May Newsletter
2023 Edition

Holiday Club Hours
Memorial Day, May 29
8:00 a.m. – 1:00 p.m.
<table>
<thead>
<tr>
<th>Membership Hours</th>
<th>Membership Hours</th>
</tr>
</thead>
</table>
| **Monday – Friday**  
6:00 a.m. - 2:00 p.m.  
4:00 p.m. - 8:30 p.m.  | **Monday – Friday**  
6:00 a.m. - 8:30 p.m.  |
| **Saturday – Sunday**  
7:00 a.m. - 2:00 p.m.  | **Saturday – Sunday**  
7:00 a.m. - 2:00 p.m.  |
| Pools close at 8:00 p.m. | Pools close at 8:00 p.m. |

**Contact Us**

**Phone:** (650) 381-3575  
**Email:** comfit.cc@smccd.edu  
**comfit.canadacollege.edu**

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

**Phone:** (650) 378-7373  
**Email:** sanmateoac@smccd.edu  
**comfit.smccd.edu**

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

Parking fees will **not** be charged for:  
Summer 2022, Fall 2022 and Spring 2023 semesters
May is **Mental Health Awareness** month and this issue of the Athletic Center Newsletter will speak to fitness and lifestyle engagement opportunities to help better one’s mental health through participation in an array of activities, programming and learning.

It is encouraging to consider new options with an open mind and separate one’s self from comparing to others or one’s past. Each day, the journey taken belongs to the individual with reflection of personal potential and transformation gently acquired through discovery, continuity and engagement with others. Trust the process and enjoy! The Athletic Centers teams look forward to meeting you along the way.
Benefits of Friendship

Research shows that having a few close friends is more crucial for reducing negative health outcomes such as high blood pressure, heart disease, depression and cancer than diet or exercise routines. In addition, findings from the University of Barcelona found a connection between friendship and lower rates of mortality and sadness.

According to the long-term study, people were less likely to feel depression or anxiety when they felt less alienated, less lonely and more socially connected.

Connection comes from trust and a simple “hi, how are you,” can go a long way to begin an informal friendship with an assurance that a smile and welcome will be returned. Let the Front Desk team step in with a cordial, “hi,” and if you aren’t too hurried, perhaps return the favor. While reception is a first process upon entry to the Athletic Center, returning familiar faces and the smiles and connection behind them are what make community fitness a wonderful thing!

Mental Health, Aging & Steps to Engagement

As adults age, their risk of isolation increases. Preventing the negative effects of loneliness and isolation occurs with proactive engagement and participation in events, and personal self-improvement plans. Consider creating a 3-point check list each morning towards developing public interaction and community through fitness class participation.

The Athletic Centers offer a variety of programs such as Group Exercise Classes and monthly themed clinics. If you are looking to join a space but are feeling a bit intimidated, consider Small Group Personal Training or a one-on-one Personal Training session to learn the “lay of the land,” from a trainer, who can help you better navigate the selection, answer questions about participation and provide direction on programming that’s right for you.

The Front Desk team are also well-versed in Group Exercise Class information, best times to avoid the crowds and also help with directions regarding reservations.

Front Desk Pro Shop – New Arrivals

New Items at CAN-AC include: [Click to view]
Celsius (Peach Mango Green Tea flavor) – $4.00
Nature’s Bakery Fig Bar – $2.99

New Items at CSM-AC include: [Click to view]
Celsius (Fantasy Vibe flavor) – $4.00
Celsius (Green Apple Cherry flavor) – $4.00
Pickleball Outreach

The Front Desk team encourages members to develop and expand friendships using Team Reach group chat to find people to play pickleball with.

This free, easy-to-use app will improve your consistency at communicating with others and build a group commitment to maintain a healthy lifestyle. Note: no desktop version (Windows/MacOS) is available for download.

It’s as easy as 1, 2, 3.
1. Begin your pickleball journey: Scan the QR image on Pickleball Schedule with your phone camera. View the schedule here.
2. Download Team Reach.
3. Enter Group Code: CAN2803.

