Membership Hours

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<tr>
<th>Location</th>
<th>Monday – Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tr>
<td>Canada</td>
<td>6:00 a.m. – 2:00 p.m.</td>
<td>7:00 a.m. – 5:00 p.m.</td>
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<td>7:00 a.m. – 2:00 p.m.</td>
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Pools close at 8:00 p.m.

Contact Us

Canada

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

San Mateo

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 Spring & Fall 2023 semester.
Embracing Fitness Together

This month’s Athletic Center newsletter focus spotlights the advantages, choices and inspiration aligned with students, faculty and surrounding community exercising together in a hybrid Athletic Center on a college campus.

The very foundation of the success created by Athletic Center members comes via the recognition of the pure-potential of everyone. A contagious, dynamic, creative atmosphere is made possible by all of you and is observed as the “giving,” of freedom of choice to each member in embracing the diversity and selection of Group Exercise Classes like Bolly-X, TGIF-Flow Yoga, Barre and TRX-HIIT classes, just to name a few of the 150+ offered weekly!

Among the embracing attitude of Athletic Center members, we see incredible support, caring and comradeship in Masters Swim; parent support in Bulldog’s Youth Swim programs and the shared joy and support towards those up and coming “super-stars,” (children 3-9), taking their first swim lessons.

Supporting another’s pursuit of strength training, cardio-conditioning, Pilates Core work, personal lap swim, pickleball, cycling classes, dance classes, aqua class, water walking, nutrition, stretch and recovery comes with the simplest internal reflection of “thanks,” for the inspiring students attending the colleges, the world class facilities and the interactions with like-minded, fitness-oriented friends and colleagues.

The teams at CSM & CAN Athletic Centers live each day in gratitude to deliver mindful professionalism and service aligned with their specialties and look to expand each member’s experience of the advantages, choices and inspiration of the Athletic Centers at College of San Mateo and Cañada College.
Experience Next Level Training

The Cañada Tri-Team program provides a supportive and motivating environment for Athletic Center members of all skill levels who want to make swimming, cycling, and/or running a part of their lifestyle, in a safe, welcoming training space to call home. Head Coach Cesar Valera creates the perfect place and the perfect pace for participants to improve and achieve their personal fitness goals, regardless of their fitness levels or experience.

With over 14-exclusive triathlon training sessions available weekly, **members who join August 1–August 31st receive $99 off a Full Tri-Team Membership, each month, during the first 3-month trial period.** That’s $230 for over 56-possible training sessions monthly, (a little over $4 per coached session!). Why so cost efficient? Triathletes experience a big challenge in making time to train for a race, so having options around training is key to personal success. Now with over 14-sessions to choose from weekly and under the guidance of Head Coach Cesar Valera, time efficient and mindful training is not just an option, it’s a reality! Email Cesar at valerac@smccd.edu to get started.

Meet the Head Coach: Cesar Valera

“I fell in love with endurance sports at age nine. This was the first time I experienced the joy of running a longer distance than I thought I could. Challenging myself mentally and physically became my happy place. Then, after two decades of competitive triathlon racing, I realized that my motivation was still coming from the same source. It was not the competition and the achievements, but the opportunity to simply swim, bike and/or run and get better at it through consistent training. It became both a joy and a passion. As a coach, it is my goal to share the exhilaration of “movement and improvement,” while providing a safe space for individuals to grow physically and mentally through the practice of these three sports.”

Here’s what’s included in the Full Triathlon Training Program Package:
- Initial personalized assessment & consultation.
- Customized training plan based on the athlete’s level, skills, and available schedule.
- Access to all masters and triathlon swim practices
- Access to 10+ coached workouts per week (Running, Cycling, Swim video analysis, Strength and technique)
- Access to monthly clinics/education sessions and club activities
- Basic group training plan if needed.

