

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

# ATHLETIC CENTER

*Your community connection to education and fitness.*



## April Newsletter

2024 Edition





CANADA COLLEGE  
**ATHLETIC CENTER**

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## Membership Hours

### Monday - Friday

6:00 a.m. - 2:00 p.m.

4:00 p.m. - 8:30 p.m.

**Pools close at 8:00 p.m.**

### Saturday

7:00 a.m. - 5:00 p.m.

### Sunday

7:00 a.m. - 2:00 p.m.

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### Monday - Friday

6:00 a.m. - 8:30 p.m.

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### Saturday

7:00 a.m. - 5:00 p.m.

### Sunday

7:00 a.m. - 2:00 p.m.

## Contact Us

Phone: (650) 381-3575

Email: [comfit.cc@smccd.edu](mailto:comfit.cc@smccd.edu)

[comfit.canadacollege.edu](http://comfit.canadacollege.edu)

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

## Contact Us

Phone: (650) 378-7373

Email: [sanmateoac@smccd.edu](mailto:sanmateoac@smccd.edu)

[comfit.smccd.edu](http://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 2024 semester.*

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



## Editor's Note

### **Athletic Center's Students, Faculty/Staff & Community Members: Mixing Minds, a Model for Success!**

This month's edition of the Athletic Centers Newsletter shines a light on the cross over between academic instruction and Athletic Center programming, and the celebrated integration of students, faculty and community members.

This mix of age groups, ethnicities, socioeconomic strata and personalities are experienced through shared partnership and learning each day at the Athletic Centers. While working out together, we also witness the beautiful "dance" that exists with academia and community, in stellar fitness and aquatics facilities, which are unique to the hybrid Athletic Centers and an exemplary model nation-wide. Community members work out in a live "teaching lab," while students learn in an inclusive facility, generously funded by San Mateo County community residents.

Each day, we are reminded of how we help each other and ourselves by partnering our passions for robust learning, wellness and shared successes, resulting in mutual benefits of improved physical and emotional health.

Unique to SMCCCD college Athletic Center, students are offered free memberships to each Athletic Center... with a caveat. The students' recognition of the value of this opportunity requires check-ins for exercise 15 times monthly! It is a way to encourage our talented and local students to embrace and set habits for the improvement of health. It is our hope that they may apply those habits to support continued success and future work-life balance after graduation.

Incredibly valued too, we see older community members whose passion for and life commitment to fitness has resulted in identifiable physical abilities, that are beyond the normal scope of accomplishment in their age range. It is inspiring to see a 65-year old lifting the same weight load and completing the same number of repetitions as their younger student-member colleagues. Combining this with the faculty/staff members who work out side-by-side with their students, we see the expanded definition of "community" happening in real time.

In this edition of the Athletic Center Newsletter, the Athletic Center operations managers look forward to sharing stories of their student teams, inspirational member testimonies and ideas to make each day in the Athletic Centers a valued experience for all.

We hope that you enjoy the stories and thank you, for being a part of the CSM & CAN Athletic Centers' wonderful journey!



# Front Desk News

## Embrace the Spirit of Spring Cleaning: Rent a Gym Locker Today

Spring has sprung, and now is the perfect time to prioritize your personal organization and efficiency.

### Why Rent a Gym Locker?

**Effortless Convenience:** Say goodbye to the hassle of carrying your gym gear around all day. Leave your essentials securely stored, ensuring you're always ready for a spontaneous workout or Group Exercise class.

**Streamlined Schedule:** Time is of the essence, especially during the busy college semester. Having a locker means you can efficiently transition from classes to the gym without detours, making the most out of your time.

**Focus on Fitness:** A dedicated space for your workout gear means you are more likely to hit the gym regularly. It eliminates the excuse of having to pack your essentials, helping you to stay committed to your fitness goals.

**Secure Storage:** Our lockers are designed with your security in mind. Store your belongings worry-free while you focus on staying active, knowing that your valuables are protected.

## How to Rent Your Locker

- 1. Choose Your Locker Size:** Select the locker number and size that best suits your needs at the locker rooms or fitness floor.
- 2. Registration:** Our Front Desk staff will quickly assist you in completing rental registration paperwork. Be sure that you receive a "locker reserved sticker" at the Front Desk and place it on your rented locker



### Athletic Center Member Monthly Rates

Locker Rooms	Fitness Floor
<b>\$25</b> Large Lockers	<b>\$15</b> Small Lockers
	<b>\$15</b> Small Lockers

Locker rentals are purchased at the Front Desk. Locks are also available for purchase.

