

DECEMBER
2017

OTIS REC CENTER

WWW.NOTICEOTIS.COM

REC CENTER OFFICE

Tuesday-Friday, 8:00AM-3:15PM

70 North Main Road

PO BOX 237 Otis, MA 01253

413/269-4541 · otisrec@verizon.net



Movie Fun Night

Fun, fun, fun—arts & crafts, games, a movie & pizza! Parents—want a night out? Get some holiday shopping done? Drop off the kids (ages 5-12) at the Rec Center 12/16/17, SATURDAY, 5:00-9:00PM. Drop-in, no pre-registration, free.

SKI HELMET DAY



Skiing & Helmet Safety, 1/6/18, Saturday, 10:00AM-2:00PM, Otis Ridge, Route 23, Otis. Get your current helmet checked for proper fit or get fitted for a new one! Ski Helmets—suggested donation \$20, limited quantities! Sponsored by Otis Recreation Commission, Boston Children's Injury Prevention Program and Safe Kids MA. Special thanks to Otis Ridge!

Safety tips for Winter Sports*

Winter is a great season to enjoy sports right here in our community. As always, use common sense and check your equipment prior to going out. **Downhill Skiing**—Always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers the responsibility for a great skiing experience. Always stay in control; People ahead of you have the right of way; Stop in a safe place for you and others; Whenever starting downhill or merging, look uphill and yield; Use devices to help prevent runaway equipment; Observe signs and warnings, and keep off closed trails; Know how to use the lifts safely —**Know the CODE. It's your responsibility.** **Cross-Country Skiing**—When going to a ski center for the first time, inform the staff that you are new to the activity and ask about rules, trail etiquette and trails best suited to your skiing ability. Stretch before and after; Protect yourself from the sun; Drink plenty of water; Practice your technique; Ski in control. **Snowshoeing**—Stay within the limits set by your physical abilities, the environment and your gear & stick to established trails. Many ski areas have cross-country ski trails that snowshoers can share. (Just be sure to follow trail etiquette and stay off the ski tracks.) Do not snowshoe alone.



*www.nsaa.org *www.rei.com *www.mass.gov

OTIS RIDGE & MAPLE CORNER FARM PASSES—Enjoy downhill/cross-country skiing and/or snowshoeing on us! Pass includes lift/trail ticket and/or rentals – pass is restricted to Otis Residents and Otis Taxpayers and their immediate minor children only as well as additional criteria – contact the Rec Center Office for details. **Otis Ridge**, www.otisridge.com - The Friendly Family Ski Area - perfect terrain to learn to ski or board. Top of the mountain has some steeps for those looking to extend their ability. **Maple Corner Farm**, www.maplecornerfarm.com - 20 kilometers of groomed trails for classic & skate skiing over a variety of terrain. Separate trails for snowshoeing.

- **Family/Discounted Passes**—Amelia Park, Hancock Shaker Village, Magic Wings. Passes available at the Otis Library.
- **Join the Gym**, Ages 18+, contact Rec Center Office for details.

Drop-in Classes—No registration required

Otis Residents/Otis Taxpayers Free, Non-Otis = Flex Passes — contact Rec Center Office, CANCELLED class dates posted on "Event Calendar" on website
OTIS TOWN HALL is located at One North Main Road, Otis, MA

Cardio Blast

w/Heather Bilotta @ Otis Town Hall/AGES 16+
Explore a whole new way of working out. This class utilizes mindfulness techniques like body awareness and self-compassion to enhance this low-impact but high results exercise program.
12/4/17-2/19/18, Mondays, 9:00-10:00AM, cancelled 2/26

Chair Tai Chi/Qigong

w/Barbara Penn @ Otis Town Hall/AGES 16+
Seated form of 14 postures with a breathing pattern that allows energy to flow to specific organs & joints. Total fitness form to improve health & reduce stress. No stress on knees, hips or back.
9/9/17-12/2/17, Saturdays, 12:15-1:15PM, resumes March 2018

Chair Yoga

w/Connie Wilson @ Otis Town Hall/AGES 12+
Receive all the benefits of yoga without getting down on the floor! Build strength, enhance flexibility, range of motion, sit tall with ease, be more comfortable in your body than you ever thought possible!
12/6/17-2/28/18, Wednesdays, 10:00-11:00AM

Shake your Soul Dance

w/Heather Bilotta @ Otis Town Hall/AGES 16+
Shake Your Soul® is the dance class that you've been yearning for! Lively and joyful, sweet and soul-full Shake Your Soul® has a wide variety of movement styles set to an inspiring array of popular and world music. All fitness levels welcome & celebrated!
12/22/17-2/23/18, Fridays, 9:00-10:00AM, cancelled 1/19, 2/16

Tai Chi/Qigong

w/Barbara Penn @ Otis Town Hall/AGES 16+
Moving meditation that calms the mind, relaxes the body and strengthens the spirit.
9/9/17-12/2/17, Saturdays, 10:45-NOON, resumes March 2018

Yoga

w/Connie Wilson @ Otis Town Hall/AGES 16+
Kripalu Yoga, all levels. Inner focus, meditation, yoga poses, breath work, "development of a quiet mind" & relaxation.
12/2/17-2/24/18, Saturdays, 9:00-10:30AM

Volleyball (Recreational) @ Farmington River School/AGES 16+. FREE, no experience necessary. All levels welcome.

9/20/17-6/13/18, Wednesdays, 6:30-9:00PM
Always check the website calendar— we need a minimum number of participants to run this program each week. Cancellations posted by 3:00PM.