November Newsletter

Holiday Club Hours

Thanksgiving Day: Club Closed
Black Friday: 7:00 a.m. – 2:00 p.m.
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 • Fitness News • Group Exercise • Aquatics • Membership
Season of Gratitude

Thanksgiving – Member Gratitude Greats

“Wear Gratitude like a cloak, and it will feed every corner of your mind.” – Rumi

In the spirit of Thanksgiving, we are grateful for the 6700+ members who create “community” at College of San Mateo and Cañada College Athletic Centers. These beautiful facilities are a great place to meet like-minded people from near and far, who are also choosing to become healthier physically, mentally and emotionally through movement, activity and exercise.

This year in an up-spiraling of all who support Community Fitness, (from our incredible students to our talented college faculty and staff, to the wonderful residents living in the surrounding communities), we are asking for a paragraph or two from you, our members sharing your gratitude.

These may be your “hero stories,” “win–wins” and/or “perspectives on life” which reflect upon a moment of gratitude to the community, our families, friends and the wonderful Athletic Center teams. Also, this may simply be an “aha” moment of reflection after a challenging two years of pandemic life.

Our Community Fitness focus group will review and select the best submissions and we may ask for your photo, and permission to publicly place on our “Member Gratitude Greats” photo wall at CSM–AC. If the “spirit moves you,” please send your written submissions to Grey Sanderson, Athletic Center Manager at sandersong@smccd.edu.
Wishing you all, a Happy Thanksgiving!

With many thanks,

The Athletic Centers Staff
Vaughn’s 5 Tips to Stay Inspired with Your Fitness Goals Article by Vaughn Boatner

When it comes to exercise, individuals often experience many challenges such as a lack of time, low confidence levels, a decrease in motivation or they may not have a clear understanding of how to achieve their goals. This typically leads to people prematurely ending their fitness journeys and/or giving up on their goals. I have gathered five of my favorite ways to stay active and ensure that members stay engaged in fitness.

1 **Hire a Personal Trainer**

Individuals start their fitness journey with little to no knowledge or direction as to how to accomplish their goals; heading into the gym blindly expecting to make a change. This is one of the fastest ways to lose momentum and be derailed from your fitness aspirations.

Consulting a fitness professional (trainer or instructor) will allow you to gain full professional support and guidance towards your goals. A personal trainer can help you set realistic and attainable goals based on your personal experiences and abilities, aiding you in your progress along the way.

Beyond that, they can teach you about greater health and fitness topics that will help you maintain a healthy lifestyle. You may also find you work harder with a trainer by your side than you would if you went at it alone; the more support someone has with their health and fitness goals, the more likely they are to succeed.

2 **Take Group Exercise Classes**

One of the biggest challenges of exercise is sticking to a consistent routine and staying committed. However, when you are exercising with a group, there is an increase in encouragement from the instructors and others.

Exercising in a group environment allows an individual to develop relationships with others and as a result, people start to hold each other accountable. Often in a group setting, individuals will tend to push themselves harder and will try and compete with those around them. The best part of a group exercise class is that it’s fun! Whether it is the people, the instructor, or the music—a group environment can guarantee a great atmosphere!

3 **Interact with Fellow Gym Members**

Gyms are communities, the further you dive into the fitness community the more you’ll likely stay committed to the gym. Creating friends in the gym creates a feeling of belonging and establishes an energy that draws you
back into the Athletic Center routinely. Finding certain groups of fitness friends that are waiting for your arrival to the gym provides you with the motivation and accountability everyone needs to be successful. Having spotters to make sure that you’re performing an exercise correctly and can do said exercises to failure in a safe manner.

There are only so many exercises you can perform alone—throw another person into the mix and you’re able to really get creative. Having a partner can even help you do exercises that you couldn’t do on your own!

4 Set Realistic But Challenging Goals

Setting a goal will drastically improve your chance of reaching a desired outcome. It sounds obvious, however, it might surprise you to hear that many people go to the gym or partake in fitness activities with no real goal in mind, without any real objective. Having goals and writing them down somewhere you can check it helps you to plan what you need to do to achieve it. So, you don’t end up in the gym wandering around wondering what exercise to include in your session.

Not having a goal also makes it hard to know what you’ve achieved or what you’re trying to achieve. You might think you’re doing all the right things, but you can be focusing too much time on one aspect of your fitness and not enough on another. Fitness goals are important as they help us to stay aligned and do the workouts we might skip if left to our own devices. The mind is an incredible tool but subconsciously it can deceive us.

