

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

ATHLETIC CENTER

Your community connection to education and fitness.



May Newsletter

2025 Edition



Monday, May 26

Holiday Hours

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



CAÑADA COLLEGE
ATHLETIC CENTER
 Your community connection to education and fitness.



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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 & Sunday

7:00 a.m. - 5:30 p.m.
Pools close at 5:00 p.m.

Membership Hours

Monday - Friday

6:00 a.m. - 8:30 p.m.
Pools close at 8:00 p.m.

Saturday & Sunday

7:00 a.m. - 5:30 p.m.
Pools close at 5:00 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

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

Free parking currently remains in effect for all semesters.

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



Editor's Note

Injury Prevention & Recovery

Fitness experts challenge each of us weekly with recommended 150 minutes of cardiovascular training, three days of strength training with 2–4 sets of isolated movement for larger muscles while combining this with recommended combination/functional training 2–3 days per week followed by stretching.

Wow, where to begin... or better yet, when to stop? All of this can be accomplished with mindfully designed workout programs and schedules that are carefully built around appropriate progressions, injury prevention and planned rest for recovery.

This month's May Athletic Centers Newsletter will help members learn more about exercise planning, injury awareness and recovery. Overtraining can be a problem. The recommendations of a variety of reputable universities, personal trainer certifications and experts share that overtraining will result in injuries and that these are certain to slow future fitness progress.

One to two days of full rest is recommended weekly when exercising five days per week. It is encouraging to learn that many fitness goals can be met through interconnecting a variety of training modalities during one workout visit,

helping you to simplify time constraints while pushing you to improve focus, effort and outcomes.

We encourage you to learn more to meet your set targets. Start by setting target goals with plans to accomplish more in one workout and Athletic Center visit. Please be reminded, each member is physically unique and it is always suggested to seek the direction of a professionally, certified personal trainer and doctor before starting any new workout program.

Enjoy the journey, we look forward to helping you along the way!



Membership

New Members Referral Program May 2025

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

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

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

San Mateo County Public School K-12 Memberships

We encourage the incredibly dedicated educators and public servants working for San Mateo County to keep a healthy work life balance and to practice self-care by taking advantage of the benefits of wellness and fitness at the Athletic Centers at College of San Mateo and Cañada College. **Public school K-12 Faculty, Staff and**

Administrators memberships receive special rates in appreciation of their dedication, service and hard work. Our way of thanking you for what you do! Pricing and information can be found on page 6.

We Hear You! Member Experience Response Form

We encourage you to share your concerns, insights and comments below.

Click Here: [Membership Experience Response Form](#) and reply, respond and comment about your athletic center member experience. We welcome your observations to help us improve, implement and expand our customer service and facility best practices!

Thank you for your valued input.



Your Community Connection to Education & Fitness

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.

Do you have family or friends who are current members at either Athletic Center? You can also redeem a \$50 off the enrollment fee if you have a referral.

Faculty/Staff/Administrators Monthly Rates

Category	Enrollment Fee	Single-Site	Dual-Site
Single	120	32.10	40.66
Duo	192	58.85	73.83
Family	264	80.25	100.58

Faculty/Staff/Administrators Monthly Rates (Non-Prime-Time)

Limited access: Monday-Friday: 6 a.m. - 9 a.m. & 4 p.m. - Close • Weekends: no restrictions

Category	Enrollment Fee	Single-Site	Dual-Site
Single	60	12.84	16.05
Duo	96	25.68	33.17
Family	132	35.31	43.87



College of San Mateo Athletic Center

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



Cañada College Athletic Center

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Front Desk News

Your First Stop for Fitness Support

Cañada College Athletic Center Front Desk

One of the major challenges one can face at some point is injury. Just like any obstacle, there are ways to avoid it and ways to “comeback” from it. To help you, the friendly faces greeting everyone at the Front Desk will guide learning regarding who to speak with specific to injuries and recovery.

The Front Desk staff are well trained to point you in the direction of instructors teaching different classes, department leads who can support, and fitness trainers available to act with positive demonstration to help you avoid and respond to a related injury.

Consider injury prevention by learning first from the Front Desk who can provide informative flyers, class lists and professional contacts. The staff are happy to direct you to someone who can serve in professional recommendations. We are always here to help you find the right person to serve your needs.

To learn more about the CAN-AC Front Desk, contact Ricardo Aguilar at aguilarr@smccd.edu.

CSM Athletic Center Front Desk

Whether you’re an athlete, a gym member or just getting started with working out—taking care of your body is vital to staying consistent in fitness training.

