Membership Hours

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

**Saturday – Sunday**
7:00 a.m. - 2:00 p.m.

Pools close at 8:00 p.m.

Contact Us

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

Cañada College Athletic Center
Building 1
4200 Farm Hill Blvd.
Redwood City, CA 94061

Membership Hours

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

**Saturday – Sunday**
7:00 a.m. - 2:00 p.m.

Pools close at 8:00 p.m.

Contact Us

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

Front Desk News • Fitness News • Group Exercise • Aquatics • Membership
CSM–Athletic Center

A huge thank you to the Student Ambassadors who greet our members, answer questions, provide tours and assist visitors interested in joining. This dedicated team arrive as early at 5:30 a.m. to help open the Athletic Center and many work into the later evening hours until 8:30 p.m. to help us close.

Take a moment and learn about those who are serving. It is inspiring to hear how hours of athletic practice and dedication to studies to pursue advanced degrees in engineering and medicine are among their laser focused goals.

What an honor to have such great representation of the Kinesiology, Dance and Athletics Division and in support of Community Fitness and inclusion through warm, thoughtful, caring dedication of local college students.

We thank you!

Cañada College–Athletic Center

Every Athletic Center has something unique and at CAN–Athletic Center it is pickleball. Here we hope to encourage you to learn about how to make a reservation for a pickleball court and to better understand the hours of availability for play. Take a look at information below and we hope to see you soon, playing pickleball on the rooftop surrounded by the beautiful views of our communities!

Available Hours:
Monday, Wednesday, Friday: 6:00 a.m. - 8:00 p.m.
Tuesday, Thursday: 6:00 a.m. - 9:00 a.m. & 11:00 a.m. - 8:00 p.m.
Saturday, Sunday: 7:00 a.m. - 2:00 p.m.

To learn how to make a pickleball reservation, click here.
“Train Together” – Small Group Training

We are so thankful to the students and faculty of the College of San Mateo Athletic Center and to kick off the new semester, we are offering the “Train Together” program.

This program is designed to offer an affordable experience of personal training and Pilates in a small group setting. The effort to create participant groups of like-minded individuals with similar fitness goals, helps create a supportive environment designed to elevate the health of members of our community.

Starting September 12, 2022, students can sign up for small group personal training and Pilates at the discounted rate of $20 per session, faculty can join at a discounted price of $25 per session.

This is a 6-week promotion and requires a 6 or 12 session commitment. (Depends on your ability to attend 1 or 2 times weekly, you choose!). Payment and days of attendance are required in advance.

The program begins on September 12, 2022 and ends October 31, 2022. Space is limited, so please reserve your spot soon before groups are full!

To sign-up, please see the fitness attendant on duty at the Athletic Center. For more information, view our “Train Together” promotional flyer [here](#).

5 Reasons to Join Small Group Training

1. **Time is precious**
   Many of us are time strapped at the best of times, and therefore it can sometimes be hard to fit in a workout. However, Small Group Training is perfect for those of you that want to pack a lot into 40 – 50 minutes. We pack a lot into our workouts, so no matter what your goals are, you’ll get closer to them much quicker than if you do it by yourself.

2. **There is no “I” in team**
   Being part of a group that has similar motivations and goals is an easier way to keep yourself on track. With our small group personal training, you’ll find yourself in groups of up to 5, pushing each other and motivating you to come back again and again. We also strive to ensure our Personal Trainers are the perfect fit.

3. **Mix-it-up**
   Go to the gym and end up doing the same routine over and over? We’re creatures of habit, so it’s no surprise we end up going back to what we know. But with SGT, you’ll get used to all kinds of exercise and equipment, and more importantly, you’ll learn the proper technique and form to make sure you train safely. Our expert programming also ensures that you get a well-rounded workout considering different muscle groups and a variety of movements that will make you stronger and fitter.
continued from “5 Reasons to Join Small Group Training”

4 Setting and reaching your goals

As well as the normal goals we set for ourselves such as weight loss and getting leaner, we’ll get your body to do things you never thought possible. In a small group setting, you have a baseline to compare yourself against others, but also progress with others, which is proven to work better than going it alone.

Small Group Training offers a more specialized delivery of results, so we’ll listen to you and carefully devise an action plan while providing the support you need to safely reach your next level of improved fitness.

5 The savings are real

While cost may hinder more price-sensitive members from signing up for one-on-one personal training, Small Group Training offers some of the benefits of customized fitness instruction at an affordable cost.

Students and faculty of CSM-Athletic Center can engage in Small Group Training to help them reach their athletic, fitness, and wellness goals. SGT users pay less per session than personal training clients.

For more information about Small Group Training, email Vaughn Boatner at boatnerv@smccd.edu.

Fitness at Cañada College Athletic Center

The Fitness Program continues to develop with the addition of new staff in the tiered hiring aligned with our facility outline. The celebration of increasing membership is something we can all support.

During our development phase, we encourage you to reach out with any questions and requests for personal training by emailing comfit.ccfitness@smccd.edu.
September is National Yoga Month!

