

BLACK MOUNTAIN

RECREATION & PARKS

Summer 2014

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**Recreation & Parks
Department**

101 Carver Avenue
Black Mountain

828-669-2052

TDD# 1-800-735-2962

**Lakeview Senior
Center**

401 S. Laurel Circle Dr.,
Black Mountain

828-669-8610

www.blackmountainrec.com

Black Mountain Recreation and Parks has several facilities available for rental, including the Lakeview Clubhouse, the Lake Tomahawk pavilion, the Carver Community Center, Grey Eagle Arena, and the Black Mountain Pool. Please call **669-2052** or **669-5213** for details on rental prices and availability.

ADULT SPORTS

Dodgeball

Summer League

Dates: June 10 - August 5

Day: Tuesday Nights

Cost: \$125/Team

Manager Meeting: June 3, 7:00 pm Grey Eagle Arena

Tennis

June Clinic (ages 8 - 14)/\$30 and Adult Clinic /\$50

Dates: Tues & Thurs, beginning June 3

Time: 6:00 - 7:00 pm

Location: Owen Middle School

Cost: \$30/Youth \$50/Adult

blackmountaintennis.com

Summer Beach Volleyball League

Beach Volleyball League at Carver Community Center.

The League will start June 29th and will be played on Sundays through August.

June 5th at 7:00 pm at Carver Community Center

Cost: \$125/Team

Disc Golf Tournament

Dates: August 9 Trilogy Challenge

Cost: \$30 Per Person

trilogychallenge.com

SPECIAL EVENTS

Senior Games and Silver Arts

The 2014 Senior games are just around the corner and we are looking for a team of people 55 years or better to represent Black Mountain. Senior Games provides events for a variety of interest and athletic ability, including billiards, swimming, cycling, track and field, bowling, golf, tennis, badminton, shuffleboard, croquet, horseshoes, table tennis, and basketball. Silver Arts provides a showcase for the talent of artists in visual, heritage, literary, and performing arts. Categories for entering creative pieces or performances includes painting/drawing in varied media, sculpture, photography, poetry, short story, essay, basketry, needle arts, woodworking, pottery, jewelry, dance, comedy, drama and vocal performances.

Ages: 50+

When: May 13 - June 3, 2014

Place: Various Locations in Buncombe County

Cost: Varies Per Event

Contact Dee Black at 828-259-5809 or dblack@ashevillenc.gov for further information. Entry forms available online at www.ashevillenc.gov.

Park Rhythms

This free summer concert series is in its 19th year! Thursday evenings at 7 p.m. - 9 p.m. on Lake Tomahawk, June 26 - August 14. We'll have some great food vendors and fabulous music. Check out our line-up for 2014!

June 26 Kellin Watson - Folk / Rock / Pop / Soul
July 3 Crooked Pine - Old Time and Bluegrass
July 10 Dashboard Blues - Timeless Dance Grooves
July 17 The Broadcast - Hard-edged, soulful rock music
July 24 Secret Agent 23 Skidoo - Family hip hop with a solid gold soul
July 31 One Leg Up - Gypsy Jazz
August 7 Adam Brooks Dudding - Americana, Newgrass
August 14 A Social Function - Popular Top 40 and Dance Band

***In case of rain, all shows will be moved indoors to the Lakeview Clubhouse. They will not be rescheduled.**

For information, contact the Lakeview Center @ (828) 669-8610.

July 4th Street Dance

Come to downtown Black Mountain for our annual Street Dance! On the outdoor stage we'll have live music by the 96.5 WOXL House Band; crafts and games for the kids; food, and lots of family fun! Come for the fun and stay for the fireworks that will begin at dark.

When: Friday, July 4th, 5:00-9:00pm

Where: Sutton Avenue, downtown Black Mountain

YOUTH SPORTS

NFL Flag Football

Registration Begins June 1

Cost: \$55/Player

Games: Monday and Thursday Evenings

Dates: September, October

Practices: Weekday Evenings and maybe Saturday Mornings

Dates: August, September, October

Players receive Flags and Official NFL Flag Football Jersey

8 and Under and Kinder Tennis

Ages 3-6 and 8 and under (7&8)

Tuesdays in May, 5:00 - 5:45 pm

Beginning May 6th, Cragmont Courts

Cost: \$30

Under 10 Tennis

Tennis for ages 9 & 10

Thursdays in May, 5:00 - 5:45 pm

Starting May 8th, Cragmont Courts

Cost: \$30

Junior Tennis Camp (8-14)

Tennis Camp is a culmination of all Spring/Summer tennis programs. New drills, games, higher level of instruction. Price includes snacks, a pool pass for a week, and pizza party.

