instead on what exercises and food choices really help you feel better.” - Yue

You can take one of Yue’s many classes at **CAN-AC**: TRX, TRX HIIT, Bootcamp on the Deck, and Barre as well as at **CSM-AC**: Cardio Sculpt, Barre Fusion, HIIT, Aqua Fit, Body Conditioning, and Total Body Circuit. Find your favorite class on the schedule and reserve your spot!

## New Classes



### Cycle w/ Karen

Fridays • 6:00 a.m. • Studio 4

## New Classes



### Total Body Pilates w/ Laura

Fridays • 12:30 p.m. • Rm. 1-203



### TRX w/ Roberta

Sundays • 11:30 a.m. • Rm. 1-207

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# Group Exercise Schedules

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



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



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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 Pilates

## Member Testimonials

Pilates at College of San Mateo Athletic Center continues to provide core strengthening based classes with phenomenal health, physiological and physical benefits. Below are a few of the member testimonials:

*"I am devoted to the Pilates machine program and the instructor, Cristina Mancin. When I started working with Cristina, my back was in terrible shape, which affected my quality of life. Slowly but surely, Cristina has brought it back to life. She is an excellent teacher, very patient and very understanding, and has been a great help to me." – Mary H.*

*"I have been seeing Sybille Draper twice a week for a couple of years. She is the best Pilates Instructor I've ever had. The studio is clean and the equipment is sanitized after each client. My flexibility and strength have improved exponentially. I am so grateful to have found Sybille and the Pilates at the Athletic Center." – Mary D.*

*"Pilates is what keeps me moving. I have been practicing Pilates for over 30 years. Now in my 70's, I suffer from arthritis and Pilates keeps me moving and enjoying life. This is a lifelong practice; I am so grateful that I am able to have access to the studio and the wonderful instructors at the Athletic Center." – Mary C.*

*"I wanted to write and express my delight and appreciation for Jessica. I've been taking semi-private Pilates sessions and classes for the last month. I have taken Pilates classes from several teachers these last few years. Jessica is far and above the most skilled, the most intelligent, and the most attentive*

*teacher I have ever learned from. She knows how the different muscle groups work, as well as work together. She articulates, a reason for every exercise. Jessica's knowledge is so deep she can personalize a class to the needs of her students. As a trained Feldenkrais teacher, this level of skill is appreciated. The Athletic Center is incredibly fortunate to have Jessica as a Pilates teacher." – Michelle B.*

*"Pilates has been incredible in helping me build mobility and develop muscles in areas I never knew I had. My instructor Sandy is patient but persistent and relentlessly focuses on the most important details of movement. Pilates has helped me recover from some challenging injuries and is a great compliment to other forms of strength training." – Eric C.*

*"I have been going to the Athletic Center for a few years now and found I was looking for something new to supplement my weight training and floor exercises. I decided to take advantage of the Pilates free intro class because I knew several of the SF 49ers were utilizing Pilates to supplement their workout regimes. I must admit that Pilates surprised me! I was not sure what to expect but under the expert guidance of Sybille, I began to understand how breathing and controlled expansion and contraction of my muscles through the exercises provides a challenging and full-body workout. I expect that Pilates will be an integral part of my life and workouts for years to come. I cannot say enough about the training, courses and the goals I have set for myself after watching the other long time Pilates amazing participants with zero body fat and core strength, all from their Pilates classes!" – Kevin A.*

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 – Take #2

Thank you to the participants of our first-ever Round Robin Pickleball tournament last month! We are excited to bring back this friendly competition on **Saturday, March 30th, from 9:00 a.m. – 12:00 p.m.**

This tournament is designed for teams of two to sign-up for a gender-blind doubles format with a self-assessed skill level rating of 2.50+. Eight doubles teams will be available for this event for a total of 16 participants. Each team will play seven games and the top 4 will play an additional playoff round.

A Gender-Blind format means regardless of gender (men, women or co-ed doubles) will play against each other. Choose wisely or get pickled! As an added bonus, your matches will be entered to your DUPR account.

Although not required, we recommend signing up for a DUPR account if you want to know your assessed skill-level rating. The free sign-up for DUPR can be completed at [mydupr.com/signup](https://mydupr.com/signup).

The cost to register is \$60 per team. Register for the tournament by emailing Joe Moorbrink at [moorbrinkj@smccd.edu](mailto:moorbrinkj@smccd.edu).

We look forward to seeing you there picklers!

## March Progression Clinics

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. Our themed clinics for March are the following:

### Third Shot Drops and Dinking – Plus Offense and Defense during those scenarios w/ Pete

Saturday, March 23, 2024

12:00 p.m. – 2:00 p.m.

\$50/participant – 8 participant limit

Reserve your spot today as spots fill up fast! To reserve, please email Joe Moorbrink at [moorbrinkj@smccd.edu](mailto:moorbrinkj@smccd.edu).

## Group Exercises are Back!

Starting March 7th, the facility will offer restructured "Drill and Play" 75-minute classes with a strict limit of 12 participants geared more towards the intermediate/advanced players. Reserve 48 hours in advance through our [Empower M.E. portal](#).

### Weekly Group Exercise class dates and times are:

Thursdays from 9:45 a.m. – 11:00 a.m. with Pete

Sundays from 11:30 a.m. – 12:45 p.m. with Peter

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# Membership

## New Members Referral Program March 2024

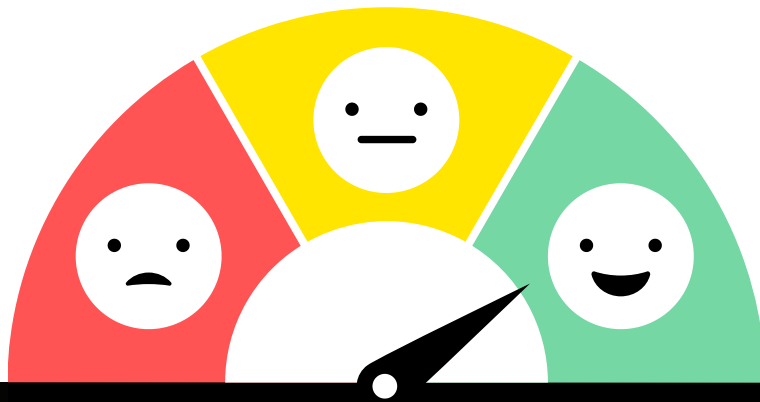
The Athletic Centers continue to build a membership of new, enthusiastic like-minded individuals joining through the Membership Referral Program.

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 27.



# 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**





# 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



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## 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.



# 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.**