

## Aquanastics class offered this spring

HAMMOND — Clatsop Community College will once again offer aquanastics classes this spring.

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.

Ability to swim is not required; this is not a swimming class and is conducted in a 3-to-5-foot-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.



SUBMITTED PHOTO

Register for Aquanastics this spring.

Class is held on Tuesday and Thursday beginning April 4 through May 25 for a total of 12 classes. There are

two sections: 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.

The class is held at the KOA heated indoor pool at the KOA campground, located at 1100 Ridge Road in Hammond. It 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 in the newly remodeled showers. Parking car 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 the main office also.

The class is taught by Kathleen Hudson, experienced instructor, with certifications from the ARC Water Safety Instructor and Arthritis Aquatic Instructor Training program, a completed A Matter of Balance at CMH, and Aqua Aerobics training from Pismo Beach Athletic Club.

Register now at [www.clatsopcc.edu/schedule](http://www.clatsopcc.edu/schedule) and search under Course Title or call 503-338-2402.

Direct inquiries to: Mary Kemhus, 503-338-2408; [mkemhus@clatsopcc.edu](mailto:mkemhus@clatsopcc.edu).

## Tickets on sale for Pouring at the Coast

Eighth annual Seaside craft beer festival is set for March 18

SEASIDE — It will be Pouring at the Coast in March: The Seaside Chamber of Commerce is bringing together more than 40 Northwest craft brewers at the Seaside Civic and Convention Center on March 18 for the eighth annual craft beer festival Pouring at the Coast.

Tickets are on sale now through Seaside Chamber of Commerce. Tickets can be purchased online by visiting [www.PouringattheCoast.com](http://www.PouringattheCoast.com)

Admission is \$20 for a souvenir tasting glass and five tasting tickets, which can be purchased online or at the door. In addition, a limited number of Pilsner souvenir glasses are available only online for \$25 and includes seven tasting tickets. Additional tasting tickets are \$1 each at the festival.

This is a 21 and over event. Call 503-738-6391 for more information. The festival will take place from 3 to 8 p.m.

Pouring at the Coast has become a popular Seaside attraction for craft beer fans from all over Oregon and Washington.

"This is truly a beer lover's paradise," said Chamber Director Brian Owen. "Our focus is simply to feature the best Oregon brews."

The festival includes live music and a People's Choice award for best beer.

In 2016 the People's Choice award went to Wild Ride Brewing from Redmond, Oregon, for the brewery's Nut Crusher Peanut Butter Porter.

The chamber works with Jimmy Griffin, owner of Seaside Brewing Co., to make the annual selection of featured craft beers for the festival.

The Seaside Civic and Convention Center is located at 415 First Ave.

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