

BLACK MOUNTAIN

RECREATION & PARKS Summer 2013

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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 (Co-ed & Open)

Summer Leagues

Days: Tuesday Nights

Dates: June 11- August 6

Cost: \$125/Team

Manager's Meeting: June 4, 7:00pm at Grey Eagle Arena

Tennis

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

Days: Tues & Thurs, beginning June 6

Time: 6:00-7:00pm

Location: Owen Middle School

Cost: \$50

blackmountaintennis.com

Disc Golf Tournament

Legacy Ace Run

Black Mountain Recreation Park, Saturday July

27th from 10:00 am to 3:00 pm

36 Holes, 1 throw per hole

Most Aces wins Grand Prize (over \$150 Value)

Players Pack includes: 2 Discs, Dri-fit Shirts, Stickers

Pre Register Online

www.blackmountainrec.com

SPECIAL EVENTS

Senior Games and Silver Arts

Have you made that New Year's resolution to get in better shape and incorporate more exercise in your life? Well the 2013 Senior games are just around the corner and we are looking for a team of people 55 years or better to represent Asheville-Buncombe. 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: 55+

When: May 21 - June 4, 2013

Place: Various Locations in Buncombe County

Cost: Varies Per Event

Please contact Dee Black at 828-259-5809 or dblack@ashevillenc.gov for further information

Park Rhythms, a free summer concert series in its 18th year!

Thursday evenings at 7 p.m. - 9 p.m. on Lake Tomahawk, June 20 - August 15. We'll have some great food vendors onsite and fabulous music.

Check out our line-up for 2013!

June 20 Kellin Watson. A nationally-touring singer-songwriter, whose award-winning sound blends elements of blues, pop, folk, and soul. Kellin hails from Asheville. Sponsored by Hedrick Industries.

June 27 Mipso. Rooted in the music of North Carolina's mountains and Piedmont, Chapel Hill-based Mipso gives these traditional influences a distinctly modern twist.

July 11 Citizen Band Radio. CBR is a good time band, and they are serious about it - serious about making their fans happy, keeping them smiling, dancing, moving!

July 18 Barefoot Movement. The Barefoot Movement is a quartet of immensely talented musicians from North & South Carolina and Tennessee whose music successfully melds Americana influences with the invigoration of acoustic modern rock and jazz.

July 25 Packway Handle Band - Alternative bluegrass band from Athens, GA.

August 1 Cedric Burnside Project. New, original foot-stomping hill-country blues music.

August 8 A Social Function. Based out of Asheville, this popular Top 40 and dance band has entertained thousands and traveled all over the southeast, becoming one of the most sought after party bands.

August 15 Swayback Sisters. An all-female, close harmony trio based out of Asheville, NC, the Swayback Sisters specialize in old-school country soul, Appalachian-style folk ballads, and dirty acoustic blues.

*In case of rain, all shows will be moved in-doors to the Lakeview Club House. They will not be rescheduled.

For information, contact Deanna Stone at 828-669-8610 at the Lakeview Center or deanna.stone@townofblackmountain.org

July 4th Street Dance

Come down to downtown Black Mountain for our annual Street Dance! There will be live music on the outdoor stage, craft 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: Thursday, July 4th, 5:00-9:00pm
Where: Sutton Avenue, downtown Black Mountain

Braves Baseball Game

On Wednesday June 5th we will be traveling to Atlanta to watch the Braves and the Pittsburgh Pirates play. We will be leaving that morning at 7:00 am. The game starts at 12:00 pm and we should be back that night by 8:00 pm. Tickets cost \$40 dollars each and they include the ticket and the ride there and back.