Once you’re signed in, you can continue the momentum meeting others, building your skills, attending Group Exercise pickleball classes and finding pickleball partners to reserve time with.
Boost Your Mental Health with Indoor Cycling

Did you know, Group Indoor Cycling classes can help you take charge of your mental health? Studies have found that people who regularly attend cycling classes have reduced depression and anxiety compared to those who skip working out altogether. In fact, people who were very active (taking about five classes a week) were 52% happier than those who never or rarely hit the gym.

To see improvements in your mental health and overall well-being, the study suggests going to cycling classes regularly. Numbers-wise, it translates to between 150–300 minutes of solid, sweat-inducing exercise each week. What if you can only attend class once or twice a week? You’ll see the same benefits. Keep “clipping in” to cycle classes for a mental health boost!

Cycle Classes at CAN-AC
Mondays w/ Candi • 9:00 a.m.
Tuesdays & Thursdays w/ Jay • 5:30 p.m.
Wednesdays w/ Candi • 5:30 p.m.
Fridays w/ Tim • 7:30 a.m.
Saturdays w/ Anne • 9:00 a.m.
Sundays w/ Maryann • 10:00 a.m.

Cycle Classes at CSM-AC
Mondays w/ Brett • 9:00 a.m.
Tuesdays & Thursdays w/ Jory • 5:30 p.m.

Tuesdays w/ Alyssa • 6:30 p.m.
Wednesdays w/ Lindell • 9:00 a.m.
Saturdays w/ Candi • 8:00 a.m.
Sundays w/ Tim • 8:30 a.m.

GEX May Birthdays!
Carol Allison, May 2nd
Christine Salah, May 3rd
Wendy James, May 20th

Star Wars Day is an informal commemorative day observed annually on May 4 to celebrate the Star Wars media franchise. This year, the Athletic Centers want to celebrate all our Star Wars member enthusiasts, with our 1st annual, May the 4th Be With You Day!

Come dressed in your favorite Star Wars gear to one of our Group Exercise classes that day and you will be in the running for some fun prizes! Please no pointy objects or costumes you cannot move around in. Not a Star Wars fan? Come anyway and help vote for your favorite best dressed member in your class.
Cycling enthusiasts, join cycle instructor extraordinaire, Tim Murphy, as he takes you through a 55-minute, all levels workout that promises to leave you feeling happy, exuberated and ready to tackle anything on your weekend to-do list!

Tim taught his first indoor cycling class in 2003 when the teacher of a cycling class he was taking needed a last-minute substitute. Since then, he’s received his Spin teaching certification and taught at several clubs on the peninsula. In addition to indoor cycling, Tim is an avid outdoor road-biker rider and runner. He’s completed five marathons over the past ten years. He also teaches English as a Second Language at College of San Mateo. He enjoys meeting new people and helping them reach their fitness goals.

**New Classes at CAN-AC**

- **Zumba w/ Veronica**
  - Thursdays • 9:00 a.m.
  - Room 1-184

- **Healthy Back w/ Nancy**
  - Mondays • 10:30 a.m.
  - Studio 3

- **Total Body Pilates w/ Laura**
  - Mondays • 5:00 p.m.
  - Studio 3

**Class Adjustments at CSM-AC**

- **Spotlight**

**On Baby Watch!**

Please join us in wishing our yoga instructor, Emily Gernhardt, the very best as she and her husband prepare for the birth of their first child, a baby boy, expected to arrive on May 14, 2023.

Emily will return to teaching her Saturday morning, 8:30 a.m. Yoga Flow Group Exercise class, on August 5, 2023. In the meantime, Saturday morning yogis can expect Emily’s 8:30 a.m. class to continue with all of your favorite College of San Mateo Athletic Center yoga instructors taking turns substituting for Emily's class. Congratulations Emily!
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).
Recognition of Academic Partnerships

Pilates at College of San Mateo Athletic Center for years has worked in a hybrid format with the College of San Mateo which offers a 2-year study program in Pilates Reformer work, in preparation for the National Exam.