Did you know practicing Yoga provides the following benefits:
- Reduces stress and anxiety
- Improves flexibility, balance, strength and stamina
- Improves mental/emotional health
- Improves energy, sleep function and circulation
- Reduces chronic pain

Collectively, College of San Mateo and Cañada College Athletic Centers offer 25-yoga classes weekly and are included in your monthly membership. Classes range from Hatha, Yin, Vinyasa, Power, Flow, and Stretch & Restore. You don’t have to be a Yogi to join the fun!

CAN-AC Group Exercise Class Offerings

Tabata w/ Karen at 8:30 a.m.
Zumba w/ Candi at 10:30 a.m.

New CSM-AC GEX Classes Starting in September

Strength Conditioning w/ Wendy
Thursdays at 5:30 p.m.
Starts Sept. 8, 2022

Ten–20–Twenty w/ John
Tuesdays at 12:00 p.m.
Starts Sept. 13, 2022

Hatha Yoga w/ John
Tuesdays at 7:00 p.m.
starts Sept. 13, 2022

BollyX w/ Archana
Thursdays at 7:00 p.m.
starts Sept. 22, 2022
*Note: BollyX is not offered virtually.*
Group Exercise Updates

Group Exercise Fitness TRX at Cañada Athletic Center

We are so excited to introduce TRX to the GEX schedule with several options for class times and instructors to choose from.

TRX, which stands for Total Body Resistance Exercise, is a method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. Three benefits of TRX training include:

- Delivers a fast, effective total-body workout
- Helps you build a rock solid core
- Benefits people of all fitness levels (from pro athletes to seniors)

CAN-AC GEX TRX Class Times in September

TRX (Rooftop) w/ Candi
Mondays at 12:00 p.m.

TRX (Room 1-207) w/ Kari
Tuesdays at 10:00 a.m.

TRX (Room 1-207) w/ Yue
Wednesdays at 7:30 a.m.

TRX (Room 1-207) w/ Candi
Wednesdays at 6:30 p.m.

TRX (Room 1-207) w/ Candi
Thursdays at 5:30 p.m.

TRX (Rooftop) w/ Yue
Fridays at 12:00 p.m.

A Reminder

Reservations are required for ALL Group Exercise classes at both Athletic Centers.
GEX Class Spotlight

BollyX with Archana Bansal

Thursdays | 7:00 p.m.
Starting Sept. 22nd

Saturdays | 8:00 a.m.
Starting Sept. 24th

The Athletic Centers are excited to announce the addition of BollyX to our Group Exercise lineup! BollyX is a Bollywood-inspired dance–fitness program that combines dynamic choreography with the hottest music from around the world.

Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling. Archana Bansal has been teaching BollyX since 2018 and she is looking forward to debuting BollyX at the Athletic Centers.

This class will only be offered live in the studio. Class reservations required.
Aquatic Team Spotlight

The Aquatic Team at both Athletic Center facilities continues to shine and what better way to say great job then to SPOTLIGHT and share the contributions, dedication and uniqueness of the individuals who make everyday special for us all! When you are on deck, say, “hello,” here are just a few of our amazing Athletic Center employees:

Zach Turner

Zach Turner is a student and employee of SMCCCD. He shows outstanding leadership with his peers on a daily basis on and off the deck. Zack is one of our lifeguards, swim instructors, and deck supervisors for our Bulldogs Swim School here at the College of San Mateo Athletic Center.

Zach is the definition of what it means to be a team player as he continuously puts the team first and foremost, he is a prime example of a true leader within the Bulldogs team and we are so proud of him. Congratulations, Zach!

V Chan

V Chan is a student and employee of SMCCCD and also is one of our newest lifeguards. Since he has started he has made it his mission to find ways to benefit the department in every way possible. He comes in every single day with smiles and kindness.

V always strives for more and the team sees and admires this! We are so proud of you and all that you do, and appreciate you even more than that! Congratulations!
Welcome Aquatics Staff – Newest Additions!

Please welcome our newest staff members into aquatics! You might see them on deck lifeguarding, teaching the Bulldogs Swim School, or working the Bulldogs Aquatics Desk. Please make sure to say hello next time you see them. Also, in the next few weeks, pay attention to the Aquatics Information Wall as all aquatics team bios and pictures will be going up! Get to know the whole team each month as new-comers join the team!

Isaak Bravo
Hi my name is Isaak, I am a Swim Instructor and Deck Supervisor for Bulldogs Swim School! Currently obtaining my BS in Environmental Science focusing on public health from The University of San Francisco. Plans are to attend medical school in the future. I have been teaching swimming for 3 years now and I’m super excited to work with you! Some fun facts about me is that I grew up in San Jose and have lived there my whole life. I am a big fan of Philz coffee and my favorite food is Korean BBQ. Looking forward to swimming with you!

Stephanie Vuong
My name is Stephanie and I am an Aquatics Front Desk Associate. I am from San Jose and I am about to graduate with a Bachelor’s degree in Communication. My career aspirations are to work in Social Media managing. Some fun facts about me: I am an only child, my favorite food is tacos, and I like to do yoga.

