Memorial Day - Holiday Hours
Monday, May 27 • 7:00 a.m. - 2:00 p.m.

WEEKEND HOURS EXTENDED

Effective June 1, 2024
Saturday: 7:00 a.m. - 5:30 p.m.
Sunday: 7:00 a.m. - 5:30 p.m.
Parking fees will not be charged for the Spring 2024 semester.

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

The May edition of the Athletic Centers’ Newsletter celebrates moms and their special place in the world. We also wish to recognize and thank the esteemed athletic center “mom-members” whose contributions create textured moments and memories.

The daily endeavors at Athletic Centers see student moms, faculty and staff moms, undefined-caregiver and guardian moms, “mom-professionals” and “professional-moms,” and Athletic Center community member moms (who by the way), encourage their collective households to develop life-long fitness habits, while taking part in Family Athletic Center Memberships. Thanks to moms, we now have 1897 family members at both locations!

We share mothers’ wins, as they tell stories of their children’s discoveries in swim lessons, aquatics youth swim programs, fitness, strength and Group Exercise workouts.

We especially thank moms for influencing young ones in developing healthy lifestyle habits, bringing their high-schoolers to the college Athletic Centers and who also work out, alongside their college age children in attendance at the athletic centers, when home for the holidays.

On behalf of College of San Mateo and Cañada College Athletic Centers, thank you moms! You have helped make the unique Athletic Center locations a real community connection to education and fitness. We wish all the moms a beautiful and Happy Mother’s Day this May 12th.

We smile and congratulate the new moms, who shine with excitement in conversation about their newest family addition! We salute the “seasoned moms,” whose stories are compared and often mirror other mom-members, while discussing the rigors of work, travel and coordinating schedules around loved ones. Sometimes, we simply laugh with moms after a Group Exercise class, in discussion of the absurdity of so brilliantly “juggling all of the balls in the air,” while still making time to attend workouts!
EXCITING NEWS—Weekend Hours are Longer!

College of San Mateo and Cañada College Athletic Centers are thrilled to announce the extension of weekend hours starting June 1, 2024. We understand the importance of having flexibility in your workout schedule, especially on the weekends when you might have more time to focus on your health and wellness goals.

Below are the new weekend hours:
Saturday & Sunday - 7:00 a.m. - 5:30 p.m.

Squeeze in some extra cardio, add in another rep, cycle an extra mile—we are excited to see you for a little longer at both locations!

Athletic Center Strategic Plan Questionnaire

Please join us in shared feedback towards development of the Athletic Centers Strategic Plan.

Kindly read the Athletic Centers’ history for context to help in participation. For greater understanding, please also find the following links to Athletic Center Fact Sheets (CAN-AC & CSM-AC), an example of a strategic plan and a mid-year 2024 Athletic Centers financial report (CAN-AC & CSM-AC).

The questionnaire is approximately 10 questions and can be found below:
SMCCCD Athletic Centers’ Strategic Plan Questionnaire

New Members Referral Program May 2024

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

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

The new referred member will benefit too, with a $50 discount referral on the new membership enrollment fee. Together we are building a wonderful community connection to education and fitness.

San Mateo County Public School K–12 Special Membership

We encourage the incredibly dedicated educators and public servants working for San Mateo County to keep a healthy work life balance and to practice self-care by taking advantage of the benefits of wellness and fitness at the Athletic Centers at College of San Mateo and Cañada College. Public school K–12 Faculty, Staff and Administrators memberships receive special rates in appreciation of their dedication, service and hard work. Our way of thanking you for what you do! Pricing and information can be found on page 5.
Did you know there are 620 muscles in the body? 
You will after 7 days of this!

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

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

**Faculty/Staff/Administrators**

<table>
<thead>
<tr>
<th></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>32.10</td>
<td>40.66</td>
</tr>
<tr>
<td>Duo</td>
<td>192</td>
<td>96</td>
<td>58.85</td>
<td>73.83</td>
</tr>
<tr>
<td>Family</td>
<td>264</td>
<td>132</td>
<td>80.25</td>
<td>100.58</td>
</tr>
</tbody>
</table>

**Faculty/Staff/Administrators (Non–Prime–Time)**

Limited access: M–F: 6 a.m. – 8:30 a.m. • 4 p.m. – Close • Weekends: no restrictions

<table>
<thead>
<tr>
<th></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>12.84</td>
<td>16.05</td>
</tr>
<tr>
<td>Duo</td>
<td>96</td>
<td>48</td>
<td>25.68</td>
<td>33.17</td>
</tr>
<tr>
<td>Family</td>
<td>132</td>
<td>66</td>
<td>35.31</td>
<td>43.87</td>
</tr>
</tbody>
</table>

*7-day guest pass is valid for consecutive days only.
Moms—Super Heros Inside and Outside the Gym

Today many mothers find themselves juggling several responsibilities throughout the day. Taking care of their households, relationships, careers, their children, the list goes on. However, many do make the time to prioritize their health and well-being to include regular workouts, even on their busy days. Exercising regularly gives mothers added energy to take on daily demands, while helping release stress.