Date: July 21-25, 9:00 - 11:30 am Owen Middle School

Tennis Courts

Cost: \$50

blackmountaintennis.com

*Mid June - Mid August there will be Junior Team Tennis and Intramurals. FREE.

Summer Basketball Clinic

Basketball Clinic will be on Tuesday's and Thursdays starting July 15th and go through August 28.

This Clinic will be for improving dribbling, shooting, passing, and other skills. Depending on sign-ups we might have

to separate into age groups. Volunteers may be needed.

Ages: 8-14 (rising 3rd - 5th graders; rising 6th - 8th graders)

Cost: \$45

Youth Basketball Registration

Registration will begin September 1st. It might seem like it's a long way away but sign up early to save some cash. \$45 for early bird registration Sept. 1st - Sept. 30th, \$50 for registration after Oct. 1st, \$55 paper registration in the office, and \$60 for late registration after Nov. 1st and ends Nov. 15th.

Soccer Camp

Soccer Camp will be July 28th - August 1st

Camp will be from 9:00 am to 11:30 am at Grey Eagle Arena

Cost: \$50

Swim League

Teams will be made up of kids ages 5 - 15 from the Black Mountain area.

Dates: 2+ week days practices

Dates: May 26th - July 26

Cost: \$50

Ages: 5 - 15

Lacrosse Camp

Register Now! Montreat's Lacrosse Coach Will McMinn will be teaching this beginners Lacrosse camp. We will be splitting kids up by age and perhaps skill level.

Location: Black Mountain Recreation Park

4-6 yrs old July 14th-18th 9:00 am Recreation Park

7-9 yrs old July 21st-25th 9:00 am Recreation Park

10-12 yrs old July 14th-18th 1:00 pm Recreation Park

13 and up July 21st-25th 1:00 pm Recreation Park

Cost: \$60 per child

COMMUNITY PROGRAMS

Carver Playgroup

Babies and Toddlers

Thursday 10:30 to 12:00 pm

Contact Crystal for more details at crystalahauser@yahoo.com

Tai Chi/Qigong Classes - Tai Chi Chuan Yang Style 108 Form

Instructor: Roberto Vengoechea 828.275.7835 or 828.279.7778

Cost: \$30.00/month

Monday 4:30-5:45...**Beginner Classes** (no pre-requisites)

Tuesday 10:30-12:00...**Advanced Classes** (must have mastered first loop of form)

Location: Carver Community Center Gymnasium

Tai Chi, often described as meditation in motion, is an ancient internal martial art which combines slow, controlled and low impact movements with breath management while enhancing the power of concentration and relaxation. Tai Chi engenders overall improvement in health, fitness and stress relief while building strength and flexibility, improving posture, joint movement and spine health, enhancing balance and coordination while refining attention and focus. While not a self-defense class, tai chi is a martial art, so in this class martial art applications of the form are explained. (If you have any health concerns, please consult your physician before beginning any new exercise program.)

Karate

The Land of the Sky Martial Arts program emphasizes physical skills, balance, flexibility, coordination, focus, respect, and teamwork. The instructor has a varied background in several disciplines of martial arts and extensive training in working with children.

Dates: Tues. & Thurs, On-Going

Time: 3:00-6:00 pm; white belts 3-4, color belts 4-5, 5:30-6:00
Martial arts weaponry

(students may stay through the later class and work on homework.)

Location: Carver Community Center - Auditorium. Bus drop off available.

Ages: All Ages

Fee: \$65 per month

Black Mountain Yacht Club

Black Mountain Yacht Club will be having Races every 2nd Saturday of the Summer

The Yacht Club holds monthly regattas at Lake Tomahawk Park. Dates for the upcoming season are:

Dates: May 10, June 14, July 12, Aug 9

Location: Lake Tomahawk

Time: 12:30

If you are interested in joining the club, selling a yacht, or trying your hand at sailing, contact Bobby Ammons at 828.669.6344.