5 Take Your Time with Your Goals

Understand that fitness is a journey, and it may take longer to accomplish your goals than you may have originally expected; however, try to enjoy the process.

Be excited that you choose to better yourself through exercise and that every time you complete a workout you are getting closer to your aspirations. We are not in a race with anyone, we are simply creating a lifestyle that promotes health and well-being; don’t be too strict on fitness deadlines, enjoy the process and watch your body and health change for the better.
As we continue to build our team of fitness professionals at the Cañada College Athletic Center, we invite all current members to take advantage of their free Fitness Assessment with one of our Certified Personal Trainers. This is a great way for members to create their very own Personalized Program Plan to help achieve their fitness goals and stay ahead of the holiday season! To schedule your assessment today, contact the Fitness Operations Manager Joe Moorbrink at moorbrinkj@smccd.edu or book through Calendy.

Complimentary Fitness Assessments with an expert trainer are available.

Discover your “pure potential” through careful goal setting and program planning guided by your caring, career focused personal trainer.

Book your complimentary 50-minute Fitness Assessment with one of our Certified Personal Trainers today!

How do I make an appointment?

SCAN ME
Yoga, Gratitude, and the Holidays

With Thanksgiving just around the corner, it’s natural to start talking about what we are grateful for. But how do we keep that practice of gratitude going beyond the holidays?

Studies show that grateful people are healthier, sleep better and are happier with increased feelings of connection and life satisfaction. Having a grateful disposition can increase your energy and creativity, lower stress and anxiety, and strengthen your immune system.

Gratitude is a big part of practicing yoga. Taking the time to practice yoga, even five minutes a day can help with this. Invite gratitude into your life as an intention for your practice. Choose yoga poses that lead you to experience gratitude physically such as child’s pose and forward folds to turn inward, camel and back bends to open your heart and sun salutations to cultivate positive thoughts.

Gratitude is a theme everyone can relate to and can benefit from. Not already a yogi? With dozens of yoga classes available at the Athletic Centers, be sure to try one out. You may just find yourself thankful you did so! Namaste.

Thanksgiving Holiday Club Hours

To give our team members the opportunity to spend time with their family our holiday hours are:

Thanksgiving Day: Club Closed
Black Friday: 7:00 a.m. – 2:00 p.m.

* A modified Group Exercise schedule for the new month will be available the first week of November and will be posted at both Athletic Centers and their respective websites:

**College of San Mateo Athletic Center:**
comfit.smccd.edu/group-exercise

**Cañada College Athletic Center:**
comfit.canadacollege.edu/classes.html

ヶ月 GEX November Birthdays!

Veronica de la Moya, November 8th
Lindell Wilson, November 13th
Jory Stein, November 14th
Party in Pink Zumbathon Shines in Support of Breast Cancer Awareness!

On Saturday, October 22, 2022, we hosted our first Breast Cancer Awareness event at Cañada College Athletic Center with over 60 participants ready to dance and donate for a great cause. Thank you to all the instructors and participants who made this event possible and so much fun! The day was a bit windy, but successful for our cause contributing to the Susan G. Komen foundation.

Attending were several survivors that shared their stories: a member who is a four-time breast cancer survivor, a member who just finished her treatment in August of 2022 and is on her journey to recovery, and one of our very own instructors who is an 11-year breast cancer survivor. They shared their story of the fight and hope that was endured on their journey to be cancer free.

A special thank you to all of our instructors who participated: Candi, Veronica, Phoebe, Kim, Laurie and Yuko!

NEW GEX Classes Starting In November

Cañada College Athletic Center:
- Dance Mix w/ Yuko • Fridays at 6:00 p.m.
- Spin w/ Tim • Fridays at 7:30 a.m.
- Spin w/ Mary Ann • Sundays

College of San Mateo Athletic Center
- Group Cycle w/ Tim • Wednesdays at 12:15 p.m. 
  Starts November 2, 2022
- Strength-Cardio-Stretch w/ John • Tues. at 12:00 p.m. 
  Starts November 3, 2022
- Jit Fit w/ Bruce • Mondays & Fridays at 4:00 p.m. 
  Starts November 4, 2022
- Group Cycle w/ Alyssa • Tuesdays at 6:30 p.m. 
  Starts November 15, 2022
- BollyX w/ Archana • Thursdays at 6:00 p.m. (new time)

A Reminder

- 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.
Instructor Spotlight: Sterling Sakai

Q. What motivated you to become a Group Exercise instructor? How did you get started?
Sterling: I joined the College of San Mateo Athletic Center (then San Mateo Athletic Club) when it opened in 2010. During the first couple of years, I noticed a dearth of classes directed at older or less fit members.

