

CAÑADA COLLEGE || COLLEGE OF SAN MATEO

ATHLETIC CENTER



August Newsletter

2025 Edition



Wed, August 13th

**Day & Evening Classes
Begin**



CAÑADA COLLEGE
ATHLETIC CENTER

Your community connection to education and fitness.



COLLEGE OF SAN MATEO
ATHLETIC CENTER

Your community connection to education and fitness.

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

August is National Back to School Month

Cañada College and College of San Mateo Athletic Centers are excited to welcome students back for the Fall 2025 semester starting Wednesday, August 13!

As hybrid learning labs, both centers support student-athletes and fitness education while offering the community a unique space to work out alongside and inspire one another.

Given this shared environment, we ask everyone to be patient, communicate respectfully, and remember that these are active college campuses. The first six weeks of the semester tend to be especially busy.

As you "drive through the fitness field of dreams," please follow "the rules of the road." Here are some tips to help your workouts run smoothly:

- **Make a reservation:** Reservations are required for pool lanes and group exercise classes to ensure your spot. Click [here](#) to learn now!
- **Avoid the crowds:** Check the pool schedule to see when lanes are free and reserve your swim during those times for the best availability.

Click on the links below to see pool lane availability:

- [CSM Athletic Center Pools](#)
- [CAN Athletic Center Pools](#)

- **Fitness Floor "Busy Times":** Check with the Fitness Attendant on duty for fitness floor class times. You may choose to avoid these sessions or take the opportunity to join and learn more about general fitness conditioning from an instructor.
- **Use your phone for music, not for texting, reading, or watching videos:** This is your time to focus. Keep breaks between sets to a max of one minute, stay present, and be courteous by allowing others to work in!
- **Pivot - Change - Grow:** Don't limit yourself to one machine. If your favorite is taken, try one of the many alternatives. Switching it up boosts overall fitness results!
- **Read the room:** Be mindful of time and others waiting. Limit cardio to 30 minutes, offer to "work in" on strength equipment, and share kindness.

Together, we create change starting with ourselves. This Fall 2025, let's support each other and student success at Cañada and College of San Mateo Athletic Centers, where community, education, and fitness thrive.



Membership

New Members Referral Program August 2025

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

We encourage our current members to refer a friend, family member, or colleague to join the Athletic Center. Each referral gives the current member a chance to enter a drawing to win a 1, 3, or 7-day consecutive guest pass, valued between \$30 - \$210.

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.

Monthly Membership Dues Rate Increase

College of San Mateo and Cañada College Athletic Centers will continue the provision of exceptional service in Fitness, Aquatics & Facilities while also ensuring affordability, (currently maintaining both locations as lower priced fitness options). At present, this equates to a rate increase for select membership types.

Effective September 1, 2025 the following monthly dues rate increases will take place:

Membership Type	% Rate Increase
California Select <i>Lives and/or works outside of San Mateo County</i>	4%
Community Collective <i>Lives and/or works in San Mateo County</i>	4%
Senior Select <i>62 and older</i>	2%

We thank you for your continued patronage and support.

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 5.



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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 below.

Scan the QR code below to reply, respond or comment about your athletic center member experience. We welcome your observations and suggestions to help us improve, implement and expand our customer service best-practices!

We thank you and value your input.



Scan Here



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.

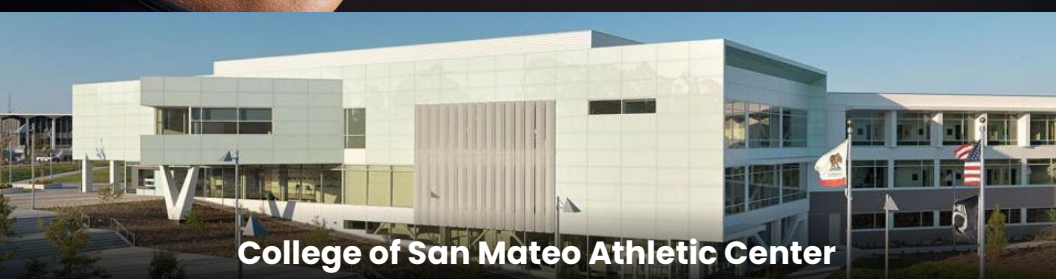
Faculty/Staff/Administrators Monthly Rates

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

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



Front Desk

CSM Front Desk

Now that school is back in session, we encourage everyone to become students at CSM or Cañada College. Students enrolled in **6 or more units this Fall** are eligible for our amazing **Student Select Membership Plan**, which gives you full access to the Athletic Centers!