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<tr>
<td>6:00 a.m.</td>
<td>Swim</td>
<td>Cycle (75min)</td>
<td>Swim</td>
<td>Run Intervals</td>
<td>Swim</td>
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<td>7:00 a.m.</td>
<td>Swim</td>
<td>Run OTB</td>
<td>Swim</td>
<td>Cycle (45 min)</td>
<td>Swim</td>
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<td>5:30 p.m.</td>
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<td>Strength</td>
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<td>6:00 p.m.</td>
<td>Cycle</td>
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<td>6:30 p.m.</td>
<td>Running Drills</td>
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The Cañada Tri-Team Program

Tri-Team Training Calendar
Master's Swimming – Tom Reudy

Head Coach Tom Reudy has been competing and coaching Masters swimming for over 30 years. During that period there have been so many examples of why this sport became his first love. One of the most gratifying examples that can be given, was the opportunity to coach at College of San Mateo, as this was a first for him! Tom has now been part of the College of San Mateo Athletic Center for 13 years, and if you ask him, he says, “it is one of the most special experiences of my career. I have had the unique opportunity to meet so many of the college student athletes. I’ve also gotten to train them as well, before they started to compete for the College water polo and swim teams. What a great group of kids!”

Grateful for the longevity of his career with College of San Mateo, Coach Tom Reudy has been able to see the following through the progress of many athletes. From watching swim meets and water polo games, to attending weddings and meeting the first–born child. Coach Tom is one of a kind because of these special relationships which he continues to establish and foster. “I feel so lucky to have been able to follow their swimming careers, their professional lives as well as their personal lives. To watch them get married and have kids is incredibly special. As a matter of fact, we just had a proposal last week right here on the pool deck. And I will be attending one of their weddings this summer! Very special indeed!”

On behalf of the team here at College of San Mateo and Canada College we thank you Tom for joining us all those years ago. Tom shows up every day to create relationships, coach the Masters Team, and make great memories for all that come across his path.

Bulldogs Swim Club

July is the end of the 2022–2023 swim season and the time for Summer Championships. Congratulations to Finn Crawford, Kaylen Alexander, Elise Chuang, Oliya Kolesnik and Noelle Manitsas for qualifying and attending Summer Age Group Championships in Hollister. Finn placed 1st in the 50- and 100-meter Backstroke and 2nd in the 200-meter Backstroke. Finn, Kaylen and Ryan Vattuone also qualified for Far Westerns Championships in Concord at the end of the month.

The club has evolved over the course of the 22–23 season as the team looks to become more competitive. A focus on youth development was crucial for the club’s long-term success by investing in the club’s academy and giving opportunities to young prospects which brings fresh talent into the team. Tryouts are currently being held five days a week, please reach out to marchenkoi@smccd.edu if interested in joining!

The team is approaching the end of the 2022–2023 season with just a few weeks to go. There will be a two week break taking place and below are a few things the coaches always remind the swimmers to stay focused on during that break. Rest and recovery are crucial for
athletes, especially after a long swim season, to allow their bodies and minds to rejuvenate and prepare for the upcoming season. The following are effective ways to rest and recover after a long swim season:

**Mental Recovery:** Take time to relax mentally as well. Engage in activities that help one de-stress, such as reading, spending time in nature, or meditation.

**Sleep:** Prioritize sleep to ensure your body gets enough rest. Aim for 7–9 hours of quality sleep per night to aid in muscle repair and recovery.

**Stretching and Mobility:** Incorporate gentle stretching and mobility exercises to improve flexibility and reduce muscle tension.

**Massage and Foam Rolling:** Consider getting regular massages or using a foam roller to release muscle knots and improve blood flow to aid in recovery.

**Cross-Training:** Engage in low-impact activities like cycling, yoga, or walking to maintain fitness while giving your swimming muscles a break.

**Nutrition:** Maintain a balanced and healthy diet. Consume enough protein to aid in muscle recovery, and ensure you’re getting essential vitamins and minerals from a variety of fruits, vegetables, and whole grains.

**Socialize:** Spend time with friends and family to strengthen your support network and enjoy some non-competitive, leisurely activities.

**Take Time Off:** Allow yourself a period of complete rest from swimming. This could be a week or two where you refrain from any intense training. Instead, focus on light activities or cross-training to keep active without putting strain on your swimming muscles.

**Set Goals and Plan:** Use this downtime to reflect on your previous season and set goals for the upcoming one. Create a training plan to gradually ease back into swimming, review your strengths and also areas for improvement.

Remember that the key to effective rest and recovery is finding a balance between downtime and maintaining some level of activity to prevent deconditioning. Everyone’s recovery needs may vary, so listen to your body and adjust your approach accordingly.