Exercise boosts one’s mood, decreases anxiety, improves sleep, and increase productivity. While mothers navigate between parenthood and professional life, for many physical health remains a priority.

Exercise is challenging to include in a mother’s busy day, however making personal health a priority is shown to benefit the entire household. There are many different avenues moms can explore when planning and being creative with a workout program, including group fitness classes, home workouts, and family hikes.

New mothers, seasoned mothers, and moms of mothers all find exercise helps achieve happiness and long-term health. We encourage moms to plan a fitness program today and to stick to it, for the benefit of you and your family. Stay fit, be active and live strong and remember to celebrate Mother’s Day in health!

Instructor Spotlights

We are so lucky to add to our list of amazing Group Exercise instructors two of our CAN-AC Personal Trainers!

CAN-AC Personal Trainer – Alex
Alex Lourenco started her new Group Exercise class “Tone Zone”—what a great add to Friday mornings! In this class, experience a full-body workout focusing on form, strength, stability and conditioning. Alex is an athlete, playing soccer for Canada College last year and nearing completion of her second year of college with a double major in Kinesiology and Nursing.

Alex’s Tone Zone Classes:
CAN-AC – Fridays at 8:00 a.m. in Studio 1-207

Member Feedback: Alex’s class this morning Tone Zone A++++ great attitude, great music, good pace, wonderful workout, and a sweetheart!

CAN-AC Personal Trainer – Joaquin
Joaquin Rueblo has started his Group Exercise journey, taking over TRX class on Sunday mornings at 11:30 a.m. Joaquin has been working at CAN-AC since opening in August of 2022 working his way to be a Personal Trainer, becoming ISSA certified in 2023. Currently, he is pursuing an
Continued from "Instructor Spotlights"

ADT in Kinesiology and Allied Health. Joaquin has a strong commitment to fitness and can show you how to become more stable, strong, flexible, and fit in his Sunday morning 11:30 a.m. TRX class. All levels are welcome.

Joaquin’s TRX Classes:
CAN–AC – Sundays at 11:30 a.m. in Studio 1-207

Member Feedback: Joaquin does an excellent job of demonstrating and modifying so even a less advanced member can participate. I really enjoyed his class!

CAN–AC Hits 100 Group Exercise Classes

With the growth of Cañada College Athletic Center membership and supporting demand, the Group Exercise classes offered at this location have reached a milestone of 100 Group Exercise classes offered weekly! From heart-pumping HIIT sessions to zen-inducing yoga flows, our diverse range of complimentary fitness classes caters to all levels.

We thank the members and the growing roster of instructor-practitioners who make “community” thrive at the Athletic Center. To reserve a Group Exercise class, visit the Empower M.E. member portal.

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

New Classes

JazzLatin Dance w/ Susanna
Wednesdays • 7:30 a.m.

BollyX w/ Thariny
Sundays • 9:00 a.m.

Class Adjustments

Cycle w/ Tim
Sundays • 9:30 a.m.

Class Adjustments

Zumba w/ Candi
Mondays • 10:00 a.m. • Roof

TRX w/ Candi
Mondays • 11:00 a.m. • Roof

Live Class Updates

Check your Dashboard on Empower M.E. to stay up to date with Group Exercise cancellations and substitutions. Please continue to make reservations for all Group Exercise classes so you can be alerted if there is a last-minute class change or cancellation.
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.

**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).
Strengthening Bonds

While traditional gifts like flowers and chocolate for Mother’s day hold their charm, why not consider something different this year? Getting your mom or daughter to join the gym and work with the same personal trainer could be an inspiring and empowering way to celebrate Mother’s Day. It’s not just about breaking a sweat; it’s about sharing laughs, overcoming challenges together, and celebrating each other’s victories.

Just like our wonderful Athletic Center mother daughter duo Molly Seaman and Karen Seaman. Here is their testimony:

“Because my mom and I are both members at College of San Mateo Athletic Center (CSM-AC), it’s been an easy way for us to remain connected. After I graduated from a college in Colorado, I moved back into my parents’ house and started my first full-time job soon after. The work week was taking its toll on my health. Sitting at a desk hunched over a computer is hard on most bodies, but I noticed that the back pain related to my scoliosis was getting worse—and quickly. Physical therapy, yoga, massage, and cardio wasn’t helping me enough, so my doctor recommended I try weightlifting.