With my curiosity piquing, the Group Exercise manager at the time suggested I learn more about active ager fitness. I then enrolled in a new Group Exercise Instructor program offered by College of San Mateo. I decided to apply to teach group exercise and redesigned my fledgling active ager class. In late 2016, I was hired by the club to teach this class and offered to teach Stable and Strong in January 2017. The name of the class changed to Balance and Power when the SMCCD took over management of the gym in January 2022.

Q. What inspired you to develop Balance and Power? What can members gain over time from regularly taking your class?
Sterling: I have always been physically active so joining a club and exercising in our gym was second nature to me. But, I noticed many members of my generation of baby boomers who were well into their 50s & 60s looked lost or intimidated by the gym.

The goal of Balance and Power is to help members maintain and increase their ability to do their activities of daily living/ADL. This class is designed to target active agers who may be older (AKA seniors), may be less fit, may be temporarily or permanently affected by one or more medical conditions that might limit their physical abilities* or may simply be intimidated by regularly scheduled Group Exercise classes.

Each Balance and Power class includes a gentle warm up followed by drills to improve balance and stability, to increase cardio fitness and promote lower/upper body strength. Throughout the class, the role of a strong core to mobility and stability is emphasized.

*I am not a medical professional. I do not diagnose medical conditions and do not advise or recommend exercise protocols to address medical issues.

Q. We see you in the gym often taking classes and working out on the gym floor. In addition to teaching your classes, what does your exercise routine look like?
Sterling: I teach four classes of Balance and Power at CSM and one class at Cañada College per week. I participate as a gym member in three total body fitness classes at CSM–AC. I am also a San Mateo Masters swimmer and swim three times per week to stretch and relax my body as well as maintain my cardio while being gentle with my joints. Three to four times a week I will stretch, do a full myofascial body sequence on a foam roller and do specific shoulder and hip exercises to address my developing arthritis in both areas. I am 72 years old and wish to exercise to stay fit until my time is really up.
Q. We see a lot of members work out with their significant other. Do you and Sharon work out together? Does she take your class?
Sterling: Sharon and I do not exercise together. She does not participate in my class. She loves to dance and she loves Zumba at CSM. I've tried Zumba but it just didn't take. While not a Masters swimmer, she swims here at CSM two or three times a week. Outside the gym she also trains and manages a taiko club (Japanese drumming at the San Mateo Buddhist Church). She takes her exercise as seriously as I do.

Q. Anything else you want our members to know about you?
Sterling: The vast majority of my fitness certifications and continuing education involves teaching this special group of folks. I am not interested in a new career or full-time job teaching so one might call Balance and Power a passionate hobby.

My love of disciplined exercise goes way back but especially from my 30+ years training in the martial art of taekwondo. I believe in commitment. I am committed to offering the best class I can teach every time I step into the studio. And being consistent with this principle, I encourage class members to do their very best to reap the benefits of increased fitness.

Check out Sterling’s Balance & Power class:
CSM-AC: Tuesdays & Thursdays at 9:30 a.m.
CAN-AC: Tuesdays at 11:30 a.m.

Q. What motivated you to become a Group Exercise instructor? How did you get started?
Karen: During the pandemic, a lot of my friends came to me asking if I could help them with workouts—as they did not want to work out indoors. I started “Get Stronger with Karen,” and we worked out in Highlands Park for the next two years. When the opportunity to join CSM and Cañada College Athletic Centers—I went for it.

I believe many of us do better in a Group Exercise environment or Small Group Training. It is easier to stay focused, and the motivation from our teammates helps us to reach our goals faster. My niche is building community and camaraderie among my clients.

Q. You are from South Africa. Can you share with our members what brought you to the US and how you landed in Northern California?
Karen: In 2000, I got the “Wanderlust” and moved to London for what was supposed to be two years. I met my husband, Karl, a fellow South African, in a pub in London — and the rest as they say in history. I accompanied him to California on an extended business trip in 2006 — we both fell in love with the Bay Area; and for the next seven years, he focused his career on getting us to the US.
In December 2013, I was working in the oil and gas industry and was celebrating the end of the year in the pub with my team (we spent a lot of time in pubs in the UK) when Karl called me to tell me he got promoted, and how do I feel about moving to California? It took me all of 30 seconds to say YES—I just had to triple check he said we were moving to California!