## New Seasonal Drink at Colts Cafe

Step into spring with vitality and vigor by trying our brand-new **Spring Greens** protein shake! Fuel your body with the added ingredient of spinach to nurture the blooming potential within you. Don't miss out—grab yours today at the Colts Cafe!



# SPRING GREENS



*seasonal special*

## PROTEIN SHAKE

**Made with ingredients you'll love!**

Almond milk, spinach, bananas, peanut butter, vanilla whey





# CSM-AC Fitness

## Kinesiology Students at CSM-AC

The benefit of having an Athletic Center on campus is the opportunity to collaborate our services and programming with the students and community members. Opportunities include working as a fitness attendant or a personal trainer.

For positions in the Fitness department, our goal is to hire student athletes who are kinesiology majors and looking for a career in the fitness industry. Exposure to personal trainers and professionals (doctors, nurses and athletic coaches) from various fields within the kinesiology world enriches the experience of the student while they are fulfilling their degree requirements. Student employees can gain insights into different career options and areas of interest, helping them make informed decisions about their career paths.

Working as a fitness attendant, students will have the ability to assist community members by teaching them how to use certain machines, offer fitness tips and also address any concerns they may have. This allows our student employees to utilize their understanding of kinesiology principles to enhance their work performance while developing communication skills.

The reason why we look to hire student athletes is because they possess a unique set of skills and attributes that make them excellent employees in various settings.

The rigorous demands of sports training and competition instill a strong sense of discipline and work ethic. They understand the importance of dedication, perseverance and consistent effort, traits that translate very well into the workplace. Student athletes are accustomed to working collaboratively, excelling in environments that require effective communication, cooperation and coordination with colleagues to achieve success. They prioritize self-care, maintain healthy lifestyles and understand the significance of maintaining physical and mental wellness, contributing to a positive and productive work culture.

Lastly, student athletes are accustomed to receiving feedback to improve their performance. This allows them to be receptive to constructive criticism, eager to learn and grow, and committed to continuous improvement, making them valuable assets to the Athletic Center.

Overall, the unique combination of skills, qualities and experiences that student athletes bring to the table makes them highly sought-after employees who can make significant contributions to the workplace. Their leadership abilities, teamwork skills, work ethic and resilience set them apart and position them for success in their professional fitness/health careers.

Being able to collaborate with the College of San Mateo allows the Athletic Center to create a supportive and inclusive environment that empowers individuals to thrive in their physical, academic and professional developmental journey.

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# CAN-AC Fitness

## Students & Community Shining Together

The benefits that the Cañada College Athletic Center offers for students spans far beyond having access to a world-class gym facility. Much of the staff working at the Athletic Center is comprised of student employees. What a wonderful way for this dedicated group of students to access developmental training skills, apply fitness education and grow in customer service best practices! The hybrid approach of joining students with community at the Cañada College Athletic Center combines academic journeys with each members' individual fitness goals.



This month, we are proud to highlight one of the Fitness Department's many contributors, Max Monroy, a student fitness attendant at the Fitness Desk. Max has been a full-time student at Cañada College since Spring 2022, and joined the Athletic Center team in December 2022. Max plans on transferring to a four-year university to study kinesiology, and plans to catapult his experience into a Personal Training career.

In the 2023 fall semester, Max started the Colt's Barbell Club, which is currently Cañada College's only club centered around the educational benefits of exercise.

The club meets every Monday at 4:00 p.m. at the Athletic Center in classroom 1-214 and we encourage all student members to stop by!

Below is a testimonial from Max:

*"Working at the Cañada College Athletic Center as a fitness attendant significantly enhanced my personal growth and professional skills. In this role, I perfected essential skills such as communication, customer service and time management while assisting both students and members. Helping to manage facility operations at the Athletic Center allows me to refine my organizational abilities and demonstrate leadership qualities. Additionally, collaborating with supporting members and student athletes has taught me valuable teamwork skills.*

*This hands-on experience deepened my understanding of fitness and wellness, inspiring me to establish the Cañada Colt's Barbell Club, which is the very first fitness-oriented club at Cañada College. Through this initiative, I furthered my commitment to fitness while creating a supportive campus community. Overall, my time at the Athletic Center has been transformative; enhancing my college experience and preparing me for future endeavors."*

The Athletic Center invites all students to embrace the wealth of opportunities available at the facility, where academic pursuits intertwine seamlessly with professional development in the kinesiology field as well as being a space for developing physical wellness.