The incredible benefit of this partnership is the academic instruction that aligns with the excellence in delivery of Pilates programming and service.

Pilates for the Body and the Brain

Pilates is a mind-body workout based on Joseph Pilates’ 6-Principles: breath, concentration, centering, control, precision and flow. These principles are a part of every Pilates workout on the Reformer or any of the other Apparatus and as a result, provide both physical and mental benefits.

Reformer exercises provide physical benefits through a series of movements that focus on building strength, improving flexibility, and promoting overall balance and coordination. These movements in themselves can help individuals reduce stress and anxiety, while also increasing feelings of calm and relaxation.

Through the use of the 6-Principles Pilates Reformer exercise provides additional mental benefits. The exercises encourage individuals to focus on their breath, which can help to calm the mind and reduce feelings of anxiety and stress. The movements originate from the core (center), requiring control, precision and flow with a requirement that individuals concentrate on the present while focusing on their body. The result is a calming sense of mindfulness and awareness.

Moreover, Pilates Reformer work can also be a social activity, which can provide additional mental health benefits. Engaging in a group Pilates Reformer class provides a sense of community and support, which can be particularly important for individuals who may be struggling with mental health concerns.

Sign up today for your complimentary Pilates Reformer demo and experience firsthand how Pilates can evolve your mental and physical health.

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.
Cañada College Athletic Center Pickleball is in full swing with Group Exercise scheduled pickleball classes included in the membership dues, professional experts to provide one-on-one training and pickleball progression clinics.

The courts are astounding with stunning views from the rooftop. Bask in the sights of Redwood City, San Francisco Bay and the surrounding mountains. Join us!

Summer Progression Clinic

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

Interested? View additional details and how to sign-up on page 11.

Reminder -- NEW Group Exercise Pickleball Classes

Are you looking for a fun and engaging way to get in shape and improve your coordination and agility? Look no further than our new group exercise class: Introduction to Pickleball! This exciting new class is perfect for beginners who want to learn the fundameitals of pickleball, a fast-paced racquet sport that’s taking the world by storm.

Private Lessons

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

Contact Grey Sanderson at sandersong@smccd.edu to sign-up for private lessons. Below are our offerings/packages of private lessons:

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

Take our new Group Exercise class (inclusive of your membership) and explore the fastest growing sport in America! Join Ed on either **Tuesday or Thursday at 8:00 a.m. - 9:00 a.m. or 9:30 a.m. - 10:30 a.m.** Reminder: A reservation is required for all Group Exercise classes on **Empower M.E.**
PICKLEBALL PROGRESSION CLINIC

FROM MAY 13 – JUNE 17, 2023

Clinic 1
BEGINNER
Saturdays
9:00 a.m. – 10:30 a.m.

Welcome to new players. Learn the basics of Pickleball: rules, equipment, jargon, score keeping, court positioning, and the fundamentals of the serve, return and volley. This clinic will have 45 minutes of instruction and 45 minutes of playing time.

Clinic 2
INTERMEDIATE
Saturdays
11:00 a.m. – 12:30 p.m.

Welcome to players that demonstrates a broad knowledge of the rules of the game. Players consistently serve, hit returns, dink and volley. Players utilize more strategies in plays during games and keep their opponents moving by using a variety of shots and shot placement.

Pricing of Clinics: $299 per person for all 6 weeks.
Instructor: Peter Noroña
12 spots available per clinic.
You can only sign up for one clinic.
We require that all participants show up on time!

SIGN UP!
Let’s Go…It’s Time to ROW!

In recognition of Mental Health Awareness month, repetition in movement, endorphin release and good ole’ fashioned FUN, Cañada College Athletic Center is proud to offer the members a first-ever Introductory Rowing Clinic!

