

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

ATHLETIC CENTER

Your community connection to education and fitness.



November Newsletter

2023 Edition



Thanksgiving Holiday Hours

Thanksgiving Day (Nov. 23) • *Club Closed*

Black Friday (Nov. 24) • 8:00 a.m. - 1:00 p.m.



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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

comfit.canadacollege.edu

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

Contact Us

Phone: (650) 378-7373

Email: sanmateoac@smccd.edu

comfit.smccd.edu

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

Parking fees will not be charged for the Fall 2023 and Spring 2024 semesters.

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

GRAZIE ありがとう Dankie СПАСИБО
mahalo 谢谢 SALAMAT धन्यवाद DANK
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THANK YOU

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감사합니다 merci شكراً gracias

Editor's Note

A Morning of Gratitude

I woke at my usual morning work-day time, iPhone glaring 5:45 a.m. While lying in my cozy bed surrounded in silence and darkness, I remember saying out loud, "I can do hard things." Yet, on this particular morning for some reason, that statement made me pause for quite some time. I asked myself— "What's hard about what I am about to do?"

You see, I was getting up from a warm bed, in a nice home, in a quiet and safe neighborhood and I actually wasn't going to work...I was going to a beautiful gym, before work. There was already time in my day to take care of my physical and mental health, and so it began, on this particular day, I began thanking everything.

Thank you closet full of clothes, thank you coffee maker, thank you coffee beans, thank you bananas, and especially, thank you companies and people worldwide who work to sell me bananas and coffee beans. Thank you to the city workers who give me parking tickets for parking on the street on "street cleaning day," so next time I don't do that! Thank you for clean streets. Thank

you, highway-maintenance personnel for making I-280 a gorgeous drive to work and thank you people (who I will never meet or know), who made sure the forests along Half Moon bay remained...forests.

Thank you, Front Desk team at the gym for saying, "Good morning." Thank you, fellow members at the gym for letting me work in, saying, "How are ya?" and asking "What muscles are you working on?" Thank you SPIN instructor for teaching a 6:30 a.m. morning class on a bike (with the enthusiasm of a 3:00 p.m. class).

More than ever, thank you for being a part of this wonderful Athletic Center on a college campus mixing student, faculty/staff and resident community colleagues together. As a fun exercise, **practice saying "thank you"** in different languages around the world in spirit of the month of gratitude.

Welcome to the Cañada College and College of San Mateo Athletic Center November newsletter "Gratitude" edition.

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2ND ANNUAL

FALL SHOWCASE

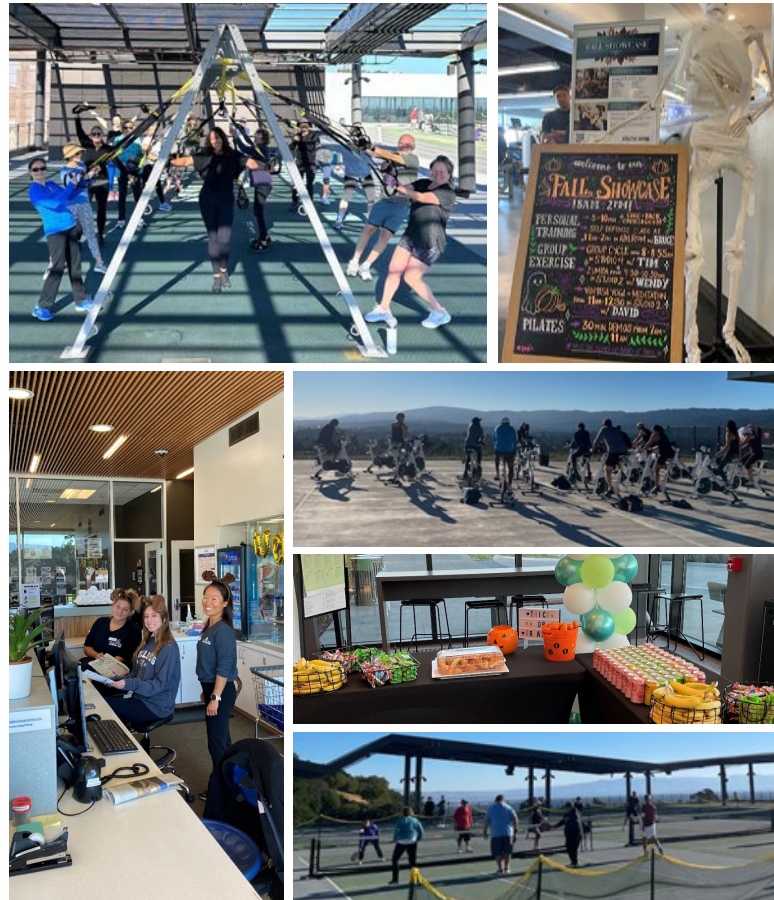
Athletic Center Showcase Success!