I was intimidated, but my mom already had a membership at CSM-AC and she recommended that I join. I saw posters about personal trainers, so I signed up for sessions. My trainer was so compassionate, charismatic, and knowledgeable that I became more confident in the gym and began to enjoy exercising in just a few weeks. I noticed improvements with my health and felt encouraged by my choice to begin working with a trainer.

My mom had different health goals from me and knew how to navigate the gym much more than I did, but when she mentioned not knowing how to improve the activation of certain muscle groups, I recommended that she see the same trainer. I knew my mom would appreciate my trainer's patience and experience as much as I did. I was right; my mom was similarly inspired by the same trainer. My mom and I spent a few weekend mornings together carpooling to CSM–Athletic Center and improving on our new sets of exercises.

I see my parents less as I navigate my newly unfolding adult life, but once in a while I’ll walk into the gym and see my mom at a machine that once intimated us both a year ago. My parents’ lives have changed as much as mine, yet there’s something special about still sharing a physical space and mutual piece of the mundane. Unplanned hugs are sweeter now.”  – Molly Seaman

“My favorite days at the gym are when I run into my daughter, Molly. We always laugh when we see each other and give each other a big hug. We of course, have different goals and workouts but we still support each other and are proud of each other’s progress. Joining the same gym as your child is a wonderful way to stay in touch and I highly recommend it!”  – Karen Seaman

As you celebrate Mother’s Day this year, consider stepping out of the ordinary and into the gym together. Embrace the opportunity to sweat, laugh, and grow stronger – both individually and as a team. The journey itself is a gift worth celebrating. So, here’s to honoring the incredible women in our lives, one rep at a time. Happy Mother’s Day! For more information about Personal Training at CSM–Athletic Center contact Megan Pham at phamm@smccd.edu.
Important Equipment Reservation Announcement

The 6-Woodway Treadmills will be reserved for academic instructional classes on the following dates and times:

- May 1, 2024  1:10 p.m. – 2:00 p.m.
- May 8, 2024  1:10 p.m. – 2:00 p.m.
- May 15, 2024  1:10 p.m. – 2:00 p.m.

Please look for reservation signage postings and adjust workouts accordingly. Thank you.

Introducing Post-Workout - Recovery Training Sessions

Think of muscle recovery as the selfcare, much like the “mom” who brings you warm soup when you are sick or makes you a cup of hot chocolate on a cold day. Moms who take time with family develop stronger bonds with their loved ones and similarly, recovery sessions help to develop stronger bonds in muscle-structures and connective tissue.

A part of a good fitness routine includes time spent after exercise, via stretching, myofascial release (rolling) and may also include massage apparatus (Hyper-volt gun or roller) which increase blood flow to speed muscle recovery, yet also deliver concentrated relief to point specific areas of your body.

Improved relief of sore muscles and connective tissue include some of the outcomes to these applied processes. The goal is a more comprehensive recovery that reduces the chance of injury due to muscle, tendon and ligament tightness. Ultimately, application of recovery sessions may help support increasing physical activity, and may also include improved protections of injury in performance and movement related activities. Recovery Session are 25- and 50-minutes in duration and include effective techniques such as Proprioceptive Neuromuscular Facilitation (PNF) stretching and Percussive Therapy. These are guided by certified stretch professional Kirsten Eliason. To learn more about the sessions and how to book time with Kirsten, see the flyer on the next page. These sessions also make a great Mother’s Day Gift!

To learn more about Recovery Training Sessions contact Interim Fitness Operations Manager, Joe Moorbrink at: moorbrinkj@smccd.edu or fill out our Recovery Training Interest form.
RECOVERY TRAINING

What is Recovery Training?
Utilizing simple yet effective static/active stretching methods, combined with state-of-the-art Hypervolt massage guns and vibration tools, these sessions are designed to keep you moving and feeling your absolute best!

25-MINUTE RECOVERY SESSIONS

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Per Session</th>
<th>Total Package Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$45.00</td>
<td>$45.00</td>
</tr>
<tr>
<td>4</td>
<td>$42.50</td>
<td>$170.00</td>
</tr>
<tr>
<td>8</td>
<td>$40.00</td>
<td>$320.00</td>
</tr>
</tbody>
</table>

50-MINUTE RECOVERY SESSIONS

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Per Session</th>
<th>Total Package Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$90.00</td>
<td>$90.00</td>
</tr>
<tr>
<td>4</td>
<td>$85.00</td>
<td>$340.00</td>
</tr>
<tr>
<td>8</td>
<td>$80.00</td>
<td>$640.00</td>
</tr>
</tbody>
</table>

Packages expire within 10–weeks (2.5) months after the date of the first session.

