

# BLACK MOUNTAIN

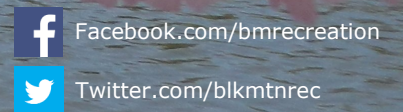
## RECREATION & PARKS

### Summer 2015

**Lakeview Center**  
401 Laurel Circle Dr.  
Black Mountain  
828-669-8610

**Recreation & Parks  
Department**  
101 Carver Avenue  
Black Mountain  
828-669-2052  
TDD# 1-800-735-2962

Follow us on Facebook & Twitter



[www.blackmountainrec.com](http://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, Bounce Houses at Grey Eagle Arena, and the Black Mountain Pool. Please call 669-2052 or 669-5213 for details on rental prices and availability.

## ADULT SPORTS

<p><b>Dodgeball</b> Summer League <b>Dates:</b> June 9 - August 4 <b>Day:</b> Tuesday Nights <b>Cost:</b> \$125/Team <b>Manager Meeting:</b> June 2, 6:00 pm Grey Eagle Arena</p>	<p><b>Tennis</b> Adult Clinics in June For more Information please call Recreation and Parks Office</p>
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## YOUTH SPORTS

<p><b>NFL Flag Football</b> Registration Begins July 1 Cost: \$55/Player Games: Monday and Thursday Evenings Dates: September, October Practices: Weekday Evenings and maybe Saturday Mornings Practice Dates: August, September, October Players receive Flags and Official NFL Flag Football Jersey</p>	<p>grams. New drills, games, higher level of instruction. Price includes snacks, a pool pass for a week, and pizza party. <b>Date:</b> July 27-31, 9:00 - 11:30 am Owen High School Tennis Courts <b>Cost:</b> \$60 for Half Day 9 am to 11:30am, \$170 for Full Day 8:30 to 5:30 blackmountaintennis.com *Mid June - Mid August there will be Junior Team Tennis and Intramurals. FREE.</p>
<p><b>8 and Under and Kinder Tennis</b> Ages 3-6 and 8 and under (7&amp;8) Tuesdays in May, 5:00 - 5:45 pm Beginning May 5th, Cragmont Courts <b>Cost:</b> \$30</p>	<p><b>Soccer Camp</b> Soccer Camp will be July 20th - July 24th Camp will be from 9:00 am to 11:30 am at Grey Eagle Arena <b>Cost:</b> \$60 for Half Day 9 am to 11:30am, \$170 for Full Day 8:30 to 5:30</p>
<p><b>Under 10 Tennis</b> Tennis for ages 9 &amp; 10 Thursdays in May, 5:00 - 5:45 pm Starting May 7th, Cragmont Courts <b>Cost:</b> \$30</p>	<p><i>Full Day options for Sports Camps will be run similar to our Summer Adventures Camp. Participants will be dropped off at Carver Community Center at 8:30 and will be transported to the location of the event by camp counselors. From 9:00 to 11:30 kids will enjoy soccer/tennis and in the afternoon enjoy hiking, swimming, and other exciting field trips.</i></p>
<p><b>Swim League</b> Teams will be made up of kids ages 5 - 15 from the Black Mountain area. <b>Days:</b> 2+ weekday practices <b>Dates:</b> May 25th - July 25th <b>Cost:</b> \$50 <b>Ages:</b> 5 - 15</p>	<p><b>Yoga Camp</b> Each day will focus on a lesson or a theme and will include creative yoga flow, breath work, movement games, stories, music, partner/group activities, visualization and relaxation. There will also be a daily arts and crafts project as well as quiet time for journaling. All materials and yoga mats will be provided. <b>Cost:</b> \$99 per child if registered by June 1st. \$150 per child / \$75 for sibling <b>When:</b> Aug. 3rd - Aug. 7th, Aug. 10th - Aug. 14th M-F; 9am - 12 pm <b>Ages:</b> 5-9</p>
<p><b>Junior Tennis Camp (8-14)</b> Tennis Camp is a culmination of all Spring/Summer tennis pro-</p>	

## SPECIAL EVENTS

### Park Rhythms

This free summer concert series is in its 20th year! Thursday evenings from 7 - 9pm at Lake Tomahawk, June 25 - August 13. We'll have some great food vendors and fabulous music. Check out our line-up for 2015!

June 25	Crooked Pine - Old Time and Bluegrass
July 2	The House Band - Classic Top Hits
July 9	Atlas Road Crew - Southern Fried Rock
July 16	Dashboard Blues - Timeless Dance Grooves
July 23	The Broadcast - Soulful Rock Music
July 30	Motownblue - Motown Soul and Blues
August 6	Michael J. Stevens Quartet, Featuring Paula Hanke on vocals - Jazz
August 13	Ryan Perry Band - Country Hits

\*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.

