



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

Follow us on Facebook & Twitter



Facebook.com/bmrecreation



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

BLACK MOUNTAIN RECREATION & PARKS Summer 2016

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.

SPORTS & CAMPS

Youth NFL Flag Football

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

Adult Coed Kickball League

Dates: Tuesday Nights in June, July
Location: Veterans Park
Cost: \$200/team
Manager Meeting: May 23 at 6:00 pm at Carver Community Center
Call the office if you are interested in putting in a team or email Collin at collin.bugniacet@townofblackmountain.org

Adult Coed Dodgeball

Dates: Tuesday Nights in June
Location: Grey Eagle Arena
Cost: \$125/team
Manager meeting: May 24 at 6:00 pm at Grey Eagle Arena
Call the office if you are interested in putting in a team or email Collin at collin.bugniacet@townofblackmountain.org

Adult Tennis Clinics

Adult Clinics on Tuesdays in June from 7:00 - 7:45 pm
For more Information please call Recreation and Parks Office

Pickleball

Pickleball is played indoors every Thursday from 10:00 - 12:00 pm at Carver Community Center in the Auditorium.

Half Day Youth Tennis Camp

This year we will be offering a half day Tennis Camp from July 25th - 29th. This camp will still be co-sponsored by the Black Mountain Tennis Association. The half day camp will be the same as it has been in the past. Parents will be responsible for drop off at 9:00 am and pick up at 11:30 am at Owen High Schools Tennis Courts. The kids will participate in Tennis Activities every day from 9:00-11:30 am.
Cost: \$60

Half Day Youth Soccer Camp

This Summer we will be offering **two** Half Day Soccer Camps. The first will be June 27th - July 1st and the second will be July 11th - 15th. Parents are responsible for drop off at 9:00am and pick up at 11:30 am at Grey Eagle Arena.
Cost: \$60

Half Day Youth Basketball Camp

This year we will be offering a half day basketball camp from June 13th -17th. Parents will be responsible for pick up and drop off at Black Mountain Elementary. Half Day camp will be from 9:00 to 11:30.
Cost: \$60

Half Day Youth Yoga Camps

August 1st - 5th Ages 4 and up - Yoga is a wonderful way to explore and learn in a fun, safe, and playful way. Each day will focus on a lesson or a theme and will include creative yoga flow, breath work, games, stories, music, arts and crafts, partner/group activities, journaling, visualization and relaxation. Through yoga, your child will develop strength, flexibility, self-confidence, balance, coordination, focus and discover the ability to feel calm.
Cost for the week: \$99 per child/ \$75 per sibling. Yoga Instructor Ms. Brandon Hudson, RYT, RCYT, bbhudson30@gmail.com, www.bcreativetyoga.com
Time 9:00 am - 12:00 pm
Location: Carver Community Center

August 8th - 12th Ages 8 and up - Tweens and Teens Class: Yoga for the pre-adolescent, and adolescent child, provides a non-competitive, non-judgemental space to develop a healthy body image and strong self-esteem. In the class, tweens and teens will learn appropriate ways to de-stress and cope with the daily pressures of school and social life. Each day will focus on a theme and will include slow flow, breath work, group movement/partner poses, art/craft project, journaling, visualization and relaxation.
Cost for the week: \$99 per child/ \$75 per sibling. Yoga Instructor Ms. Brandon Hudson, RYT, RCYT, bbhudson30@gmail.com, www.bcreativetyoga.com
Time 9:00 am - 12:00 pm
Location: Carver Community Center

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.
Days: Four practice options a week (2 morning practices and 2 evening practices, making it to every practice is not mandatory.)
Dates: May 23 - July 28
Cost: \$60
Ages: 6-18
Skills Meeting: May 21 at 12:30 pm at Black Mountain Pool

SPECIAL EVENTS

Park Rhythms

This free summer concert series is in its 21st year! Thursday evenings from 7 - 9pm at Lake Tomahawk, June 16 - August 4. We'll have some great food vendors and fabulous music. Check out our lineup for 2016!