Warming up includes pre-workout hydration. While water is essential to every muscle movement. Did you know that electrolyte balance for improved muscle contraction can be improved with Gatorade Zero prior to and during your workout? Post workout drinks include replenishment of carbohydrates and proteins. Visit the Front Desk Pro Shop to learn about the protein drinks available to help your body recover after a hard push. We look forward to helping your body become its best self.

A quick pick me up is often referred to as a means to balance your low blood sugar. Consider a nutrition bar from the Front Desk, including: Clif Bars, MetRX, Quest, Fig and Barbell bars.

Stay hydrated with Proud-Source water, served in re-usable and recyclable metal containers, also found at the Front Desk.

To Learn more about CSM-AC Front Desk, contact Julisa Lopez at lopezj@smccd.edu.



Group Exercise

Fitness Without Setbacks: Tips to Keep You Injury-Free

The slightest injury can put a pause to our fitness and exercise goals. It can only take a sprain or fracture for us to have to take injury prevention seriously.

In group fitness classes, injury prevention includes exercises that build functional strength, improve control over the body and focus on performing an exercise correctly.

Besides working out and training, injury prevention also includes eating a healthy diet, staying hydrated and getting enough sleep. Recovery helps prevent injuries from muscle, tendon and joint overuse. It will also help to keep focus and increase our ability to maintain correct exercise form.

Tips to Prevent Injuries during exercise:

- Make sure you warm up and cool down. Warming up and cooling down is a core part of injury prevention in sport and workout classes and prepares our muscles for stronger and faster movements
- Always have rest days. Giving yourself proper recovery time before working out is essential for muscle repair. If you work out too soon before your

muscles have recovered this can result in injuries from overuse.

- Focus on technique. Carrying out exercises with the correct technique is a major part of injury prevention during any workout. Remember to move at your own pace. It is always better to do fewer movements with the correct technique than to do more and put unhealthy strain on your body.
- Properly refuel your body. A quality diet also helps us rebuild muscles, reinforce bone density and strengthen our tendons.
- Perform daily stretches, Stretches are another form of injury prevention exercise. Stretching promotes muscle flexibility and minimizes injury by preparing and relieving our muscles before and after each workout.
- Wear the correct gear. Make sure you are wearing the right training shoes that offer support and clothing that is easy to move in.

Instructor Spotlight (CSM-AC) Lisa Cresson

Lisa started cycling using a borrowed bike at age 38 on a whim when a friend asked her to do a triathlon. She eventually got her own bike and started racing seriously, winning age group podium spots through sheer stubbornness and tenacity with training. One day while

Group Exercise

Continued from "Instructor Spotlight (CSM-AC) Lisa Cresson"



on a road ride she met up with a PenVelo cycling club member who had a flat tire. He taught her how to ride in a pack, draft and race. From there, cycling has become a true passion and an outlet for Lisa who regularly attended spin classes at CSM-Athletic Center. Now Lisa's 5:30pm,

Thursday evening class brings her outside rides indoors with intervals, hill climbs and road skills surrounded by banging beats, hard work and an attitude of fun. Come check out her class!

Instructor Spotlight (CAN-AC) Alex Lourenco



Injury Recovery with Alex is a Group Exercise class designed to help you regain control over your body and get back to doing what you love, even after an injury. Through a combination of targeted exercises and injury prevention strategies, you'll learn how to build strength and support around weak or

injured joints, helping to restore function, improve mobility, and reduce the risk of future injuries.

Alex will guide you through proven methods to strengthen the muscles that support vulnerable joints. You'll not only increase your overall strength but also boost your

confidence in movement, allowing you to return to the activities you enjoy with less pain and a lower risk of re-injury.

A Personal Trainer for the past two years and a group fitness instructor now for a year, Alex is a knowledgeable addition to our group fitness team. As a competitive weight lifter and student taking dual majors in Kinesiology and Nursing, Alex brings a well-balanced amount of knowledge to her group fitness classes.

Come join Alex and her Injury Recovery class twice a week on Wednesday's at 1pm and Friday's at 9am in studio 207. Reservations open 48 hours prior to the start of class!

Class Updates

Cañada College Athletic Center

New May Classes

Circuit Training with Linda

Monday | 6:30 p.m.. | Studio 207

Questions regarding GEX classes contact:

CSM-AC – Mouna Soudah at soudahm@smccd.edu

CAN-AC – Candi Cabrera at cabrerac@smccd.edu

GEX May Birthdays!