Carolina Panthers Football

Panthers vs Falcons Nov.3, 1:00 pm game time. Includes a van trip down there and back plus your ticket. Van will be leaving for the game at 8 a.m. and will return after the game. Cost. \$85

YOUTH SPORTS

NFL Flag Football

Registration Begins July 1

Cost: \$55/Player

Games: Monday & 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

Kinder Tennis

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

Tuesdays in May, 5:00-5:45

beginning May 7th, Cragmont Courts. \$30

Under 10 Tennis

Tennis for ages 9 & 10

Thursdays in May, 5:00 - 5:45

Starting May 9th, Cragmont Courts. \$30

Tennis: June Clinics: Ages 8-14 (Juniors)

Days: Tues & Thurs beginning June 6

Time: 6:00-7:00pm

Location: Owen Middle School

Cost: \$30

blackmountaintennis.com

Junior Tennis Camp (8-14)

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

Date: July 22-26, 9:00-11:30am Owen Middle Tennis Courts

Cost: \$50

Mid June to mid August there will be Junior Team Tennis or intramurals. **Cost:** No Charge

Youth Basketball

Registration begins in September. It might seem like it's a long way away but sign up early to save some cash

Soccer Camp

Soccer Camp will be July 29th - Aug 2nd

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

Cost: \$50

Youth Swim League

Teams will be made up of kids ages 7 - 15 from the Black Mountain area. They will compete with teams of their peers from other Black Mountain teams.

Days: 1 week day practice (tbd) and Saturday meets (9a.m.) - July/August

Dates: June 12, August 14

Cost: \$45

Ages: 7 - 15

COMMUNITY PROGRAMS

Art in the Afternoon

We are a hands-on after school learning program designed for kids who like to express themselves through artistic creations. No experience necessary-we will give your child the experience! We explore ideas through painting, drawing, sculpture, weaving, pottery, print making, comics, beading, book making, and much more! We have a huge end of year art show that will feature the masterpieces from the entire year. Other activities include theater arts, group games, and homework time. We are currently accepting applications for the next school year. Space is limited, as we try to keep our classes small. Grades K-5.

Days: M-F

Time: 3-6 p.m. Early Release Days and Teacher Work Days available.

Cost: \$11 per day. Sibling discount available and no charge for absences. Daily, weekly, and drop-in schedules available. Transportation from Black Mountain Schools provided

Black Mountain Summer Adventures

This is a summer day camp for rising 1st through 6th graders. Two local teachers (and moms!) will facilitate four weeks of hiking, swimming, arts and crafts, water play, park hopping, geo-caching, and more! Sign up at Carver Center, 101 Carver Avenue, or online at www.blackmountainrec.com, or www.sulzman.net/bmsa

Dates: Weeks of - June 10; June 17; June 24; July 8; July 15; July 22; July 29; and Aug. 5

Time: Drop-off and pickup at the Carver Center. 8:30 am - 5:30 pm

Prices: \$135.00 per week per child; Daily Rate - \$45/day/child if space is available. Registration fee - \$50.00 per child for up to 4 weeks; 5 weeks or more \$100.00 Registration fee. Ask about our sibling discount.

Black Mountain Yacht Club

The Yacht Club holds monthly regattas at Lake Tomahawk Park. Dates for this season are: May 18, June 15, July 20, August 17, September 21, October 19, and November 16 (weather permitting). The yacht club will also have a national regatta June 21st - 23rd. If you are interested in joining the club, selling a yacht, or trying your hand at sailing, contact Bobby Ammons at 669-6344.

Karate

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

Days: Tues. & Thurs, On-Going

Time: 4:00-5:30pm all belts

Location: Carver Community Center - Auditorium.

Ages: All Ages

Fee: \$65 per month

Guitar Lessons

All ages and skill levels are welcome in these fun/informative music lessons. Matt Hunter has been playing guitar for 13 years and has received his credentials from the Conservatorium of Music in Sydney, Australia. He has been successfully teaching children and adults for over 3 years and has written Guitar Teaching Books which will be included in the lessons free of charge. This program offers students lessons in Bluegrass, Jazz, Classical, Spanish/Flamenco, Blues/Slide, Rock, Fingerstyle, Reggae, Songwriting/ Musical Composition, Music Theory, and Guitar Tab Reading.