| | |
|----------|--|
| June 16 | The House Band - Classic Top Hits |
| June 23 | A Social Function - Top 40 Hits |
| June 30 | Motownblue - Motown/Soul/Blues |
| July 7 | James Hammel Trio - Jazz/Pop/Originals |
| July 14 | Whitewater Bluegrass Company - Bluegrass |
| July 21 | Michael J. Stevens Quartet - Jazz |
| July 28 | The Rewind Band - Country/Beach/Classic Rock |
| August 4 | David Lamotte - Folk |

*In case of rain, shows will be moved under the pavilion or into the Clubhouse.. They will not be rescheduled.

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 Ryan Perry Band; activities for the kids; food, and lots of family fun! Come for the fun and stay for the fireworks that will begin at dark.

When: Monday, July 4th, 5:30-9:30pm
Where: Sutton Avenue, downtown Black Mountain

Carolina Panthers Game

This year we will be going to a Carolina Panthers game. Here is a list of the game possibilities. Please contact the office at 669-2052 if you are interested in going. Prices will vary.

| | |
|------------------|------------------------------|
| Sunday Sept. 25 | 1:00 Carolina vs Minnesota |
| Monday Oct. 10 | 8:30 Carolina vs Tampa Bay |
| Sunday Oct. 30 | 4:25 Carolina vs Arizona |
| Thursday Nov. 17 | 8:25 Carolina vs New Orleans |

GREENWAYS

Discovery Days

Check out the Black Mountain Greenways on five, informative guided tours. Learn about plants, animals, history, and more while enjoying a walk on our beautiful greenway trails. Fun for all ages!
4th Saturday of each month, April to August
10:00 - 11:30 a.m.
FREE, no pre-registration required
Water bottle and hat suggested. No dogs, please.
May 28: Flat Creek Greenway
June 25: Garden Greenway
July 23: River Loop Trail/Oaks Trail
August 27: Riverwalk Trail

Complete all five Discovery Day tours and a milkweed plant will be planted in your honor.
For more info, call (828) 989-3269.

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

National Trails Day

Join us for some maintenance work at the Village Way, in-between the Primary and Elementary schools.
When: June 4th
Time: 9:00 - 11:00 am



COMMUNITY PROGRAMS

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.
Instructor: Spencer Bolejack
Days: Tues. & Thurs, On-Going
Time: 3:00-6:00 pm; 3-4 white belts, 4-5 color belts, 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 14, June 11, July 9, Aug 13
Location: Lake Tomahawk Park
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

Arts (and Activities!) in the Afternoon

~Celebrating our 8th year of Educating Children After School~
LEAF in the Streets Participants~ We are a hands-on after school learning program designed for kids who like to express themselves through artistic creations. We explore ideas through tons of crafts! We have a huge end of year art show that will feature the masterpieces from the entire year. Other activities include 45 minutes of outdoor play, homework time, group games and physical fitness, and an end of year variety show. Your child will be safe and loved at Art in the Afternoon!
3-6 pm, school days. Early Release Days and Teacher Work Days available.
Transportation from Black Mountain Schools provided
Call 669.6929 for more information or check out www.facebook.com/artinthepm

Line Dancing

Every Wednesday at 5:30 pm at Carver Community Center.
For more information please call Recreation and Parks Office.

EAT SMART BLACK MOUNTAIN

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 Jill Edwards in our Administrative Office at 101 Carver Avenue, Black Mountain, email jill.edwards@townofblackmountain.org or call (828) 669-2052.

Grow

Carver Community Garden (101 Carver Avenue): This community garden is re-opening with elevated beds this year! 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 Jill at the Carver Center.

Dr. John Wilson Community Garden (99 White Pine Drive): A few half-size plots are still available \$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 Carver Center.

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.

