

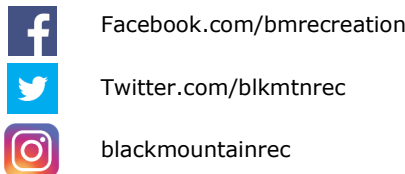
Summer 2019

Follow us on Facebook & Twitter

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Black Mountain Recreation & Parks



Facebook.com/bmrecreation
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blackmountainrec

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

Lakeview Center For Active Aging
401 Laurel Circle Drive
Black Mountain
828-669-8610

Youth Coed NFL Flag Football

Registration begins July 1
Cost: \$55/player; Ages 5-6, 7-8, 9-10, 11-12
Games: Start September 14
Practices: One practice weekday evenings or maybe Saturday Morning, beginning August 12
Practice Dates: August, September, October
Players receive Official NFL Flag Football Jersey and Flags

Adult Tennis Clinics

Adult Clinics on Wednesdays starting June 5 from 7:00-8:00 PM at Upper Lake Tomahawk Tennis Courts. For more information please call Recreation and Parks Office or go to blackmountainrec.com to Activities and click on Sports and scroll down to Adult Tennis. To register click on TryTennis.net. Once on Try Tennis you will click on Locations, Locations-Adult, Click on Black Mountain and then you'll see the Register Here button.

8 & Under Quickstart and Kinder Tennis

Registration begins April 1
Registration ends May 6
When: Tuesday's starting May 7 - May 28
Time: 5:00 - 5:45 PM
Location: Cragmont Park Tennis Courts
Cost: \$30/child

10 & Under Tennis

Registration begins April 1
Registration ends May 8
When: Thursday's starting May 9 - May 30
Time: 5:00 - 5:45 PM
Location: Cragmont Park Tennis Courts
Cost: \$30/child

Youth Swim League

This recreational swim league competes against other teams in the area. Youth Swim League is a great introduction to swim teams and swim meets. Children participating must be able to swim at least one length of the pool unassisted.
Days: Four practice options a week (2 morning and 2 evening practices are available, every practice is not mandatory.)
Dates: May 20-July 27
Cost: \$60
Ages: 6-18

Sports



Lakeview Center for Active Aging

401 Laurel Circle Drive
828-669-8610
Check out program options on the back

Lake Tomahawk Park

401 Laurel Circle Drive
Playground, Walking Trail, Tennis, Picnic Area, Fishing

Grey Eagle Indoor Soccer Arena

17 White Pine Drive
Indoor Soccer, Bounce House Parties

Black Mountain Veterans Park

10 Veterans Park Drive
Softball, Trails, Disc Golf Soccer, Community Garden

Cragmont Park

Cragmont Rd at Swannanoa Avenue
Tennis, Basketball, and Open Field

Riverwalk Park

205 NC-9 (Behind BiLo)
Dog Park & Walking Trail

RENTAL INFO

Call (828) 669-2052 for more information on rates and availability.

Facilities



Grey Eagle Indoor Soccer Arena

Large Indoor Soccer Arena- great place for kids to have fun and play - balls are included. Available to rent for birthday parties, practices, or soccer scrimmages.

Bounce House Rentals at Grey Eagle Arena

Saturday and Sunday: call the office to schedule. Get 3 Bounce Houses (plus staff) for 1.5 hours, plus 30 minutes for cake/party time.

Lakeview Center at Lake Tomahawk Park

Overlooking beautiful Lake Tomahawk, there are two levels available to rent by the evening/day. Rentals include use of tables and chairs, and each level has its own kitchen, bathrooms, and central heating/air. Lower level accommodates 50-60 people and upper level accommodates 120 people. Cost varies by day of week, resident, and nonprofit status.

Pavilion at Lake Tomahawk Park

Rent this covered picnic area, including stage. Rentals are by the day and give you exclusive use of the pavilion for your gathering. Cost varies by the day and week, resident, and nonprofit status.

Black Mountain Veterans Park

The ballfields are available to rent for an event or fundraiser. Cost varies based on how many fields are used, lights, concession stand, etc.

Events



Outdoor Movie Nights

Outdoor Movie Nights will be every second Friday from May to September. Movies are free and will begin at dusk at Lake Tomahawk Pavilion. Vendors will be available for purchase. Movie Titles TBA. Snacks available for sale.