# CSM-AC Pilates

## Member Testimonials

Pilates at College of San Mateo Athletic Center continues to provide core strengthening based classes with phenomenal health, physiological and physical benefits. Below are a few of the member testimonials:



*"I'm a 66-year old and I can't imagine life without Pilates and my gifted instructor, Cristina Mancin! We've been working together for over a decade and it has made a difference in my quality of life."*

*"Pilates is an essential complement to my cardio and strength work. The focus on alignment, mobility, lengthening and balance have been particularly important as I age. In fact, the thing I love most is how Pilates keeps my connective tissue moving to relieve any tightness or aches! Cristina is an amazing, thorough and patient teacher. She listens and adjusts to my needs but is always creating new approaches and moves."* – Barbara B.

*"I had never done Pilates before, signed up for sessions with Sybille a number of years ago and continue to go every week. She explains everything so clearly and I can really feel and see improvement. I really enjoy my Pilates sessions and I feel younger! People cannot guess my age."* – Ellen H.

*"I've been a faithful student of Cristina since 2019 and can honestly say that she changed my life! Pilates has made me so much more aware of how my body moves through the world,*

*whether it be sitting in my car, running or walking up and down stairs. I feel the connection between all the parts of my body and how important it is to be intentional about movement. I look forward to Pilates class because whatever my "state" walking in, I'll feel a million times better striding out!"* – Cat C.

*"I first came to the Pilates program when I expressed a desire to my wife (also a Pilates client) to expand my exercise routine. Fortunately, Sybille accepted me as a client. I enjoy using the various pieces of equipment. Sybille is a great teacher and is very patient and understanding. I find the studio very clean and well lit. I look forward to my next session. I'm feeling stronger and more flexible."* – Doug F.



*"I have been a member for eight years. Personally, it was important to find a fitness program that is going to work with my busy schedule, that of a working mother. Fitness is not only about physical strength, but more about long-term well-being. You do not need to take long hours at the gym, it is more about being consistent. I believe the primary reason I was able to keep my exercise routine for the past eight years, is finding a highly qualified Pilates instructor with incredible interpersonal skills, Cristina Mancin. She makes every session different and highly tailored to my physical or mental state. It is incredible to have this level of support and commitment."* – Rita H.

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



# CAN-AC Pickleball



## Private Pickleball Lessons

Private pickleball lessons offer the perfect opportunity for players to receive individualized instruction and improve their skills on the court. During these one-on-one sessions, instructors can tailor their approach to meet your specific needs and provide personalized feedback. With the focused attention and guidance provided by private pickleball lessons, you can take your game to the next level and achieve greater success on the court.

Sessions are one hour. Packages expire within 10-weeks (2.5 months) after the date of the first session.

Contact Joe Moorbrink at [moorbrinkj@smccd.edu](mailto:moorbrinkj@smccd.edu) or fill out our [Pickleball Private Lesson Interest Form](#) to sign-up for private lessons. Below are our offerings/packages of private lessons:

Pricing		
Individual Session	Single Session	\$110
	3-Pack	\$315
	5-Pack	\$525
	10-Pack	\$989
Small Group (2-4 people)	Single Session	\$132
	3-Pack	\$375
	5-Pack	\$600

## April Progression Clinics

A pickleball progression clinic is an excellent opportunity for players of all skill levels to improve their game and take their performance to the next level. Our themed clinics for April are the following:

### Returning Serves: Turning Your Returns Into Offense w/ Pete

Saturday, April 20, 2024

11:00 a.m. – 1:00 p.m.

\$50/participant

### Mastering the Art of the Transition! w/ Peter

Sunday, April 29, 2024

9:00 a.m. – 11:00 a.m.

\*\*\*Skill Requirement: Level 2.75+

\$50/participant

Reserve your spot today as spots fill up fast! To reserve, please email Joe Moorbrink at [moorbrinkj@smccd.edu](mailto:moorbrinkj@smccd.edu).