Cost 1 on 1 Group: \$25 1/2 hour \$15 1/2 hour (per student) per session

\$45 hour \$35 hour (per student) per session

Times: Monday - Friday 4:30-8:30

Beginning: 01/07/2013

Call or Email Matt Hunter for more information, (828) 460 2982, addisonhunter123@yahoo.com

COMMUNITY PROGRAMS, cont'd

GED
Class administered by AB Tech to help ready students to take their GED test.

Days: Tuesdays & Thursdays, Ongoing
Time: Call for summer hours (828) 254-1921
Location: Carver Community Center – Carver Room
FREE

New Mercies After School Homework Assistance and Mentoring Program Summer Camp
The mission of New Mercies program is to assist students grades K-12 with homework and to encourage opportunity to experience, achieve, and succeed regardless of socioeconomic background. Children are also encouraged to explore through art, computers, and writing. This program operates through donations, community affiliates, and other organizations. The New Mercies program relies on volunteers to make it happen, please contact Angela Young if interested.

Contact: Apostle Angela Young
(828)-333-2485
Where: Carver Community Center- Warhorse Room
When: Monday - Friday
Call for details
Fee: \$ 12 a month donation required per child

Carver Center Cross Conditioning Class
There will be tife flippin’, kettlebell swinging, plyo jumping, push pressing, dumbbell curling, leg lunging, wall balling, squat thrusting, sled pushing, Bosu crunching, deadlifting, and so much more (maybe not all in the same day). If you have never experienced a workout with different fitness tools, come join this class! Loads of fun and hard work equals results. Intensity you control. Experience a calorie burning, strength gaining, muscle popping workout. You will be shown how to exercise properly.
Tuesday and Thursday 8:00 am
Monday and Thursday 6:00 pm
Classes are \$10 each or an eight pack for \$65
Bring a yoga mat, water jug and a towel

Saturdays - open gym 9:00 - 11:00 am. This class is designed so you can stop in anytime between the hours listed, do the workout of the day and be on your way. Donation only.
Hard work + Clean Nutrition = Results
Pre-registration is encouraged. For information call/text Leslie Raper, AFAA/NASM-CPTO (828)-702-4355

Carver Playgroups
Babies and Toddlers
Thursday 10:30 to 12:00 pm
Friday 10:00 to 12:00 pm

Girl Scouts
Meet Fridays from 4:30 to 6:00 in the Carver Room at Carver Community Center.

Drum Circle
Drum Circle every Saturday at Carver Community Center in the Auditorium. The Drum Circle goes from 4:00 pm - 6:00 pm. For more information contact Steven Townsend at (828)-545-0389

COMMUNITY GARDENS

Dr. John Wilson Community Garden
Grow ~ Educate ~ Share
The Dr. John Wilson Community Garden is a 1.2 acre garden located in Black Mountain. Many plots are rented by private gardeners and groups, but the garden also includes plots that are tended and harvested by volunteers to donate to the Welcome Table’s food distribution. Weekly volunteer hours are Tuesday from 8:00 - 11:00 a.m. To schedule a volunteer opportunity for your group, contact Diana McCall at 828-669-9286 or diana.mccall@townofblackmountain.org.

Garden Workshops
Public workshops will be offered twice a month throughout the summer on a variety of gardening topics. Check the garden’s page on the BMRP website for up to date information or to request a topic.

Carver Garden
We are starting a satellite garden program at the Carver Community Center this year. Small plots of 3’x13’ are available to the public for use during 2013. To reserve a plot contact Jill Edwards at 828-669-2052 or jill.edwards@townofblackmountain.org

School Gardens
We have gardens at both the Black Mountain Primary and Elementary Schools. Volunteers help tend the gardens during the summer, support garden programs during the school year, and harvest food for donation to the Welcome Table’s efforts. Weekly volunteer hours are Wednesdays from 8:00 - 11:00 a.m.
To learn more or sign up to volunteer contact Jill Edwards@ 828-669-2052 or jill.edwards@townofblackmountain.org.