Prevent Injuries & Disruptions to your Fitness Goals
Overtraining occurs when the body doesn’t have enough time to recover from intense workouts, leading to fatigue and increased risk of injury.

Recovery training sessions repair damaged tissues, optimizing your performance in your next workout.

Your Recovery Trainer
Kirsten Eliason is a certified and experienced Assisted Stretch Professional. She is a 500hr certified Yoga instructor and trained Mobility and Flexibility Instructor, teaching these formats since 2017.

She continues to study yearly with author Jules Mitchell, who presents research in the areas of tissue mechanics and stretching.

Kirsten’s Certifications and Experience
- Stretch Lab, over a year working as a Flexologist/Assisted Stretch
- 200hr Yoga Certification
- 150hr Advanced Yoga Certification
- 50hr Advanced Yoga Certification
- Over 500 hours teaching Yoga and Stretch Classes 2017–present.

Certifications From Jules Mitchell:
- Yoga Biomechanics
- The Science of Stretching
- Prehab/Posthab

Members receive one complimentary 15–min Recovery Training session with one of our Certified Trainers.
Scan the QR code, email moorbrinkj@smccd.edu, or call (650) 381-3508 to book your sessions.

CALL OR EMAIL TODAY
CSM Pilates Instructor's Experience

"Last year, I had an amazing little girl. My body went through a lot of changes during those nine months and between the low back pain, no core strength, tight hamstrings and tight shoulders, it was hard to recognize my own body. I felt like it wasn’t me anymore and I really wanted to go back to my regular shape!

Pilates helped me go through some of life’s trials and improved my body and my mental health. I can say with certainty, having a baby doesn’t give one the chance to have much “me time” and going back to my Pilates practice makes me feel so much better, inside and out. The Reformer allowed me to come back to exercise earlier and became more than ever, my safety place.” – Jessica

Pilates for Moms of All Ages

The pursuit of wellness often takes a backseat for many mothers. Pilates provides a stress relieving and strengthening transformative practice that nurtures both the body and mind. The practice, offers a multitude of benefits to address the diverse needs of mothers of all ages.

Strength Without Strain: One of the foremost advantages of Pilates is its ability to cultivate strength, especially core strength without subjecting the body to undue strain. Pilates equipment challenges with spring resistance yet offers support and is adaptable to all fitness levels and limitations. Through a series of controlled movements and precise alignments, Pilates targets key muscle groups, fostering strength and stability from within. For moms, this translates to enhanced endurance and energy for the demands of daily life.

Improved Posture and Alignment: The physical demands of motherhood can lead to poor posture and alignment issues. Pilates movement focuses on spinal alignment and postural awareness, helping correct imbalances and adopt a more upright posture, reducing the risk of back pain and injury.

Flexibility: As mothers adapt to the ever-evolving needs of their families, flexibility becomes an invaluable asset. Pilates incorporates dynamic movements and stretches that promote flexibility and improve range of motion. Enhanced flexibility is beneficial for everyday tasks, yet is shown to prevent injuries during physical activities, while promoting overall joint health.

Mindful Movement: For moms juggling a myriad of responsibilities, Pilates also serves as a gateway to mindfulness. The practice invites moms to reconnect with their bodies with focus on breath control, concentration and the embrace of the present moment.

Pilates with its focus on core strength, posture, flexibility, and mental well-being, empowers moms to navigate the physical and emotional demands of motherhood with grace and resilience.

If you would like to learn more about the many benefits of Pilates, please contact Sybille Draper at drapers@smccd.edu or fill out our Pilates Interest Form.
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:

<table>
<thead>
<tr>
<th>Individual Session</th>
<th>Pricing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Session</td>
<td>$110</td>
</tr>
<tr>
<td>3-Pack</td>
<td>$315</td>
</tr>
<tr>
<td>5-Pack</td>
<td>$525</td>
</tr>
<tr>
<td>10-Pack</td>
<td>$989</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Small Group (2–4 people)</th>
<th>Pricing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Session</td>
<td>$132</td>
</tr>
<tr>
<td>3-Pack</td>
<td>$375</td>
</tr>
<tr>
<td>5-Pack</td>
<td>$600</td>
</tr>
</tbody>
</table>

TeamReach Pickleball Community App

We encourage pickler 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 code.
2. Download Team Reach.
3. Enter Group Code: CAN2803.

Check the app often for the most-up-to-date court availability and special offerings such as private themed clinics and club tournaments.

Pickleball Group Exercise Classes

The facility will offer restructured “Drill and Play” 75-minute classes with a strict limit of 12 participants geared more towards the intermediate/advanced players. Reserve 48 hours in advance through our Empower M.E. portal.
Bulldogs Swim School – Moms to Admire

Mothers hold a central, transformative role in our society. This is especially true of the community of moms at the Bulldogs Swim School. Their adeptness in seamlessly juggling the demands of work, childcare, education, after-school activities and crucial self-care is awe-inspiring.