Safety Saturday

Join Fire, Police, and EMS departments from our area who will have equipment and safety education on display for the public along with a bounce house. Location: Black Mountain Ingles Parking Lot
Date: May 18 from 10:00-2:00 PM

Park Rhythms

The 22nd season is going to be a smash! Great music, yummy food, and 8 weeks of free family fun at the park on Thursday evenings from 7:00-9:00 PM. Dinner and dessert vendors will be on site each week. Check out the performers this year:
June 20 - Trent Glisson (Country)
June 27 - James Hammel (Jazz/Pop/Blues/Originals)
July 11 - Jacktown Ramblers (Folk)
July 18 - Caroline Keller Band (Country)
July 25 - Rewind Band (Oldies Rock)
August 1 - Shay Lovette Trio (Folk)
August 8 - Rhiannon and the Relics (Bluegrass)

July 4th Street Dance

Come to downtown Black Mountain on Sutton Ave for our annual July 4th celebration. This event will be on Thursday, July 4th from 5:30-9:30 PM. On the outdoor stage we will have Ryan Perry Band performing! There will be activities for kids, food vendors, and dancing before the fireworks begin.

Greenways



Get out and enjoy our biking and walking trails in Black Mountain! These greenway trails are wide pathways for recreation, and bicycle and pedestrian transportation. The trails connect to Black Mountain's sidewalk network allowing for safe travel between residential areas, downtown businesses, schools, and parks. Maps are available on the recreation website, and our NEW GREENWAY BROCHURES are available around town!

National Bike & Walk to School Day

Join with us as we celebrate walking to school with the rest of the world! Walk from home, or park and walk with others from the First Baptist Church to the Primary or Elementary School. We'll have special goodies for everyone who checks in! Call David to help as a volunteer at 828-669-2052 or email him david.carmichel@townofblackmountain.org
When: Wednesday, May 8, beginning at 7:00 AM
Location: Start from home or park and walk from the First Baptist Church, 130 Montreat Rd
FREE

Commissioners Needed!

The Greenways Commission has openings to serve a 3 year term beginning this July. Apply at Town Hall (160 Midland Ave) or call Angela at 828-419-9300 to learn more!

Find us on Facebook: www.Facebook.com/BlackMountainGreenways

With rental plots, volunteer opportunities, workshops, and programming you can learn about and grow almost anything! To Grow, Learn, or Share in one or more of the gardens, contact Diana McCall at diana.mccall@townofblackmountain.org or call the Administration office at 669-2052

Grow

Carver Community Garden (101 Carver Avenue): This community garden has elevated beds in 3 sizes! These beds are great for people who have limited mobility - no kneeling or bending! Rental fee for the regular growing season is \$20. Reserve a bed by contacting Recreation and Parks at 669-2052.

Dr. John Wilson Community Garden (99 White Pine Drive): A few half-size plots are still available at \$20 for the regular growing season and are 6'x25'. Plot renters use 10% of their space to grow food for sharing with those in need. With volunteer support this garden donates over 4,000 lbs of produce to share with local families, in addition to the food renters grow for their own use. To check on plot availability, call or stop by our office at the 304 Black Mountain Ave.

Lake Tomahawk Garden (401 Laurel Circle Ave): This is the site of

our first community garden, where neighbors come together to grow their own produce. To check on plot availability, contact our office at 669-2052

**Payment Plans and Assistance are available for low-income renters.*

Learn

Garden Interns: Apprentices are volunteers who help at one or more gardens and are a tremendous asset - while growing their knowledge and skill. Spend 5 or more hours/week in a garden learning specific techniques and supporting food security in the Swannanoa Valley.

Lakeview Demonstration Garden: Stroll by our demonstration garden next to the Lakeview Center for Active Aging to see our garden grow and learn a little something. Produce and flowers from this garden support the Lakeview Senior Lunch Site.

Share

Dr. John Wilson Community Garden: This garden shares over 4,000 lbs of produce every year through Bounty & Soul, with the

support of volunteers. Harvest Help Needed Tuesday mornings from 9:00 am to 12:00 pm.

Carver Community Garden: Still getting established, the Carver Garden needs donations of tools and time!

Grow the Garden: Sponsor a tree, shrub, bush, or native plant at the Dr. John Wilson Community Garden to ensure that we can provide necessary support to keep it thriving for decades. Sponsors receive certificate and map showing where their item is located. What a great way to honor a loved one!

Donate Your Time & Money: If you'd like to share your money or time, we can find a way to honor your gifts. We accept financial donations for general purposes and specific projects, so be in touch with your ideas and wishes.

Gardens



A place full of opportunities for those who are 50+.

Lunch Site

In partnership with the Council on Aging of Buncombe County, the Lakeview Center offers a hot meal, catered by the Moose Cafe, each weekday for persons 60 years or older. If you live in Black Mountain or the surrounding area, Mountain Mobility may be able to provide free transportation. There are also a variety of programs and activities that take place before and after the meal is served. Please call the Lakeview Nutrition Site at (828) 669-2035 to make a reservation or arrange transportation.