Carol Allison, May 2nd

Christine Salah, May 3rd

Joumana Khechen, May 4th

Wendy Stephens, May 20th

Ruth West, May 28th

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Reiki

Reiki – Holistic Healing

Reiki, a holistic healing practice, proves beneficial for various aspects of a hectic life. Particularly, for individuals engaged in fitness health it can be a valuable resource in managing discomfort and pain resulting from injuries or even arthritis.

If you are a frequent visitor to the gym or an avid runner, it is likely that at some point you will have experienced some type of fitness related injury. Naturally, after having an injury you want to get back to your training as quickly as possible, but without making the injury worse.

For some however, the injury may have happened months or even years ago. Reiki is still able to support these prolonged pains in the same way.

There is a huge variety of injuries that one can encounter when working out. The most common include:

- Muscle sprains / strains
- Knee injuries
- Back pain
- Achilles's injuries
- Shin bone pain
- Broken or fractured bones
- Joint dislocation

Reiki's Multifaceted Support

Reiki sessions extend beyond mere physical healing; they encompass mental and emotional aspects as well. Whether your injury is recent or a long-standing issue, Reiki can aid in your holistic recovery.

Reiki for Injury Recovery

Reiki contributes to the physical healing process, promoting a sense of relaxation during a session. The comforting warmth experienced during Reiki can help alleviate pain and speed up the overall healing process.

In addition to physical benefits, Reiki assists in addressing the mental and emotional toll that comes with an injury. It provides a profound sense of relaxation that contributes to emotional equilibrium, preparing individuals mentally for their return to training.

Reiki 2 Attunement Certification Course: What Are the Benefits?

The benefits of a Reiki 2 attunement are felt immediately when activated. Individuals often experience a heightened connection to Universal Energy and increased awareness, potentially leading to more profound self-healing and broader healing abilities. You may feel a greater sense of compassion and intuition, and become more attuned to healing.



Continued from "Reiki 2 Attunement Certification Course: What Are the Benefits?"

Physical and Energetic Changes:

- **Increased energy levels:** You might feel a surge of energy or vitality.
- **Sensory changes:** Some individuals experience heightened senses, with colors appearing brighter or sounds becoming sharper.
- **Physical sensations:** You might feel buzzing, tingling, warmth, or chills in your body.
- **Emotional shifts:** Emotional releases or shifts in perspective are possible.
- **Increased clarity:** You may experience greater mental clarity and focus.

Mental Changes:

- **Enhanced intuition:** Your intuition and ability to feel and sense things may become more developed.
- **Greater awareness:** You might become more aware of yourself, your surroundings, and the interconnectedness of all things.
- **Shift in perspective:** You may gain a deeper understanding of yourself and the world around you.
- **Feeling of peace:** Many people report a feeling of calm and peace after an attunement.

The second-degree attunement is thought to open your heart chakra, the interception points for the spiritual and

physical chakras. This allows you to channel reiki energy more effectively for self-healing and the healing others.

Come join us Sunday May 17th @ 12:30pm for the Reiki 2 Attunement Certification Course!

Reiki 2 Attunement Certification Course

Saturday, May 17th 12:30 p.m. - 4:30 p.m.

Cost: \$200.00 per member

Contact Candi Cabrera at cabrerac@smccd.edu to reserve your spot. Space is limited.



Group Exercise Schedules

Did you know that College of San Mateo and Cañada College Athletic Centers combine to offer 190 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**.



comfit.canadacollege.edu/classes.html



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).*

A photograph of a swimmer in a pool, viewed from above. The swimmer is wearing a black swim cap and goggles, and is in the middle of a stroke. Lane lines are visible in the water. The background is a bright blue color.

Aquatics

Bulldogs Swim School

Bulldogs Swim School has traditionally centered its lessons on actively engaging young swimmers, helping them by fostering a love for the water through mentally and physically stimulating activities. However, the team is now exploring a new dimension: the connection between swimming and recovery. This presents a unique challenge given their primary demographic of 3- to 12-year-olds, for whom the concept of recovery might seem abstract. The question arises: what, if any, is the role of recovery in youth swimming? In youth swimming, recovery also applies, below are just a few of the details surrounding this:

Active recovery, involving low-intensity exercise post-exertion to enhance recuperation and performance, is relevant here. Many of the school's swimmers also participate in high-impact sports, making recovery a subtle yet significant element. Just as every action has a reaction, swimming can serve as a counterpoint to these more demanding activities.