Here at BSC, we are firmly committed to fostering an environment of wellness. We are aligned with the mission to not only inspire, but also facilitate a lifestyle of health and well-being. To make this vision a reality, we offer beneficial discounts to our student, staff, and faculty. This initiative is designed to make it more accessible for our industriously busy mothers to carve out much-needed time for self-care and personal wellness.

While their children partake in swim lessons, mothers are given the opportunity to utilize the gym facilities or to swim leisurely laps in the pool. These moments of serene physical activity often serve as the catalyst for engaging conversations and the nurturing of new friendships, enriching our community further.

Today, we wish to express our profound recognition and gratitude to all mothers who ceaselessly turn dreams into tangible reality. Thank you for all you do!

We extend a special note of thanks to Nina Pineda, our valued Operation Manager of Aquatics and a mother herself. The entire team stands in admiration of Nina’s exceptional leadership, wealth of industry knowledge and enduring kindness. We understand that without Nina, the Bulldogs beating heart, would be missing. Her contribution is invaluable, and we are immensely grateful for her dedication and continuous efforts.

Please feel free to reach out to the Bulldogs Swim School Team for inquiries and registration for private swim lessons or youth swim. The team can be reached at bulldogs.ss@smccd.edu.

Lifeguards – Expressing Gratitude to Mothers

As we reflect on the significance of Mother’s Day, a singular, resonant word comes to mind: Gratitude. This sentiment extends to every mother who brings their child to the Bulldogs and Colts Swim School. We deeply appreciate your trust in our program and lifeguard team, who work tirelessly to ensure the safety of your children and our community.

Our lifeguard team is dedicated, constantly training to keep up with the physical demands of the job. With a job that requires intense focus and placing a high priority of our swimmers’ well-being, our lifeguards participate in monthly training sessions. These sessions are not only physical but also mental, preparing our team for a myriad of potential scenarios.

Moreover, it’s important to note that these training sessions also ensure compliance with the latest
Aquatics

Continued from “Lifeguards - Expressing Gratitude to Mothers”

guidelines and updates from the American Red Cross. adhering to these standards, we guarantee that our work-site practices are aligned with recognized safety protocols, further helping to reinforce the trust that mothers, parents and guardians place in us.

This Mother’s Day, we would like to extend our heartfelt gratitude to all of the moms who are a part of our community. We thank you for your relentless dedication ensuring that the Bulldogs and Colts Swim School remains a safe and nurturing environment for our swimmers to learn, grow and thrive.

Masters Swimming

The coaching team of San Mateo Masters would like to take this opportunity to recognize, celebrate and extend our deepest respect to all our teammates who are mothers, aunts, sisters and grandmothers. As coaches, we are privileged to be a part of our swimmers’ lives beyond the confines of the pool, and we witness firsthand the remarkable feats these incredible women accomplish daily.

We are aware of the multitude of responsibilities they juggle, from caring/raising children and managing their busy schedules. Despite these commitments, these women consistently find the time to attend rigorous swim workouts, demonstrating an admirable dedication to their health and well-being. The ease with which they balance these numerous roles belies the difficulty of their tasks, and we recognize the importance of regular exercise in maintaining optimal health. We are delighted and honored to provide a space and opportunity for these women to care for themselves. Their commitment to fitness and their overall well-being, despite their busy schedules, is nothing short of inspirational. We value their presence and contributions to our community and never take them for granted.

In light of this, we would like to extend our heartfelt admiration and appreciation to these extraordinary women. You are phenomenal, and you inspire us all with your tenacity and dedication.

With these sentiments in mind, we wish to send out a resounding “HAPPY MOTHER’S DAY!” to all the incredible mothers within our team. May this day be filled with love, joy, and appreciation for all that you do.

Swim Strong,
Athletic Center Masters Coaches

Bulldogs Swim Club

Dear Bulldogs Swim Club,

In the world of competitive swimming, athletes rely on more than just physical strength and technique to succeed. Behind every stroke, every lap, and every victory, there’s often a silent yet powerful force—a mother’s unwavering support. As we delve into the significance of maternal encouragement in the realm of swimming competitions, we uncover a profound influence that goes beyond the pool.

CAÑADA COLLEGE COLLEGE OF SAN MATEO
ATHLETIC CENTER
Your community connection to education and fitness.
Aquatics

Continued from “Bulldogs Swim School”

For swimmers preparing to compete, the journey is laden with intense training sessions, nerve-racking qualifiers, and high-stakes competitions. Amidst this whirlwind, a mother’s presence offers a sanctuary of comfort and stability. From a reassuring hug before a race or words of encouragement amidst setbacks, mothers provide a steadfast anchor that empowers swimmers to face challenges head-on.