## Pickleball Group Exercise Classes

The facility will offer restructured "Drill and Play" 75-minute classes with a strict limit of 12 participants geared more towards the intermediate/advanced players. Reserve 48 hours in advance through our [Empower M.E. portal](#).

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# Group Exercise Updates

## Cañada College KAD & Athletic Center Team up to Host Redwood City Middle Schoolers in Fitness Programming!

During the President’s holiday week in February, staff from Cañada College Kinesiology Athletic & Dance Division in collaboration with Cañada College Athletic Center Group Exercise and Fitness departments hosted middle school aged students from Redwood City for two days of group fitness fun! There were over 50-participants and their chaperones in attendance.

The Athletic Centers Group Fitness team set up a variety of fitness activities including: TRX with Candi Cabrera, Pickleball with Joe Moorbrink, Endurance Drills with Karen Hoffmann-Clarke and Yoga with Nicole Wargo & John Carosella. The students enjoyed a 20-minute workout in each area, rotating in a circuit style until all circuits-units were completed.

It was an honor for our teams to share with youth the importance of movement imperative in a culture that places time in front of a “screen” at the forefront of activity. It can be reported that all seemed to greatly enjoy themselves and that the event was a success!

## GEX April Birthdays!

John Carosella, April 19th

## Instructor Spotlight: Sterling Sakai



Sterling is a lifelong exerciser who trained as a martial artist for over 30 years, he holds numerous credentials in active aging fitness, including completing senior fitness specialist programs from the American Council on Exercise and the Functional Aging Institute.

He created a Balance and Power class, after identifying the needs of many older adults who were showing limitations in stability and strength. Sterling also developed a class with a fundamental goal to help members efficiently maintain and improve their abilities to perform daily living activities. This class teaches functional movement utilizing exercise and drills which help improve balance and stability, increase flexibility and agility, and promote upper and lower body power. Balance and Power, originally called Stable and Strong, began in January 2017.

### Sterling's Balance & Power Classes:

**CSM-AC** - Tues/Thurs 9:30 a.m. - 10:40 a.m.

**CAN-AC** - Tuesdays at 11:30 a.m. - 12:20 p.m.

Reservations are required for all Group Exercise classes. Visit the [Empower M.E. member portal](#) to reserve your classes.

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# Group Exercise Updates



## New Classes



**Aqua Fit w/ Nicole**  
Mondays • 9:00 a.m.



**Step w/ Margaret**  
Thursdays • 8:30 a.m.



**Cardio Dance w/ Nicole**  
Fridays • 12:00 p.m.



## New Classes



**Vinyasa Flow w/ Nicole**  
Wednesdays • 11:00 a.m. • Roof



**Strength & Endurance w/Karen**  
Thursdays • 6:00 a.m. • 1-203



**TRX w/ Candi**  
Thursdays • 7:00 a.m. • 1-207



**Tone Zone w/ Alex**  
Fridays • 8:00 a.m. • 1-207



## Class Adjustments



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



**Zumba w/ Candi**  
Mondays • 11:00 a.m. • 1-203



**TRX w/ Joaquin**  
Sundays • 11:30 a.m. • 1-207

## Live Class Updates

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



# Group Exercise Schedules

Did you know that College of San Mateo and Cañada College Athletic Centers combine to offer 150 complimentary Group Exercise classes each week? Embrace your passion to move, connect and be one with a community of like-minded members. Pick from a large selection of Group Exercise classes. Try something new or challenge yourself—**there's something here for you!** To reserve, please visit the [Empower M.E. member portal](#).



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[comfit.canadacollege.edu/classes.html](http://comfit.canadacollege.edu/classes.html)



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[comfit.smccd.edu/group-exercise](http://comfit.smccd.edu/group-exercise)

**CLICK TO SEE OUR CURRENT GROUP EXERCISE SCHEDULE**

## 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).*

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# Endurance Training

## Thriving Together: Endurance Training Community

At Cañada College, our Endurance Training programs serve as a vibrant hub where athletes from diverse backgrounds, ages and skill levels converge with a common purpose – to unlock their full potential in swimming, cycling, running, and strength training. Led by Coach Cesar Valera, with collaboration of assistant coaches and personal trainers, these programs cater to individuals seeking growth, challenge and community in their athletic pursuits.