Exercising with a group provides a community social support network and a fun environment to help set and reach new fitness goals. The clinic is designed to motivate and inspire participants with the learning that comes from discovering a new and exciting form of exercise. It’s safe to say that it’s a real mood booster!

The four-week clinic meets once a week and includes morning and afternoon scheduling options. See the next page for details.
ROW CLINIC

OUTCOMES OF CLINIC

Get Familiar with the Equipment
Learn how to use the Performance Monitor 5 (PM5) Concept II computer: how to read it, set up workouts and save your workout info.

Improve Technique
Use the rowing ergometer with proper form, resulting in more effective workouts and being less prone to injuries.

Build Strength
Rowing is a full-body workout that can help you build muscle and tone your physique. Our clinic will teach you how to engage your core, legs and upper body for maximum impact.

RESERVE YOUR SPOT
Spots will fill fast! Act now!
Maximum capacity: 6 members per clinic.
To reserve, email caldwellg@smccd.edu.

Meet the Instructor
Geoff Caldwell has both collegiate rowing and coaching experience, as well as being a member of a couple of rowing clubs in the Bay Area. He is also an adjunct faculty member at College of San Mateo. Geoff loves the sport and discipline of rowing and is dedicated to sharing his expertise with others.

Clinics are for **4 weeks**, 1 class per week (4 classes total).
**Pricing:** $200 per clinic.
Clinics are geared for beginners.

**MONDAYS**
5:00 P.M.
**MAY 15, 22, 29**
**JUNE 5**

**WEDNESDAYS**
8:00 A.M.
**MAY 17, 24, 31**
**JUNE 7**
Keep It Easy, Let a Personal Trainer Guide You

Hiring a personal trainer can have a positive impact on mental health by providing numerous benefits beyond just physical fitness. Here are some potential benefits of hiring a personal trainer with regards to mental health:

**Reduced Stress and Anxiety**
Exercise is known to release endorphins, which are natural chemicals in the body that can improve mood and reduce feelings of stress and anxiety. Working with a personal trainer to engage in regular physical activity can help individuals reduce these negative feelings and improve overall mental health.

**Increased Self-Confidence**
Achieving fitness goals with the help of a personal trainer can improve an individual’s self-confidence and self-esteem, which can have a favorable effect on your psychological well-being and general wellness.

**Improved Motivation**
Personal trainers provide motivation and accountability, which can be important for individuals who may struggle with motivation or discipline. This sense of accountability can help individuals stay committed to their fitness goals, leading to improved mental health and well-being.

**Increased Social Support**
Engaging in personal training can provide a sense of community and support, which can be particularly important for individuals who may be struggling with mental health concerns. Working with a personal trainer can provide a safe and supportive environment, help you experience improvements in your mental health and an increased sense of fulfillment and satisfaction.

**Better Sleep Quality**
Exercise has been shown to improve sleep quality, which can have a positive impact on mental health. Working with a personal trainer to engage in regular physical activity can lead to improved sleep patterns, which can improve overall mental health and well-being.

As a member, you have access to a complimentary fitness assessment with one of our highly knowledgeable and experienced trainers. Click or scan the QR code to schedule an assessment; let’s jumpstart your fitness journey together!
Aquatics at the Athletic Centers continues to evolve and grow with expansion of current offerings and new programming. Swim Instruction for young children ages 3-12; Juniors Bulldog Swim ages 12-17 and Masters Swimming have grown exponentially. Now, soon to be offered is the Tri-Team Training Program at CAN-AC developed and coached by Tri-Team Coach, Cesar Valera. Following is an article written by Cesar giving us a glimpse into his training philosophy.

**Triathlon Training and Its Benefits to Mental Health**

**Best Practices that can Benefit Everyone**
Endurance athletes such as triathletes, runners and cyclists, often face unique mental health challenges due to the physical, time dedication and work-life balance specific to the sport. These situations provide an excellent opportunity to build and practice habits that everybody can apply in order to enhance our mental health.