Competitive swimming often demands mental fortitude as much as physical prowess. In moments of doubt or fatigue, a mother’s belief in her child’s abilities can serve as a powerful catalyst for self-assurance. Through their unwavering encouragement and belief, mothers instill a sense of confidence and resilience in their swimmers.

The relationship between a swimmer and their mother transcends the confines of the pool deck. It’s a bond forged through shared triumphs, defeats, and countless hours of dedication. Beyond being a source of support, mothers often play multifaceted roles as mentors, confidantes, and motivators, shaping their child’s athletic journey and their personal growth and development.

In the world of competitive swimming, success is not always measured in podium finishes or record-breaking times. It’s often found in the moments of perseverance, resilience, and personal growth along the way. Mothers understand this implicitly, celebrating every victory – big or small – with boundless pride and unwavering support, reinforcing the notion that each step forward is a triumph in itself.

As swimmers navigate the highs and lows of their competitive journey, they carry with them the indelible imprint of their mother’s support. Whether they’re diving into the pool for their first race or standing atop the podium in victory, the echoes of maternal encouragement reverberate, propelling them forward with an unshakeable sense of purpose and determination.

The importance of mother’s support in the realm of competitive swimming cannot be overstated. From providing emotional sustenance to nurturing resilience and belief, mothers play an integral role in shaping the trajectory of their child’s athletic journey. As we applaud the dedication and sacrifice of all mothers who stand by their swimmers, let us recognize and celebrate the profound impact they have on shaping champions both in and out of the water.

See you at the pool,
Igor Marchenko, Head coach of Bulldogs Swim Club

A Sentimental Note from our Operations Manager of Aquatics

As a lifelong swimmer, I have found myself on a burgeoning career path. The statement, ‘Nina Pineda, a 22-year veteran in aquatics,’ is both astonishing and exciting. We often find ourselves pondering the ‘what ifs’ and ‘one days’ of our future. I am the sort of person who, once fixated on an idea, cannot let it go.
Continued from "A Sentimental Note from our Operations Manager of Aquatics"

I have a stationary bike at home which I absolutely adore. Over time, it has become my preferred form of exercise, surpassing swimming, walking, and barre workouts. A close friend and former century rider proposed that I participate in a 30-mile bike tour. Without a second thought, I agreed, despite not having ridden a bicycle in 14 years, lacking a practice area and not owning a bike. I was committed to the tour, and I knew the details would fall into place.

I spent months training on my stationary bike, completing 15-25 mile rides weekly on extreme resistance. Megan Pham, the Operations Fitness Lead at the College of San Mateo Athletic Center, coached me for six months prior to the race to ensure I was physically prepared (Thank you, Megan!).

Even without a bike yet, I invited colleagues to the race, knowing they would love the experience. Peter Dowden, Administrative Assistant, and Mary Dowden, Membership Sales Specialist, decided to participate as well. The pressure was on.

Three weeks before the race, I finally had a bike. One week before the race, I learned how to ride it. My dear friend gave me a crash course on gears and we completed a 20-mile ride – my first one ever. It was a thrilling experience, and I found myself wondering why it had taken me so long to try this. Despite my excitement, I was as competent as a 4-year-old on this bike, albeit moving at a much faster pace. Was I prepared for the 30-mile tour in a week’s time? Probably not, but there was no stopping me.

On the day of the race, we were met with 42-degree weather and a downpour. Peter, Mary, my dear friend, and I all lined up at the starting line in the freezing rain.

I reminded myself that I was capable of overcoming difficult challenges. For the entire 30 miles, it rained, my feet were numb, and I was soaking wet. I did fall a few times – after all, I was still learning. But each time, I got back up and kept going.

At the end of the race, my adorable 5-year-old son, Benji, was waiting for me at the finish line with flowers. His pride in his mother for completing the race was even greater than my own pride in my accomplishment.
Continued from "A Sentimental Note from our Operations Manager of Aquatics"

Everything I do in life is for him, and showing him that I can overcome challenges is an invaluable lesson.

In honor of Mother’s Day, I want to celebrate all the mothers, grandmothers, guardians, cool aunts and others who are role models for our children. We are capable of great things.

Warm Regards,
Nina Pineda

Colts Swim School

Mothers are the root of life and the source of nurture and resilience. They are the architects of our earliest experiences and are the steady hands who help guide us through the obstacles and journey of life. Beyond their roles as caregivers, they serve as our first teachers, imparting wisdom, compassion and strength.