### Masters Swimming Coached Workouts

Our Masters swimming program provides a structured and supportive environment for swimmers of all abilities. From beginners refining their strokes to seasoned competitors, each session offers a blend of skill development, endurance training, and camaraderie. Under Coach Cesar's guidance, swimmers embark on a journey of improvement, setting personal goals and surpassing them with dedication and perseverance. With multiple workouts offered daily, participants have the flexibility to tailor their training regimen to fit their schedules and aspirations.

### Triathlon Training Program

Designed for triathletes aspiring to conquer new milestones, our Triathlon training program offers a comprehensive approach to multisport preparation. Whether you're tackling your first sprint triathlon or aiming



for an Ironman finish line, Coach Cesar provides the expertise and support needed to excel in swimming, cycling, and running disciplines. Through structured workouts, race simulations, and strategic guidance, athletes develop the skills and confidence to conquer any course with finesse and determination.



### Advanced Cycling Classes

For cyclists seeking to improve their overall performance and technique, our advanced cycling classes deliver an immersive and dynamic training experience. These sessions combine cutting-edge power-based training with immersive Zwift technology to simulate real-world riding conditions and challenges. With a focus on optimizing power output, efficiency, and endurance, participants push their limits and unlock new levels of cycling prowess. Starting this April, we are excited to introduce "drop-in" options for cycling and Muscular Endurance strength sessions, offering greater accessibility and flexibility for athletes to join these transformative workouts.

### How do I Join?

For inquiries regarding the Endurance Training programs, please contact Head Coach Cesar Valera at [valerac@smccd.edu](mailto:valerac@smccd.edu). Learn more about our Head Coach at [comfit.canadacollege.edu/endurance.html](http://comfit.canadacollege.edu/endurance.html).

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# Aquatics

## Lifeguards: College Students and Workforce Development

The Aquatics Department is dedicated to providing students with flexible job opportunities that balance academics, personal life and sports. This collaboration is key to maintaining a balance in the lives of our students. As of March 2024, around **77%** of our lifeguards are full-time students and athletes.

Our flexible scheduling approach is designed with the student's best interests in mind. This fosters a work environment that respects and promotes academic commitments.

Additionally, our partnership with American Red Cross-certified lifeguard instructors is another way we support our students and the wider community. These instructors host a monthly class with us, giving students and community members the chance to learn a vital life skill, which may lead to a Lifeguard position upon completion of the three-day course. Participants gain confidence as they learn how to react in emergencies, demonstrate real-life water rescues and potentially save lives. The Athletic Centers pride their operation on training and staffing initiative that equip individuals with critical life-saving abilities.

Additionally, the operational model has more benefits than just the built-in student flexibility. Students who work with the Aquatics Department at the Athletic Centers gain valuable work experience in a supportive

environment. They learn how to multitask, manage their time effectively and handle challenges responsibility—skills highly sought after in any profession.

Moreover, the lifeguarding role fosters a sense of community among the students. As they work together to ensure the safety of pool users, they form bonds that go beyond the workplace. This friendly atmosphere contributes to the overall positive experience of working in our Aquatics Department.

In conclusion, the Aquatics Department at the Athletic Centers is more than a workplace. It's a community that supports student lifeguards in their academic pursuits, personal growth and career development while serving the wider community through life-saving education.

## Bulldogs Swim Club

Bulldogs Swim School serves as a foundational starting point for aspiring swimmers seeking to learn and provides them with the essential skills and techniques needed to excel in the sport of swimming. After learning the fundamentals, young talent find their way into our Bulldogs Swim Club, where they further expand their abilities under professional coaching and competitive environments.

The Bulldogs Swim Club acts as a crucial intermediary step between swim school and collegiate swim teams. Swimmers continue to refine their strokes, build endurance and develop race strategies, all while fostering a sense of camaraderie and sportsmanship.



# Aquatics

*Continued from "Bulldogs Swim Club"*

The Bulldogs Swim Club's focus on excellence and achievement aligns with the goals of collegiate swim teams, making this program a natural "feeder program," for intercollegiate swim teams. As athletes progress through the swim club's ranks, they elevate their performance levels and gain valuable experience in teamwork, leadership and competition—all essential aspects of successful collegiate swimming.

