

Winter 'aquanastics' class offered

Sign up for CCC water fitness course this winter

HAMMOND — The "aquanastics" water fitness class offered through Clatsop Community College is energizing and strengthening, yet gentle on the joints for both men and women. The exercises are designed to increase range of motion, flexibility and cardiovascular fitness.

This is not a swimming class and is conducted in a 3-to-5-foot deep heated pool. You do not have to know how to swim. 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.

Classes are held at the KOA Resort, 1100 Ridge Road in Hammond, from 9 a.m. to 9:50 a.m. or 10 a.m. to 10:50 a.m. Tuesdays and Thursdays Jan. 5 through Feb. 28, for a total of 16 classes. Only 12 students



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Aquanastics are a form of fun exercise.

can attend each section, and the cost is \$39.

The KOA Resort has a heated indoor pool and provides hot showers, restrooms 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 swimsuits on and bring their own towels. Shampoo, conditioner and shower gel is provided. Parking tags need to be picked up at the main office at KOA before the first class. Students need to sign in before each class at main office, too.

Class is taught by Kathleen Hudson, an experienced instructor with certifications as an American Red Cross water safety instructor, arthritis aquatic instructor, completed A Matter of Balance at Columbia Memorial Hospital and aqua-aerobics training from Pismo Beach Athletic Club.

Register now at <http://webreg1.clatsopcc.edu/schedule/> or call 503-338-2402. Direct inquiries to Mary Kemhus, 503-338-2408 or mkemhus@clatsopcc.edu.

The Coats sing to close the year

Hear a capella group perform at Coaster Theatre

CANNON BEACH — Cap off 2016 with an a cappella holiday concert with The Coats at 7 p.m. Wednesday, Dec. 28, at the 200-seat Coaster Theatre, located at 108 N Hemlock St.

The Coats blend music and comedy so seamlessly that you will be left wondering, "How did all of that come out of four guys?"

The four-man a cappella ensemble has shared stages with The Beach Boys, Trisha Yearwood and Eddie Money, and their intensely arranged and hilarious interactive performances seamlessly blend music and comedy.

Founded in Seattle in 1987, the nationally touring quartet is made up of bass singer Kerry Dahlen, baritone Doug Wisness, and Jamie Dieveney and Keith Michael Anderson as second and first tenors, respectively.

In a career spanning almost two decades, the group has performed for the Pres-



SUBMITTED PHOTO

The Coats are an a cappella music and comedy band performing 7 p.m. Wednesday, Dec. 28, at the Coaster Theatre in Cannon Beach.

ident of the United States, MDA benefits, the Susan G. Komen foundation and a list of corporate clients including Starbucks, Microsoft and the Seattle Mariners.

The Coats have released two demos and 13 albums.

Their latest release, "Shine On," came out in 2016.

Tickets cost \$39 and can be purchased by calling the Cannon Beach Chamber of Commerce at 503-436-2623 by visiting cannon-beach.org

The Coaster Theatre Playhouse Presents

A faithful adaptation of the 1946 classic film.

It's A Wonderful Life

by James W. Rodgers

Nov. 18 - Dec. 23, 2016

Tickets \$20 or \$15
Shows begin at 7:30 p.m.
Sunday shows at 3:00 p.m.

Sponsored by The Clark Family

Tickets: 503-436-1242 or coastertheatre.com
108 N Hemlock Street, Cannon Beach, OR

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2017
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