Throughout history, motherhood has symbolized sacrifice. There was also a sense of need for mothers to prioritize their children, and not attempt any of their own personal goals or dreams. In recent years, the trajectory of motherhood has changed as the diversity of motherhood has come to light and is now idolized. Additionally, the rise of social media has created new platforms for mothers to connect, share experiences and seek validation. Advancements in technology, communication, and healthcare have further transformed the landscape of motherhood. From prenatal care and childbirth practices to childcare methods and parenting advice, mothers today have access to a plethora of resources and support systems that previous generations could only dream of.

An example of a common childbirth practice is water birth. This is the method where the mother is submerged in warm water while delivering the baby. This is a practice often performed with midwives; with the rooted belief that soothing properties of water and buoyancy can alleviate pain and help with stress during birth. There is an association of relaxation and increased mobility for laboring mothers. Additionally, proponents suggest that water birth may reduce the need for medical interventions and promote a sense of empowerment for the mother.

At Colts Swim School recognition is deserved for all the remarkable mothers of the swimmers in the program. Their unwavering dedication and support play an invaluable role in the success and growth of the young swimmers. It is an amazing sight to see all of the mothers cheering their swimmers on from the side of the pool with a smile of pride on their faces. Colts Swim School is beyond happy to see mothers confide their trust in the program, and sit back and relax as their children swim in a fun and safe environment.

To learn more about Colts Swim School, please contact: colts.ss@smccd.edu to get started.
Water Rules of the Road - Reserve a Lane!

School is back in session, and that means the students are as well! A wonderful rule of thumb is, “sharing is caring.” Many student classes are taking place in the shared pools, which is why it is more important than ever to ensure a lane is reserved for the time you need it most!

Please abide by the Swimmer Reservation Rules and Considerations to yourself and your fellow-swimmers listed here:

1. **Make a reservation:** Make a lane reservation on the Empower M.E. member portal in advance of arriving to the Athletic Center Pool.
2. **On-time check-in:** An auto-RELEASE will occur to the lane 15 minutes after not checking in. Just like on an airline, “your seat” (lane) may be given to another if a check-in occurs later than 15-minutes after the reserved start time.
3. **Please cancel if you’re unable to use a lane.** Cancelling a reservation, allows another to reserve the lane. Please cancel if you are not planning to show up to swim.
4. **Please do not reserve back-to-back hours.** Kindly respect your fellow members and do not reserve back-to-back hours at the pool, to give everyone a chance to swim.
5. **What is meant by “Standby”?** 15-minutes after the hour, “no-shows” will auto-release the reservation to allow the lane to open. Standbys will be accommodated at this time. The length of time for the swim option will decrease to 45-minutes. Standbys are not guaranteed a lane.

6. **Standby List:** A lifeguard would be able to assign a member a “no-show” empty lane. Standby – lane availability, also depends on how many other ‘standby’ members are already in the queue and showed up to be wait-listed prior.

**Make it easy.** Follow steps: 1 and 2. Make a reservation and check-in on time! Every swimmer will leave smiling!

***Keep it smooth.*** Rush Hours are usually between 4:00 p.m. – 6:00 p.m. Look for the staff members with an iPad on the pool deck. Please give them your name and confirm your reservation time.

****If you need assistance, or a refresher in booking a lane-reservation, please see anyone at the main Front Desk, or anyone at the Aquatics Desk.

The reservation system for the pool lanes is there to keep everything organized, safe, and efficient. Please use it!

With the extensive participation by members and students it would be impossible to ensure everyone a safe spot in the pool for the exact amount of time they wish to swim. It is also understandable that many members are, ‘fly by the seat of their pants,’ who do not always plan, and simply want to show up and swim, however, this system is in place to organize swimmers. This semester with the return of educational classes and sports programming at the Colleges, lanes are not assured without a reservation.

To reserve, visit the Empower M.E. member portal.
The Empowering Effect of Motherhood on Endurance Athletes

Motherhood is often misconceived as a pause in an athlete’s career, where physical capabilities are overshadowed by the demands of pregnancy and early parenting. Yet, recent studies and compelling anecdotes are showing a different story, one where motherhood actually enhances strength and endurance in female athletes.

Women have only been able to race endurance events in mass since 1966, when Roberta “Bobbi” Gibb, disguised as a man, because there was not a women’s division, became the first woman to run the entire Boston Marathon.

Even at the end of the last century, women were not as involved in long endurance events as they are now. It’s been only throughout the last couple of decades that there has been enough studies done to understand women’s outstanding endurance capabilities. Today, with the popularity of ultra-endurance events (50+ mile trail running races) we are witnessing how the longer the race, the closer the gap gets between men and women performances, and it’s not rare to find women winning races in both male and female divisions.

One of the best examples of these impressive endurance achievements after motherhood comes from the British ultra-runner Jasmin Paris, a mother-of-two young children who unexpectedly shot to international sporting prominence in January 2019 when she won the brutal 268-mile Spine Race outright.