Our hours are **6:00 a.m. – 8:30 p.m. on weekdays** and **7:00 a.m. – 5:30 p.m. on weekends**, giving you plenty of time to come in, take a break, reset, and leave feeling ready to tackle schoolwork with confidence and focus.

Academic students enrolled in **Kinesiology, Academic, or Dance (KAD) classes** will receive a **digital key tag via email** to scan in, granting access to the Athletic Center **only during their scheduled class times**. If you're a KAD student, you can also stop by the front desk to pick up your **physical key tag** and take a **profile photo** for our system.

Students who've enrolled themselves in the Student Select Membership will receive a **white key tag** granting them unlimited access during all open hours. You're able to come workout outside academic KAD class times and also reserve a spot in the group exercise classes or lanes in the pool.

If you have any questions about your access, our front desk team is always happy to assist! We welcome all students and members sending out best heading into the new school year.

CAN Front Desk

We're excited to see students engaging with the Athletic Center this semester whether through classes, athletics, or working at the front desk. Students are central to everything we do.

Both Athletic Centers are part of the SMCCD campuses, and student support is a top priority. To accommodate academic use, the Cañada Athletic Center is **closed from 2:00 p.m. to 4:00 p.m., Monday–Friday, year-round**.

Back to School Month is a perfect time to support our student athletes! Check the college website for upcoming home games. Basketball games are free and held right here on campus.

We're proud of our student assistants at the front desk. If you're an SMCCD student interested in joining the team, stop by; we're often hiring!

Reminder: All members must check in and scan their key card each visit to ensure safe and registered access to the facility.

CSM Athletic Center Front Desk

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

Cañada College Athletic Center Front Desk

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



Group Exercise

Get Active, Stay Connected!

As the semester approaches, campuses are coming back to life with returning students, staff, and new faces alike. With personal schedules taking shape, now is the perfect time to check out the August 2025 Group Exercise (GEX) schedules for both the CSM and Cañada College Athletic Centers.

Our friendly GEX instructors are excited to welcome you to class with a smile! With over 200 group exercise classes across the CSM and Cañada College Athletic Centers, there's something for everyone.

Group fitness is a great way to de-stress, stay active, and connect with others. Choose from a wide variety of formats, including yoga, cycling, Zumba, HIIT, TRX, aqua, pickleball, and strength training. Whether you're a student, faculty, or community member, there's a class for you.

First-timers are encouraged to try something new! Classes are designed for all fitness levels, and instructors will help you modify exercises as needed to fit your pace.

Joining a group class is a fun way to stay motivated and build a supportive community. Just check the schedule, reserve your spot, and show up. Come as you are and move how you can. We can't wait to see you in class!

CSM-AC Instructor Spotlight: Vanesa



Originally from Argentina, Vanesa is a certified Zumba and STRONG Nation instructor with over 12 years of experience. She's passionate about helping others lead happy, healthy lives and has brought her high-energy classes to communities across the Bay Area.

Vanesa fell in love with Zumba for its ability to make fitness fun, lively, and accessible. Her mission is to share the joy of music and movement by creating a vibrant, welcoming atmosphere in every class, leaving participants feeling motivated, confident, and empowered.

Join Vanesa for **Zumba on Thursdays at 6:00 p.m. at CSM-AC**, you'll leave smiling and accomplished!

Group Exercise

CAN-AC



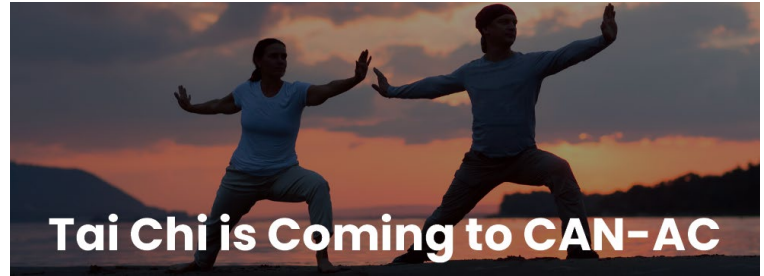
Deep Foam Rolling & Recovery
Saturday, August 9th | 9:30 a.m.
Cañada College Athletic Center | Studio 208
Led by Sandy Frojelin

Foam rolling and stretching are essential parts of effective workout recovery, working together to enhance muscle repair, improve flexibility, and prevent injury. Foam rolling targets tight fascia and muscle knots through self-myofascial release, increasing blood flow and reducing delayed-onset muscle soreness (DOMS).