**Enjoy Your Rest Days**
Rest is essential for physical recovery, but it is also crucial for mental recovery. Taking rest days can help reduce stress, prevent burnout, and improve overall mental health. Sleeping is the number one performance enhancement activity and it’s free. Go to bed around the same time every night, avoid late-night heavy meals, and stop watching screens one hour before bedtime. These habits will make a big difference in the long run.

**Setting Realistic Goals**
Unrealistic goals can lead to feelings of failure and disappointment. Instead, set small, achievable goals that can be built upon over time and celebrate every small victory that moves you closer to your potential.

**Practice Mindfulness**
Activities such as meditation, deep breathing and visualization can help you manage stress, reduce anxiety and improve focus. These are activities that everyone should consider, regardless of their age, stress levels or athletic demands.

**Social Support**
Seeking support from friends, colleagues, coaches, or mental health professionals is one of the most powerful activities to improve mental health and manage stress.

**Focusing on the Process**
Instead of solely focusing on race results or performance metrics, focus on the process of training and enjoying the journey. This mindset can help reduce stress and anxiety and improve overall mental health.

**Don’t Be Too Hard on Yourself**
Endurance athletes often face self-deprecation and self-doubt. Be patient with yourself and celebrate your wins.

**Self-Care**
Practices such as getting enough sleep, eating a balanced diet and engaging in activities outside of training can help reduce stress. Investing time in yourself is a fundamental activity to improve mental health.
Bulldogs Swim Club

The Bulldogs Swim Club sent several of its top swimmers to compete in the prestigious Far Westerns Swimming Championships in Morgan Hill, and the team did not disappoint. Despite the tough competition from other top-notch swim clubs, their dedication paid off as they secured several top finishes. The team’s success at the Far Westerns swimming championships is a testament to their talent, training and commitment to excellence.

Congratulations to Darran Shin, Finn Crawford, Deiz Teluk, Sebastian Lin, Mark Lam and Noelle Manitsas for their outstanding performance. They were all able to achieve best times in their respective events. Making it to the finals were Finn Crawford and Noelle Manitsas. A great achievement and speaks to their skill and dedication to the sport. The Bulldogs Swim Club is extremely proud of their swimmers and accomplishments. Their excellent performance is an indication of the potential of these young athletes, and they can only get better with continued hard work.

Here are some handy tips to improve your times, training and swimming:

1. It’s all about effort. You get back what you put in.
2. The self-talk you use is critical to developing your potential.
3. First in the water. Get there and get it done!
4. Being a good teammate. Giving is caring.
5. Use positive body language. Smiles and high fives.
7. Be prepared. It starts the day before.
8. Doing it 5% better. We can all do that!

Bulldogs Swim School

In honor of Mental Health Awareness Month, Bulldogs Swim School would like to highlight a few benefits of swimming that translate well into easing the mind. Physically, the benefits of exercise as a whole are widespread. Swimming itself is a full-body workout, which engages every part of our bodies, including the nervous and respiratory systems. Apart from being a great core workout, boosting bone and heart health, swimming also has the ability to help decrease stress and physical pain with improved sleep. Swimming causes and activates the release of endorphins and serotonin. These two neurotransmitters send messages from our brains to the rest of our body in an effort to bring a sense of peace and happiness.

Studies also show a constant release of serotonin and endorphins make a positive difference in a person’s mental health with an overall strengthening in the ability to respond to general stress.

Bulldogs Swim School recognizes that not all children join swimming for the same reasons. Although some may attend for physical health, many parents have encouraged their children to join group lessons to ease into socialization post-quarantine. As most people know,
Continued from “Bulldogs Swim School”

kids thrive with routines. Many kids suffered when their entire schedules were upended and reconstructed! Our year-round lessons are a great outlet for families looking to build a routine for their kids with a healthy amount of socializing. The group lessons we offer are a 4:1 ratio, a nice transition for socialization considering students who may struggle with higher levels of anxiety and want to rebuild their confidence.