Q. What does a cheat day look like for you? (favorite cheat meal, binge watch a show, etc)
Karen: A cheat day for me must be a weekday – I get great joy knowing I’m bunking off while others are working! LOL! I will go to the beach with my dog, Sprocket, to play or to paddleboard and have lunch on the coast – fish and chips or beer-battered artichoke hearts! I never feel guilty about a cheat day!!

Q. Anything else you want our members to know about you?
Karen: Three random things about me: (1) In 2021, I became a published author in a bestselling anthology book – “Don’t be Invisible be Fabulous – It’s Okay to Value Me” (2) I’m a realtor by trade. (3) I head up the Peninsula chapter of an international connection company for female entrepreneurs and business owners.
Let’s Play Pickleball!

Pickleball Clinic

Sunday, November 20, 2022
Clinic #1: 9:00 a.m. – 10:30 a.m.
Clinic #2: 11:00 a.m. – 12:30 p.m.
Capacity: 12 participants per clinic
CAN-AC, Rooftop

Announcing the first pickleball clinic at Canada College Athletic Center!

This clinic is perfect for the first-timer looking to learn the basics and fundamentals of the sport, as well as the experienced player looking to meet the pickleball community and hone their skills. The 1.5 hour clinic will include instruction, games, lessons, and drills for pickleball players of all skill levels and ages. Space is limited, and you are encourage to sign-up today!

RSVP: Please email Athletic Center Manager, Grey Sanderson at sandersong@smccd.edu with your full name and phone number, and names of any additional members.

Entry cost is $20 per member or guest. Charges may be made to the member account on file, if authorized or payment may be made upon entry at the Front Desk.

You do not need to be a member of the Canada College Athletic Center to attend this clinic.

Meet the Instructor

Peter Noroña is a Certified Professional Pickleball Instructor – PPR#123619.

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!”
Student Ambassador Spotlight

A huge thank you to our students who greet our members, answer questions, provide tours and assist visitors interested in joining. We want to recognize the incredible work they’ve done as these dedicated staff deliver excellence in service as Front Desk Attendants and Student Ambassadors at the Athletic Centers.

Serving in this role is challenging as hospitality, combined with stewardship to assurances of “check-in” for security and accurate usage records is held to a high standard. The levels of knowledge extend from membership sign-up information, to Group Exercise Schedules, to explaining how to make a reservation for the pool or pickle ball court.

The team believes that every day is an opportunity to serve and it shows with the smiling facing, careful listening and authentic approach of each staff member we call Front Desk and Student Ambassador. We would like to spotlight a stand-out students from our facilities:

**Joaquin Rubio**

Have you met Joaquin? He began with us as a Student Ambassador and has since then moved to the Fitness Floor. Student Ambassadors and Fitness Floor attendants are available to answer questions and provide insight on how programs work here at Community Fitness. Here (picture left), he is showcasing his biggest bass, Joaquin said he caught it after his very first shift at the Front Desk!

Joaquin is a wonderful Student Ambassador. He is always willing to go above and beyond for members. He works hard to guide his fellow Student Ambassadors and is committed to providing excellent customer service. He is quick to offer assistance and communicates efficiently and effectively. His coworkers would describe him as not only a hard worker but is very dependable and always punctual. Outside of work, he continuously advocates for his peers and coworkers about their school needs and how the school can best support their students overall. Joaquin also competes in weightlifting and trains people, as well as working towards his goal of opening his own gym. Thank you for all that you do!
Announcing Pickleball Open Play!

Attention all pickleballers!

We listened to your feedback and are excited to schedule open play sessions at the Cañada College Athletic Center! Please complete the Google Form to receive up-to-date information about upcoming clinics, lesson opportunities, leagues, matchmaking and tell us what time you would want open play.

Open play is simply a predetermined time where pickleball players show up at the courts to play. You don’t have to worry about finding three other people. All you simply need to do is show up during open play times with a paddle in hand and other pickleball players will be there to play with you. Open play is a welcoming setting for all skill levels and years of experience.