As a low-impact sport, swimming offers an ideal avenue for active recovery. The water's buoyancy and resistance provide a challenging yet supportive environment without stressing joints. Compared to sports like basketball, soccer and tennis, swimming allows young athletes to balance high-impact exertion. This equilibrium is crucial for sustaining an active lifestyle.

The very act of swimming involves stretching and lengthening muscles with each stroke, naturally aiding low-impact recovery while pushing physical boundaries. The rhythmic and repetitive nature of swimming laps also contribute to recovery by fostering comfort and relaxation. This early exposure to cyclical routines can instill a sense of stability and support healthy habits in the future.

Looking ahead, Bulldogs Swim School aims to integrate a focus on both activity and recovery for all its young swimmers. To learn more about Bulldogs Swim Lessons, contact Stephanie Vuong at vuongs@smccd.edu.

Masters Swimming - Tips for Recovery from the Head Coach

Stretch: I can't tell you how many times I've told my swimmers that they have to stretch before and after a workout. I understand that we are all in a big hurry before and after yet if stretching is not a priority, you need to make it one.

For swimmers, shoulders are the number one priority to concentrate on because it is the one area that is most prone to injuries. Basic shoulder stretching exercises before a workout take 5-7 minutes. The same goes for after workout stretching. You can easily find these



Aquatics

Continued from "Masters Swimming - Tips for Recovery from the Head Coach"

techniques online and it will make a huge difference in your workout and prevention of injury.

Warm-Ups and Warm-Downs: In each Master's practice swimmers spend about 15-17 minutes warming up before we start the main set. This usually consists of drills, kicking and a brief "get your heart rate going" short set. However, the majority of our workouts are only an hour which sometimes isn't enough time to get ready to swim fast. If you aren't quite ready, take more time before you start your fast swimming. Let your body be your guide. It will tell you when it is time to get going.

The same goes for your warm down. Again, because of time constraints, we probably don't spend enough time warming down. If you need to get more of a warm down, then start your warm down a bit earlier, even if it means you miss some of the main set. Just try to stay out of the way of those that are still swimming the remainder of their main set.

Recovery: Sleep, nutrition and hydration should make up the foundation of an athlete's recovery to counter fatigue, reduce the risk of injury and help drive the body's adaptive responses to exercise.

As we start to get "less young", we really have to be aware of how our bodies feel. The great majority of us do not get

enough rest! Please listen to your body. It will tell you if it is too tired or too broken down. If that happens, it's ok to take a day or two off from all forms of exercising. You will be amazed how your body will feel when you start back.

Hydration: Another very important element in your training schedule is HYDRATION!! This is a area that we seem to forget. Whatever exercise program you are involved in you should have some sort of healthy liquid with you at all times. Bodies require water, period. This isn't something exclusive to only when you exercise. You should be hydrating all day. Your body absolutely needs this to ensure normal heart-rate, blood pressure and brain activity.

Nutrition: Ok, this is an area that is far too extensive to cover in this article and while one may not consider it, nutrition is recovery. You can find all the info you need on the internet. It is important, so please do some research. The old saying 'YOU ARE WHAT YOU EAT', certainly that applies here.

If you want to live a long incredible life... STAY HAPPY, STAY HEALTHY and take time to recover, rest and enjoy the journey!

Swim Strong,
Coach Tom

To learn more about CSM-Masters contact Tom Reudy at reudyt@smccd.edu.



Aquatics

Bulldogs Swim Club

Whether your child is just beginning their swimming journey or competing at the highest level, injury prevention and recovery are key to staying strong and enjoying the sport. This month, we're focusing on how all our swimmers—beginners and competitive athletes alike—can develop healthy habits to train smarter, recover better, and prevent injuries.

For our younger swimmers learning to swim and injury prevention starts with proper movement patterns, flexibility, and body awareness. Simple stretches, good posture in the water, and balanced muscle development all play a role in making swimming safe and enjoyable.

For our more advanced swimmers, additional elements like cross-training, strengthening stabilizer muscles, and structured training progressions help maintain performance and longevity in the sport. Other essential factors for all levels include:

- Proper warm-ups and cool-downs to prepare the body and prevent strain
- Nutrition before and after workouts to fuel the body and aid recovery
- Myofascial release techniques like stretching, foam rolling, and massage
- Mental preparation through visualization and relaxation techniques

We're also fortunate to have an outstanding fitness department with knowledgeable professionals who are

always ready to assist with exercises designed to prevent injuries. Their expertise is an incredible resource for all swimmer athletes, from beginners to competitive.

Throughout the month, we'll share more insights and tips on keeping our swimmers healthy, strong, and ready to make the most of their time in the water. To learn more about BSC contact: Igor Marchenko at marchenkoi@smccd.edu.

