



Swimmers at a practice at the Astoria Aquatic Center.

Nikki Davidson/The Astorian

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outs are available Tuesday and Thursdays, 7 to 8 a.m., using water and equipment for resistance, toning muscles and increasing endurance and flexibility.

The U.S. Coast Guard will have three lanes reserved in the lap pool, Tuesdays and Thursdays (8 to 10 a.m.).

The aquatic center is also offering a year-round recreational swim league, which began earlier this fall.

Beginning swimmers practice Tuesdays and Thursdays (4:30 to 5:30 p.m.); and advanced swimmers practice Monday, Wednesday and Fridays, 5 to 6:15 p.m.

Level placement and swimmer readiness evaluations can be scheduled by emailing aquatic center supervisor Terra Patterson (tpatterson@astoria.or.us). Participants can do dry land and aquatic exercise drills and team building activities. Cost is \$50 per month for two-day per week participants, and \$75 per month for three-day per week participants. There is a one time registration fee of \$25.

Anticipated closures will be posted on the Astoria Parks Department events page (astoriaparks.com) and on the department's Facebook page.

Unfortunately, not everything is back to normal.

As of Dec. 1, the Astoria Parks and Recreation Department has temporarily suspended fitness classes due to limited staffing in order to prioritize fall youth programming at the aquatic center.

The center's website states: "We have currently suspended our swim lesson program due to the rising number of COVID-19 cases in our area. At this time we do not have a start date for our next session of swim lessons."

Sunset Pool, in Seaside, has undergone recent renovations in the last two years.

With 140,000 gallons of water, the main lap pool is 25 yards long with six lanes.

A smaller (40,000 gallon) warm water pool can be used for stretching and strengthening muscles in a low-impact environment.

Sunset Pool also has a hot tub, perfect for a soak after a workout in a fitness room at the pool.

Pool users can take part in lap and open swim times, with water fitness programs and swim lessons. First-aid and CPR certification courses are also available throughout the year.

For pool hours and information, visit sunsetempire.com.

Both Astoria and Seaside pools host high school meets throughout the winter sports season.

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