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

**Colts Swim School**

Cañada College specifically is not only a place for education, but where the community comes together to be active, motivate, and inspire. Siji and Seran, along with their daughter Josephine, are prime examples of the amazing people who participate in the programs offered at Cañada College. This family of three are all enrolled in swim lessons where they can gather as a family to exercise, have fun and grow their skills together.
Aquatics

*Continued from “Colts Swim School”*

Siji gives us insights on what it is like to work out on a college campus and as a family— “Young people are the future of tomorrow. Every time I come to this facility I am greeted by nothing but happy faces and positive energetic people. Watching young people and the college athletes workout gives us all that sense of motivation, but also awe as the community can see how hard these students work for their goals and discipline.”

Ten-year-old Josephine has experience being instructed by two college students, Ella and Katie, who are able to give Josephine insight of all the “good” that college can bring. In addition to being professional swim instructors to whom Josephine looks up to, a genuine and sincere relationship around mentoring is paid forward with every shared instructor plan, encouragement to attend future classes, smile and high five!

When talking to Arely Ayar, Program Lead at Cañada College, about why she started in aquatics at the Athletic Center on a college campus, she had this to say:

“Working out in this environment, I reap so many benefits and rewards and I see the same for others. One never falls short on witnessing moments of inspiration and meeting people who inspire others. Each day, there’s nothing but hardworking people training for competitions, reaching personal goals, rehabilitating from a surgery, coming to their daily workouts and so much more.

People of all ages find peace and community, create healthy lifestyles and build relationships all while being constantly surrounded by knowledgeable individuals. The community supports and uplifts and even teaches others about their robust knowledge on wellness, eating habits and exercise. Working out here allows one the opportunity to connect with people and learn from one another; along with the ability to witness discipline and commitment. Even on days when motivation runs low, being able to see others push through the day and still make it to the gym pushes a person to their best”

Program Lead of Colts Swim School Liam Smith also shares his experience— “When first applying to work on campus, it was clear that it would be a different experience. There always continues to be an opportunity to learn, meet someone new and try something different, while being able to create and maintain healthy habits. This is a gym experience like no other.”

Interested in joining the Colts Swim School? We enroll students ages 3-12 years old and also offer youth and adult private lessons. Contact colts.ss@smccd.edu to get started.
Bulldogs Swim School

The Bulldogs Swim School has the unique privilege to serve the community being based out of an Athletic Center on a College campus. This exciting program is run by college students attending the College of San Mateo, supporting student workforce development and offers valuable skills to the working young adults, while integrating the culture of the college into the Athletic Center space shared with student, faculty and community athletic center members. Much like the energy of the CSM students the program is vibrant, innovative and delivered with professional intention.

The team shares in their gratitude of an engaging work environment and continue to honor the goals of Athletic Center, through careful and safe delivery of swim instruction. Our mission is to create a lasting impact and share the gift of swimming to the youth. Since the opening of Bulldogs Swim School, the program has grown to accommodate over 400 swimmers. During this time, the program has fostered room for growth and community amongst the participating youths. Here are a few of the swimmer’s stories:

From the Prokhorenko Family

My first class at the Bulldogs Swim School, I was taken to level 1 to show my swimming skill to my teachers. My first swim teacher was Isaak. After at least a month, I was transferred to level 2. My teachers were Brandon and Isaak. That’s where I started to get some of my swimming skills. When I got to level 3, my teachers were Nanette, Isaak, Vannessa, and Brandon. That’s the level where I got enough skill and technique in swimming that I got into Blue 1. I really want to thank all the people who helped me during this long journey. Thank you, Isaak, Vannessa, Brandon, Nanette, Armand, Diego, Justin, and Milo.”

“From me, as a mother, I had an amazing experience with your school and staff! You are all very responsible and such a responsive team. You all teach kids swimming skills by providing excellent instruction and personal approach. Thank you all.”

From the Noryko Family
“Michael enjoys swim school a lot and is very excited on swim school days. He can’t stop talking about getting into the pool with Justin. Since joining in June, within the short period of time that Michael has attended, he has progressed significantly.  

“P.S. We had struggled to motivate Michael to get potty-trained for some time. However, once he found out that he needed to be potty trained in order to attend swim lessons, it was no longer an obstacle. Thanks to the Staff.”