The transition from BSC to collegiate swim teams is facilitated by the shared emphasis on athletic prowess, academic success and personal development. Collegiate swim teams leverage the talent pool nurtured by programs like the BSC to maintain their competitive edge and uphold standards of excellence.

As swimmers graduate from collegiate programs, many return to their roots to give back to the sport that shaped them. Becoming coaches for organizations like the Bulldogs Swim Club which allows them to impart their knowledge, mentor the next generation of swimmers and contribute to the continued success of the club.

In essence, the journey from swim school to Bulldogs Swim Club, to collegiate swim teams forms a seamless progression, that produces accomplished athletes and cultivates a community of passionate individuals dedicated to the sport of swimming. Through this cycle, the legacy of excellence is perpetuated, ensuring a bright future for aspiring swimmers and coaches alike within the Bulldogs Swim Club ecosystem.

To learn more about Bulldogs Swim Club contact Nina Pineda at [pinedan@smccd.edu](mailto:pinedan@smccd.edu).

## Bulldogs Swim School

Bulldogs Swim School works alongside College of San Mateo's Kinesiology, Athletics & Dance division and intercollegiate swim programs. Aligned aquatics program development and space considerations for Athletic Center community members and the College of San Mateo means constant collaboration for the Bulldogs Swim School, the college students and the supportive faculty and staff.

One deck, two pools and a seven-day weekly program schedules appear seamless, most of the time. Thankfully, the Bulldogs Swim School is able to operate with inspiring collaboration of the academic faculty, intercollegiate swim-coaches, Deans and Division Assistants.

The pools and space are to the primacy of the students, yet the Athletic Centers share this space with the Colleges whose generous allowance for space provides the place and time for successful Swim Schools, Bulldogs Swim Club and Masters Swim.

It is notable that the KAD division (Kinesiology, Athletics & Dance Division) also provide incredible opportunity to students in the pools including: Adaptive Swim (for physically and mentally challenged swimmers); Swim Stroke Development; a competitive collegiate swim team, and an intercollegiate competitive water polo team.

Scheduling space allowances in the pool for all of this programming is a big puzzle to piece together every four months! Yet, behind the scenes with multiple meetings, conversations on trade-offs and options, and a lot of

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# Aquatics

*Continued from "Bulldogs Swim School"*

caring, time and dedication and four months in advance of each semester; schedules are slowly sculpted, becoming identifiable and recognizable with a one month lead time to communicate changes to students and members in advance. With every new program added to the Bulldogs' roster, the team is diligently working to make it flow alongside of every other logistic presented to accommodate student and community members needs together.

The Swim School's instructors and college students staff also work closely together in support of successful aquatics programming. These are an essential element to the Bulldogs Swim School. The students compose a workforce of Bulldogs Swim School's frontline staff that interact with the swimmers and parents. Without the help from the students the programs would not be able to excel smoothly. The Swim School is also honored to hold-space and become a place where the student work-force can develop skills, and receive the tools and experience for the success of future professional goals.

The Swim School honors those who work at the Colleges, from faculty to front-line staff. The team recognizes the ongoing partnerships to ensure the facility is safe and clean and operates efficiently. In acknowledgement of all the hard work that goes into running and maintaining the Center, the Swim School offers a staff/faculty discount for swim lessons. This helps to foster the relationship amongst the teams, and allows even greater opportunities for many more to become safer in water environments.



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

## Colts Swim School

It is now spring, the weather is warmer and the sun is out longer and you are all invited and encouraged to take a swim at the CAN-Athletic Center pools; whether on your own reservation, in an aqua-fit class or through a Colts Swim School lesson.

Swimming is an amazing form of exercise as it is low-impact, gentle on the joints and targets extensive amounts of muscle groups either individually depending on form, or simultaneously. Swimming provides a great cardiovascular workout and endurance training. There are a variety of pool exercises from pool walking, swimming laps, dancing, enjoying the warm water and embracing a beautiful view during aqua social.

Colts Swim School swim lessons can be tailored to meet specific fitness and lifestyle goals, and are not limited to beginners as workouts can be given to increase a swimmers intensity, technique, strength and endurance.

Younger swimmer group lessons are also an option that offers physical, mental, and social benefits. Through Colts Swim School we will also teach swimmers essential life-saving skills such as: water confidence and overall safety tips. Children are welcome and are able to swim



# Aquatics

*Continued from "Colts Swim School"*

in a fun environment while making new friends and encouraging each other to advance to the next level.

