December Newsletter

Holiday Club Hours

**Friday, December 23, 2022:** 7:00 a.m. – 2:00 p.m.
Christmas Eve: Club Closed
Christmas Day: Club Closed

**Friday, December 30, 2022:** 7:00 a.m. – 2:00 p.m.
New Year’s Eve: Club Closed
New Years Day: Club Closed
Membership Hours

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

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

Pools close at 8:00 p.m.

Contact Us

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

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

Parking fees will not be charged for:
Summer 2022, Fall 2022 and Spring 2023 semesters

Membership Hours

Monday – Friday
6:00 a.m. - 8:30 p.m.

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

Pools close at 8:00 p.m.

Contact Us

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

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

Front Desk News • Aquatics • Fitness News • Group Exercise • Membership
Holiday Hustle

During the month of December, sometimes workouts take second priority to all of the holiday parties, shopping and planning—this year, the Athletic Centers have a solution! It’s called the Holiday Hustle and it takes place December 1, 2022–January 10, 2023.

During this time, you are challenged to participate in 11 activities to receive a prize. Here’s how it works: ask for a Holiday Hustle Stamp Card from the Front Desk and complete the activities listed in any order!

You can show us your Group Exercise class reservation or a photo of you doing the activity and a Front Desk ambassador will give you a stamp. If you attend a GEX class (dance, cardio, spin, etc.), the GEX instructor will also give you a stamp.

Once you have completed all 11-stamps; show the Front Desk your completed card and you will receive a complimentary 3-day guest pass for a guest over the age of 18. The guest pass will expire on February 28, 2023. It’s that easy and it’s really FUN!
Services Available to You!

Why check in?
Checking in assures security for the entire membership and provides accountability for all who use the Athletic Center services to make sure everyone is a paying member. Checking in also provides reporting to help support new equipment purchasing, new programming and to learn best hours to staff based on busy times. We thank you for helping us learn how to better serve you, by checking in!

What are the member check in policies?
Only members of College of San Mateo Athletic Center/ Cañada College Athletic Center in good financial standing will be able to use the facility or facilities. Single-site membership or dual-site memberships must be purchased in advance and align with the membership on file for accessibility and use at either or both locations and may require proper identification. Other check in requirements are as follows:

- Must have a green status alert upon check in scan.
- Account cannot be past due.
- Member must have up-to-date account information: email address, phone number, and credit card.
- If member is between the ages of 15–17, they must be accompanied with an adult on the same membership plan.

What services can the Front Desk provide?
The Front Desk staff is happy to help with questions about new memberships, pricing, Group Exercise class schedules, pool lane availability, locker rentals, reserving a Group Exercise class or lap swim, and making changes to your membership such as: adding members, freezing/holding memberships, and upgrading/downgrading.

Front Desk ambassadors can also help you with resetting your Empower M.E account password or assist in setting up your account for the first time.

We look forward to assisting you. If we cannot provide you with an answer, we can connect you to the department that can!

When should I email the Membership Department? What can a Membership Customer Service agent assist me with?
Membership services can provide answers to detailed questions such as: billing, freezing/holding your account, termination of your account, clearing an account status, or understanding your membership contract.

What are the guest policies?
The current Guest policy is as follows:

- A one-day Guest Pass is available for members to purchase for their guest at a charge of $30.
- Local guests may only use the facility once a month, local ID is required.
- Out-of-town family guests may use the facility up to 4-times a month, out-of-town ID is required.
- Guests must be accompanied by a current member, in the same area, while using the facility.
Check In to Win!

Three Athletic Center Winners were chosen at each location this month! We reached out and contacted you! Wait, what? You received a phone call to claim your prize, but didn’t respond??

If you were one of the lucky winners, we have a terrific Colts or Bulldogs Water Bottle that is yours to claim. Some of our members have not yet responded...and others have claimed their prizes! Thank you to the wonderful members for participating and being a part of our growing “fitness family!”

Nellie: “Happiness is swimming at CSM-AC and CAN-AC, because of the people. Always a friendly greeting from the amazing Front Desk crew and awesome lifeguards. Masters Coach Tom is THE BEST (Coach Derrick and Kirk, too!) and nothing brings more joy than being in the pool with my fabulous fellow Masters Swimmers!”