Garden Volunteer Opportunities
Volunteer as an individual or group to help fulfill the garden programs’ mission of growing food for families in need in the Swannanoa Valley. Tasks vary week to week, generally you can expect to help with planting, weeding, harvesting, and general garden maintenance. In exchange, take home fresh veggies for your own table! All ages and abilities are welcome.
To become a volunteer at any of our gardens contact: Jill Edwards, Health Service Programs Administrator 828-669-2052, jill.edwards@townofblackmountain.org

BLACK MOUNTAIN GREENWAYS

Black Mountain has 2.5 miles of greenway trails for hiking, biking and walking. Visit www.townofblackmountain.org/greenway.htm for maps and more information.

LAKEVIEW SENIOR CENTER

The purpose of the Lakeview Senior Center is to serve older adults from all backgrounds throughout the Swannanoa Valley. It is committed to quality creative programming in recreation, health, wellness and education. Through outreach it also provides supportive services that enrich the lives of older adults. Recognizing that independence, dignity and self-respect are nurtured through recreation, the center supports active living for older adults.

The Lakeview Senior Center is proud to be a North Carolina Division of Aging and Adult Services Senior Center of Excellence.

FOOD, HEALTH AND WELLNESS

Lakeview Lunch Site:
The Lakeview Center offers a hot catered meal each week day for persons over 60 years old or who are legally disabled. If you live in Black Mountain or the surrounding area, Mountain Mobility will provide free transportation so that you can come 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 ask a staff person for more details or request a copy of our monthly newsletter.

Please call the Lakeview Lunch Site to make a reservation or arrange transportation. 828-669-2035

Snack and Learn:
Join our monthly snack and learn sessions to find out ways to stay fit, mentally alert and more engaged in your personal well being. Mondays, date and time varies. Please see the monthly Lakeview Senior Center Newsletter for exact details.

SHIP: Senior Health Insurance Program
Thursdays (by appointment), a SHIP volunteer meets at Lakeview Senior Center to support seniors with Medicare and/or Medicaid concerns such as paying for prescriptions, questions on billing, filing a claim, understanding your bill and any other issue that you may be having with Medicare/ Medicaid.
Please call the Council On Aging to set up an appointment at 828-277-8288.

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.

Upcoming Van Clans:
June 13 - Grovewood Cafe & Gallery, Estes-Winn Car Museum, and North Carolina Homespun Museum. \$10.00 pp
July 15 - Boone, NC - we’ll take a tour of Linville Caverns, and have lunch at Daniel Boone Inn. \$30 pp
August 26 - Lake Lure & Chimney Rock Park. We’ll take a pontoon boat tour on the lake, stop for lunch, and then go up to the top of Chimney Rock.

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. Snack and water are always a good idea as well. A van is provided for transportation.
Days: Tuesdays, 10:00 a.m.
Hikes are FREE unless otherwise noted.

MIND / BODY ACTIVITIES
Aerobic Exercise Class
The Lakeview Center offers two low-impact aerobic classes that incorporate light weights and stretching for a great overall workout!
Days: Monday, Wednesday and Friday
Time: 8:00am (high impact) class is upstairs, 9:00am (low impact-free) class is downstairs

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.
Days: Tuesdays, 11:00am
Free

Birding for beginners
All you need is a pair of binoculars, a sharp pencil, and comfortable walking shoes. Local Birder James Poling will lead this monthly outing as beginners will receive a list of birds which you will check off as sightings are made. The first two outings will be held at Lake Tomahawk and the third outing will be at Recreation Park off Blue Ridge Road. Dates for this event are June 5th, July 10th & August 14th from 8:00-9:00 a.m. Meet at the Lakeview Community Center, lower level. If you have a camera, feel free to bring it as well, although it is not necessary. Please contact Deanna Stone at deanna.stone@townofblackmountain.org if you plan on attending this event. It is free to the public and could be a new and interesting hobby. This is open to all age groups.

Chair Yoga
Focus is on deepening the breath, taking the joints through their range of motion, improving balance.