Thank You Members & Guests!

This past weekend, the SMCCCD Athletic Centers held their second annual Fall Showcase providing exceptional services to an RSVP of 191 individuals. It was an incredible celebration combining the “best-in-class” programming across Aquatics Masters and swim lessons, Fitness, Group Exercise, Pilates, Endurance Training and Pickleball. Approximately 1,218 members and guests checked in for the Showcase event weekend!

College of San Mateo and Cañada College Athletic Center members and their guests enjoyed creative indoor programming and experienced beautiful weekend weather out of doors with participation in the Aquatics and Pickleball programs. The state-of-the-art facilities were shining!

To the members, thank you for “showing off” SMCCCD’s community connection to education and fitness to your friends and family.



Front Desk News

Gratitude with Style

As the crisp autumn air fills our days, the Front Desk team comprised of the student associates can't help but feel an overwhelming sense of gratitude. We're thankful for the opportunity to say "Hello," providing a smile, helping with information, and supporting our fellow students and community members for a quick check-in to get to work and achieve their fitness goals.

The Front Desk team is also always trying to think ahead to make sure everyone is well-prepared for their workouts! In appreciation, and perfectly aligned with the chillier days ahead, we've prepared a fabulous lineup of new clothing to keep you warm and in style this season! From plush beanies to trendy outerwear, we have a clothing selection everyone can be thankful for!

Better Sweater Weather: Get ready to wrap yourself in the softest, coziest hoodies that will keep you warm while looking chic.

Awesome, Autumn Essentials: Discover essential accessories like long sleeve T-shirts, beanies and wool socks to complete your fall look. Get comfy and add that extra touch of warmth and style to your outfits.

Fantastic Fall Fashion: Don't forget to check out our latest sweatpants that are perfect for chilly, autumn days or any casual occasion.

Bundle up for those chily days ahead! Available sizes may vary. Visit the Front Desk for purchase or for questions.

CAÑADA GEAR

PROSHOP



long sleeve
T-shirt
\$19.85



colts yellow
hoodie
\$45.95



colts joggers
Available colors: grey, navy.
\$51.80

CSM GEAR

PROSHOP



fundamental
fleece
\$24.95



bulldog pom
pom beanie
\$24.95



long sleeve
T-shirt
\$18.99



Group Exercise Updates

Attitude of Gratitude

It's November, and during this month in the United States, many seem to become more aware of what they are thankful for. Certainly, for many expressing gratitude at the Thanksgiving table as a family tradition is common. What is also common are the calories-in, calories-out motto that follows the day after.

This year, when working the "calories-out" effort carry your attitude of gratitude into your favorite GEX classes at College of San Mateo or Cañada College Athletic Centers. Take a deep breath, step into the room and before the class beginning, say to yourself, "thank you."

Those simple words of gratitude are often at the forefront in yoga classes, yet research shows that this same practice of being grateful can be applied to any situation. The ease that comes with gratitude helps to give yogis the feeling of being centered and content at the end of the practice.

This year, consider making gratitude a part of all group fitness classes. Reap the benefits personally, let your attitude become "palpable," and help others in class feel the same. Gratitude and a positive attitude have a proven 'ripple effect' that touches others around you. Focusing on positive things and expressing gratitude daily (for even the smallest things), can change one's mental outlook, improve your energy level and provide the same to others.

From barre to boot camp, the next time you are in a GEX class, take a moment to be grateful for something, big or small, and grow your attitude to gratitude! Being grateful is a choice that can change your entire aura and have a significant effect on your daily overall health and well-being.



Group Cycle T/Th • 6 AM w/Jory

This month we sadly say goodbye to Jory Stein. Jory has been a fixture in the cycle studio Tuesday and Thursday mornings at 6 a.m., since

January 1, 2015. Despite the early hour, members put on their cycle shoes, and show up to Jory's class each and every week.

After nearly nine years at CSM-AC, Jory has taught over 800 classes, and logged thousands of miles with our members. His easy-going personality, encouraging smile and professionalism will be greatly missed! Jory will be retiring from FedEx this month after 34-years of service and relocating to the central coast. His last class at CSM-AC will be **Thursday, November 16th**. Jory, thank you for all of the years! You will be missed!



Spotlight GEX Class (CAN-AC)

Dynamic Strength with David

Tuesdays • 6:45 p.m. & Saturdays • 10:00 a.m.