Mary: “I come to Cañada because the facility is stunning, the people are friendly, and the teachers are inspiring. I love it!”

Kent: “The CAN-AC has been a terrific asset for me due to the range of fitness options: dozens of machines for weights or cardio, lots of yoga classes at different times on different days—and I’ve hardly scratched the surface when it comes to Group Exercise classes. The best is yet to come!”

Pickleball Open Play

The wait is over! Pickleball Open Play is coming to the Cañada College Athletic Center. Last month, we sent out a poll asking for times/days that work best for you. Click here to see our Pickleball Availability Schedule. Pickleball Equipment available to check out at the front desk, we look forward to your next visit!

Pickleball Open Play Times
Mondays, Wednesdays, Fridays • 9:00 a.m. - 12:00 p.m.
Saturdays • 9:00 a.m. - 12:00 p.m.

What is Open Play in Pickleball?
Open play is simply when people come to a Pickleball court to play the game without having arranged it beforehand with anyone. It’s a great way to meet new people and get some exercise, and you don’t need to be a pro to join in!
How does Pickleball Open Play Work?
Open play usually works on a first-come, first-served basis. This means that whoever arrives at the court first can claim it and start playing. If there are already people playing when you arrive, you’ll need to wait your turn.

When it’s your turn to play, you can either join in with the existing game or start your own. If you join in, it’s polite to ask if anyone minds if you play. And if you’re starting your own game, you’ll need to find other people who want to play.

Pickleball Open Play Rules
In order to ensure that everyone has a fun and safe experience during open play, there are a few rules that must be followed. These rules are designed to protect the integrity of the game and the safety of all involved.

Rule 1
Players must wait their turn. This means that if there is already a game in progress, players must wait until that game is finished before starting their own.

Rule 2
Players must be respectful of others on the court. This includes using proper language, not playing too aggressively, and avoiding distractions.

Rule 3
Players should refrain from talking excessively during open play. This can interfere with other players’ concentration and enjoyment of the game.

Rule 4
If you need to leave the court for any reason, you should let the other players know so they can rearrange the game accordingly.

Rule 5
Players should be aware of their own skill level and play accordingly. Do not attempt shots or play at a level that is beyond your abilities. This can be frustrating for other players and is not conducive to a fun game.

Following these simple rules will help ensure that everyone has a great time during open play. Pickleball is a fun sport, and open play is the perfect way to enjoy it. So relax, make some new friends, and enjoy the game!

Pickleball Open Play Rotation
Player 1 starts in right service box and serves to Player 2. Player 2 starts in left service box and serves to Player 3. Player 3 starts in right service box and serves to Player 4. Player 4 starts in left service box and serves to Player 1.

After each player has served, they rotate one position clockwise. So, if you were in the right service box, you would move to the right baseline, then the left service box, then the left baseline, and finally back to the right service box. This continues until the game is over.

Want to Hone Your Skills in Pickleball?
We have new Group Exercise classes to teach you the fundamentals and techniques to be a great player in pickleball! Visit page 17 for more details.
WE ARE HIRING! Join the Aquatics Team

We are hiring at Cañada College and College of San Mateo! Do you want to get paid to be at the pool? We are hiring lifeguards!

Being a part of the lifeguard team at College of San Mateo and Cañada College means: Flexible hours that work around your schedule, competitive pay, friendly work environment, and a free membership to our state-of-the-art Athletic Center! Our pools offer everything you’ll need to be successful and, of course— incredible views.

Not Red Cross Lifeguard certified yet? No problem!
We offer free lifeguarding classes to all prospective staff members. Classes are held at College of San Mateo one weekend a month (Friday evening–Sunday afternoon).

Lifeguard training prerequisites:
• Able to swim 300 yards (12 laps) of freestyle or breaststroke without stopping
• Tread water for 2 minutes using only your legs
• Pass a timed swim test that includes diving, surfacing, and retrieving a weighted object.