Colts Swim School

At Colts Swim School, the goal is to ensure swimming is fun, safe, and injury-free. Whether at the beginning of a swim journey or competing at a higher level, proper technique and smart recovery habits make a significant difference.

As younger bodies grow and develop, taking precautionary actions is essential for helping youth staying healthy and strong. This month's focus is on essential tips to prevent swim-related injuries and ways to support recovery.

Warming Up Is Essential

One of the most effective ways to prevent injury is through a consistent warm-up. A proper warm-up prepares the body for movement and reduces the risk of strain. Begin with gentle arm circles, light kicks, and shoulder rolls. Starting with two to five minutes of dynamic movement helps activate muscles, improves performance in the water, and reduces the chance of injury.

Aquatics

Continued from "Colts Swim School"

Don't Skip the Stretch

Stretching after swimming or any physical activity helps protect muscles from strain. Post-practice stretching keeps muscles flexible and ready for the next session.

Stay Hydrated, Especially in the Water

It's easy to forget the impacts of the sun and warm water and how much the body sweats during swim sessions. Hydration plays a key role in muscle function and recovery. Drinking enough water prevents muscle cramps and supports the body after activity.

Listen to the Body

Feeling tired does not mean laziness. It often signals that the body needs rest. It's important to recognize signs of fatigue and allow for proper recovery. The body functions best when cared for with intention.

Fuel the Body for Strength and Recovery

A balanced diet with protein-rich foods and seasonal fruits supports strength, endurance, and healing. Protein helps rebuild and repair muscles after physical activity. Try incorporating snacks such as: greek yogurt with granola, turkey and cheese roll-ups, hard-boiled eggs or peanut butter on whole grain toast.

Seasonal fruits offer natural energy and hydration. This spring, enjoy fresh options like strawberries, pineapple, oranges, kiwi, mango and apples. These fruits are rich in vitamins and antioxidants that help the body stay fueled and ready for the next swim.

Support Through Lessons

Group lessons incorporate warm-ups, proper posture, and form-focused drills that keep swimmers moving safely. Private lessons offer an even more personalized approach. Instructors assess individual needs and develop customized plans that support full-body engagement, recovery, and long-term improvement.

Let's Build Healthy Habits Together

For questions or to schedule a lesson, contact colts.ss@smccd.edu. Colts Swim School is here to help every swimmer reach their fitness goals in a safe and supportive environment.

Pool Rules

To keep the swim areas safe, clean, and fun for everyone, please take a moment to review the Aquatics Pool Rules and kindly support each other in community spirit:

- Every person must shower/rinse before entering the pool. Limit time to two minutes.
- On deck, showers are for rinsing. Use locker rooms for bathing with soapy products.
- No person with open wounds or known, communicable diseases are allowed in the pool.
- Reservations are required. No entry into the pool lane or pool class without one.
- Pool lanes are limited to 2 persons per lane.
- Check-In on time. An auto-release of your reservation will occur 15 minutes after not checking in at the front desk. You will lose your pool lane reservation.
- Cancel if you knowingly are unable to use your reservation. Please be considerate to your fellow community, and cancel. Show kindness to each other, in this effort.
- What is a standby? 15 min after the hour, "no-shows" will forfeit their lane. Standby pool-visitors may be accommodated, yet swim time will decrease to 45 min. Standbys are not guaranteed a lane.
- The Standby List: A lifeguard will assign a member a "no-show" empty lane. Availability will depend on the standby que and be based on first come first served.



An Essential Guide to Staying Active and Safe

CSM-Athletic Center offers two percussive therapy devices free for up to 15 minutes daily to aid you in your recovery after an intense workout! Percussive therapy devices use rapid pressure bursts to relieve muscle tension, boost blood flow, and reduce soreness—especially for post-workouts. Benefits include:

- **Increased circulation** boost blood flow to the muscles, speeding up the removal of metabolic waste while bringing fresh oxygen and nutrients via increased blood flow.
- **Released muscle knots** occur when targeting specific trigger points, these massage devices help relax tense areas and reduce stiffness.
- **Improved flexibility** is shown when using massage guns regularly and can also improve your range of motion by promoting muscle relaxation.

Massage Hand-Held Device Recovery Tips:

- **Use on Large Muscle Groups:** Focus on areas like the thighs, calves, upper back and shoulders. Start with lower intensity settings and gradually increase, as your muscles become accustomed to the device.
- **Spend 1–2 Minutes on Each Area:** Focus on each muscle group for about 1–2 minutes, gently moving the massage gun over the muscle. Avoid using it directly on bones or joints.
- **Avoid Using on Acute Injuries:** If you have an injury or inflammation, avoid using a massage gun on the affected area until it has healed. For acute injuries, ice or rest is recommended.