Vanessa Escalon
Hi! My name is Vanessa Escalon and I am a swim instructor! I just recently graduated Terra Nova High School and I am a first year student at College of San Mateo pursuing a sociology degree! I have grown up in Pacifica my whole life and love to adventure around the town! I have always loved to work around kids and I cannot wait to work with everyone to solidify their swim skills!

Trace La Mar
Hello. My name is Trace La Mar. I am a student at College of San Mateo and studying Fire Science Technology. I work as a lifeguard for College of San Mateo Athletic Center and am pursuing a career in emergency services in the Bay Area.
Masters Swimmers

From the Desk of Coach Tom!

Hey you guys,

We want to send out some serious CONGRATULATIONS to all of our teammates who have been having a great open water swim season. Congrats to all those who swam in the SANTA CRUZ OPEN WATER SWIM, ESCAPE FROM ALCATRAZ, DELVALLE OPEN WATER SWIM, and to all you swimmers who are doing some crazy but awesome Bay swims!
WAY TO GO...WE ARE SO PROUD!!

Not to be outdone...we want to say.. GOOD LUCK, to our 10-15 teammates who will travel to Hawaii over Labor Day weekend for the annual WAIKIKI ROUGHWATER SWIM! Have a great time you guys and make sure you have a Mai Tai (OR 2), for all of us. GO GET ´EM!!

An even more awesome CONGRATS, going out to our teammates who made the USMS TOP 10 LIST FOR 2022. These are the SHORT COURSE YARDS NATIONAL RANKINGS FOR 2022. CONGRATULATIONS to our incredible teammates.

**JING LI:** 1st place – 1650 FREE (18:30.54) • 2nd place – 1000 FREE (11:03.27) • 3rd place – 500 FREE (5:16.68)
4th place – 100 FLY (59.34) • 9th place – 100 I.M. (1:01.67) • 10th place – 200 I.M. (2:19.92)

**JIM BEGLINGER:** 4th place – 500 FREE (6:48.77) • 6th place – 200 FREE (2:30.50)

**NICO GHILARDI:** 3rd place – 400 I.M. (4:39.17) • 4th place – 1650 (18:22.72) • 9th place – 500 FREE (5:15.71)

**KIRK RICHARDS:** 5th place – 1650 FREE (19:10.54)

**SHANE GHUTTO:** 9th place – 1650 FREE (18:33.15)

TO ALL OF OUR SAN MATEO MASTERS TEAMMATES....WE ARE SUPER PROUD!!!!
GOOD OL’ POOL KINDNESS

Aquatics Operations Manager – Nina Pineda

Pool rules and etiquette are put into place to help protect our members and keep everyone safe. With increasing use of the pools and to ease overcrowding the reservations system will remain in place.

Members are asked to respect the 1-hour time limit when swimming and to please refrain from extending over that limit.

If you think that you need more time please book a double reservation. Making a second reservation instead of extending into another’s time slot is easy and shows friendship to fellow members.

We remind everyone that sharing a lane is a must when swimming in the College of Athletic Center Pools!

If you have the luxury of having your own lane, please know that means your lane-mate is likely running a few minutes behind, yet will join soon.

Sharing is caring for your fellow members. Wave, say “hello” and welcome another into the lane! You may even develop a new friend or two!
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 / Cañada 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 and/or attending academic instruction.
2. A one-day Guest Pass is available for members to purchase for their guest at a charge of $30.
3. Local guests may only use the facility 1 time per month, local ID is required.
4. Out of town family guests, may use the facility up to 4 times monthly, out of town ID is required.
5. Guests must be accompanied by a current member while the using the facility.

Enforcement of Rules

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

Rules

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

8. Horseplay, profanity, and disruptive conduct are strictly prohibited.

9. Proper workout fitness and sports attire must be worn when working out in the Fitness area or group exercise classes. Street clothes are not acceptable, and members will be asked to change clothing or leave the workout area if attire is not assuredly sport/fitness/yoga attire and with proper sports shoes. Examples of inappropriate dress include, torn clothing, cargo pants, bathing suits, flip flops, sandals, bare feet clothing with belts, buckle or made of denim etc.

10. Fitness equipment is required to be wiped down by each user after completion of each exercise.

11. Trash must be placed in containers provided for this purpose.

12. Food is not permitted inside the fitness or pool area.

13. Open speaker audio is not allowed on the fitness room floor.

14. Phone calls must be taken and/or made off the fitness room floor, outside, at the front desk area or Aquatics lobby. Members will be required to end phone call made in the fitness area, by attending staff or managers on duty.

15. The time limit on equipment is 30 minutes, when others are waiting.

16. Re-racking weights in proper order is a requirement at this facility. This location is a student teaching facility and weights are required to be replaced in their intended manner.

17. Cancellation policy on all paid services is 24 hours. Cancellations within 24 hours will incur the full charge of the service.

18. Locker room facilities are available for all members and their guests. Children 15-17 must be accompanied by their parent or guardian.

19. Member may not adjust lights, fans, temperature controls, yet may seek staff assistance.

20. No personal notices, advertising posters, distribution of personal or business or posting of non-approved SMCCD material is allowed at any time.

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