Ready to Apply?
If this sounds like something you are interested in, or if you have more questions, please don’t hesitate and contact Operations Manager of Aquatics Nina Pineda at pinedan@smccd.edu. Apply Today!
From Bulldogs Swim Club – Coaching Staff

Dear Bulldogs,

We have some exciting news! Four members of our swim team achieved the Junior Olympic qualifying times for the upcoming meet in Santa Clara at the beginning of December. This is a high-level qualifying meet for all the 14 and under swimmers in the Pacific Zone region. Our qualifiers:

Kaylen Alexander in the 50, 100 and 200 Free; Darran Shin 100M, 50 Butterfly and 50 Free; Noelle Manitas in the 100 BR; and Finn Crawford in the 50 and 100 Free and the 50 BK. Congratulations on all your hard work! This will be a great meet to build on your experience. Good Luck! We are only getting started.

The Bulldogs attended two meets in October and November. Many of the swimmers achieved personal best times in their respective events. We also had some swimmers who attended an actual sanctioned meet for the first time. By all accounts, they had a great time and will be competing for years to come. It’s a great opportunity to hang out with your teammates and do some swimming as well.

As we come to the end of this fall session, we would like to give special recognition again to all the parents who volunteer their time to help at these events and support the community in all that they do. All these events would not be possible without you. I leave you with this quote from John C. Maxwell:

“Every life needs a purpose to which it can give the energies of its mind and the enthusiasm of its heart.”

See you on deck,

Coach Igor, Coach Jason, and Coach Sam

From Bulldogs Swim Club – Head Supervisor, Arely Ayar

Happy Holidays Bulldogs,

My name is Arely Ayar and I am the Head Supervisor of Bulldogs Swim School here at College of San Mateo. I have been a student and have also worked for CSM for about three years as a lifeguard and a swim instructor prior to the pandemic. Being a part of the culture and atmosphere of CSM as a student and an associate has brought nothing but immense joy, motivation, and passion for giving back to my community. When I was given the opportunity to headline the Bulldog Swim School program in June 2022, it was a dream come true for me. They say, get a job you’re passionate about and you’ll never have to work a day in your life; perhaps that is true for me.

I wanted to take some time to showcase what we are doing behind the scenes within the program. While we are conducting swim lessons, we are working on
team development from an academic standpoint that we believe is just as beneficial as the swim lessons themselves.

**Deck Supervisors**
Within Bulldogs Swim School we have an extraordinary group of Deck Supervisors whose job is to ensure the safety of our small swimmers when in the water and on the deck. They evaluate the specific technique of the swimmers to be able to pass them on to the next level.

Most of our staff are in the process of completing degrees and working part-time jobs. We balance both our passion for teaching kids and learning new skills from one another, all while pursuing our educational goals. It is really important to remember that we strive to create an environment where kids and staff alike can learn and flourish within Bulldog Swim School and create beautiful life-long memories and connections.

**Mentorship Program**
The Mentorship Program allows all incoming swim instructors to pair up with Deck Supervisors two times a week for three months outside of their in-water time. Through the Mentorship Program, we collaborate in order to uplift, teach and coach one another as we go through the motions of running high-demand swim lessons. We believe that we all have good information to be brought to the table and work diligently to create a learning environment for both swimmers and instructors. Each Deck Supervisor is paired with an instructor to create a bond where instructors feel welcomed to come to their mentors about any difficulties they face while holding lessons. Mentors and mentees meet to discuss lesson plans, discuss drills and work on their skills and abilities as instructors. We are so proud of how hardworking, innovative, and collaborative our team is.

**Leadership Series**
The last thing I will discuss is our Leadership Series. Our Operations Manager of Aquatics, Nina Pineda meets with Deck Supervisors, Head Lifeguards, and coaching staff once a week to discuss the fundamentals of what it takes to be a good leader. We are about six weeks through the program and it has been extremely beneficial to the team thus far.

We thank the Bulldogs Swim School families for allowing us to create a community with you through our swim lessons. It’s a pleasure every single day to watch your kids as they learn and enhance their skills alongside their instructors. I am truly living out my dream every day. I want to invite you to reach out to me via email at ayararely@smccd.edu.

See you on deck,

Arely Ayar (She/They)
Head Supervisor, Bulldog Swim School
Masters Swimmers

From Masters – Coach Tom

Dear Masters,

First of all, we want to send out a huge CONGRATULATION to our teammate Jing Li for her amazing most recent open water swim on November 22, 2022. This was an 11.5 mile swim around Coronado Island in Southern California. She completed the swim in just over four hours. Jing certainly deserves much applause considering how hard she has trained in the pool and in the bay as well. CONGRATULATIONS JING! It brings me so much joy to watch you crush your goals and be able to share it with our community each month.