Foam Rollers: Self-Massage for Muscle Relief

Foam rollers are cylindrical pieces of foam that you use to roll over your muscles, applying pressure to help release tension and improve flexibility. They are often used in myofascial release, a technique that targets the fascia (the connective tissue around muscles) to reduce tightness and improve mobility. Foam rollers help create more pliable scar tissue and helps reduce muscle knots, which can reduce pain and stiffness.

When to Use Recovery Methods

For optimal recovery, it's often best to combine modalities which include: massage hand-held devices, foam rollers and stretching.

Before Exercise:

- Start with dynamic stretching to warm up your muscles and increase flexibility.
- Use a massage hand-held device on areas of tension (like the shoulders or legs) where you feel tightness.

After Exercise:

- Foam roll your major muscle groups to release tension and improve circulation.
- Finish with static stretching to lengthen your muscles and promote relaxation.
- Consider using a massage gun on any particularly tight spots to further release muscle knots.

By integrating these recovery methods into your fitness routine, you'll speed up muscle repair, increase flexibility and reduce the risk of injury. Remember to be consistent and listen to your body—recovery is just as important as the workout itself. To learn more contact Megan Pham at phamm@smccd.edu.



CAN-AC Fitness

Injury Prevention Through Proper Programming

The Fitness department at CAN-AC assists members by offering specialized programming which focuses specifically on recovery and injury prevention.

Recovery Sessions

Led by specialized professionals and offered in both 25- and 50-minute sessions, recovery sessions at CAN-AC include proven techniques to assist with injury prevention. Proprioceptive Neuromuscular Facilitation (PNF) stretching uses partner-assisted isometric contractions and relaxation to boost flexibility, range of motion and strengthen stabilizing muscles like the piriformis and psoas, helping reduce pain and injury.

Recovery specialists use percussion therapy, a type of soft tissue treatment that uses pressure and vibration at rapid and repetitive speeds to target problem areas. Devices such as massage hand-held devices, rollers and balls are used with this type of recovery therapy. Percussive therapy is achieved by stimulating and relaxing muscle fibers and increasing blood flow. This helps lead to improved muscle function, increased range of motion and more effective delivery of oxygen and nutrients to damaged muscle tissue.

Specialized Group Exercise Classes

The weekly Group Exercises classes at CAN-AC are carefully and specifically scheduled for members to ensure a variety of formats. Every day of the week, members can choose to take a class which focuses on recovery, injury prevention and functional strength.

Functional strength training focuses on movements that mimic everyday activities, improving core and joint stability, mobility, balance and coordination to help prevent injuries. Weekly class formats to help improve functional strength are offered, such as TRX, Balance and Power and Functional Strength.

Other formats, such as Total Body Pilates, Yoga and Healthy Back, focus on core strength and proper spinal and pelvic alignment, which are critical for everyday human movement and avoiding injury. Members looking for classes focusing more on recovery can take a Deep Recovery, Injury Recovery or Foam Rolling class, all of which are led by Certified Personal Trainers. Reference the current [Group Exercise schedule](#) to see class times.

Personal Training

Working with a Certified Personal Trainer provides a safe path to fitness goals by offering guided routines that improve mobility, joint stability and functional strength. Trainers ensure proper technique, gradual progression, and personalized modifications to reduce injury risk.

Members who work with a Certified Personal Trainer receive a Personalized Program Plan (PPP), a monthly calendar schedule that outlines specific routines. PPP's include tailored routines that specifically help clients with injury prevention and recovery, which in turn complement the sessions and progression with the Personal Trainer.

Learn more about injury prevention and recovery offerings, and how to schedule complimentary demos, by contacting Joe Moorbrink at moorbrinkj@smccd.edu.



Endurance Training

Muscular Strength Training: A Must for Endurance Athletes

Avoid Injuries. Improve Performance. Train Smarter.

Many endurance athletes believe that logging more miles is the key to getting faster. Whether they're runners, cyclists, swimmers or training for a triathlon, they often prioritize cardio volume and overlook one of the most essential components of long-term performance and injury prevention: muscular strength training.

Injury Prevention

Strong muscles act as shock absorbers, protecting joints and soft tissues from repetitive strain. Strength training helps correct muscle imbalances, stabilize joints and improve movement patterns, all of which are critical for preventing common injuries like plantar fasciitis, IT band syndrome or lower back pain.