Day: Fridays, 11-11:30 a.m.
Free

Gentle Yoga for Everybody
A slower and gentler style of yoga that is particularly well-suited for all fitness levels.
Days: Thursdays, 9:00-10:00 am
Fee: Suggested donation \$8, but all gratefully accepted

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!
Location: Lakeview Senior Center
Days: Thursdays: 1:00 to 3:30pm.
Fee: \$2.00 donation

Sing-a-long with Maggie:
Love to sing? Join Maggie Schlubach to sing songs that make us all feel good. Open to singers of all vocal ability.
Days: 1st Monday of each month, 3:00 to 4:00pm.
Free!

GAMES
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.
Days: Wednesdays, 1:00pm
Fee: Free

Chess Group:
Opportunity for experienced players to play chess, or beginners to learn the game from an experienced player.
Days: Thursdays, 3:30-5
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.
Days: Tuesdays, 7:00pm
Fee: \$1 per player

Beginners Mahjongg
Come learn how to play! Similar to the card game rummy, Mahjongg is a game of skill, strategy and calculation.
Days: Second and fourth Monday at 1:00 pm.

Mahjongg
An ancient game that keeps the mind sharp.
Days: 2nd & 4th Mondays 12:45 pm, and 1st & 3rd Wednesdays 1:00 pm.
Experienced players only please.

Scrabble
Exercise your brain! Come each week to play this classic game.
Days: Mondays, 1:00 pm, upstairs
Free

GROUPS
Autobiography Group
Days: 1st & 3rd Fridays, 10:30-12:30

Book Club
Come meet, greet, and discuss with your peers a different book that is selected each month.
Days: Second Tuesday of each month, 1:00pm.

Knitting
Knitters come together each week to share patterns, stories, laughter and fun! All knitters are encouraged to join.
Day: Tuesdays, 1:00pm
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.
Days: Fourth Friday of every month, 1:00pm to 3:00pm

Drop In Activities
Puzzles, Walking Path, Library, Swimming Pool (seasonal), Tennis Courts, Board Games, Billiards, 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 Programs, Special Events, Teaching Classes, Assisting with Transportation Needs, Telephone Reassurance, and Advisory Board Membership.

The Lakeview Senior Center staff is here to assist older adults in the Swannanoa Valley. If you have an age-related issue or question about services or programs, please call the center for assistance.

***For a current listing of any of these activities, please see our website or monthly newsletter. If you would like to receive the newsletter via email, please let us know at (828) 669-8610 or email cyndy.kirkland@townofblackmountain.org.**

BLACK MOUNTAIN POOL

The Black Mountain Swimming Pool will open on the weekends beginning Saturday May 25th, 2013.
May 27th - Memorial day open from 11 am to 6 pm. Regular summer hours begin June 5th.
Regular Pool Hours:
Sunday 1-6
Monday-Saturday 11-6
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.**

Pool Rentals are available after normal pool hours for a two hour block from 6:15- 8:15 pm on Friday, Saturday, and Sunday Evenings only.

Swimming Lessons:
Black Mountain Recreation and Parks offers swimming lessons each week from beginning the week of June 10 and lasting through August 8. There are two sessions per week, one from 10-10:45am, and the other from 6:15 to 7pm.
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 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 unassisted, changing directions, rolling from front to back, combining arm and leg action on front and back unassisted. Limited to 6 swimmers per class.

Level 3: This class teaches water entry by diving into deep water, bobbing, treading, and changing direction in deep water, rotary breathing, front/back crawl for 15 yards. Combined with level two class if necessary. *Limited to 8 swimmers per class.
Lessons are \$40 per week, for ages 3 and up. Visit www.blackmountainrec.com to register.

Youth Swim League:
Teams will be made up of kids ages 7- 15 from the Black Mountain Area; They will compete with teams of their peers from other Black Mountain teams
Days: 1 weekday practice (tbd) and Saturday Meets (9 a.m.) - July / August
Dates: June 12- August 14
Cost: \$45
Ages: 7-15