### Safety Saturday

Join Fire, Police, and EMS departments from our area who will have equipment and safety education on display for the public. LGFCU will have a shred truck there to shred your documents, mail, etc. free of charge. Get on board the Park Ridge Health screening bus for various health screenings. WNC Safe Kids will be handing out kid safety information. Recreation & Parks will have a Bounce House for the kids to enjoy.

Saturday, June 20, 11am - 3pm. Ingles Black Mountain parking lot.

### July 4<sup>th</sup> Street Dance

Come downtown Black Mountain for our annual Street Dance! On the outdoor stage we'll have live music by the Rewind 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 4<sup>th</sup>, 5:00-9:00pm

Where: Sutton Avenue, downtown Black Mountain

### Braves Games

Sign up to go to a Braves game this summer. Cost includes a ticket and round trip travel from Black Mountain to Atlanta and back. (Minimum sign up of 7 people required).

May 24th at 1:30 vs Brewers \$60
July 5th at 1:30 vs Phillies \$60
July 19th at 5:00 vs Cubs \$65
August 16th at 1:30 vs Diamondbacks \$60
August 30th at 1:30 vs Yankees \$85

## COMMUNITY PROGRAMS

<p><b>Karate</b> 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. Instructor: Spencer Bolejack <b>Days:</b> Tues. &amp; Thurs, On-Going <b>Time:</b> 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.) <b>Location:</b> Carver Community Center - Auditorium. Bus drop off available. <b>Ages:</b> All Ages <b>Fee:</b> \$65 per month</p>	<p>cian before beginning any new exercise program.)</p>
<p><b>Tai Chi/Qi gong Classes- Tai Chi Chuan Yang Style 108 Form</b> Instructor: Roberto Vengoechea 828.275.7835 or 828.279.7778 <b>Cost:</b> \$30.00/month <b>Monday</b> 4:30-5:45 ..... Beginner Classes (no pre-requisites) <b>Tuesday</b> 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 physi-</p>	<p><b>Drum Circle</b> Drum Circle every <b>Saturday</b> at Carver Community Center in the Auditorium from <b>4:00 pm - 6:00 pm</b>. For more information contact Steven Townsend at 828.545.0389</p>
	<p><b>Hip Hop Dance Class</b> Motions Dance <b>Location:</b> Carver Community Center Gymnasium <b>Thursday Nights</b> 6:30pm - 8:00pm \$7 dollars a class Ages 11 &amp; 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.</p>
	<p><b>Black Mountain Yacht Club</b> 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 <b>Dates:</b> May 9, June 13, July 11, Aug 8 <b>Location:</b> Lake Tomahawk Park <b>Time:</b> 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</p>

## GREENWAYS

### National Trails Day - June 6

The Black Mountain Greenways Commission is celebrating National Trails Day with a trail building day! We'll be preparing and creating rough trails next to the Carver Center the morning of June 6. To learn more or keep up with greenways happenings, "Like" Black Mountain Greenways on Facebook!

### Donation Matching Campaign

The Black Mountain Greenway Commission is raising money for the development of the Riverwalk Trail (part of the Black Mountain Greenway System behind Bi-Lo.). The money raised will be used for the design of the crossing under the rail trestle and for fees required by Norfolk Southern to begin their review.

The Blue Ridge Bicycle Club is supporting this effort by matching up to \$4000 dollars of donated money. This campaign will run through May. Donations can be made via the BRBC website: <http://www.blueridgebicycleclub.org/>. You do not have to be a member of BRBC to donate through the website.

Donations can also be made by check. Checks should be made out to "Black Mountain Parks and Greenways Foundation" with "Greenways" noted in the memo field. Donations may be sent to: Black Mountain Greenways, 101 Carver Ave, Black Mountain NC 28711





# 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 Facebook.

## 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](mailto:jill.edwards@townofblackmountain.org).

## Lakeview Garden Club

We have a new, intergenerational garden club where youth ages 8-18 and senior citizens garden side-by-side. This group meets Thursdays through October 15 at the Lakeview Community Center, and will tend the gardens at the Lakeview Center. This is a great opportunity for individuals with limited mobility as many of the beds are elevated.

The Lakeview Garden Club is free for everyone, and meets from 3:30 - 4:30 pm on Thursdays and will move to 10-11 am after June 10th- unless it is storming. Come ready to get your hands dirty, and share some joy with people who aren't your age!

To learn more about this garden club, contact Jill at 828.669.2052 or [jill.edwards@townofblackmountain.org](mailto:jill.edwards@townofblackmountain.org).

# LAKEVIEW CENTER

The purpose of the Lakeview Center is to serve older adults from all backgrounds living throughout the Swannanoa Valley. Recognizing that independence, dignity and self-respect are nurtured through recreation, the center supports active living for older adults. The Lakeview Center is committed to providing quality creative programming in recreation, health, wellness and education. Through partnerships it also provides supportive services that enrich the lives of older adults. The Lakeview Center is proud to be a North Carolina Division of Aging and Adult Services Senior Center of Excellence.