Dynamic Strength welcomes individuals of all starting levels. Coach David believes that everyone can benefit from strength training, and develops his classes to be beneficial for all levels of fitness. From beginners who have never touched a weight, to advanced athlete there is something to be gained for all.

Group Exercise Updates

Continued from "Spotlight GEX Class (CAN-AC) - Dynamic Strength with David"

TRX, kettlebells, dumbbells, bodyweight fitness, and more. Develop and improve your technique and confidence in key movement patterns that boost quality of life and help you pursue all of your favorite activities.

Coach David obtained his Bachelor's degree in Kinesiology with an emphasis in Exercise Science in 2019, and promptly went and became a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association in 2020. For the past three years, David has been working directly with clients to achieve their goals through safe and science-backed methodologies. During his career, he's continued to learn and obtain different certifications within the field. Some of these include becoming a XPT Performance Breathing Coach, as well as a NASM Pain Free Performance Specialist. Come try out David's Dynamic Strength classes starting in November!

Live Class Updates

Check your Dashboard on [Empower M.E.](#) to stay up to date with Group Exercise cancellations and substitutions.

GEX November Birthdays!

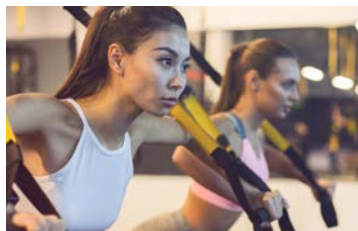
Lindell Wilson 11/12

Jory Stein 11/14

Karen Hoffmann 11/17



New Class at CAN-AC



TRX on the Roof with Candi

Mondays • 10:00 a.m.



Class Adjustments at CSM-AC



Group Cycle with Karen

Tuesdays • 6:00 a.m.

Starts November 21



Group Cycle with Scott

Thursdays • 6:00 a.m.

Starts November 30

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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



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comfit.smccd.edu/group-exercise

CLICK TO SEE OUR CURRENT GROUP EXERCISE SCHEDULE

GEX "Rules of the Road" & Reminders

- *No Food or Drinks. Closed topped water bottles are great!*
- *Reservations are required for ALL Group Exercise classes at both Athletic Centers.*
- *Please arrive to class on time. Late arrival beyond 10 minutes is not recommended as proper warm-ups are necessary to ensure safe increases of intensity elevation.*
- *Please consider your courtesy towards others and the instructor, and keep talking to a minimum during instruction.*
- *Please check online for GEX changes and updates.*
- *Classes marked with *** are not offered virtually (CSM-AC only).*

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CSM-AC Fitness

A Powerful Health Habit - Gratitude

Practicing gratitude is about more than having good manners, it can be a very powerful health habit. Studies have shown that people who are grateful tend to exercise more! This can lead to experiencing fewer aches and pain, practicing better self-care and feeling healthy overall compared to those who do not regularly practice gratitude.

Practicing gratitude for at least 15 minutes a day for six weeks can enhance mental wellness and promote a lasting change in perspective positively. Practicing gratitude right before bedtime by listing out the things you are most grateful for can enhance your quality of sleep. Gratitude diminishes anxiety and stressful feelings, which in turn allows for a more restful and relaxed bedtime.

The Athletic Center is grateful to provide a gym that promotes a healthy lifestyle for anyone and everyone no matter what level of fitness you are at. Even if you are physically disabled, there is always something that you can do to increase your fitness. Appreciating what you have can make you feel more optimistic and satisfied which can increase your self-esteem and confidence. We want our members to continue to enjoy the benefits of being in good shape.

With the arrival of the new equipment, we are also grateful to share the learning that comes with discovering these new exercise machines which enhance your member experience.

Especially around the holidays when the gym creates such a positive and friendly atmosphere drawing people in, let's expand on gratitude. Give it a try, build your new year on the optimism and hopefulness of starting a new year fresh, and on a healthy level. Take that next step. Don't just become healthier, become more mindful and grateful of your health!

Interested in starting your journey to becoming more grateful for your health? Contact Megan Pham at phamm@smccd.edu for **Personal Training sessions** and complimentary fitness assessments with a personal trainer. We are also available to show you how to use the new fitness equipment. See you on the fitness floor!



CAN-AC Fitness

Self-Gratitude at the Gym

Expressing gratitude each day towards yourself and your abilities can have extremely positive outcomes on daily life. Take a moment to think how you start each day – waking up, showering, getting dressed, eating – all seem like simple, mundane tasks. The mindset brought to each of these tasks, however, can completely change how we perceive the world around us. Upon waking up, be grateful for a warm, safe bed to sleep in each night. During your shower, be grateful for access to clean running water at the turn of a handle. While getting dressed, be grateful for being able to afford clothes to wear each day. And while eating, take a moment to reflect the ability to acquire healthy fresh food.