Hip Hop Dance Class

Motions Dance

Location: Carver Community Center Gymnasium

Wednesday Nights 7:30pm - 9:00pm

\$7 dollars a class

Ages 11 & up

Fun Fast paced hip hop and modern dance class. We explore different cultures and genres of music. All levels of dance accepted, prior experience not required. Great way to exercise while having fun. Come check us out! For more information contact Morgan at 828.216.0752.

Drum Circle

Drum Circle every Saturday at Carver Community Center in the Auditorium from 4:00 pm - 6:00 pm. For more information contact Steven Townsend at 828.545.0389

Qi Gong

Integrate Body, Mind, & Spirit through the practice of Qi Gong. Qi Gong, or "energy work," is a powerful form of internal exercise and meditation. The Chen Tai Chi Silk Reeling Spiraling Power of Qi Gong exercises are a special set of spiraling movements designed to aid in the cultivation of essence, energy and spirit. Classes also incorporate standing meditation and circle walking.

Classes are held at Carver Community Center: Friday Mornings 10:30 - 11:30 am

\$40/month, drop in class \$12 per class. Contact Mela at 828-419-0393 or mela@melaluna.net

Art Class

This fun filled class focused on multi-media will be available for all ages. Create amazing images from an array of ancient cultures from around the world. You will learn how to create Celtic calligraphy & art, aboriginal painting on wood and paper, Native American rattles and African mandalas. Learn how to combine media for collage, with gifts of nature, beads, paint and clay.

April 2nd to June 11th

Day: Wednesdays

Time: 5:30

For supply list, to sign up and register contact: Lila Khalsa

www.ExpressiveArtsAlliance.org

oakes.khalsa@gmail.com

BLACK MOUNTAIN GREENWAYS

Black Mountain has 3 miles of greenway trails for hiking, biking and walking. Visit www.townofblackmountain.org/greenway.htm for maps and more information.

EAT SMART BLACK MOUNTAIN

GARDEN PROGRAMS

Black Mountain Recreation & Parks supports Public Gardens throughout the Town, including the Dr. John Wilson Community Garden, the Lake Tomahawk Community Garden, and the Carver Community Garden - as well as Gardens at the Primary and Elementary Schools. Check out these summer garden opportunities, or keep up with new opportunities throughout the summer through our website, or sign up for our Eat Smart Black Mountain emails by contacting Jill at 828.669.2052 or jill.edwards@townofblackmountain.org

Plots Available

There are still a few plots available at the Carver Community Garden. These plots are 9'x13', and plots are "rented" with "sweat equity". Gardeners agree to 1 hour/month of volunteering or workshop participation in the garden. Contact

Jill to request your plot today @ 828.669.2052.

Volunteer

Groups and individuals can set up a one-time or regular volunteer opportunity in one of our gardens. We can work with groups of 2-15, or perhaps divide groups into two teams to work on projects at different gardens at the same time. We also have weekly "drop in" volunteer times on Tuesdays from 9-12 at the Dr. John Wilson Community Garden (99 White Pine Drive - between the Grey Eagle Soccer Arena and the Disc Golf Course).

Workshops

Workshops are scheduled throughout the year on topics of interest to gardeners and community members. To request a workshop, or sign up for the email list for workshops, contact Jill at 828.669.2052 or jill.edwards@townofblackmountain.org.

Upcoming Projects

The Eat Smart Black Mountains team is currently working on two "big" projects. One project entails building an outdoor kitchen next to the Dr. John Wilson Community Garden. This kitchen will be used for cooking classes and demonstrations, gatherings of gardeners, and will be available for rent by community members as well. The other project is an Edible Landscaping program that incorporates plants, shrubs, and trees into traditional landscaping to provide affordable, sustainable ways to grow food. This program would entail "students" and homeowners learning in hands-on projects, and costs will be kept to a minimum using a sliding fee scale. To encourage either of these programs with a donation or other support, contact Jill at 828.669.2052 or jill.edwards@townofblackmountain.org.

BLACK MOUNTAIN POOL

The Black Mountain Pool opens on the weekends beginning Saturday May 24th, 2014. The Pool will be open May 24th & 25th and June 7th & 8th. Starting June 12th it will be open at its regular hours, Monday - Saturday 11:00 am to 6:00 pm and Sunday 1:00 pm to 6:00 pm.

Black Mountain Pool phone number 669-7136

Cost

Daily Fee: \$3

Multiple Entry (10 visits) \$25

Season Individual \$65

Season Family \$100

** Family passes will include 5 family members; there will be an additional charge of \$20 for each additional family member.