Another Member Testimony
“The Bulldogs Swim School is a great place for kids to learn how to swim and gain confidence in the water! I am specifically talking about the leveled classes 1-4. There are several factors in combination that make for
an awesome school. Firstly, the small teacher to student ratio ensures that each student receives individual attention and guidance, allowing for a more personalized learning experience. This enables the instructors to focus on the specific needs of each student and provide the necessary support to help them progress in their swimming skills.

Additionally, the instructors in these classes demonstrate a great temperament with the kids. They are patient, understanding, and skilled at creating a comfortable and supportive environment for the children. This approach helps to build trust and confidence, making the learning process enjoyable and effective.

Moreover, the swim school fosters a sense of community and positive reinforcement among the teachers. It’s common to see them chatting and laughing between classes which gives this school a friendly feeling. This environment creates a supportive network where instructors collaborate and share ideas, ensuring a consistent and nurturing environment for the students.

Lastly, swim school strikes a perfect balance between fun and learning, in the leveled classes. While the focus is on developing swimming skills and technique, the classes are designed to be engaging and enjoyable. This combination allows students to have fun while learning, leading to greater motivation and a positive attitude towards swimming.

Overall, the small teacher to student ratio, the instructors’ great temperament, the sense of community, and the balance of fun and learning are what I like most about swim school. These factors contribute to a positive and effective learning environment, ensuring that students not only acquire essential swimming skills but also develop a lifelong love for the water.”

These are just a few of the many success stories within the Bulldogs Swim School. These shared stories show how the Bulldogs Swim School and staff have inspired the youths to achieve greatness. The team hopes that these core memories and moments will continue to impact our youths throughout their lifetimes.

Being based out of the College of San Mateo, the team is aligned with the college, in the drive to inspire, teach and spread knowledge.

Interested in joining the Bulldogs Swim School? We enroll students ages 3-12 years old. Contact bulldogs.ss@smccd.edu to get started.
One of the wonderful bonuses of working as Interim Director of Fitness at CSM Athletic Center includes the answer to a question I am often asked, “Why did you choose to become a manager, personal trainer and work in fitness?” I can honestly say it comes in reading a testimony such as this, which shows how muscle and movement can change a life. – Megan Pham.

**Client Testimony – Molly S.**

Born in the late 1990s, I bore the physical marks of my generation – rounded shoulders and “nerd neck” from hours spent on my smartphone. At age 17, the constant pain extended into my skull and arms, making me embarrassed of my posture. Despite trying various treatments like chiropractors, massage, yoga, and physical therapy, nothing seemed to work. Eventually, I considered weightlifting, unsure if it was safe with scoliosis, but with the guidance of a personal trainer, I began to find hope and confidence at the gym.

**How did Personal Training help solve your problem?**

Through my initial weeks of physical training, I discovered that many exercises targeted a variety of muscles. My trainer adapted solutions and introduced me to new body exercises that were creative and effective. After that my fear of the gym lessened, and my trainer’s guidance led me to safe and effective workouts, boosting my confidence. After a few months, my chronic pain decreased, and I no longer felt humiliated by my posture.

Now, a year and a half later, working with a personal trainer has empowered me to take control of my life, embrace my scoliosis, and continue my fitness journey with pride and determination.

**What did you like about their approach or delivery?**

I’m pretty sure my trainer can feel the discouragement that washes over me when I feel an exercise in the wrong muscle or discover that the form I have defaulted to is incorrect. She never lets me wallow, but she also has the patience and grace to guide me through the waves of emotions that accompany my fitness journey. She approaches each session with a friendly and professional disposition that invites questions and motivates me to push past emotional barriers. She reminds me that the work is paying off and that the work can be fun too!

**How would you summarize your experience so far?**

Personal training opened a door to a life that I am excited about living. I don’t think that I had the knowledge or interest necessary to have created the personal, physically-positive relationship that now exists, if I had pursued fitness alone.

**Would you recommend the CSM–Athletic Center to others? If so, who?**

I highly recommend the College of San Mateo Athletic Center to anyone focused on their health. It’s an inclusive gym welcoming individuals of all experience levels. The diverse mix of college students, staff, and instructors create a friendly and considerate atmosphere, fostering a culture of respect. If you’re unsure about your fitness goals, personal training here is especially beneficial, as the trainers ensure you feel comfortable, safe and confident in your journey, making the gym experience non-intimidating.