When struggling with anxiety, the body may respond by taking quick, short breaths. Yet with team swimming, swimmers learn how to regulate the respiratory systems which play a big role in easing mental distress and is of course, a huge part of learning how to swim as well. While swimming, we encourage our swimmers to be mindful with their air intake and outtake as breath control is an important part of developing an ease in swim movement and regulation of the parasympathetic nervous system.

In addition to breath-work, Bulldogs thrive on the laughter and joy we share with each other and strive to keep swimming and learning how to swim, creative, fun and enjoyable. We thank the many parents for entrusting your kids to our care while learning valuable life skills surrounded by fun times in the pool!

Masters Swimming

We are very excited to announce that starting Monday, May 1, 2023 we will be adding additional workouts to our CAN-AC site. The new schedule is as follows:

**Monday/Wednesday/Friday**
6:00 a.m, 7:00 a.m. (Cesar)

**Tuesday/Thursday**
6:00 a.m, 7:00 a.m, 8:00 a.m, 10:00 a.m. (Kirk)
12:00 p.m. (Cesar)

**Benefits of Swimming**
Staying active in general is one of the best things you can do for your overall health. Regular exercise can improve brain health, strengthen muscles and bones, reduce the risk of chronic disease and more. Some of the many advantages of swimming regularly include the following:

- Provides whole body workout
- Promotes a healthy heart
- Improves lung capacity
- Tones and strengthens muscles
- Allows for low-impact activity
- Supports weight management
- Reduces body fat
- Improves mental health
- Promotes quality sleep

In addition to physical improvement, we can all attest to the important component of socializing and creating a caring community around swimming. Exercising with a group helps create friendships, yet also supports set schedules and accountability leading to increased confidence and personal motivation. These are key elements in improved emotional health and self-regulation. Dive in…and let the water lift you up! See you in the pool.
Colts Swim School: Private Lessons – Register Now!

Registration for Colts Private Lessons is now open!

It is exciting to have the opportunity to teach you, your kiddos, or both at Cañada College Athletic Center! If you are interested in signing up for Colts Private lessons, please email us at colts.ss@smccd.edu, or stop by the Aquatics desk on the second floor of the fitness center at CAN-AC.

With the emergence of the sun reminding us that summer is right around the corner, this is also a perfect time to get into the program early. Colts Swim School (Registration starting June 1, 2023) and Colts Private Lesson Program (Registration starting now) will provide a community for all who wish to learn to swim or improve their swimming technique.

What’s in it for the participant? Vitamin D, beautiful pools and scenery and a sense of community, all while learning new skills! Join in and experience fantastic ways to take care of one’s physical and/or your loved one’s mental health. It is just a swim stroke away. We look forward to seeing you in the water!

For more information on our new programming or to sign-up, contact colts.ss@smccd.edu.
Good Things Come in Three’s!

Three weeks to a habit and three months to a lifestyle goes the saying and the Athletic Center looks forward to helping new members transition towards a healthy lifestyle with CSM & CAN Athletic Centers enrollment fee discounts.

Keeping with the “Theme of Three’s,” and in honor of the 31 days of May, all membership enrollment fees will reflect a discount of 31% throughout the entire month of May.

The cost to sign-up at the Athletic Center could never be lower and we encourage current members to share this information with friends, family and student/work colleagues who wish to join!

**In addition to the member 31% enrollment discounts above, a new member who mentions a current member’s name as a referral, receives an additional $50 off the new member enrollment price upon joining in May 2023!**

***Current members who refer a new member, will be entered into a drawing to receive a 1-day, 3-day or 7-day consecutive guest pass to be used before December 31, 2023. The value of the guest pass is $30 per day. Win the 7-day pass and you have a guest certificate worth $210! Note: 3- and 7-day guest passes are for consecutive days use.

San Mateo County K-12 Faculty, Staff & Administrators Special Membership

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

K-12 Faculty, Staff and Administrators memberships receive special rates in appreciation of their dedication, service and hard work. Our way of thanking you for what you do! Pricing and information can found on page 20.
Did you know there are 620 muscles in the body? You will after 7 days of this!