The Strength They Didn't Know They Needed

Muscular strength training isn't reserved for bodybuilders or powerlifters. It's a fundamental pillar for anyone who wants their training to go longer, stronger and safer.

Greater Efficiency

When athletes build strength, they can produce more force with each movement while using less energy. That translates to improved running, cycling or swimming economy, going farther, faster and with less fatigue.

Better Form Under Fatigue

Strong athletes hold their posture and form longer, even deep into a long training session or race. That means fewer breakdowns, fewer compensations, and better results.

Stronger for Everyday Life

Aside from performance, strength training enhances overall physical resilience and makes daily activities easier whether they're lifting groceries, hiking with friends or playing with their kids.

Small Group Strength Workouts for Endurance

Cañada College Athletic Center offers Muscular Endurance and HYROX-style small group workouts designed specifically with endurance athletes in mind on:

- Tuesdays at 8:00 a.m. & 5:30 p.m.
- Wednesdays at 5:30 p.m.
- Thursdays at 6:00 a.m. & 5:30 p.m.

Workouts blend functional strength movements like sled pushes, rowing, wall balls, lunges, burpees, and running in a circuit-style format that mimics real-world racing demands. This is good for anyone training for endurance sports like triathlon, Hyrox, running events or anyone looking to become stronger, more durable and better conditioned.

Endurance is more than just cardiovascular fitness, it's also about having the strength to move well, stay healthy and perform consistently. By integrating strength training into their routine, athletes build the foundation they need to prevent injuries and maintain good form.

Join our small group sessions and experience the difference. Spots are limited, and the gains are fantastic. For more information, contact Coach Cesar Valera at valerac@smccd.edu.

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

ATHLETIC CENTER

Your community connection to education and fitness.



Pilates

From Planning to Practice

Whether an athlete or someone who strives for better fitness, one of the main concerns is avoiding an injury that could derail an exercise routine or life for weeks, months or years.

Pilates is beneficial for injury prevention because it focuses on developing balanced muscle strength, improving flexibility and stability, correcting postural imbalances and enhancing overall body control. When exercises are performed with focus on these principles, particularly in key areas of the body like the core and its deepest muscles, alignment is optimized and correct movement patterns and habits are established for more efficient functioning bodies.

Pilates Improves Core Strength and Stability

Core muscles are involved in every action from standing to reaching to twisting the body. Pilates places a strong emphasis on strengthening the core muscles, including the deep abdominals, back muscles and pelvic floor. This increased core stability helps to support and protect the spine, reducing the risk of lower back injuries.

Pilates Enhances Flexibility

Pilates combines both strength and stability, with mobility and flexibility, in a balanced and healthy way to promote optimal overall function. The increased flexibility and improved range of motion provided by Pilates exercises can help to reduce muscle imbalances and reduce the risk of strains or tears during physical activity.

Pilates Improves Body Alignment

Pilates promotes proper alignment of the body which is essential for injury prevention. A healthy alignment of the spine and pelvis is crucial in improving movement patterns and helps to distribute forces evenly throughout the body, reducing the strain on specific joints or muscles.

Pilates Builds Body Awareness

By focusing on proper form and alignment, Pilates teaches a greater understanding of the body and builds awareness of potential imbalances or weaknesses allowing for adjustments to prevent injuries before they occur.

Pilates Looks at the Whole Body

Pilates looks at the entire body, how it's working together, and how the strength or function of one part of the body is, in turn, influencing the rest. Pilates provides functional movements that include both open and closed chain exercises. It works the muscles both statically and dynamically and overall works multiple muscles in a coordinated way with varying concentric, eccentric and isometric actions. This is essential for long-term injury prevention as no part of the body works in isolation but is often heavily influenced by the rest.

Pilates is a valuable addition to any fitness routine, in fact it has been used for decades for rehabilitation and injury prevention.

To learn more about Pilates, contact: **(CSM-AC)** Sybille Draper at drapers@smccd.edu and **(CAN-AC)** Christina Mancin at mancinc@smccd.edu.



2025 BAPA SUMMER CAMP

10% off
Early Bird
Special Ends
4/20

COLLEGE OF SAN MATEO
1700 W HILLSDALE BLVD SAN MATEO

BAPA (ACADEMIC, ENRICHMENT & FITNESS) AGES 11-14

ACADEMIC: MATH, SCIENCE, & WRITING SKILLS.