Sign up today for a free 50-minute fitness assessment to get started at comfit.smccd.edu/fitness.
A Growing Community

The Cañada College Athletic Center offers a unique and dynamic environment where students, faculty, student athletes, and community members can all enjoy the state-of-the-art facility alongside one another. Programming at the Athletic Center ranges from Personal Training lessons, private clinics, Group Exercise classes, and Kinesiology and Dance academic classes. We truly are our community’s connection to Education and Fitness!

Second Installment of our Rowing Clinic

This month we are extremely excited to announce our second offering of our Introductory to Rowing Clinic. The clinic is taught by Geoff Caldwell, who is also a Law Professor at our CSM campus. Geoff’s instructional style and precision for detail garnered extremely positive results from our previous clinic’s participants. To learn more about the clinic, instructor, and how to sign up, please see the flyer on page 12.
ROW CLINIC

MONDAYS
5:00 P.M.

WEDNESDAYS
8:00 A.M.

AUG 21, 28
SEPT 11, 18

AUG 23, 30
SEPT 6, 13

Clinics are for 4 weeks, 1 class per week (4 classes total).

Pricing: $200 per clinic.

Clinics are geared for beginners.

Note: Monday clinic will not be held September 4th (Labor Day) due to holiday hours: 8:00 a.m. - 1:00 p.m.

OUTCOMES OF CLINIC

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

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

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

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

RESERVE YOUR SPOT

Spots will fill fast! Act now!

Maximum capacity: 6 members per clinic.

To reserve, email caldwellg@smccd.edu.
Pickleball Community

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

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

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

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

Enjoy easy event scheduling with no more confusion about game times or locations. The app allows members to RSVP for Open Play sessions in advance, and all players are able to instantly see the participant count on their smartphones. You can also opt for real-time notifications and stay connected with your fellow pickleball players through the app’s built-in messaging feature. Coordinate with teammates, discuss strategies, and share the excitement of the game.
Pilates Equipment Feature

While Mat-based Pilates is widely recognized, the incorporation of specialized equipment takes this practice to a higher level. Equipment based Pilates such as that offered at CSM-AC means more variety and more ways to learn and connect muscles to movement. The CSM-AC Pilates studio offers top-of-the-line equipment, with four essential Pilates pieces of equipment as the foundation of this unique Pilates Studio on campus. These include the Reformer, the Chair, the Cadillac/Trapeze Table and the Ladder Barrel.

Pilates Reformer

The Reformer is a bed-like apparatus that features a sliding carriage, springs, footbar and hand/foot straps. The Reformer gives the Pilates teacher a frame of reference to view the body revealing misalignments in the feet, hips and shoulders. The springs provide resistance during exercises and provide a two-way stretch connecting to the core muscles in the body. The footbar connects to the feet and is used to build gripping strength. By lying, sitting, kneeling or standing on the carriage and utilizing the straps and springs, the Reformer offers both support and resistance. It helps to improve overall strength, flexibility and posture while challenging stability and balance.

Pilates Chair

The Pilates chair is designed to challenge strength, stability and balance. It consists of a padded seat and a footbar connected to springs with adjustable resistance. The chair allows for a variety of exercises completed in sitting, standing and kneeling positions as well as a number of inversion exercises. What is unique about the chair compared to the other Pilates equipment is that it’s quite small offering less support and fewer points of contact. Also, most of the Pilates practice is in the horizontal plane and the chair takes all those skills into the vertical plane. The chair definitely provides options to work the buttocks. Some of the most difficult gluteal movements are performed on this device.

The Cadillac

The Cadillac is a large apparatus that consists of a bed-like frame with an overhead structure, Arm and Leg springs, a Roll-Down bar and a Push-Though bar a Trapeze bar and straps. The Cadillac allows for full-body workouts, ranging from very supportive to extremely challenging and even acrobatic. It promotes decompression and lengthening of the spine and improved spinal mobility.

The Ladder Barrel

The Ladder Barrel is a structure that offers a wide range of exercises targeting various muscle groups, strengthening core muscles and promotes spinal mobility and flexibility. The rounded barrel surface encourages extension and flexion of the spine, helping to alleviate stiffness and improve overall range of motion. It offers support for a wide range of stretching exercises to improve their overall flexibility and prevent injuries.