Going to the gym for a workout is a privilege, not a right. How we view and express gratitude towards daily workouts can provide strong motivation and realization just how much taking the trip to the gym should be celebrated. Let's take a deeper look into to how daily gratitude at the gym can be expressed:

Access to a Facility

Next time you are at the Athletic Center, take a look around and appreciate the wonderful facility and all it has to offer. From taking in the views during a swim or rooftop workout, to participating in a fun and challenging group exercise class with your friends, there is so much to be grateful for each and every visit.

Community

Whether you are training for your next triathlon, looking to improve your functional strength, or simply trying to improve your Pickleball serve, the Athletic Center offers a welcoming community of individuals with similar goals. It is also not uncommon to see the same smiling employee that greets you each day exercising alongside you. Being grateful for others around you to be able to share and relate your journey with can drastically improve your own sense of accomplishment.

Ability to Set and Achieve Goals

The Athletic Center is home to professionals that provide inspiration, motivation, and support – all of which are paramount when building a plan to achieve your fitness goals. Take a moment to share with these professionals. A friendly hello is just enough to encourage the team who show up each and every day. It's also a great way to build relationships. Showing gratitude towards yourself by staying positive with others is one way to reach your fitness goals. Another is booking a complimentary Fitness Assessment with a Certified Trainer by [booking through Calendly](#). You can also receive [Personal Training lessons](#) for extra guidance in obtaining your fitness goals.



CSM-AC Pilates

Practicing Gratitude by Taking Care of the Body

"Change happens through movement and movement heals." – Joseph Pilates.

Having gratitude is being appreciative of all that you have, tangible and nontangible. It is pausing and being aware of the details that may have been taken for granted, like thinking and moving for example.

Body Gratitude

One of the best ways to practice gratitude is to take care of the body. Pilates is about being present in the moment, concentrating on precise movements and controlled breathing. Gratitude enhances this presence by encouraging students to appreciate the strength and vitality of their bodies in a particular moment. Listening to the body is showing it respect and gratitude.

Instead of focusing on perceived flaws or limitations, individuals can express gratitude for their body's capability to move, regardless of their current fitness level. By cultivating gratitude for the present moment, you can deepen your connection with your body, fostering a positive mindset essential for progress.

Progress and Growth Gratitude

Incorporating gratitude into Pilates practice also involves recognizing progress and growth. Every session brings an opportunity to learn and improve and gratitude can act as a guiding light in this process. By appreciating the incremental achievements, students can stay motivated

and dedicated to their practice. Whether it's mastering a challenging move or simply maintaining consistency, acknowledging these accomplishments fosters a sense of achievement, reinforcing the commitment to Pilates.

Mind-Body Harmony Gratitude

Central to Pilates practice is the emphasis on mindful breathing. Incorporating gratitude into the breath can deepen the connection between the mind, body, and spirit. With every inhale, students can envision breathing in gratitude for their body's strength, and with every exhale, release tension and negativity. This harmony between gratitude, mind, and body amplifies the holistic benefits of Pilates, enhancing overall well-being.

Incorporating gratitude into Pilates practice also transforms the experience from a physical exercise routine into a journey of self-discovery and appreciation. Acknowledge the body in the present moment, appreciate progress and foster your mind-body harmony through intentional breathing. This can elevate your practice to new heights.

Create your harmonious life-balance with an attitude of gratitude and allow it to resonate beyond the walls of the Pilates studio, touching the lives of many, far and wide.

To visit the Pilates Studio or for more info on Private or Group Pilates classes, please contact Sybille Draper at drapers@smccd.edu. Or fill out our [Pilates Interest Form](#).



CAN-AC Pickleball



Private Pickleball 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.

Sessions are one hour. Packages expire within 10-weeks (2.5 months) after the date of the first session.

Contact Joe Moorbrink at moorbrinkj@smccd.edu or fill out our [Pickleball Private Lesson Interest Form](#) to sign-up for private lessons. Below are our offerings/packages of private lessons:

Pricing		
Individual Session	Single Session	\$110
	3-Pack	\$315
	5-Pack	\$525
	10-Pack	\$989
Small Group (2-4 people)	Single Session	\$132
	3-Pack	\$375
	5-Pack	\$600

Fall Progression Clinics

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

Our themed clinics are the following:

Various Serves w/ Ed

Wednesday, November 8, 2023

9:00 a.m. - 11:00 a.m.

Return of Serves w/ Ed

Wednesday, November 22, 2023

9:00 a.m. - 11:00 a.m.