She obliterated the course record by more than 12 hours, despite having given birth to her first child 14 months earlier and having to express milk at checkpoints along the way. Just about a month ago, Paris became the first woman to ever finish the Barkley Marathons, the hardest ultra-marathon in the world, 100 miles without a clear route and 60,000 feet of climb and descent, to be finished under 60 hours.

Pregnancy isn’t merely a pause; it’s a phase of profound physical and mental growth. During pregnancy, women experience beneficial physiological changes like increased blood volume, better oxygen uptake, and greater muscle efficiency. There is evidence that these adaptations can significantly boost athletic performance after childbirth. Furthermore, the mental resilience developed from navigating the challenges of pregnancy and childbirth equips female athletes with enhanced focus and determination.

One of our Athletic Center members and masters swimmer, Gina Kehr, exemplifies this transformative effect. Previously a top triathlete, Gina embraced motherhood as an opportunity to strengthen her resolve and physical
stamina. Balancing training with parenting, she focused on regaining her fitness and aimed for the apex of her sport—the Ironman World Championship in Kona, Hawaii.

Not without significant challenges, Gina’s comeback was phenomenal. Using the strength and determination honed through motherhood, she tackled the Ironman World Championship’s demanding course, finishing in the Top 10 and proving that motherhood can indeed be a powerful motivator and asset.

Her journey highlights the potential of pregnancy and motherhood to not only return female athletes to their former levels of performance but also to elevate them. It is crucial to shift perceptions of pregnancy from a career interruption to a period of potential empowerment. Supporting female athletes during and after pregnancy can foster inclusivity and excellence across the sports spectrum.

In summary, motherhood can transform female athletes into even more formidable competitors. By integrating targeted training regimes pre and postpartum, athletes can exploit the unique physical and mental advantages of motherhood, achieving new personal bests and breaking barriers. Gina Kehr’s story is a testament to the empowering nature of motherhood, reminding us that it is not a limitation but a profound source of strength for women in athletics. Today, there are many professional triathletes and runners that share their training time with motherhood and remain at the top of their craft, but Gina was one of the pioneers in this category.

If you want to learn more about Gina Kehr, listen to a 1-hour fun conversation with our Masters and Endurance Training Head Coach Cesar Valera.

Endurance Training Program
New Classes

If you are interested in improving your swimming, cycling, and/or running, or you are training for triathlons, we have a training program that will suit your needs. With several swimming, cycling, running and strength workouts every week, Cañada College Athletic Center is the perfect place to achieve your endurance training/racing goals.

For more information, please reach out to our Head Coach Cesar at valerac@smccd.edu and/or visit our Endurance Training website.

Now you also have the opportunity to join a small training group workout, led by one of our Endurance personal trainers, Courtney Winterbauer. On Mondays at 5:00 p.m. and Thursdays at 5:30 p.m., enjoy this challenging workout designed to improve your Muscular Endurance.
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).
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.
**LIVE!! BAPA Summer Coding Academy (Ages 11-14)**

3 Sessions available. 2 week/half day sessions. 9am-1pm

Explore a series of coding languages like HTML, CSS, JavaScript, and Python through introductory projects and design challenges. Learn the basics to get started on your coding journey and become the next coding prodigy!

---

**LIVE!! BAPA Jr. Summer Camp**

3 Sessions available

2 week/half days 9am-1pm

**Ages 6-7:** Arts and crafts, sing songs, read books, play small group games and dancing. Outdoor time: games, stretching, and yoga.

**Ages 8-10:** Drawing, watercolor, magic clay, origami, pencil and pastels, intro to VEX robotics, crafts and more. Outdoor time: games, stretching, and yoga.

---

**LIVE!! BAPA (Academic, Enrichment & Fitness) Ages 11-14**

3 Sessions available.

2 week AM, PM or Full day

**Academic:** Math, Science, & Writing Skills.

**Enrichment:** Pencils and Pastels, Sculpture w/Paper Mâché, Stop Motion, Digital photography, Leadership 101, Debate, Chess.

**Fitness/Sports:** Basketball, Tennis, Hoop Dance

(check website for full class list)

---

**Online STEAM Courses**

(Ages 8-14)

January - July 2024.

Powered by Black Rocket, a national leader in tech-education. Choose coding, game design, eSports, virtual reality, Minecraft Designers, Roblox Coders, Pokemon Masters, and more.

Register here!!

Questions or need help with enrollment?
(650)574-6124
communityed@smccd.edu

sanmateo.augusoft.net
PACIFIC DINING
Food Service Management

order & pickup

College of San Mateo
Skyline College
Canada College

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

Student Dining now serving until 7:00 p.m.