To visit the Pilates Studio or for more information on Private or Group Pilates classes, please contact Sybille Draper at drapers@smccd.edu. You can also scan the QR code to fill out our Pilates Interest Form.
Driving Factors in Group Exercise

Inspiration can play a significant role in taking Group Exercise classes as it can motivate and drive individuals to participate, engage and gain greater benefits from their workouts. Here’s just a few examples of how inspiration correlates with Group Exercise classes:

**Motivation:** Inspiration can provide the initial push needed to start attending GEX classes. When individuals are inspired by fitness role models, success stories or personal goals, they are more likely to commit to regular exercise and join a group class.

**Positive Environment:** GEX classes often create an inspiring and supportive environment. The collective energy, camaraderie and shared goals can enhance motivation and encourage participants to work harder. Observing others’ dedication and progress can inspire individuals to push their own limits and achieve better results.

**Member Support:** Exercising as part of a group creates a supportive atmosphere where participants can encourage and inspire each other. Creating a support network with class members can inspire individuals to maintain their commitment to regular exercise and develop friendships along the way.

Event: Hot August Nights

**Thursday, August 24, 2023**
**6:00 p.m. – 8:00 p.m.**
**CAN-AC, Rooftop**

Mark your calendars for the first annual Hot August Nights Celebration on the rooftop at CAN-AC. Open to members of both CAN and CSM Athletic Centers!

Enjoy an evening of pop-up classes, pickleball, fun and games during this one-night only event. Get together with your favorite workout buddies and come check out the rooftop classes and activities we have for you. **Reservations will be required.** Additional information will be posted at the Athletic Centers.

Welcome Back Emily!

Emily returns to Yoga Flow, Saturdays at 8:30 a.m., CSM-AC

Congratulations to Emily and her husband on the birth of their baby boy, Aiden, born May 13th.

GEX August Birthdays!

Rhonda Fitzpatrick, 8/1 and Mouna Souda, 8/15
Spotlight CAN-AC: Spinning w/ Cesar

Mondays • 6:00 p.m. • CAN-AC, Cycle Studio

Cesar is a Spinning Senior Master Instructor and has been involved with the Spinning program since 2000 certifying instructors all over the Americas and helping to develop the SPINPower program during the last decade. He is a former professional Triathlete, and our current Endurance Sports program coach and manager.

CAN-AC: Functional Recovery w/ Jacob

Wed & Fri • 11:30 a.m. • CAN-AC, Room 207

Functional Recovery combines techniques to calm the nervous system and relieve muscular tightness and tension. Whether you are recovering from strenuous exercise, lifestyle activities, or an injury this class is designed to provide lasting physical and mental relief. Functional Recovery is also useful for enhancing mobility in a way that can lead to improvement in physical performance or pain relief.

Spotlight CAN-AC: Running Club w/ Cesar

Tuesdays • 6:30 p.m. • CAN-AC, Rooftop

Run with proper technique, stay injury free and get your running to the next level.

New CAN-AC Classes

Spin w/Karen Friday’s at 9:00 a.m. (New time)
Aqua Strength w/ Ellen Mon. & Wed. at 12:00 p.m. (also Tues. & Thurs at 11:00 a.m.)
**CAN-AC: Reiki Energy Healing**

Reiki (pronounced Ray-Key) is a method of natural healing based on the application of Universal Life Force Energy or Ki. It is a Japanese healing technique that focuses on the transfer of energy to promote relaxation, reduce stress, lower blood pressure, improve sleep, lessen anxiety and reduce pain to encourage overall well-being. It is considered a form of complementary, alternative healing often alongside conventional medical treatments to support and promote healing.

Practitioners use gentle hand movements with the intention to guide the flow of healthy energy through the client’s body, with the intention of balancing the natural energy. This natural energy flow is thought to open the chakras, allowing the body and mind to naturally invigorate one another. Through this process of self-improvement, Reiki has been said to alleviate feelings of stagnation as well as assist in mindset clarity. If you have been feeling unclear, stagnant, have body or joint pain or looking ahead towards a healthy, positive mindset; Reiki may have techniques to assist you in your daily life!