**FITNESS ALL GRADES: GIRLS AND BOYS
BASKETBALL, X-FIT BOOTCAMP, AND MINDFULNESS
AND YOGA**

**ENRICHMENT ALL GRADES: ANIMATION & VIDEO
WITH CANVA, CREATIVE WRITING, DRAMA, MONEY
GURU, PUBLIC SPEAKING, 3D POP-UP CARDS,
DIGITAL ART, 3D MODELING, DIGITAL PHOTOGRAPHY,
GRAPHIC DESIGN, WEBSITE BUILDING, DIGITAL
ANIMATION (2D), INTRO TO GARDENING, PENCILS
AND PASTELS, LEADERSHIP 101, SCRIPT WRITING,
SCULPTURE WITH PAPER MACHE, FUN WITH
AUTOMATA, SIGN LANGUAGE, MANDARIN,
ILLUSTRATION, CAREER EXPLORATION**

(2-weeks AM, PM or Full day/ check website for full class list)



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Register here!

Questions or need help
with enrollment?
(650)574-6129
communityed@smccd.edu



**BAY AREA
PATHWAYS
ACADEMY**

Summer Programming. Year Round Impact.



SUMMER GAME DESIGN & CODING ACADEMY

College of San Mateo
1700 W Hillside Blvd San Mateo

3 Sessions available for Ages 11-14 year old

GAME DESIGN CAMP

Session 1: June 16- June 27, 2025

Session 2: July 7- July 18, 2025

Times: 8:30 am to 12:30pm

Students will think critically about how game mechanics influence their experience of play, and they will use this perspective to design their own games. They will have time to playtest each other's games, practicing giving and incorporating constructive feedback. The curriculum covers a range of game types, including board games, arcade games, and 3D games, as well as techniques like coding with blocks and using a 3D game engine.

CODING CAMP

Session 3: July 21- Aug 1, 2025

Times: 8:30am to 12: 30pm

This class will introduce students to coding fundamentals and their commonalities across languages. For each language, students will start by learning "Hello, World!" — a common introduction to any coding language — and then learn variables, conditional logic, loops, and functions. Languages will include Scratch, Python, and JavaScript. The section on JavaScript will include an introduction to Object Oriented Programming. We will use Scratch and JavaScript editors.

Click

price: \$780

Register here

Questions or need help
with enrollment?
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BAY AREA
PATHWAYS
ACADEMY

Summer Programming. Year Round Impact.





BAPA JR.

RISING 2ND TO 5TH GRADES

BAPA JR. Summer Camps at College of San Mateo
Ages 7-10 years of age

Session Length

Sessions 1, 2 and 3 will run for 2 weeks from 9am to 3pm.

Session Dates

Session 1 (10 days): 6/16-6/27

Session 2 (10 days): 7/7-7/18

Session 3 (10 days): 7/21-8/1

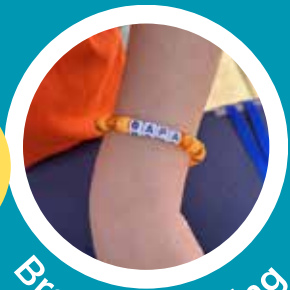
Class Times

Each 2-week session includes 6 hours of class per day.

Price: \$750.00 per 2 week session from 9am-3pm



We offer
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College of San Mateo

 **Skyline College**


Cañada College

pacific-dining.com/csmcafe

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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 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 who is 18+ years of age 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 Athletic 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 Athletic Center(s) are required to complete registry and enrollment paperwork, including Membership Application, Liability Waiver, 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 Athletic Center(s) do so at their own risk and agree to abide by the rules for use of the facility.

Membership Rules

6. Members and Guests are responsible for their own personal property. The SMCCD Athletic 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, pool, or group exercise areas.
13. Open speaker audio is not allowed at any time.
14. Phone calls are not allowed in the fitness areas or locker rooms. They must be taken outside, at the front desk area or Aquatics lobby. Members will be required to end phone call made in the fitness area or locker rooms, by attending staff or managers.
15. Only pre-authorized, employed individuals of the SMCCD Athletic Centers may record or photograph activity. Members and their guests are not permitted to use any recording devices to capture visual or audio content at any time.
16. The time limit on equipment is 30 minutes, when others are waiting.
17. 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.
18. Cancellation policy on all paid services is 24 hours. Cancellations within 24 hours will incur the full charge of the service.
19. Locker room facilities are available for all members and their guests. Children 15-17 must be accompanied by their parent or guardian.
20. Member may not adjust lights, fans, temperature controls, yet may seek staff assistance.
21. 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.