Foam rollers help stretch and lengthen muscle fibers, restore range of motion, and maintain joint health. According to Cheatham et al. (2015), foam rolling not only eases soreness but may also improve your range of motion. A systematic review published in The International Journal of Sports Physical Therapy concluded that “self-myofascial release through foam rolling is effective in increasing joint range of motion without negatively affecting muscle performance” (Cheatham et al., 2015).

In other words, regular foam rolling can help you move better and reduce injury risk, especially when combined with a consistent strength and mobility program.

Join us at the CAN Athletic Center for **Deep Foam Roller and Recovery** classes, taught by Group Exercise Instructor and Trainer Sandy Frojelin. Classes are held **Tuesdays at 9:00 a.m. and Thursdays at 10:00 a.m.** Additionally, don't miss the special class on **August 9th!** This 50-minute session will guide you through proper foam rolling techniques to support recovery, mobility, and stress relief.



Expanding health and wellness offerings at CAN-AC is one of our key goals for members. Any opportunity to ground yourself and invite positive energy into the body can help heal, relax, and reset both body and mind, supporting recovery and reducing stress.

Tai Chi, a well-known practice rooted in energy flow offering a wide range of physical and mental health benefits, making it an ideal exercise for people of all ages and fitness levels. It's known to improve balance, flexibility, and lower body strength, comparable in some ways to resistance training. In addition, Tai Chi can help reduce stress and anxiety, enhance mood, support better sleep, and even assist in managing chronic conditions like arthritis and fibromyalgia.

In August, we're offering **free Tai Chi classes** for our members to try out this powerful format. Classes will be held **Wednesdays and Fridays from 10:00–11:15 a.m. in Studio 1-181**. Starting in September, Tai Chi will become a regular part of our Health and Wellness GEX paid class schedule at CAN-AC. Pricing will be **\$15 per class** or **\$100 for a package of 8 classes per month**.



We're thrilled to welcome Instructor Ben Dineen, who teaches Tai Chi, yoga, meditation, breath work, Qi Gong, mobility, and wellness classes across the Bay Area since 2002. Ben brings a deep passion for movement, flow, and connection.

Group Exercise



GEX August Birthdays!

Rhonda Fitzpatrick, August 1st
Laura Stern, August 5th
Mouna Soudah, August 15th
Lexi Chapalis, August 19th
Ryan Bettencourt, August 30th

Thank you to everyone who joined us for our 4th Annual Summer Solstice Rooftop Yoga event on June 20th! We were thrilled to welcome a large and vibrant group of yogis to help us celebrate the summer solstice under the evening sky.

A heartfelt thank you goes out to the eight incredible instructors who team-taught the event and made the experience truly special. Special thanks to John Carosella for leading and setting the tone for a powerful and memorable night of connection, movement, and energy.

Questions regarding GEX classes contact:

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

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





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**.



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comfit.canadacollege.edu/class.html



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ATHLETIC CENTER
Your community connection to education and fitness.

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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Aquatics

CSM – Aquatics

August is National Back to School Month and with this brings exciting change at CSM-Athletic Center pools. As this is one of the busiest times in the year, please read the tips offered below to help maximize your pool experience and support the students:

- **Reservations** are required to secure a spot in the pool due to limited lane availability and capacity restrictions. If you do not book a reserved lane, you risk not being able to swim and/or having your swim time cut short.
- **Cancel your reservation**, if you do decide you are no longer swimming, please consider your fellow swimmers, cancel your reservation and kindly open the space to another.
- **Guiding You On-Deck.** CSM- AC lifeguards will be actively checking reservations during peak hours and guiding patrons to open lanes. Seek a lifeguard upon walking on deck, to ask what lanes are available.
- **Consult the updated Lane Availability Sheet** for current lane availability, before making reservations. (Look on the Athletic Center Website under Aquatics). You can also find copies available at the Front Desk, posted in the Athletic Center hallway (by the Locker Rooms), at the Aquatics Front Desk, and of course you can download a PDF copy from the website.