Instructor Liam Smith, who has been a part of the swim program since it opened in May 2023, also teaches Aqua-fit classes Monday, Wednesday, and Fridays starting at 12:00 p.m. Liam invites everyone to join the class and participate in a fun cardio filled class mixed with dancing and great music. Liam also teaches private lessons Monday to Friday from 3:00 p.m. to 8:00 p.m.



For inquiries, contact [colts.ss@smccd.edu](mailto:colts.ss@smccd.edu) to get started.

## Masters Swimming

Masters Swimming coaches take pride in our strong relationships with students, faculty, staff, and the community. We strive to ensure that everyone can enjoy our exceptional pools and facilities.

With these relationships, students, Athletic Center lap swimmers, staff and faculty have crossed over and joined the Masters swim team. It's been so fun to watch everyone's progress, especially lap swimmers who were initially nervous to join, but who are now "all in". Especially exciting are the many college swimmers who have joined Masters, to continue their intercollegiate training off-season.

One "stand-out" among those college swimmers is Derek Koo, is now an assistant coach for our Masters team. We are so lucky to have Derek as a part of our coaching staff!

The experience of swimming on a Masters team is so much more than just the workouts. The camaraderie between the swimmers is invaluable. Your lane mates can be encouraging and supportive and many times have led to life-long friendships. For a coach, that is one of the many things we are grateful for.

Interested in joining the Masters Swimming program? Please don't hesitate to reach out. You can easily contact us through email ([reudyt@smccd.edu](mailto:reudyt@smccd.edu)) or even better, come and say hi, if you see us on the pool deck.

Swim Strong,  
Coach Tom



# Membership

## New Members Referral Program April 2024

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

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

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

## We Hear You! Member Experience Response Form

We encourage you to share your insights, concerns and comments. Each month the Membership Teams will

include the survey. Click fill out the [Membership Experience Response Form](#) and reply, respond and comment about your member experience or perhaps share some wonderful suggestions to help us improve, implement and expand upon our customer service best practices! We thank you and value your input.

## San Mateo County Public School K-12 Special Membership

We encourage the incredibly dedicated educators and public servants working for San Mateo County to keep a healthy work life balance and to practice self-care by taking advantage of the benefits of wellness and fitness at the Athletic Centers at College of San Mateo and Cañada College. **Public school K-12 Faculty, Staff and Administrators** memberships receive special rates in appreciation of their dedication, service and hard work. Our way of thanking you for what you do! Pricing and information can found on page 19.



# Your Community Connection to Education & Fitness

**Did you know there are 620 muscles in the body?  
 You will after 7 days of this!**

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



**Scan the QR Code to request your guest pass!**

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



**College of San Mateo Athletic Center**

[comfit.smccd.edu](http://comfit.smccd.edu) • [sanmateoac@smccd.edu](mailto:sanmateoac@smccd.edu) • (650) 378-7373



**Cañada College Athletic Center**

[comfit.canadacollege.edu](http://comfit.canadacollege.edu) • [comfit.cc@smccd.edu](mailto:comfit.cc@smccd.edu) • (650) 381-3575

## Faculty/Staff/Administrators

	Enrollment Fee	50% Discount	Monthly Single-Site	Monthly Dual-Site
Single	120	60	32.10	40.66
Duo	192	96	58.85	73.83
Family	264	132	80.25	100.58

## Faculty/Staff/Administrators (Non-Prime-Time)

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

	Enrollment Fee	50% Discount	Monthly Single-Site	Monthly Dual-Site
Single	60	30	12.84	16.05
Duo	96	48	25.68	33.17
Family	132	66	35.31	43.87

\*7-day guest pass is valid for consecutive days only.



# order & pickup



College of San Mateo

 **Skyline College**

  
Cañada College

[pacific-dining.com/csmcafe](http://pacific-dining.com/csmcafe)

[pacific-dining.com/skylinecafe](http://pacific-dining.com/skylinecafe)

[pacific-dining.com/canadacafe](http://pacific-dining.com/canadacafe)

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

# Membership Rules

## 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](http://comfit.smccd.edu) and Cañada College - [comfit.canadacollege.edu](http://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.

# Membership Rules

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.**