Secondly, I want to share my thankfulness and gratitude for the outstanding and dedicated San Mateo Masters who are a part of my life each and every day. Whether you know it or not, you are all part of my heart as well. I get to embrace every day with your kindness, humor, support, generosity and most of all, your friendship. I know I’ve said this many times, but it’s worth repeating, my life is so much better with all of you in it. From the bottom of my heart, thank you for being part of my life and wishing you all a happy holiday season filled with love.

Thirdly, we are always accepting new members in this amazing and fun community. If you want to try something new, regardless of your speed, please reach out to me via email at reudyt@smccd.edu. I am happy to discuss what our program entails, help create a program that works for you, or just go over your next set of fitness goals as it pertains to the pool.

My best,

Coach Tom
Give Yourself the Gift of Fitness this Christmas!

S’NO EXCUSES!

Fitness motivation can sometimes take a hit in the winter. The cold, dark days seem to leave some people with extra excuses to stay inside and laze around. However, winter is often when we need a fitness routine the most.

Can you say, discounted gift for me?
The College of San Mateo Athletic Center and Cañada College Athletic Center would like to offer you an opportunity to stay fit this season with a winter promotion that dares you to keep focus on your health and wellness.

For the first time ever, Personal Training and Pilates Reformer “Intro” prices are available to ALL members including current and former Personal Training and Pilates clients.

There’s a bonus too, for the entire month of December, when you purchase an “Intro” packet of 8 sessions, we will include an additional session on us!! That’s 9 sessions for the price of 8! This deal is available for private sessions as well as duo sessions.

The S’NO EXCUSES Promotion runs from December 1, 2022–December 31, 2022! Don’t let this opportunity melt away. Pricing and additional information of the promotion detailed in page 12.

To purchase or for more information visit the Fitness Desk or contact:
CAN–AC: Fitness Operations Manager Joe Moorbrink at moorbrinkj@smccd.edu.
CSM–AC: Fitness Operations Manager Vaughn Boatner at boatnerv@smccd.edu.
S'NO EXCUSES

Don’t Stay Frozen in Place. It’s Time to Melt Away the Fat

BUY 8 SESSIONS GET 1 SESSION FOR FREE

PERSONAL TRAINING/PILATES PACKAGE DISCOUNT

$600 per person

TWO-ON-ONE TRAINING PACKAGE DISCOUNT

$450 per person

First-time client pricing open to all members! Get built in time for the new year with a Certified Personal Trainer or Pilates Instructor (Pilates available at CSM-AC only) for personalized fitness programming. Package purchases limit to 2 per person. Sessions expire 90 days after purchase.

INTERESTED? PROMO PERIOD: DEC 1 – DEC 31
WE ARE HIRING

Join our Fitness Team!

Hiring Certified Personal Trainers!

College of San Mateo and Cañada College Athletic Centers offer a unique chance for trainers to expand their careers in a dynamic environment by working with students, athletes, faculty, and Community Fitness members.

With our state-of-the-art equipment and scientifically-backed client programming, nothing will hold you back from helping your clients reach their goals and pure potential.

If you or someone you know are interested, please contact:
CSM-AC: Fitness Manager Vaughn Boatner at boatnerv@smccd.edu.
CAN-AC: Fitness Manager Joe Moorbrink at moorbrinkj@smccd.edu.

CAÑADA COLLEGE | COLLEGE OF SAN MATEO
ATHLETIC CENTER
Group Exercise Updates

Winter Holidays Group Exercise Schedule

A modified Group Exercise schedule will be available the second week of December and will be posted at both Athletic Centers. 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.

See the Fall Foliage—When You Take a Cycle Class at CSM-AC!

The views from the CSM-Athletic Center Cycle Studio are beautiful! Join us for an indoor ride. Classes focus on aerobic and anaerobic intervals and are open to all levels.

**Group Cycle Classes at CSM-AC**
- Mondays • 9:00 a.m. w/ Brett
- Tuesdays & Thursdays • 6:00 a.m. w/ Jory
- Tuesdays • 6:30 p.m. w/ Alyssa
- Wednesdays • 9:00 a.m. w/ Lindell
- Wednesdays • 2:15 p.m. w/ Tim
- Fridays • 7:00 a.m. w/ Debbie
- Saturdays • 8:00 a.m. w/ Candi

GEX Instructor December Birthdays!