- **Check Lane Availability Weekly.** Please note: lane availability will fluctuate, change and be continuously updated during the first few weeks of the semester. The most current versions will always be available online and posted throughout the Athletic Center.
- **Respect Academic Classes & Intercollegiate Training at The Pools.** Please remember that all academic classes & college sports-swim training are conducted during the same time as Athletic Center Member access. We kindly ask that you respect the instructors, coaches, and students by allowing their classes to proceed without interruption.
- **Please Be Mindful of Your Presence on Deck.** If you have any questions regarding lane assignments or availability, lifeguards are ready to assist. Please do not interrupt the Academic Instructor, nor enter the lanes reserved for Academic Instruction.

To learn more about CSM-Athletic Center Aquatics contact: Aquatics Operations Manager, Stephanie Vuong at: vuongs@smccd.edu.

CSM – Masters

It's hard to believe we're already talking about "back to school" and everything that comes with it. For Masters Swimmers, it's especially important to be mindful of the CSM academic and intercollegiate swim programs that resume with the new semester. We share the pool deck,

Aquatics

and we're incredibly grateful for your understanding, flexibility, and support.

Activity on the pool deck is already picking up, and with the semester's start, we'll see even more students and swimmers. With that in mind, here are a few tips to help you navigate this busy time:

- **Watch for new signage** as you enter the pool area. Academic classes may be in session, and signage will guide you on where to go, and where not to go. Let's be courteous to CSM students and faculty by taking a moment to read the whiteboards and posted signs.
- **Give classes space.** Please avoid walking in front of instructors while they're teaching. It's a simple way to show respect for the learning environment.
- **Extend grace and lend a hand.** Many students are new to campus, the locker rooms, and the pool. If you see someone who looks unsure, feel free to offer guidance. A little kindness can go a long way and it always circles back.
- **Have questions? Ask a Masters coach or the lifeguard on duty.** They're up to date on lane availability and pool usage. Please avoid interrupting faculty during class time.
- **Plan ahead.** This isn't your first rodeo, shared space can be a bit tricky. Allow extra time for access to pools and showers. Let's pause, be grateful, and show patience for the "first-world" challenges we're fortunate to experience.

To learn more about Masters Swim Program at CSM, contact: Coach Tom at: reudyt@smccd.edu.

CSM – Bulldog's Swim Club

Sharing the Deck: Working Together at the Pool

The new semester has begun, and with it comes a fresh rhythm on the pool deck. Our swimmers are training hard, and now, academic classes and intercollegiate sports are also increasing their presence in this shared space. It's an exciting time for all of us, and a great chance to practice teamwork both in and out of the water.

As swimmers, families, and members of the College of San Mateo community, we all play a part in keeping our environment respectful, safe, and welcoming. Here are a few reminders to help us share the pool deck with courtesy and care:

- **Know your lane.** BSC swimmers already have lanes assigned for practice. No need to sign up or reserve, just check the updated schedule and ask your coach. This helps everyone settle in quickly and keeps practice running on time.
- **When in doubt, ask!** Not sure where to go or whether a lane is available? Don't guess, ask a lifeguard! They're here to help and are happy to point you in the right direction, especially during busier times.
- **Respect academic classes & intercollegiate swim practice.** College swim classes and intercollegiate programs often overlap with BSC practice hours. Please avoid walking through or in front of their training areas. Even small courtesies like walking around instead of through, make a big difference in helping students focus and instructors teach effectively.
- **Lane reservations.** Reminder for Non-BSC Swimmer

Aquatics

parents who are also athletic center members. Please remember that CSM-AC requires lane reservations for personal swim times. Reminder: BSC swimmers do not need reservations during team practices, those spots are already secured.

- **Why your help matters.** While the suggestions above may seem like small things, together they create a large impactful, positive, shared swim environment. Let's continue to show kindness, be still in patience, learn from and respect one another. Whether lifeguards, students, or fellow swimmers, together we are what make BSC parents and swimmers "team strong!"

To learn more about Bulldog's Youth Swim Club, contact: Coach Igor at: marchenkoi@smccd.edu.

CAN - Aquatics

Lane Availability & Semester Schedule

Lane availability will shift with the start of the new academic year. The updated semester schedule will be posted online and around the club beginning **August 11, 2025**. Please note that **Fall 2025 semester classes begin August 13, 2025**.

