

Swimmers back in the water at local pools

By GARY HENLEY
The Astorian

Swimmers and users of workout centers are likely relieved to know that aquatic centers and pools on the North Coast are back to normal operating hours, for the most part.

The Astoria Aquatic Center is back in business.

In addition to hosting scheduled high school swim meets this winter, the pool is open for “Family/Therapy” swims Mondays, Wednesdays and Fridays from 6 a.m. to 1 p.m.; Tuesdays (7 a.m. to 1 p.m.) and Thursdays (7 to 11 a.m.).

The Astoria swim team will be practicing in the mornings from 8 to 10 a.m. on Monday, Wednesday and Friday, Dec. 20 to Dec. 31.

Families can take part in recreational activities while sharing the pool with local group classes.

Lap lanes, used for a variety of activities such as aerobics and lap swimming, are open to the public at the above times. Swimmers who wish to have a lane to them-

selves may reserve a lane. Cost is \$25 per hour.

For non-pool workouts, individuals can use the center in self-led “stretch and strengthen” exercise groups, Mondays, Wednesdays and Fridays, 8:30 to 9:30 a.m. The class is for all levels of fitness, and incorporates the benefits of yoga stretches and resistance stretching, with an emphasis on good posture to maximize the benefits of an aquatic workout.

The pool’s “open play” times are 4 to 7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; Thursdays from 3 to 7 p.m., and Saturdays 11 a.m. to 3 p.m.

Swimmers under age 8 need to swim with an adult for their safety; swimmers ages 9 to 12 will be given a green wristband and may swim unaccompanied. Children under 13 must be accompanied by an adult within the facility for their safety.

The Astoria pool’s slide is open Monday through Friday, 4 to 7 p.m.; and Saturday, noon to 3 p.m.

Medium intensity water exercise work-

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Alyson O'Connor

An Astoria High School swimmer glides through the water during a recent home meet.

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