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

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

Scan the QR Code to request your guest pass!

<table>
<thead>
<tr>
<th>Faculty/Staff/Administrators</th>
<th>Enrollment Fee</th>
<th>50% Discount</th>
<th>Monthly Single-Site</th>
<th>Monthly Dual-Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>120</td>
<td>60</td>
<td>30</td>
<td>38</td>
</tr>
<tr>
<td>Duo</td>
<td>211</td>
<td>105</td>
<td>55</td>
<td>69</td>
</tr>
<tr>
<td>Family</td>
<td>290</td>
<td>145</td>
<td>75</td>
<td>94</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Faculty/Staff/Administrators (Non–Prime–Time)</th>
<th>Enrollment Fee</th>
<th>50% Discount</th>
<th>Monthly Single-Site</th>
<th>Monthly Dual-Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>60</td>
<td>30</td>
<td>12</td>
<td>15</td>
</tr>
<tr>
<td>Duo</td>
<td>96</td>
<td>48</td>
<td>24</td>
<td>31</td>
</tr>
<tr>
<td>Family</td>
<td>132</td>
<td>66</td>
<td>33</td>
<td>41</td>
</tr>
</tbody>
</table>

Limited access: M–F: 6 a.m. – 9 a.m. • 4 p.m. – Close • Weekends: no restrictions
Connect, Recharge & Relax!

This spring the Campuses are stunning! What a great time to explore the college settings and take advantage of the wonderful conveniences found at the coffee cafes, bookstores and dining areas.

We have heard it many times, “it’s such a beautiful campus, yet I am too busy to sit and really enjoy the surroundings.” Suggestion, when you come to the Athletic Center to exercise or swim, schedule 45-minutes after with a friend and finish with a post-workout coffee, breakfast or lunch for take-out or sit-down? Indoor and outdoor seating are offered and the views of the mountains and bay are a great way to appreciate the beautiful Bay Area surroundings from the college.

If you are looking for a unique gift, College Bookstores offer great merchandise, with new arrivals monthly. Let’s also remember, office and stationary supplies are available with a great selection and at a great price.

Coffee, Food, Finances & Friends

Seeking Starbucks coffee and mixed drinks, breakfast or lunch after your workout? Looking for convenience without getting in the car again, and great pricing? Head over to Paws for Coffee at CSM (Bldg. 10), or Colts Cafe at CAN (Bldg. 1) for delicious Starbucks coffee infused drinks.

Looking for a little more? Experience hot grilled items at CSM Terrace Grill (Bldg. 10) or CAN Grove Dining (Bldg. 5). Both locations are now also offering hand-made pizza’s, fresh rolled sushi and cold poke bowls with inspiring selection, quality, convenience and price.

This is a great option if you are short on time, and want to order breakfast or lunch “for pickup,” after your workout. To order and pay on-line, click on links (following page) for Pacific Dining to select your meal, name the time to pick-up (after your workout), pay online and stop by after, at the time you requested to receive your food. It’s that easy!

Campus Lifestyle Resources

College of San Mateo
Food services and coffee: collegeofsanmateo.edu/foodservice
Bookstore: bookstore.collegeofsanmateo.edu

Cañada College
Food services and coffee: canadacollege.edu/foodservices
Bookstore: bookstore.canadacollege.edu

Skyline College
Food services and coffee: skylinecollege.edu/foodservices
Bookstore: bookstore.skylinecollege.edu
order & pickup

College of San Mateo

Skyline College

Canada College

pacific-dining.com/csmcafe  pacific-dining.com/skylinecafe  pacific-dining.com/canadacafe
Enhancing Student Access and Spirit with New Offerings

As the CSM 100-year anniversary celebration comes to closure and a new semester approaches, there is reflection on what is essential for the College Campus Bookstore to provide to ensure students have the best access to education. While it’s a challenging question with variety of answers, bookstore operations find that student input is invaluable in creating more inclusive options for all and is driving a commitment to continuing this approach in the years to come.