Lane Reservations are MANDATORY

To guarantee swim time, lane reservations are **mandatory** and must be made using the online system. Scheduled classes and existing reservations will take priority. To secure a spot, check the [pool lane availability schedule](#) and be sure to reserve a time slot in advance. Swim lane reservations open 48 hours prior to the desired date. *For example: to reserve a lane for Friday, reservations become available beginning Wednesday.*

Pool Etiquette & Lifeguard Assistance

If you are unsure where to swim, check in with a lifeguard on duty before entering any lane. Lifeguards are available to guide swimmers to open spaces and ensure ongoing classes or team workouts are not disrupted. When in doubt, always consult a lifeguard.

While academic classes are in session, please:

- Avoid walking through or in front of class areas.
- Refrain from engaging with instructors or students, as they are focused on instruction.
- Direct all questions or concerns to the lifeguards, who are available to assist.

Family Swim Day at CAN-Athletic Center Pool

A huge shout out and THANK YOU to all of the member-families who joined for the **first-ever Family Swim Day on Sunday, July 13th** at CAN-Athletic Center. This Beta-Test event proved massively successful and it was a joy to see families, friends, and loved ones enjoying the pool together!

To celebrate the end of summer and gear up for the school year, another **Family Swim Day** will be held on **Sunday, August 17, 2025, from 3:00–5:00 p.m. in our small pool**. To register on the interest list and receive updates on sign-ups, please contact colts.ss@smccd.edu. Looking forward to seeing everyone there!

To learn more about CAN-Athletic Center Aquatics contact: Aquatics Operations Manager, Isaak Bravo at: bravoi@smccd.edu.



CSM-AC Fitness

Back to School, Back to Balance

Juggling being a student, faculty and/or community member alone or simultaneously can feel like a full-time job. Balancing assignments, exams, teaching, competing work projects, family and social life are not easy tasks for anyone. Let's then consider *how* to create better personal life equilibrium, with the assistance of exercise.

When you work out, your body releases endorphins (those "feel-good" chemicals), which help improve mood, sharpen focus, and reduce anxiety. The gym can be your sanctuary during a busy, chaotic week. Let your workout time become the place where stress is left at the door, even if only for an hour.

Remember, you don't need to be at your best to show up. You just need to show up as you are. Here are a few actions and benefits to help you move into the Fall Semester and Autumn Holiday Season with ease:

- **Practice physical activity as it reduces stress hormones:** When you're stressed, your body produces more cortisol and adrenaline. Regular exercise helps regulate and reduce these stress hormones. At the same time, it boosts endorphins—chemicals in the brain that act as natural mood lifters and painkillers. Exercise literally changes your brain chemistry to help you feel calmer and more balanced.
- **Move repetitively to help improve mental clarity**

and focus: Physical activity increases blood flow to the brain, which can sharpen your thinking, boost memory, and help you concentrate. This is especially helpful when juggling multiple responsibilities—like school, work, and personal commitments. Even a 20-minute brisk walk can improve cognitive performance and help you to reset mentally.

- **Relax your mind with strength & cardio to improve sleep quality:** Stress often messes with your sleep. Exercise helps regulate your sleep cycle by reducing anxiety which also promotes deeper sleep. When you're well-rested, you're better able to handle life's demands decreasing feelings of being overwhelmed.
- **Consistent training boosts confidence:** Working out consistently, even just a few times a week, can improve your self-esteem and sense of control. Feeling strong physically can spill over into how confident you feel in other areas of life. That boost in confidence can help you handle stress with more resilience and less panic.
- **Use your calendar and create structured "me time":** When your schedule feels packed, it's easy to neglect self-care. Scheduling regular workouts gives you dedicated time just for you, no emails, no assignments, no responsibilities, just movement and mindfulness. Train your body and give your mind a break.

Ready to build strength, confidence, and connection?

For more info, contact Fitness Operations Manager, Megan Pham: phamm@smccd.edu.



CAN-AC Fitness

Back to School

As the new academic year begins, the campus community can anticipate a revitalized atmosphere filled with fresh energy and opportunities for engagement.

The Athletic Center stands as a vital cornerstone, not only supporting the physical well-being of its members, but also fostering connections across diverse groups. By embracing both student academic and community recreational pursuits, CAN-AC cultivates a spirit of inclusivity and collaboration that echoes throughout its halls and training spaces, setting the tone for a successful and vibrant semester ahead.