Location, Location, Location - Advanced Positioning & Shot Placements w/ Peter

Sunday, November 26, 2023

9:00 a.m. - 11:00 a.m.

Clinics are \$50/each. Reserve your spot today as spots fill up fast! To reserve, please email Joe Moorbrink at moorbrinkj@smccd.edu.



Endurance Training **NEW**

Gratitude and Endurance Sports Performance

Endurance sports, constantly push athletes to their limits both physically and mentally. In the pursuit of greatness, the relationship between gratitude and performance often goes unnoticed, but the practice of gratitude can be a secret weapon to enhance the endurance sport enthusiast's journey. Gratitude isn't just a feel-good emotion, it can significantly impact your endurance sports performance by improving the following aspects:

Mental Resilience: Swimming, cycling, running, rowing, Cross Country skiing, among other sports, can be mentally taxing. Gratitude helps cultivate mental resilience. When you focus on the positive aspects of your training and races, it becomes easier to overcome setbacks, manage stress and stay motivated.

Positive Mindset: Having a positive mindset can be a game-changer. Grateful athletes tend to approach their training with enthusiasm and optimism, which can translate into improved performance.

Enhanced Recovery: Gratitude is linked to improved sleep quality, which is vital for recovery. Better sleep means your body can repair and prepare for the next challenge.

Increased Motivation: Expressing gratitude for our body's abilities and the opportunity to compete can boost motivation. We're more likely to train consistently and give our best effort.

Lower Stress Levels: Gratitude lowers stress and anxiety. Reduced stress levels improve concentration and focus during training and races.

Team Spirit: Gratitude can strengthen the connection with training partners and coaches. A supportive team environment can provide encouragement, advice, and motivation, all of which can lead to better results.

In the world of endurance sports, gratitude is a valuable asset. By incorporating gratitude practices into your training routine, you can enhance your mental and physical performance. As you embark on the challenging path of endurance sports, remember to be grateful for every step of the journey, for it is in gratitude that the strength to achieve athletics goals is found. Gratitude brings happiness, and a happy athlete is a faster, longer-endurance athlete.

Our Endurance Training Programs are open to athletes of every level. We offer swimming training for adults through our "Masters Swimming Program", Triathlon training through "Cañada Triathlon" and cycling training in our new updated Power Based Cycling Studio. Contact Cesar Valera at valerac@smccd.edu or visit our NEW page: [Endurance Training](#).

Cañada Tri-Team Services

Cañada Tri-Team: Basic Membership • \$150/month
Gain access to Masters and Triathlon swim practices, group workouts, monthly clinics, 10+ coached workouts per week, discounts with sponsor brands and discounts with 1:1 coaching with our staff.

Cañada Tri-Team: Full Membership • \$325/month
All benefits including in the Basic Membership. An initial consultation, custom group training based on athlete's level and diet recommendations.

Consultations • \$120/hour
Individual or group sessions for progress assessment, action planning and triathlon-related questions

Swimming Lessons w/ Video Analysis • \$150/hour

Private Endurance Training Lessons • \$150/hour
One 50-minute Private Endurance Lesson (\$93)
One 60-minute Lesson w/ Video Analysis (\$150)

To get started, fill out the [Tri-Team Interest Form](#).



Aquatics

Bulldogs Swim Club – A Letter of Gratitude

I wanted to take a moment to express my gratitude for the incredible experiences I continue to have with the team. Being a member of this swim team is a journey filled with challenges and rewards and I wouldn't trade those for anything.

First and foremost, I want to thank our diligent coaches for their help and support. Their expertise, encouragement, and belief in swimmer's progress have played a pivotal role in Team members growth.

To my swimmers, you are the heart and soul of this team. The relationships and support you share in and out of the water, are something I admire. The countless hours of practice, late afternoons, and tough workouts are made enjoyable because of the friendships you forge with each other. I'm also grateful for the lessons learned through successes and setbacks. Swimming teaches the importance of setting goals, pushing limits, and embracing the power of determination. These skills will continue to serve us in the pool and in our future endeavors.

Lastly, I want to express my appreciation to all of the supporters who have cheered us on from the sidelines. Your encouragement and dedication to our team is recognized. I look forward to the continued success and growth of this team in the future.

Igor Marchenko • marchekoi@smccd.edu

Bulldogs Swim Club Recent Accomplishments

Bulldogs Swim Club worked hard through September to participate in the first swim meet of the season in Pacifica on September 29-30th. Each swimmer made a huge improvement in results and technical skills. Bulldogs Swim Club also appreciates the parents who helped us to volunteer at that the meet.