Benefits of Renting a Locker at the Athletic Center

- You have a safe and secure place to store your valuables.
- No more back pain! Stop lugging around your heavy gym bag from home.
- Save money by bringing a lunch or storing your protein bars—you’ll have a place to store this during your workout.
- Never forget your swim or fitness gear at home; just leave them in your locker.
- Don’t lose your favorite layers. With cold weather come layers, and that can mean lost sweatshirts and jackets. Store your weather gear safely in your locker and know you got home with your valued favorites pieces.

Locker Rental Prices

Fitness Floor locker – rental is $15/month.
Locker Room locker – rental is $25/month.

To learn more about renting a locker, talk to a representative at the Front Desk.
A Reminder to Check-In to Win!

Every member, student or athlete who checks-in (scans their check-in key card) is automatically entered into a drawing to win Bulldog or Colts Swag, T-shirts, Water Bottles, Group and Family “block” reservations for pool lanes or pickleball courts, guest passes to the Athletic Center or a gift certificate good for one item from the Café!

The more check-ins, each month, the more chances you have to win! One check-in per day only.

Three lucky winners will be drawn and will be take place monthly from those with the most check-ins each month! Remember, you have to Check-in to Win!

To view Cañada College Athletic Center’s Check-In flyer, click here. To view College of San Mateo Athletic Center’s Check-In flyer, click here.
Aquatics Member Shout-Out
Interview: Jessica Yamasaki

Jessica Yamasaki is a College of San Mateo Athletic Center member and has two children in our swim programs. One child has swam on Bulldogs Swim Club for several years, and her youngest joined Bulldogs Swim School when it opened in June 2022. Jessica has been an integral part of our program and is a huge supporter of our coaching staff for both BSC, BSS and our leadership team. She always goes out of her way to encourage and motivate our staff, befriend new parents and help make them feel welcome, and above all—she shows up for her children and teaches us how to be better people along the way.

This month, we wanted to show appreciation and gratitude to Jessica for being such a big influence on the Aquatics team. Her level of support for our programs can be seen for miles! We are thankful for her and her family every day. Without further adieu, please enjoy this fun interview a valued special someone… Jessica Yamasaki:

Q. Who is your Hero?
Jessica: Joan Mitchell. Joan was an abstract painter in the 1950s/1960s. She did work well into the 1970s, but the work you’re going to see her most known for is the 1950s. Her whole mission was to include women into artistry. Being an artist is already hard, but as a woman it was nearly impossible because they were not taken seriously. Joan worked incredibly hard to change that. She is so inspiring. I was actually able to experience an exhibition of hers over the summer of 2022. It was absolutely incredible. That was something I didn’t think I’d get to do in my lifetime, and I did.

Q. If you could live anywhere, where would it be?
Jessica: Interlaken Switzerland, it’s quiet and beautiful.

Q. What motivates you?
Jessica: I wouldn’t say any one thing is motivating, but rather making progress and even starting the project itself creates the motivation. I do listen to a lot of electronic music which helps me gain focus to start the project. I will force myself to start drawing even if I am not motivated yet, that helps. I am an artist, so there will be times when I need to create my own focus. At the end of the day, I’d like to think that my business is helping people and I like that.

Q. What is your proudest accomplishment?
Jessica: I am so proud of everything I’ve done up to this point. They are all accomplishments. All my choices have led me to this point, and I’m really proud of that. My art is and my business is super important to me. I want other people to feel good by the work I create.

Q. What makes you laugh the most?
Jessica: Good friends. I have three super solid friends that I’ve had for a long time, and my husband.

Q. What are you most thankful for on a daily basis? What are you most thankful for in the world?
Jessica: Health, mother nature and nature in general, and I am very thankful for my perspective on the world. As I mature, my perspective does as well and I am grateful for that.
Continued from “Aquatics Member Shout-Out Interview: Jessica Yamasaki”

Q. If you could go back in time, what year(s) would you go back to?
Jessica: 2010, there was less to think about, life and the world was [maybe] just a little more carefree back then.

Q. How would your friends describe you?
Jessica: Calm, relaxed, good listener, generous, helpful, self-aware, and funny.

Q. What is the best gift you’ve ever been given?
Jessica: My friend, who is also an artist, gave me a sculpture that can be flipped from a frown to a happy face and vice versa. You’d have to see it, but the concept is brilliant, and the thing itself is even better. Easily one of, if not the best gift to ever be given to me.