Sandy Frojelin, December 2nd
Sybille Draper, December 3rd
Candi Cabrera, December 10th

GEX Spotlight Classes

It’s easy to find reasons to skip your favorite Group Exercise classes this time of year with so much to do on your holiday list. This year while you are making your holiday calendar, include your GEX classes on your weekly schedule. Not sure which classes to try? Check out some Spotlight GEX Classes on pages 15 and 16.

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.
Reduce Holiday Stress. Move with Intention.

**Vinyasa Yoga w/ Sheryl**  
Wednesdays • 9:00 a.m.  
(CAN-AC)

Start your day connecting and flowing with this dynamic yoga practice that links body movements to breathing while moving in a continuous “dance like” flow.

**Slow Flow & Restore w/ Celina**  
Wednesdays • 7:00 p.m.  
(CSM-AC)

An excellent way to end the day with gentle flow practice to connect with your breath, body and mind. This class is perfect for post workout recovery.

**Beat the Holiday Blahs. Dance it Out!**

**Zumba Toning w/ Veronica**  
Mon/Wed • 6:30 p.m.  
(CAN-AC)

A dance-party with a focus on muscle toning and sculpting. Increase the challenge in each class with light added resistance using Zumba Toning Sticks or weights. Simple and effective!

**BollyX w/ Archana**  
Thursdays • 6:00 p.m.  
(CSM-AC)

Dynamic choreography music from around the world. This 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving and motivated!

---

**Tension Tip 101**

One of the best ways to relieve seasonal tension is to do a focused workout. Exercise combats stress by encouraging the release of endorphins (AKA the body’s “feel good” hormones).

**Tension Tip 102**

A consistent workout routine can help chase away the “holiday blues” and also helps to alleviate anxiety and depression!
Keep Away Unwanted Pounds. Make it Count.

Slay Your Fitness Routine! Try a New Class for the New Year.

**Power Fitness w/ Jacob**
Mon/Wed/Fri • 10:30 a.m.  
(CAN-AC)
Looking to develop general strength/fitness, balance, movement health, mobility, and endurance? Every class offers a great sweat, stretch, and pump in a fun and upbeat environment!

**Strength, Cardio, Stretch w/ John**
Tuesdays • 12:00 p.m.  
(CSM-AC)
This is a full-body workout divided into 10 minutes of aerobic movements, 20 minutes of body weight strength exercises and 20 minutes of Yoga stretches.

**BollyX w/ Amandeep**
Tuesdays • 7:30 a.m.  
(CAN-AC)
Dynamic choreography music from around the world. This 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving and motivated!

**Jiu-Jitsu Fit w/ Bruce**
Mon/Fri • 4:00 p.m.  
(CSM-AC)
Reinforce muscle memory for self-defense and situational readiness while providing fitness through solo drills and short bursts cardio-intervals. Feel empowered and ready to take on the world!

---

**Tension Tip 103**
Regular exercise is vital to maintaining your blood pressure and weight, especially during the busy holidays.

**Tension Tip 104**
Maintaining an exercise regimen during the Christmas holidays reduces the anxiety of fitness New Years Resolutions. You’re moving through the hectic holidays and going into the New Year strong!
**NEW GEX Class**

**Pickleball**

We are so pleased to announce our first month of official Group Exercise classes for pickleball! All classes are complimentary with your membership, and are capped at 12 spots.

If you book the class and cannot attend, we please ask that you cancel your spot with us, so that another person may take your place. If a class is full, please check back later to see if a spot has opened up!

Classes will be held on the first three Sundays of December. Please book your spot as you would a typical Group Exercise class by reserving through the Empower M.E. portal: [ourclublogin.com/login/500092](http://ourclublogin.com/login/500092).

**Dec. 4, Dec. 11, Dec. 18**

- **Pickleball 101:** 9:00 a.m. – 10:00 a.m.
- **Pickleball Advanced Beginner:** 10:15 a.m. – 11:15 a.m.
- **Pickleball Intermediate:** 11:30 a.m. – 12:30 p.m.

*Please note: we recommend taking Pickleball 101 before attending this class.*

**Please note: we recommend taking Pickleball Advanced Beginner before attending this class.**

**Private Pickleball Lessons**

Private Pickleball lessons are available in December for the following days.