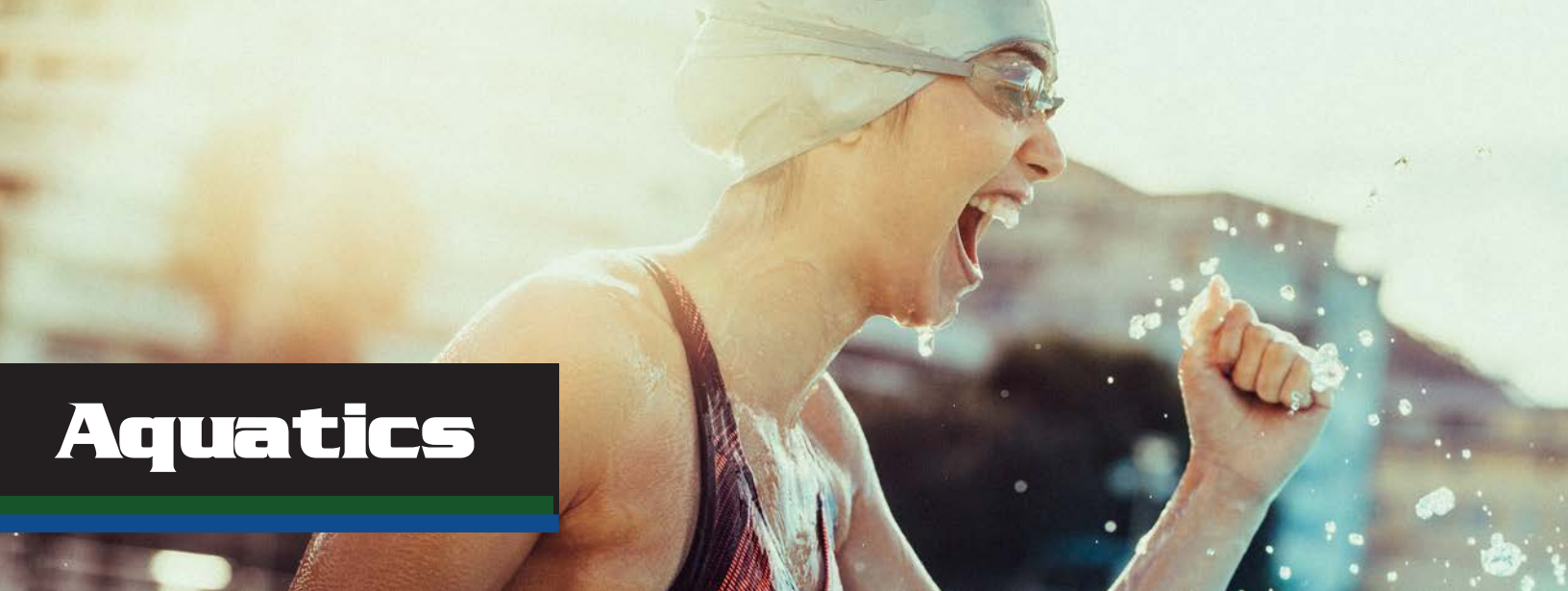


It was great news for the club that one of our swimmer's Finn Crawford, received a National level award from USA Swimming by the sum of results for the previous season.

We wish Finn new achievements in a new season and hope that other swimmers of our club will do their best using Finn as illustration that everything is possible!



Interested in joining the Bulldogs Swim Club? Contact bulldogs.ss@smccd.edu or book a tryout through our Calendy.



Aquatics

Masters Swimming – A Letter of Gratitude

I want to thank everyone for your well wishes on my vacation. We had a great time! I don't know about you, but when you go away for any extended period of time and you become totally relaxed, you are able to reflect on a lot of things. Your thoughts become clearer about every aspect of your life. And that's what happened while I was away. Of course, being in a place as beautiful as Hawaii certainly gets you to a very relaxed state of mind. That being said, I would like to share one of my moments of reflection.

First of all, as we get less young, I don't know about you but it seems like life is going at a superfast pace. The days, months and years are zooming by. And sometimes it seems to go SO fast that you lose track of what is happening in the moment.

These past two years are reflective of just that. We transitioned from a management company to being part of the San Mateo County Community College District (SMCCCD). I personally couldn't be happier. Yet, on top of that, we also opened up a completely new Cañada College Athletic Center. Super happy about that also. It was a very heavy lift, but I think with the District's patience and complete support...we did it, and we did it well!!!