Q. If you could be any animal, what animal would it be?
Jessica: Llama, they are cute, they have nice hair, no one dislikes them. Yeah, I like those guys. They can chill alone, they don’t have 100 friends, maybe 2-3 max? Yeah, they are great.

Q. If you could share a meal with any 4 individuals, living or dead, who would they be?
Jessica: Husband for sure, Joan Mitchell (the artist, and since passed), and two of my closest friends. It would be predictably a good time.

Q. Who would play you in a movie?
Jessica: Benicio Del Toro. No, I will not elaborate *a lot of laughter from us both*

Q. What are the words ‘you live by?’ or a ‘motto’ you stand by?
Jessica: “Go slow to go fast” – I say this to my kids and sometimes to myself. It helps me to slow down when I feel like I am running too fast for my body. If I go too fast in life, I do things very poorly and everything turns into a mess. You must go slow, in order to get things done properly and efficiently.

Growing up my grandfather would tell me “Ganbatte!” It’s a saying in Japanese, which translates to “keep going!” with an emphasis on perseverance. There is no exception for you to stop.

Q. Is your glass half full or half empty?
Jessica: Half full, always.

Jessica Yamasaki is a local Bay Area artist creating some amazing art to be enjoyed by all. Please check her out on Instagram at @thatsgoodpaper or her website www.thatsgoodpaper.com.
Masters Swimmers

This month our teammate Jing Li, completed a spectacular 10-mile swim on Angel Island. Her time was 4:43:00, which beat her goal time of 5 hours.

These swims are as much mental as they are physical. Picture this, it is pitch black dark outside with no exterior lighting. There are no wetsuits, and cold is an understatement. Jing is what we like to call a “force to be reckoned with.” In her very own words:

“Swimming in the pitch black wasn’t as bad as I thought it would be, I just swam next to the boat and didn’t lift my head up to sight. I got a little push from the current on the east side of Angel Island. But as soon as I turned the corner into raccoon strait, it was rougher until Alcatraz. Then the last leg to the beach took FOREVER..I was kicking hard the last whole hour to try to bring it home.”

And you certainly did bring it right home!!

Awesome swim, Jing! We are so proud of you and can’t wait until your next big swim so we can cheer you on!

Coach Tom
We are hiring for Lifeguards at both College of San Mateo and Canada College Athletic Centers. We hold Red Cross Lifeguard Certification courses every 4–6 weeks. Your work schedules are catered to your school or athletic schedule. The Red Cross Lifeguard certification is free if you choose to work with CSM-AC or CAN-AC, classes are normally $375–$400 around the Bay Area!

To be eligible for this course you must:

- Be 18 years of age on or before the last day of the class
- Able to swim 300 yards (12 laps) of freestyle or breaststroke without stopping
- Tread water for 2 minutes using only your legs
- Swim 20 yards, dive to a depth of 7 feet, retrieve a 10-pound weight, and then swim 20 yards on the surface holding the weight with two hands

If this sounds like something you are interested in, or if you have more questions, please don't hesitate and contact Nina Pineda at pinedan@smccd.edu.
A WIN–WIN

We Encourage Community Building!
Refer a friend to the Athletic Center to inquire about a new membership! When they mention you as a current member at the Athletic Center our membership office will provide the new prospective member a $50 discount off their new membership enrollment fees!

Building our community membership with like minded students, colleagues and friends while offering them a discounted enrollment fee is a WIN for everyone.

What makes the Athletic Center locations even more special? The answer is you, your family and your friends!

What better opportunity and space to say “hi” to those dear to you while also improving physically, mentally and emotionally through the physiological up-leveling that comes with the benefits of exercise.

Thank you for making the Cañada College and College of San Mateo Athletic Centers a place that feels like home and referring special members, just like you!

Dual–Site Memberships Available

“You are as good as your options and your surroundings!”

Did you know the price of a dual–site membership to both Athletic Centers ranges from $2–19 monthly for an individual? For the price of a coffee or a lunch, you can access two beautiful facilities all month long!

While, the increase is only a few dollars, the benefits of having the option of choosing two Athletic Center facilities to keep you motivated is unparalleled. Two memberships gives you twice as many options for pool time, Group Exercise classes and of course—the variety of fitness equipment.

If you wish to change your single–site membership to include a dual–site membership to both Athletic Center locations, please make sure to ask for a status change form at the Membership Office or the Front Desk.
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.