- December 20–December 22, 2022
- December 27–December 29, 2022

---

**Pricing**

<table>
<thead>
<tr>
<th></th>
<th>Individual Session</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Single Session</strong></td>
<td>$110</td>
<td></td>
</tr>
<tr>
<td><strong>3-Pack</strong></td>
<td>$315</td>
<td></td>
</tr>
<tr>
<td><strong>5-pack</strong></td>
<td>$525</td>
<td></td>
</tr>
<tr>
<td><strong>Small Group (2–4 people)</strong></td>
<td><strong>Single Session</strong></td>
<td>$132</td>
</tr>
</tbody>
</table>

**Meet the Instructor**

Peter Noroña is a Certified Professional Pickleball Instructor. He is currently a Pickleball Instructor at the Sunnyvale and Cupertino Tennis Center, he sees Pickleball not only as a sport but a life-skill as well. To Peter, Pickleball is not just a sport for the retired and senior citizens but it’s a sport for all ages, regardless of fitness ability or capability. Peter has been instructing and coaching Pickleball for the last 2 years. He provides instructions to both adults ages 16–80+ and kids from 7–15 years of age.

Peter also provides Pickleball Team Building events for Fortune 500 companies and private instructions to individuals, groups as well as families. Peter’s positive and energetic approach to teaching creates an exciting social experience for all. Peter’s philosophy of Pickleball is “easy to learn but certainly hard to master!” Peter’s favorite saying is “Pickleball is Life!”
San Mateo County K-12 Faculty, Staff & Administrators Special Membership

We encourage you to keep the balance of education and fitness. Try out the Athletic Center and take advantage of our special rates for San Mateo County K-12 faculty, staff and administrators! Our way of thanking you for your service. On behalf of SMCCD and Community Fitness. Pricing and information found on page 19.

December New Member Promotion - 25% Off Enrollment Fees!

Another reason to celebrate December 25th while helping your friends and family get the gift of health! New Members Enrollments Fees receive 25% off + An Additional $50 off with a Member Referral.

Did you know that you can help your friends and family save $50 on their new Athletic Center membership enrollment fee simply by having them give our Sales Specialist your name?

Current members who tell friends and family to use their name as a referral will help the new member to save $50 off of the new membership enrollment! Additionally, in honor of Christmas Day, new members receive 25% off enrollment fees in the month of December!

Merry Shopping! CSM Bookstore Store Discounts up to 35% Off!

Stop by the College of San Mateo Bookstore at Building 10 in-person to receive up to 35% off of select CSM Clothing and Logo wear! Grab some swag, a coffee, shop and save!!

While supplies last! Sale ends on December 16, 2022. Discount available at College of San Mateo store only.
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 of your enrollment fee and discounted monthly dues if you join in November.

Scan the QR Code to request your guest pass!

### Faculty/Staff/Administrators

<table>
<thead>
<tr>
<th>Enrollment Fee</th>
<th>50% Discount</th>
<th>Monthly Single–Site</th>
<th>Monthly Dual–Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>120</td>
<td>60</td>
<td>30</td>
</tr>
<tr>
<td>Duo</td>
<td>211</td>
<td>105</td>
<td>55</td>
</tr>
<tr>
<td>Family</td>
<td>290</td>
<td>145</td>
<td>75</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>Enrollment Fee</th>
<th>50% Discount</th>
<th>Monthly Single–Site</th>
<th>Monthly Dual–Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>60</td>
<td>30</td>
<td>12</td>
</tr>
<tr>
<td>Duo</td>
<td>96</td>
<td>48</td>
<td>24</td>
</tr>
<tr>
<td>Family</td>
<td>132</td>
<td>66</td>
<td>33</td>
</tr>
</tbody>
</table>

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

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

Your Community Connection to Education & Fitness
Guest Fees

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

Rules and Regulations

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

Hours of Operation

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

Member/Guest Eligibility for Use

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

Enforcement of Rules

The SMCCD Community Fitness staff will protect the rights and privileges of rule-abiding members. Behavior deemed inappropriate by attending staff or management will be addressed with courtesy. Members who display intentional noncompliant behavior or actions affecting the safe operations of the facility to self or others will be asked to leave the facility, 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.