Swimming Lessons:

Black Mountain Recreation and Parks offers swimming lessons each week from beginning the week of June 16th and lasting through August 7th. There are two sessions per week, one from 10-10:45am and the other from 6:15 to 7 pm.

Level 1

This class helps swimmers feel comfortable in the water and enjoy water safety, with a focus on water entry/exit, placing whole face in the water, blowing bubbles through mouth/nose, floating with help, and arm action on front/back with help. Swimmers must complete these skills before advancing to Level 2. Limited to 4 swimmers per class.

Level 2

In this class, kids will learn water entry by stepping or jumping from the side, exiting the water unassisted submerging entire head and rhythmically breathing, floating, and gliding on front/back unsupported, changing directions, rolling from front to back, combining arm and leg action on front and back unassisted. Limited 6 swimmers per class.

Level 3

This class teaches water entry by diving into deep water, bobbing, treading, and changing directions in deep water,

rotary breathing, front/back crawl for 15 yards. Combined with level 2 class if necessary. Limited to 8 swimmers per class. Lessons are \$40 per class, for ages 3 and up.

Visit www.blackmountainrec.com to register online.

AQUA ZUMBA

A PARTY IN THE WATER! Join in on this low-impact cardio exercise combining traditional aqua fitness moves to the beats of Latin, hip-hop and African rhythms. You will have a blast while getting a challenging workout in the water. Your Instructor has over 7 years teaching Zumba and most recently, she has been teaching aqua classes at Cheshire Fitness in Black Mountain.

Dates: Starting June 23rd-August 29th

Days: Monday, Wednesday, & Friday's

Time: 9:00 - 10:00 am

Fee: \$33/month \$40/10 classes

Family Friendly class

LAKEVIEW SENIOR CENTER

The Lakeview Senior Center is proud to be a North Carolina Division of Aging and Adult Services Senior Center of Excellence. The Lakeview Senior Center staff is here to assist older adults in the Swannanoa Valley. If you may have an age-related issue or questions about our services or programs, please call the center for assistance at 828.669.8610.

For a current listing of any of these activities, please visit our website at www.blackmountainrec.com and click on the tab for the Lakeview Senior Center.

If you would like to receive our monthly newsletter via email, please let us know at 828.669.8610 or email cyndy.kirkland@townofblackmountain.org.

LAKEVIEW LUNCH SITE

The Lakeview Senior Center offers a hot meal each week day for persons over 60 years old. If you live in Black Mountain or parts of the surrounding area, Mountain Mobility will provide free transportation so that you can enjoy a meal with us.

The Lakeview Nutrition Site offers a variety of on-going activities both before and after the meal is served. Please call the Lakeview Lunch Site 828.669.2035 to make a reservation or to arrange transportation.

EXPAND YOUR KNOWLEDGE

Snack and Learn

Join in on monthly sessions to learn about ways to stay fit, mentally alert and more engaged in your personal well being. Time and date varies, but are published in the monthly Lakeview Center Newsletter and on the Lakeview web page.

EXCURSIONS

Van Clans

The Lakeview Center Van Clan takes a local van trip each month to enjoy the fun places and activities of Western North Carolina. Sign up early—trips always fill up fast. See our monthly newsletters and our web page for the details on upcoming trips.

MOVE YOUR BODY

Absolute Beginner Line Dancing

"Line dancing is all about celebrating your individual playful spirit through music and movement." Cindy Hady, Line Dance Instructor.

Line Dancing is a fun, social and healthy activity, guaranteed to make you smile from the inside out! We dance to all types of music; Pop, Latin, Country, Oldies and more. You'll learn the basic step fundamentals and start line dancing right away! No dance experience needed.....No partner required...Just bring your love of dance and come join the fun!

Wednesdays, 9:00 - 10:00 am

Cost: \$5/class

Aerobic Exercise Class

The Lakeview Center offers two aerobic classes of different intensity that incorporate light weights and stretching for a great overall workout!

Monday, Wednesday and Friday

8:00am hi-impact class meets upstairs

9:00am low-impact meets downstairs

FREE

Gentle Yoga for Everybody

A slower and gentler style of yoga that is particularly well-suited for all fitness levels. Attention is given to gradually warming up the body, increasing flexibility and mobility in the joints, connecting the breath to the movements, increasing body awareness, and using techniques that encourage release of the deep, underlying connective tissues. Each class will end with a deep relaxation.