We're excited to welcome new and returning students and staff! The CAN-AC Fitness team is proud to support all who share and use the Athletic Center.

The Fitness floor offers a large variety of equipment and machines to ensure members have access to everything needed for their routines and programming. This is also true for the students at the college taking academic fitness classes within the Athletic Center. Faculty of the Kinesiology and Dance (KAD) department use the space just as a Chemistry professor uses a laboratory.

This shared space is designed to support both academics and community fitness. During certain times, some equipment may be reserved for classes. Community Fitness staff will be available to offer alternatives and assist as needed.

Important Rules & Regulations

With increased usage at the start of Fall Semester, we'll be enforcing Rules and Regulations to maintain safety. Let's work together to support a safe and respectful fitness environment:

- **No backpacks or duffel bags are allowed on the Fitness floor. Please use provided lockers throughout the facility to store personal belongings.**
- **Athletic apparel and closed-toed shoes are required on the Fitness floor. Jeans, pants with belts or ripped holes, sandals, Crocs, clogs, etc. are prohibited.**
- **Time limit for cardio-machines is 30 minutes.**
- **Please allow others to work in on pin-loaded/selectorized machines while others are waiting.**
- **No photography or video recording of any kind is allowed in any area of the Athletic Center.**

Sign Up for Personalized Programming

Signing up for personalized fitness programming with professional guidance can help community members navigate through the facility and maximize their time and effort.

New members are entitled to complimentary Personal Training, Recovery, Pilates, and Pickleball demos. To learn more about CAN-Fitness or to schedule personalized programming, please visit [our website](#) or email Fitness Operations Manager, Joe Moorbrink at moorbrinkj@smccd.edu



CAN & CSM Pilates

Benefits Beyond the Workout

The Athletic Centers welcome back CSM & CAN Students! Within the world of fitness and wellness, great instructors are built through quality education, strong training, and consistent mentorship. Students at The College of San Mateo are offered a variety of Academic Pilates classes this Fall Semester 2025, ranging from beginner courses like Pilates I (FITN 335) to advanced instructor training through Apparatus Instructor Training (KINE 127).

These structured, semester-based classes are led by experienced faculty who focus on technique, body mechanics, and the deeper foundations of the Pilates method of instruction. Students gain more than just physical skills, they develop the knowledge and confidence needed to lead others, with a strong emphasis on safe, effective, and inclusive teaching.

What makes the Pilates program even more special at CSM is its community of passionate students and faculty. The classes bring together people from all backgrounds, age groups, and experience levels. The result is truly a diverse and supportive learning environment that reflects responsiveness to the needs of the communities we serve in San Mateo County.

The impact is already clear, nearly all of the current Pilates instructors (working at both College of San Mateo and Cañada College Athletic Centers) are graduates of CSM's exceptional Pilates Teacher Training Program. This speaks to the program's quality, reputation, and practical

success in preparing instructors to lead with skill and confidence. While this is notable, what continues to stand out are the wonderful responses received from Athletic Center members who benefit from the certified group of student graduates, who now offer private & group Pilates sessions at CSM & CAN Athletic Centers.

We invite you to explore the program, academic course work and Pilates sessions offered to members. Share them with others, and consider taking a Pilates Orientation class. If you have ever wondered how effective Pilates is on body development and recovery, now is the time to learn.

Pilates Orientations are a great way to meet the current instructor graduates, and experience a Pilates reformer. Who knows, maybe Pilates course work is something you may wish to explore further. Whether it's for your own health or the consideration of a new career path, we encourage you to stretch and strengthen your mind and body and consider a future of learning in Pilates education.

To schedule a complimentary Pilates orientation at CSM or Cañada College, contact one of our Pilates Leads below:

CSM Athletic Center Pilates

Pilates Lead, Sybille Draper at drapers@smccd.edu

Cañada College Athletic Center Pilates

Pilates Lead, Christina Mancin at mancinc@smccd.edu.



order & pickup



College of San Mateo

 **Skyline College**


Cañada College

pacific-dining.com/csmcafe

pacific-dining.com/skylinecafe

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 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.
22. Cell phone & personal devices may not be charged at outlets dedicated to cardiovascular equipment.
23. Members are required to make reservations for pool lanes and GEX classes.

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.