Candi Cabrera has been a Reiki Master since 2014. It has allowed her to become her most empowered self today. Teaching Reiki to others has become her mission and she is honored and blessed to teach others how to tap into their own universal life energy, empowering your own true essence and activating one’s healing abilities within.

What to find out more about Reiki or just book an appointment for an energy healing session? Contact Candi Cabrera via email at cabrerac@smccd.edu.

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**Spotlight CSM-AC: "Yoga from the Inside: Know Thyself" w/ John**

**Tuesdays • 1:00 p.m. • CSM-AC**  
August 8, 2023 – September 19, 2023

Welcome to a special event series exploring yoga from the inside. Over the course of eight weeks, we will go on a journey of breath, joints, balance, and more, exploring how yoga can help you know your body – and, as they say, "Knowledge is Power". Open to all levels, this series is geared for those who want to deepen their yoga practice. Bring your breath, and a nice big cup of optimism!

Each class will have a specific theme. Tuesdays at 1:00 starting 8/8, runs through 9/19. Attending all 8 sessions is recommended but not required.

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**New CSM-AC Classes**

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Instructor(s)</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Group Cycle</strong> w/Karen</td>
<td>9:00 a.m.</td>
<td></td>
<td>Mondays</td>
</tr>
<tr>
<td><strong>Group Cycle</strong> w/Brett</td>
<td>9:00 a.m. (new day)</td>
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<td>Wednesdays</td>
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<tr>
<td><strong>30-Min Strength Express</strong> w/Wendy</td>
<td>5:30 p.m.</td>
<td></td>
<td>Thursdays</td>
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<tr>
<td><strong>Zumba</strong> w/Wendy</td>
<td>6:00 p.m.</td>
<td></td>
<td>Thursdays</td>
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</table>
Did you know that College of San Mateo and Cañada College Athletic Centers combine to offer 150 complimentary Group Exercise classes each week? Embrace your passion to move, connect and be one with a community of like-minded members. Pick from a large selection of Group Exercise classes. Try something new or challenge yourself—**there’s something here for you!**

**GEX “Rules of the Road” & Reminders**

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

Make your Fall semester easier by renting a locker at our Athletic Center! Locker rentals on college campuses offer several benefits to our student population.

**Convenient Storage:** Locker rentals provide students with a secure and convenient place to store their belongings on campus. This is especially useful for those who have long breaks between classes or who commute to campus and don’t want to carry all their items with them all day.

**Organization:** Having a designated storage space promotes organization. Students can keep their materials, books, and supplies in one place, making it easier to find what they need and minimizing the chances of misplacing important items.

**Privacy:** Lockers offer a private space for students to store their personal belongings. This can be particularly valuable for students who share living spaces or who have limited storage options in their dormitories or residences.

**Space for Sports Equipment:** Many college students participate in sports or physical activities. Lockers can be used to store sports gear and equipment, eliminating the need to transport them back and forth between home and campus.

See the Front Desk for more information on renting and the policy of a locker rental at your Athletic Center site.

One Full Month Left! Join the Teeny Tiny Triathlon Challenge! Ending August 31

Whether you’re an experienced triathlete or a beginner looking for an exciting challenge, this event is for you! The Teeny Tiny Triathlon is not your typical triathlon. Instead of immense distances, we’ve condensed it to a miniature scale. You’ll take on a tiny swim (20 laps), a minuscule bike ride (5 miles), and a petite run (2 miles), all designed to bring out the maximum fun and excitement in a compact package. This is your chance to become a champion in a big way!

We have three fantastic prizes in a drawing for participants to have a chance to win:

- Free 1-Month Locker Rental
- Free 1-Month Masters Swimming Membership
- Free 1 Week Triathlon Training with Coach Cesar

Register now for the Teeny Tiny Triathlon and secure your spot in this unforgettable event. Don’t miss out on the chance to challenge yourself, have a blast, and win amazing rewards!

To register, please scan the QR code on page 19 and complete the online form or stop by the Front Desk. Limited spots are available, so make sure to reserve your place today. See you at the finish line!
Those who complete Teeny Tiny Triathlon challenge are entered in a drawing to win:

1 MONTH OF MASTERS SWIMMING

OR

1 WEEK OF TRIATHLON TRAINING

OR

1 MONTH OF A LOCKER RENTAL

One winner per prize.