When: Monday - Friday, 10:00-2:00 PM (Lunch is served at noon)
Suggested Donation: \$1.50/day

Get Educated

Not for Seniors Only - Join us for presentations on a variety of topics to get the most up-to-date and in depth information on topics important for healthy aging, age-related issues, and the resources available in our community. Mondays, 11:00-11:45 AM, upstairs.. We offer annual seminars on Medicare and one-on-one assistance with the Senior Health Insurance Information Program (SHIIP) during open enrollment in coordination with the Council on Aging as well as assistance for low income seniors through the Benefits & Enrollment program. Check our newsletter, website, or FB page for scheduled presentations. FREE!

Excursions

Van Clan - Starting in April we will travel monthly to different destinations for our day trips where we enjoy small towns and great attractions. This year trips include the BMW Museum, an Asheville Tourist day game, 'South Pacific' musical at Flat Rock Playhouse, the Lake Lure boat tour, Cherokee/Harrahs, Greenville, SC, the Carolina Balloonfest, and St. Paul Vineyards. Cost and Dates vary. Please check our website for more information. Day Trips vary in activity levels. We will also have monthly lunch outings to favorite local eateries. Transportation is \$5. Tickets and lunch are separate. Sign up in advance as seats are limited.

Fall Trip 2019: 'Great Canadian Cities', presented by Premier World Discovery. Depart September 4, 2019. 9 days. Features Montreal, Quebec, Ottawa, Niagara Falls, and more. \$3395 pp/double occupancy includes airfare.

Games

Bingo -Prizes awarded! Thursdays, 11:00-11:45 AM, upstairs.

Canasta - New players welcome and no partners necessary. Wednesdays, 1:00-3:00 PM, downstairs.

Duplicate Bridge - New players welcome but must call for a reservation. No partner needed. Tuesdays, 6:30-9:30 PM, downstairs. \$1/ per player.

Hand and Foot - New players welcome. Fridays, 1:00-3:30 PM, downstairs.

Mahjong - Experienced and beginner players welcome. Thursdays, 1:00-3:00 PM.

Pinochle - New group forming. Experienced and beginner players welcome. Tuesdays 1:00 - 3:00 downstairs.

Mexican Train Dominoes - New players welcome. Thursdays, 1:00 - 3:00 PM, downstairs.

Indoor Activities

Knitting Group - Beginner and experienced knitters welcome. Tuesdays, 1:00-3:00 PM
Linus Quilters - Local volunteers who meet monthly and assemble quilts for children in need. All levels of experience are welcome. 4th Friday of the month, 1:00-3:00 PM, downstairs.

Singing Group - All singers welcome and no experience necessary. Mondays, 10:00-11:00 AM, upstairs.

Community Band Rehearsals - Musicians welcome. Mondays 6:30 pm, Upstairs (except 3rd Mondays).

Move Your Body

Aerobic Exercise - Two aerobic classes offered, hi-impact and low-impact. New participants must attend the low-impact class and receive permission from the instructor before attending the hi-impact class. FREE.
Hi-impact - Mondays/Wednesdays/Fridays, 8:00-9:00 AM, upstairs.
Low-impact - Mondays/Wednesdays/Fridays, 9:00-10:00 AM, upstairs.

Chair Exercise - a no-impact light option with light aerobics and stretching. Tuesdays, 11:00-11:45 AM, upstairs. FREE.

Chair Yoga - A no-mat yoga class that focuses on breathing techniques, relaxation, and improving balance. Fridays, 11:00 - 11:45 AM, upstairs. FREE.

Square Dancing - All levels of experience welcome. Tuesdays, 1:00-3:30 PM, upstairs. \$2 donation.

Tai Chi - Elder Form - Perfectly suited for older bodies geared toward improving balance and easing arthritis. Thursdays, 9:00-10:00 AM, downstairs. FREE.

Tai Chi Chuan Yang Style Form - Meditation in motion that combines slow movements with breath management. Mondays, 3:00-4:30 PM, upstairs. First class is free. \$40/month.

Outdoor Activities

Hiking Group - Weekly hiking group that varies in length and difficulty. Tuesdays, cost and departure time varies. Pre-registration required.

Swannanoa Valley Birding - Birding enthusiasts welcome. 3rd Saturday of the month, 8:30 AM Lake Tomahawk Carpool or 9:00 AM CD Owen Park Carpool.

Wildflower Walks - Flower enthusiasts welcome. 2nd Thursday of the month beginning April 11th, 9:00-11:00 AM, meet at Lake Tomahawk parking lot to carpool to location.

Drop In Activities

We have many activities that are available throughout the day! The walking path around Lake Tomahawk (.55 mile), tennis courts, lending library, board games, Wi-Fi access, pool table, and public computer. We also have special events throughout the year. Check our website, newsletter, or FB page for special announcements.

