## Art + Craft

**PER025340X**  **WEAVING TRADITIONAL MARITIME MATS**  **$35.00**

Historically, maritime chafing mats—woven from retired fishing and crabbing line—were used to protect the most trafficked areas of the deck aboard wooden ships from everyday wear and tear. In this workshop, students will learn the history and purpose of chafing mats, how to select and prepare retired commercial fishing line for weaving, how to read and follow patterns, and how to weave mats from retired commercial line—harnessing the sea's good karma. Participants will leave with their own finished mat! The class is limited to 8 students. 1 session

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<th>INSTRUCTOR</th>
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<td>F2F</td>
<td>W1</td>
<td>NEITZEL</td>
<td>S</td>
<td>11:00-2:00 PM</td>
<td>TOWL-306</td>
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**DATE:** JUL 17  
**DATE:** AUG 14  
**DATE:** SEP 18

## Fitness

**FIT085065**  **INTERVAL TRAINING**  **$80.00**

This workout features a combination of strength and cardio activities that will provide a high-calorie burn and body sculpting. Each class features different combinations of activities and is a great form of cross training. After 30 minutes of cardio intervals, participants will do core strengthening on the mat and finish with a good stretch. Students should bring a set of 5-7 lb hand weights to class. 15 sessions

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<tr>
<td>F2F</td>
<td>D1</td>
<td>MULLIGAN</td>
<td>MW</td>
<td>7:30-8:20 AM</td>
<td>PATR-306</td>
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**START DATE:** JUL 7  
**END DATE:** AUG 25

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To register for Community Education Classes, email communityed@clatsopcc.edu OR call (503) 338-2408
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FIT085067  BANDIT COMMUNITY FITNESS  VARIES
Join the Bandit Community Fitness program each term to access Patriot Hall’s fitness facilities including the indoor track, weight room, cardio room, gym floor, and regularly scheduled open court sports. New to the program? Sign up for a Level 1 Fitness Orientation to become familiar with the building and equipment, set personal fitness goals, and develop a fitness plan for the term. Returning students are invited to sign up for the Level 2 Fitness Review to check-in, measure, and modify personal goals from the previous term. To sign up for a fitness orientation or review session, visit the Patriot Hall front desk (dates TBA). Please note that Track/Court Punch Cards do not include access to the weight and cardio equipment.

Music

PER006504  BEGINNING UKULELE  $50.00
Dust off that ukulele and learn how to play it! In this class, you’ll learn basic chords and strumming patterns, how to read ukulele tabs, and how to play in a group. Bring your ukulele as well as a tuner and black stand, if you have them. All beginning ukulele players are welcome! 8 sessions
F2F D1 MARTIN M 4:00-5:00 PM TOWL-201
START DATE: JUL 12  END DATE: AUG 30

PER006504  INTERMEDIATE UKULELE  $50.00
Are you an experienced ukulele player? Come learn more difficult chords, strumming patterns, and riffs. Develop your skills to get ready to join the local ukulele orchestra! Bring your ukulele as well as a tuner and black stand, if you have them. All experienced ukulele players are welcome! 8 sessions
F2F E1 MARTIN M 5:00-6:00 PM TOWL-201
START DATE: JUL 12  END DATE: AUG 30

Seniors

FIT085007  CHAIR EXERCISE FOR SENIORS  $50.00
This seated exercise program is designed for Seniors 65+ who are looking for exercise they can do at home and at whatever time suits them. The majority of each session is done in a chair working upper and lower body along with core exercises. Participants may use their own 2-3 lb hand weights depending on their ability. The last 5 minutes of the class is done standing behind the chair focusing on balance and strength of the lower body. This video series of 30-minute classes will be sent to participants via email so that they may view them on their own computers. 2 Days / Week. 16 sessions
D1 MULLIGAN 2 / WK VARIES VIDEO
START DATE: JUL 6  END DATE: AUG 27

General Interest

PER046501  BIRD WATCHING  $25.00
Take time to familiarize yourself with the beautiful birds of the Pacific NW. Learn to identify them by sight, sound, habitat, and behavior. Even in urban areas, birds are some of the easiest wildlife to observe, but how can you tell which is which? Learn how to tell thrushes from warblers, hawks from eagles, waterfowl from wading birds, and more. Whether you’re a backyard bird watcher or eager to go out into the wilderness to check species off your life list, this is a great class to get you started!

Health & Wellness

PER06021X  MEDITATION  $50.00
This is an ongoing meditation class and silent sitting group offered year round. In this class, participants explore the present moment experience using the foundational practices of breath, body, heart, and mind. This is a non-religious class lead by a Zen priest. All are welcome! 8 sessions
Clatsop Community College offers a full suite of learning opportunities for students and community members at all stages of their careers. Take one of our classes on your own, or reach out to build a customized training session for your employees. There is an opportunity for you—whether you are a seasoned professional or just starting your first job!

Visit clatsopcc.edu/workforcetraining or contact workforcetraining@clatsopcc.edu to learn more.
At the Clatsop Small Business Development Center,

We Are Here To Help You Grow

Our services are designed to help business owners and operators in all stages from start-ups and businesses in their first year, to mature business looking to grow. Our services include free and confidential business advising, monthly workshops and seminars and the Small Business Management Program.

Business Advising
As an entrepreneur, your path to start, run and grow a business is likely to be filled with a variety of challenges that you’ll need to overcome to avoid costly setbacks or even failure. The journey can sometimes be overwhelming and risky- but you don’t have to do it alone. The Clatsop SBDC’s team of professional business advisors are available to help you navigate your way to success!

To schedule a free and confidential advising session in English or Spanish, visit our website or call 503-338-2402.

Small Business Management Program (SBM)
Are you ready to take your business to the next level and are excited to learn and try new ideas, then this program is for you! The Small Business Management Program is a comprehensive 9-month business management course designed to give you expert advice across all aspects of your small business. You’ll hear from experts in bi-monthly classroom sessions, benefit from group discussion with other business owners and get individual and personalized business coaching—all designed to help you develop a sound plan for growth, expansion and greater profits.

The next cohort begins Fall 2021.
Contact the SBDC office for more information.

Workshops and Seminars
The Clatsop SBDC offers a variety of affordable workshops in English and Spanish, designed just for Small Business owners! Each month experts will share insights and knowledge on a wide range of business topics including marketing, customer service, finance, budgeting, human resources and much more!

Visit our website and Facebook page to see what’s coming up next!
OregonSBDC.org/Clatsop
Facebook.com/CCCSBDC

For more information Call 503-338-2402 or visit OregonSBDC.org/Clatsop

We have two locations:

In Seaside
CCC South County Center
1455 N. Roosevelt, Seaside

In Astoria
CCC Lexington Campus
1651 W. Lexington, Astoria
BANDIT COMMUNITY
FITNESS IS BACK!
COMMUNITY ACCESS TO PATRIOT HALL HAS RETURNED

SIGN UP FOR A FITNESS CLASS OR REGISTER FOR BANDIT COMMUNITY FITNESS THIS SUMMER TO ACCESS PATRIOT HALL FITNESS FACILITIES

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FOR THE MOST CURRENT RATES, SCHEDULE, & GUIDELINES PLEASE VISIT CLATSOPCC.EDU/PATRIOTHALL
VIEW PHYSICAL EDUCATION CLASSES ON PAGE 7