The Lakeview 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](http://www.blackmountainrec.com) and click on the tab for the Lakeview 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](mailto:cyndy.kirkland@townofblackmountain.org).

## LAKEVIEW LUNCH SITE

The Lakeview 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 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 call the Lakeview Lunch Site 828.669.2035 to make a reservation or to arrange transportation.

## EXPAND YOUR KNOWLEDGE

### Monthly Snack and Learn with Healthridge Pharmacy

Learn about ways to stay fit, mentally alert and more engaged in your personal well-being. Time and date varies. Please see the monthly Lakeview Center Newsletter for details. Free.

### Spanish Conversation Table

Bring your lunch or make a reservation with the lunch site (if 60 or older) and practice your Spanish. Tuesdays, 12-1pm. Free.

## EXCURSIONS

### Fall Motorcoach Trip to Cape Cod. September 27 – October 3, 2015

Board your spacious video and restroom equipped motorcoach and set off for beautiful Cape Cod! 6 nights lodging, 10 meals included. We'll visit the JFK Museum, tour the "Outer Cape," including Provincetown and Chatham, explore Hyannis and Sandwich, go on a Hyannis Harbor Cruise, visit the Heritage Museums and Gardens and the Foxwoods Casino Resort. For more information visit: [www.GroupTours.com/Lakeview](http://www.GroupTours.com/Lakeview). \$609 pp/double occupancy.

## Van Clans

The Lakeview Center Van Clan takes a 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 webpage for the details on upcoming trips.

## Active Adult Adventures

Monthly excursions designed with the adventurous in mind. Examples include canoeing, bike rides and bowling. See our monthly newsletter and website for details on upcoming trips.

## MOVE YOUR BODY

### Absolute Beginner Line Dancing

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!

"Line dancing is all about celebrating your individual playful spirit through music and movement." Cindy Hady, Line Dance Instructor. Wednesdays, 10:15-11:15am \$5.00/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

Time: 8:00am hi-impact class upstairs

9:00am low-impact downstairs

Free

### Gentle Yoga for Everybody

A slower and gentler style of yoga that is particularly well-suited for all fitness levels. Each class will end with a deep relaxation.

Mondays 4:30-5:30pm. and Thursdays, 9:00-10:00am.

\$8.00/class

### Chair Exercise Class

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

Tuesdays, 11:00am

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, 10:30-11:00am

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, 1:00-3:30pm

## GAMES

### Beginning Bridge

Day: 1<sup>st</sup> & 3<sup>rd</sup> Mondays, 6:00pm

### 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

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, 6:30pm

\$1 per player

### Mahjonn

An ancient game that keeps the mind sharp.

Days & Times: 2nd & 4th Monday at 12:45 p.m. Experienced players only please

Mondays at 1:00 p.m. New players welcome but must be experienced

1st and 3rd Wednesday at 1:00 p.m. Experienced players only please

Thursdays at 1:00 p.m. Beginners welcome

Free

## INDOOR ACTIVITIES

### Autobiography Group

First & Third Fridays of every month, 10:30am - 12:30pm

Free

### New Book Club – newcomers welcome!

A different book is selected and discussed each month.

Last Wednesday of every month, 7:00pm

Free

### Knitting

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

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

Free

### Laughter for Wellness

Wear comfortable clothing, bring a friend and come ready to laugh out loud!! Laughter has been scientifically proven, to boost the immune system and to positively assist with many diseases. It is also a wonderful way to reduce stress. Certified Laughter for Wellness, Leader, Jacqueline Buchanan, looks forward to introducing this method to all who wish to experience joy! Come join the fun!

This is an adult class, minimum age 18, maximum age 100 + LOL

No experience necessary.

2nd Wednesday of each month, 11:30am

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, 1:00 - 3:00pm

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

Tuesdays. Departure times/return may vary depending on length/distance of hike.

FREE unless otherwise noted. Pre-registration required due to limited van seating. If you would like to be added to our hiking email list, give us a call (828) 669-8610.

### Beginning Birding

Looking for a new and interesting hobby? All you need is a pair of binoculars, a sharp pencil, and comfortable waling shoes. Local Birder, James Poling, will lead this monthly outing. 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. Locations vary.

Days: 3rd Saturday of every month 8am

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.

# Black Mountain Pool

## Black Mountain Pool Costs

The Black Mountain Pool open 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.

Pool Rentals: Friday, Saturday, and Sunday 6:15pm to 8:15pm, Call for details

## 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](http://www.blackmountainrec.com) to register under online registration.

## AQUA Exercise

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\*\* TBD

Family Friendly class