Volunteer Opportunities

The Lakeview Center is always looking for volunteer to become involved in areas such as the Lunch Site, special events, teaching/facilitating classes and activities, telephone reassurance, and advisory committee members.

Don't forget to 'like' us on FB at Lakeview Center for Active Aging!

Active Aging



Half Day Youth Tennis Camp

This summer we will be offering a half day Tennis Camp from July 22-26. This camp will still be co-sponsored by the Black Mountain Tennis Association. Children will participate in drills and games that will help develop skills in a fun way. Parents will be responsible for drop off at 9:00 AM and pick up at 11:30 AM at Owen High Schools Tennis Courts.

Ages: 7-14

Cost: \$60

Half Day Youth Soccer Camp

This summer we will be offering **two** Half Day Soccer Camps. Children will participate in drills and games that will help develop skills in a fun way. Parents are responsible for drop off at 9:00 AM and pick up at 11:30 AM at Grey Eagle Arena.

Dates: TBD

Ages: 7-11

Cost: \$60

Half Day Youth Basketball Camp

This summer we will be offering a half day basketball camp. Children will participate in drills and games that will help develop skills in a fun way. Parents will be responsible for drop off at 9:00 AM and pick up at 11:30 AM at Black Mountain Primary School.

Dates: TBD

Ages: 7-11

Cost: \$60

Black Mountain Pool

The Black Mountain Pool opens on the weekends beginning Saturday May 25, 2019. The pool will be open May 25-26 and June 1-2. Starting Saturday June 8 the pool will be open regular hours, Monday-Saturday 11:00-6:00 PM and Sunday from 1:00-6:00 PM. Cost: Daily \$3.00 Resident, \$4.00 Non-resident of Black Mountain. Multiple Entry (10 visits): \$25 Resident, \$35 Non-Resident Season Pass Individual: \$75 Resident, \$95 Non-Resident Season Pass Family: \$150 Resident, \$170 Non-Resident **Family Pass can include up to 5 family members, and add additional family members for \$25 each.

Swim Lessons

Black Mountain Recreation and Parks offers swimming lessons May 22 through July 24. Two Evening Classes Available

Cost: \$40 for each level of classes

Classes are one week long Monday-Thursday

Swim Lessons Session 1 LV1

5/20/19-5/23/19 12:00-12:45 PM

Swim Lessons Session 2 LV1

5/20/19-5/23/19 1:00-1:45 PM

Swim Lessons Session 3 LV1

5/27/19-5/30/19 12:00-12:45 PM

Swim Lessons Session 4 LV2

5/27/19-5/30/19 1:00-1:45 PM

Swim Lessons Session 5 LV2

6/3/19-6/6/19 12:00-12:45 PM

Swim Lessons Session 6 LV1

6/3/19-6/6/19 1:00-1:45 AM

Swim Lessons Session 7 LV3

6/10/19-6/13/19 10:00-10:45 AM

Swim Lessons Session 8 LV1

6/17/19-6/20/19 10:00-10:45 AM

Swim Lessons Session 9 LV2

6/24/19-6/27/19 10:00-10:45 AM

Swim Lessons Session 10 LV2

7/1/19-7/4/19 10:00-10:45 AM

Swim Lessons Session 11 LV3

7/8/19-7/11/19 10:00-10:45 AM

Swim Lessons Session 12 LV2

7/15/19-7/18/19 10:00-10:45 AM

Swim Lessons Session 13 LV1

7/22/19-7/25/19 10:00-10:45 AM

Swim Lessons Session 14 LV1

7/29/19-8/1/19 10:00-10:45 AM

Swim Lessons Session 15 LV1

8/5/19-8/8/19 9:00-9:45 AM

Swim Lessons Session 16 LV2

8/5/19-8/8/19 10:00-10:45 AM

Swim Lessons Session 17 LV3

8/12/19-8/15/19 9:00-9:45 AM

Swim Lessons Session 18 LV2

8/12/19-8/15/19 10:00-10:45 AM

Pool Parties

Pool Parties can be scheduled through the office for Friday, Saturday, and Sunday nights while the pool is open. Pool Parties are from 6:15-8:15 PM June through August (August weekday Parties). Call the office to reserve your date.

Rates: \$185 Resident, \$245 Non-Resident

Extra Lifeguard for parties with 21-40 attendees is an extra \$25

Aqua Exercise

A family friendly exercise class.

M,W,F: 9:00-10:00 AM

Sat: 10:00-11:00 AM

Fee: \$5.00

Begins June 10th

Lap Swim

Starts May 25th

M-Sat 10:00-10:50 AM: \$1

Sunday 11:00-1:00 PM: \$3

Ends Sept. 2nd

6 person minimum for Sundays, so tell your friends!

Senior Swim

Senior Swim will start June 10 from 9:00-10:00 AM and will meet

Summer