Days: Tuesday/Thursdays, 9:00-10:00 am

Meets Downstairs

Cost: \$8

Chair Exercise Class

This is a light aerobics and stretching exercise class that is great for folks who need a non-impact option for an exercise class.

Tuesdays, 11:00am

Meets Upstairs

FREE

Chair Yoga

Chair-based yoga class that includes breathing techniques, range of motion exercises to increase flexibility, exercises to improve balance, and relaxation.

Fridays, 11:00-11:30 am

Meets Upstairs

FREE

Square Dancing

This is a square-dancing group that is designed for all levels. Please come and meet new people, get some light exercise for your body and brain, and have fun!

Tuesdays, 1:00 to 3:30pm

Meets Upstairs

Cost: \$2 donation

EXERCISE YOUR MIND

Canasta

Canasta is a fun card game that is a wonderful way to socialize with friends and meet to people.

New players are always welcomed.

Wednesdays, 1:00pm

Meets Downstairs

FREE

Chess

An opportunity for experienced players to play, or beginners to learn the game from an experienced player.

Thursdays, 3:00-5:00 pm

Meets Downstairs

FREE

Duplicate Bridge

Bridge helps keep the mind sharp, allows you to meet new people and have fun! If you have not played in years or want to learn stop by, we welcome new players.

Partner needed.

Tuesdays, 7:00pm

Meets Downstairs

Cost: \$1 per player

Mahjong

An ancient game that keeps the mind sharp. Experienced players only, please.

1st and 3rd Wednesday at 1:00 pm - Meets Upstairs

2nd & 4th Monday at 12:45 pm - Meets Downstairs

FREE

INDOOR ACTIVITIES

Autobiography Group

1st and 3rd Friday, 10:30-12:30

Meets Downstairs.

FREE

Book Club

A different book that is selected and discussed each month.

Second Tuesday of each month, 1:00pm.

Meets Downstairs.

FREE

Knitting

Knitters come together each week to share patterns, stories, laughter and fun! All knitters are encouraged to join.

Day: Tuesdays, 1:00pm (at 2:00 pm on the second Tuesday of each month only)

Free

Linus Quilters Club

The Linus Quilters Club is a group of volunteers that meet each month to create quilts for children in need. Every level of quilter is welcome to join; fabric is available to create your quilt to donate.

Fourth Friday of every month, 1:00pm to 3:00pm

Meets Downstairs.

FREE

OUTDOOR ACTIVITIES

Community Hiking Group

Don't hike alone! Join the Lakeview Senior Center hiking group for weekly hikes that vary in length and difficulty. The hiking group meets every Tuesday at the Lakeview Senior Center for an adventure on foot - please remember to dress for comfort, wear supportive shoes.

Bring snacks/lunch and water. A van is provided for transportation.

Tuesdays, 10:00 a.m.

FREE

Some hikes may depart at a different time, or may require a small fee - those changes are noted in the Lakeview Center monthly newsletter.

Please call 828.669.8610 to register. Give us a call if you would like to be added to our hiking email list.

Beginning Birding

Looking for a new and interesting hobby?

All you need is a pair of binoculars, a sharp pencil, and comfortable walking shoes. Local Birder, James Poling, will lead this monthly outing on the third Saturday. Beginners will receive a list of birds which you will check off as sightings are made. If you have a camera, feel free to bring it as well, although it is not necessary.

3rd Saturdays: May 17, June 20, July 19, August 16

Time: 8:00 am

FREE

Locations vary. Please call Lakeview Senior Center at 828.669.8610 to register.

Wildflower Walks

These free walks are organized by Jim Poling and held the first Thursday of each month. Join local wildflower experts sharing their knowledge.

1st Thursdays, May 1, June 5, July 3, August 7

Time: 10:00 a.m.

Meets at the Lakeview Center.

FREE

DROP IN ACTIVITIES

Walking path .55 mile around Lake Tomahawk; lending library, puzzles, swimming pool (seasonal), tennis courts, board games, free access to wireless internet and a public computer.

VOLUNTEER OPPORTUNITIES

The Lakeview Senior Center is always looking for qualified volunteers to become involved in areas such as Lunch Site Program, Special Events, Teaching Classes, Assisting with Transportation Needs, Telephone Reassurance, and Advisory Board Membership.