So, what is my point in of all this? My point is, that I got so wrapped up in all that needed to be done to achieve the success of the Athletic Centers, (the hours of work and details), that I forgot to be more thankful and grateful for the things that are right in front of my face... EVERY DAY! I am so incredibly thankful that I am surrounded by such an amazing group of people...swim team members, lap swimmers, lifeguards, instructors, staff, managers, faculty, administrators and of course our Trustees.

Being the senior member of our team, I have had a lot of jobs in my life. But working with SMCCCD, has truly been one of the highlights of my professional career. I am grateful to all of you for your friendship and never-ending support...EVERY DAY! As challenging as my job can be, you all make my life so much easier. Thank you for that. I promise I will never take any of you for granted. Onward and upward!!

Tom Reudy • reudyt@smccd.edu

Bulldogs Swim School

Giving back to community is something the Bulldogs Swim School values highly. College of San Mateo Athletic Center has been given the opportunity to "give back," via Bulldogs Swim School through affordable swim-lesson programs providing essential, swim skills to the residents



Aquatics

Continued from "Bulldogs Swim School"

in the surrounding areas. Bulldogs Swim School is honored to be trusted to shine with professionalism in delivery of these services. This November the team would like to express their heart-felt, emotional gratitude to everyone for whom they perform these duties.

The Bulldogs Swim School celebrates a one-year anniversary in a few months. During the last year the team members faced challenges with a winter of dangerous on-deck weather, balancing school-work responsibilities and ensuring adaptability to the needs and skill-sets of each individual. Yet, always the team provides professional programming served with grace, a happy demeanor and a cordial smile. The goal of every instructor is to accompany kindness and caring with a formatted-effective swim lesson for the kiddos.

The gratitude of the team for their roles shows in the consistent delivery to the swimmers every day. Staff always show up, rain or shine building on the platform to serve the community and make Bulldogs Swim School a familiar, safe and professional place to teach young ones the "art" of swimming.

The team recognizes, appreciates and would like to thank the community for holding space and take time out of their busy lives in support of the program's growth.

Words of Gratitude from our Program Leads: Isaak and Steph - "Running this program with supportive colleagues and leadership of Nina has been a dream. Through the

daily tasks of the Swim School at College of San Mateo Athletic Center, there is no denying the apparent growth and fast-paced demanding nature of our roles. This program has exploded in popularity!

No matter how busy things get, everyone on our team are always able to go the extra mile for one another and lend a helping hand without complaint. It's critical to the delivery of safety, programming and professionalism that the oneness and consideration that our team work so closely to support remain a group mindset. I am eternally thankful for working with a team that cares so much, is invested in the success of our program and cares for the many families who trust us and support our success."



Interested in joining the Bulldogs Swim School? Enrollments accept students ages 3-12 years old. Contact bulldogs.ss@smccd.edu to get started or for job inquiries.

Colts Swim School & Private Lessons

Colts Swim School provides everyone, adults and children (as young as 3 years old), to come join the swim programs and learn from instructors who can help achieve fitness goals. Whether strength or endurance, both of these can be improved with the right amount of support, work and guidance.

Not sure how to swim? Private-lesson instructors are able to meet one-on-one to give a swim curriculum formed

Aquatics



Continued from "Colts Swim School & Private Lessons"

around everyone's specific needs. 30-minute private lessons are available for youth and adult students.

Looking to build up endurance? 50-minute lessons are also an option and are a great way to exercise, while keeping it easy on the body. Swimming is a great low-impact exercise that can be catered to any age group. For children, group lessons are a great choice as it allows not only the brain to be strengthened with various drills and coordination for strokes and techniques but it also helps children work in a fast-paced environment with other swimmers gaining motivation, socialization and making new friends.

Don't let the colder weather be a deterrent, the small pool is heated to 87–89°F perfect for a fall swim! If helping and working with fellow-members in swim sounds like something of interest, reach out to the Aquatics Desk as there are ample instructing jobs available; from group lessons with kids, to private lessons with a variety of ages.



Welcome Nikan to the Colts Swim School Team!

It is important to dedicate this space to our newest member of the Colts Swim team, Nikan. Nikan wanted to share his gratitude thoughts and began with, he is most grateful for his family, friends and new work team. Some people who have made the biggest impact in

Nikan's life are his parents and brother. He shares his gratitude of their sacrifices which have set Nikan up to

be where he is in life currently, and he has nothing but love and appreciation for these efforts.

Nikan is grateful to have had the opportunity to attend San Jose State University, obtain a college degree in business management, and getting a job right out of college working for the district. Nikan is appreciative for all the relationships and connections built over the years that have allowed his success and continuous development. Nikan shares that gratitude is a practice that has allowed him to stay motivated and keep on top of his own mental health awareness by continuing with the daily routines set in place, such as working out and spending time with friends and family. Colt's Swim School is so happy to have Nikan onboard. Feel free to give Nikan a nice smile or wave as a welcome to the Athletic Center.