Graduation Kits
One recent initiative involved reevaluating the graduation kits offered to students through close student partnership. It was identifiable that there are areas where costs may be cut, while still providing graduates with all of the items of their choice to commemorate their achievements, through regalia and apparel.

This year’s graduation box is approx. half the price of previous years and feature a T-shirt designed exclusively by student employees. It is exciting to begin a tradition of offering student-designed graduation T-shirts, featuring creative content reflective of student talents.

School Spirit and Pride
In addition to focusing on graduation items, findings indicated ways to reintroduce and elevate school spirit and pride into the store. By collaborating with students around the school, an aim evolved creating fun and engaging designs that showcase the CSM school mascot, Rival Goldstone, and highlight current and historical events on campus.

Sourcing Unique Local Bay Area Products
Expanding offering, the bookstore also reached out to local businesses in the Bay Area to source unique products that can only be found in the region. Recognizing that students have lives outside of school, the bookstore is creating an atmosphere that encourages exploration of these newly sourced items at locations around the Bay Area motivating student discovery where they live, work and study. New items have already arrived from popular stores in the city, (like BAGGU for example), and there is active engagement seeking out smaller businesses to feature and support as well.

Everyone is encouraged to stop by the bookstore and check out the new arrivals and classic favorites on sale.

Additionally, thank you to the incredible CSM student, faculty/staff and community.Your feedback has been heard and there will be an expansion of items mentioned in addition to hosting more fun “Live” events in the store. Stay tuned for updates, and join the celebration of all that CSM Campus Bookstore has to offer!
Celebrating Students, Managers, Coffee & More!

Skyline College bookstore similar to all SMCCD College Bookstores develops an incredible work-force encompassed by students. These students support the many services offered at Skyline Bookstore including the bookstore center, coffee café and Skyline College Bookstore’s Graphic Arts & Production (SkyGAP) design and print shop.

As we approach the end of the Spring 2023 semester, Skyline College Bookstore recognizes student assistants graduating from the college or the Middle College Program, they are: Kaung Min Khant (Cum Laude) and Nathan Thompson (Middle College Program at Skyline College). Congrats and we wish you luck on future endeavors!

Birthday Wishes & a 0.47 Cent Cup of Coffee at Sky Café!

There is more to celebrate! Kevin Chak, Bookstore Store Manager celebrates his birthday and new age by offering a tall cup of hot/iced coffee or tea at World Cup Coffee & Tea next to Skyline College Bookstore, at a price equal to one penny x Kevin’s age.

While Kevin seems to gets younger with every passing year, to be fair his Birthday coffee will be more expensive next year, so best to “get in” on this offer now and celebrate the great contributions of Kevin and his team on this special day!

Kevin’s 47th Birthday reflects a .47 cup of coffee! 
Offer available: Thursday, May 18, 2023 and Friday, May 19, 2023
Embroidery Services now available at SkyGAP – Graphic Arts & Production

Skyline Bookstore operations is thrilled to announce the launch of the new embroidery service, where all items are created by Skyline College’s talented students! The state-of-the-art equipment and skilled team of student artisans, can now add custom embroidered products for organizations, schools, sports teams, and individuals. When one orders from SkyGAP there is high-quality design, production and craftsmanship, supporting the education and professional development of students.

Click here to see the machine in action.

Supporting college student workforce development, students are trained with different fabrics, threads, and designs to create unique and personalized embroidered products. Custom logos and monograms, intricate designs and patterns, are brought forward by the students every week with enterprising spirit and charged to the various SMCCCD colleges and community organizations.

To learn more about our embroidery service or to place a custom order, please contact: skygap@smccd.edu.
We’re excited to work with you.
Guest Fees

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

Rules and Regulations

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

Hours of Operation

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

Member/Guest Eligibility for Use

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

Enforcement of Rules

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

Rules

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