

CCC offers new winter aquanastics water fitness class

HAMMOND — Get a head start on your fitness goals for 2016 with a special Winter Term Aquanastics class through Clatsop Community College.

This class will be held on Tuesdays and Thursdays, Jan. 19 through Feb. 25, from 9 to 9:50 a.m. or from 10 to 10:50 a.m. Only 12 students can attend each section. The cost is \$29.

Aquanastics is a water fitness class that is energizing and strengthening, yet gentle on the joints. The

exercises are designed to increase range of motion, flexibility and cardiovascular fitness. The ability to swim is not required. This is not a swimming class and is conducted in a 3-to-5-feet deep heated pool.

Pool beach balls and noodles are provided free for class use and enjoyment. As an added bonus, students are given basic water health and safety tips, plus play some water games. This class is for both women and men.

The class is held at the

KOA Campground heated indoor pool, located at 1100 Ridge Road.

The facility provides hot showers, rest rooms and a hot tub to relax the muscles after class. There is no additional fee for use of the pool.

Students need to arrive with swim suits on and bring their own towels. Shampoo, conditioner and shower gel is provided in the newly remodeled showers. Parking car tags need to be picked up at the main office at KOA before the first class. Stu-

dents also need to sign in before each class at the main office.

The class is taught by instructor Kathleen Hudson, who has certifications from ARC Water Safety, Arthritis Aquatic Instructor Training program, completed A Matter of Balance at CMH, and aqua aerobics training from Pismo Beach Athletic Club.

Register at www.clatsop-cc.edu/schedule and search under Course Title or call 503-338-2402.



Submitted photo

Aquanastics is a gentle exercise program in the water.

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