Colt's Swim School gratitude is shown for all the amazing swimmers and their families who have put their trust and support in the program during this historical first year. Thank you to the swimmers and their families who support the program and helped it to be where it is today. There is nothing but excitement to see what the future of the program will be.

A special thank you to all of the staff involved in making this program run. From the front desk workers, Natalia, Lily, Ashlin, Yadira, and the newest member Nikan. To the amazing instructors, Liam, Arely, Nanette, Zac, Alex, and the newest member of the staff, Christie, who work with all the swimmers to assure that established goals and milestones are met.



The opportunities are boundless as Cañada College Athletic Center assist in certifying and hiring lifeguards! Contact colts.ss@smccd.edu to get started.



Membership

New Members Referral Program November 2023

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

We encourage our current members to refer a friend, family member or work-colleague to join the Athletic Center. This provides the current member a chance to enter a drawing to win a 1-, 3- or 7-day guest pass with a value between \$30-\$210. To note: 3-day and 7-day guest passes are for consecutive days.

The new referred member will benefit too, with a \$50 discount referral on the new membership enrollment fee.

Together we are building a wonderful community connection to education and fitness.

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

We encourage the incredibly dedicated educators and public servants working for San Mateo County to keep a healthy work life balance and to practice self-care by taking advantage of the benefits of wellness and fitness at the Athletic Centers at College of San Mateo and Cañada College. K-12 Faculty, Staff and Administrators memberships receive special rates in appreciation of their dedication, service and hard work.

Our way of thanking you for what you do! Pricing and information can found on page 19.



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 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!

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



College of San Mateo Athletic Center

comfit.smccd.edu • sanmateoac@smccd.edu • (650) 378-7373



Cañada College Athletic Center

comfit.canadacollege.edu • comfit.cc@smccd.edu • (650) 381-3575



Become a Student Athletic Center Member

\$0 Enrollment

2 Complimentary Months
Your first 2 months on us!



Fit-for-FREE

Check-in at the Front Desk 15 times in one month and your dues for that month are FREE!

Membership

Special Student Offering – Fit-for-FREE

Cañada College and College of San Mateo Athletic Center are excited to provide accessible, high-quality gym services while being the bridge between education and fitness.

Are you a student in the San Mateo Community College District? The Athletic Centers have a special membership promotion just for you! If you are 18+ years old and registered in at least 6 units at any one college or combination of colleges within the San Mateo Community College District: Cañada College, College of San Mateo, and/or Skyline College, your enrollment fee is reduced to \$0, you receive two complimentary months of membership, and any month after is \$15 per month!

How could we sweeten this deal even more? Our **Fit-for-FREE program** encourages Student Select members to form consistent fitness habits and making your health and fitness goals a reality. Check-in at least 15 times in one month, a Student Select member's dues for that month are FREE!

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 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 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).

Membership Rules

8. Horseplay, profanity, and disruptive conduct are strictly prohibited.
9. Proper workout fitness and sports attire must be worn when working out in the Fitness area or group exercise classes. Street clothes are not acceptable, and members will be asked to change clothing or leave the workout area if attire is not assuredly sport/fitness/yoga attire and with proper sports shoes. Examples of inappropriate dress include, torn clothing, cargo pants, bathing suits, flip flops, sandals, bare feet clothing with belts, buckle or made of denim etc.
10. Fitness equipment is required to be wiped down by each user after completion of each exercise.
11. Trash must be placed in containers provided for this purpose.
12. Food is not permitted inside the fitness or pool area.
13. Open speaker audio is not allowed on the fitness room floor.
14. Phone calls must be taken and/or made off the fitness room floor, outside, at the front desk area or Aquatics lobby. Members will be required to end phone call made in the fitness area, by attending staff or managers on duty.
15. The time limit on equipment is 30 minutes, when others are waiting.
16. Re-racking weights in proper order is a requirement at this facility. This location is a student teaching facility and weights are required to be replaced in their intended manner.
17. Cancellation policy on all paid services is 24 hours. Cancellations within 24 hours will incur the full charge of the service.
18. Locker room facilities are available for all members and their guests. Children 15-17 must be accompanied by their parent or guardian.
19. Member may not adjust lights, fans, temperature controls, yet may seek staff assistance.
20. No personal notices, advertising posters, distribution of personal or business or posting of non-approved SMCCD material is allowed at any time.

All persons using SMCCD Fitness Center(s) do so at their own risk and agree to abide by these rules for use of the facility.