There’s still time left! Our summer challenge ends on August 31, 2023.
New Members Referral Program August 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 22.
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

<table>
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<tr>
<th>Enrollment Fee</th>
<th>50% Discount</th>
<th>Monthly Single–Site</th>
<th>Monthly Dual–Site</th>
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<tr>
<td>Duo</td>
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<td>58.85</td>
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<tr>
<td>Family</td>
<td>264</td>
<td>132</td>
<td>80.25</td>
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</table>

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

Limited access: M–F: 8 a.m. – 9 a.m. • 4 p.m. – Close • Weekends: no restrictions

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<tr>
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<td>Duo</td>
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<tr>
<td>Family</td>
<td>132</td>
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</table>
Become a Student Athletic Center Member!

Your Community Connection to Education and Fitness
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!
CAMPUS Lifestyle
Supporting Students within our Community

The San Mateo County Community Colleges Foundation provides philanthropic support to the students of Cañada College, College of San Mateo, and Skyline College. Our mission is to make sure that the path to higher education is open and affordable to everyone. The Foundation is widely known as the driving force behind making college dreams a reality for students throughout San Mateo County. In fact, the Foundation has already awarded nearly 1,300 scholarships totaling more than $1.2 million for the upcoming 2023-24 school year.

One of the most heartwarming aspects of our work is witnessing the incredible impact of the ongoing generosity from our donors. Thanks to their support, thousands of students have been able to attend the three SMCCCD colleges and, in turn, transform their lives, and our community, for the better.

So, whether you’re already passionate donor or you would like to get to know us better, we invite you to join us to build a brighter future together by supporting students throughout the community.

Learn More About SMCCCF

Visit our Page
Empowering Student Creativity: Welcome to the Vibrant World of CSM-Bookstore!

As the summer winds down and the new school year rapidly approaches, we are excitedly preparing to welcome more students back to our campus. At the heart of our mission is a commitment to empowering and encouraging students to apply their skills and creativity in a safe and supportive learning environment. To achieve this, we have created various positions that allow students to actively participate in designing, creating, and developing ideas for the Bookstore. As a result, you’ll notice an abundance of their innovative influence in the designs and ideas that are beginning to take shape.

In the spirit of fostering student engagement, our students have been hosting a series of events to make the Bookstore a space reflective of their personalities and aspirations. While the school community grows, we have even more exciting announcements for the coming weeks, so stay tuned!

This month, our Bookstore’s design style revolves around Graffiti, and we are thrilled to incorporate it into our signage, stickers, and other elements within the store. We invite you to stop by and check out some of the captivating and lively designs that now adorn our Bookstore. Coffee enthusiasts can also celebrate! Introducing a brand-new loyalty program that allows you to enjoy your favorite cup of coffee while earning rewards with our sticker card system.

We can’t wait to see you at the CSM-Bookstore, where creativity, community, shopping and great coffee unite in perfect unison!
Visit the Bookstore in Wake of the New Academic Year!

The advantages of the CAN-bookstore are many and among them is the dedicated bookstore staff who help new and returning class attendees navigate ordering textbooks, receiving academic support “kits,” and who guide students towards best options in academic achievement each day.

The bookstores also provide incredible ease, convenience and opportunity for purchases of merchandise like items that ensure warmth (hoodies, sweats, hats) and quick food item and snacks, (nutrition bars, nuts and pick-me ups) and hydration (water bottles and bottled water) that allow for continued class concentration.

Stop by the bookstore today and browse the aisles. There is something for everyone!
For Students, By Students

Have you ever wanted to support students in a way that you've never done before?

Come to Skyline Bookstore & SkyGAP Print to learn more about clothing designed and produced on-site by Skyline College students. The Skyline Bookstore student employees who are enrolled in art classes are well versed in creative design, and can provide great business, team and personalized clothing items to support your organization. Your order at SkyGAP also provides students the opportunity to have their images and designs showcased in a retail environment for all to see and purchase.

Experience the creative student designed gear first-hand and look for the special yellow hang tag, it tells you that what you are about to buy is a Student design. Visit the Bookstore weekly to shop the new student designs available now.
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.

For privacy and courtesy reasons, cell phone use is strictly prohibited in locker rooms and workout areas. No pictures or video recording is permitted in the facility.