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

Learn

Garden Apprentice: 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: Harvest Help Needed Tuesday mornings from 9:00 - 11:00 a.m. Volunteers can also help on their own time, or schedule group of up to 15 people to spend a few hours or ongoing work in the garden. This garden shares over 4,000 lbs of

produce every year through Bounty & Soul, with the support of volunteers.

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

School Gardens Individuals and groups may also share by volunteering in a garden during non-school hours to help keep the gardens running smoothly. Help in one or more area, or at one or more schools.

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.

LAKEVIEW CENTER

LUNCH SITE:

The Lakeview Center offers a hot catered meal each weekday for persons over 60 years old. If you live in Black Mountain or parts of the surrounding area, Mountain Mobility can 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 Nutrition Site at (828) 669-2035 to make a reservation or to arrange transportation.
When: Mon-Fri, 10am-2pm, upstairs (lunch is served at noon)
Suggested donation: \$1.50/day

EXPAND YOUR KNOWLEDGE

Monthly Snack and Learn with HealthRidge Pharmacy

Join in on monthly sessions to learn about ways to stay fit, mentally alert and more engaged in your personal well being. Free blood pressure checks.
When: 3rd Monday, 11-11:45am, upstairs

EXCURSIONS

The Lakeview Center for Active Aging has traveled all over North Carolina and the Eastern United States! Each month we visit a different location close by, and each year we go on a week-long trip. Sign up early—trips always fill up fast.

Motor Coach Trip - Lancaster Show Trip & the Dutch Country

In the fall we will be traveling north to visit Lancaster, Hershey, and Philadelphia, Pennsylvania. We will get to see SAMSON at the Sound and Light Theater, visit Gettysburg National Park, and so much more! October 3-7, 2016. Call us for more details.

Van Clans

Each month the Lakeview Center loads up the van for a fun outing to nearby attractions. Upcoming trips being planned include "Mamma Mia" at the Barter Theater in Abingdon, Va., the Folkmoot Festival, and a trip to Cherokee to see the famous "Unto These Hills" performance. Give us a call or check out our newsletter for the latest updates.

OUTDOOR ACTIVITIES

Community Hiking Group

Don't hike alone! Join the Lakeview Center for Active Aging hiking group for weekly hikes that vary in length and difficulty. The group meets every Tuesday (time varies) at the Lakeview Center for an adventure on foot.

Beginning Birding

Local Birder, James Poling, leads this monthly outing. Beginners receive a list of birds that will be checked off as sightings are made. Meet in the parking lot as locations vary.
When: 3rd Saturday of each month, 9:00am

MOVE YOUR BODY

Aerobic Exercise Class

The Lakeview Center offers two aerobic classes of different intensity that incorporate light weights and stretching for a great overall workout!
When: Monday, Wednesday and Friday
Time: 8:00am hi-impact class upstairs
9:00am low-impact 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.
When: Tuesdays, 11:00am, upstairs

Chair Yoga

Chair-based yoga class, that includes breathing techniques, range of motion exercises to increase flexibility, exercises to improve balance, and relaxation.
When: Fridays, 10:30-11:00am, upstairs

Square Dancing

This is a square-dancing group that is designed for all levels. Come and meet new people, get some light exercise for your body and brain, and have fun!
When: Tuesdays, 1:00-3:30pm, upstairs
Cost: \$2.00 donation

Tai Chi Chuan Yang Style 108 Form, Instructor: Roberto Vengoechea 275-7835/279-7778

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. (If you have any health concerns, please consult your physician before beginning any new exercise program.)
When: Mondays, 4-5:30pm (no pre-requisites), upstairs
Cost: \$40/month

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.
When: Wednesdays, 1:00pm, downstairs

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.
When: Tuesdays, 6:30pm
Cost: \$1 per player

Mahjongg

An ancient game that keeps the mind sharp. Beginners welcome.
When: Thursdays, 1:00 p.m., downstairs.

Bingo

Join us for a morning of fun! Sponsored by Mountain Ridge Wellness Center.
When: Thursdays, 11:00am, upstairs.

INDOOR ACTIVITIES

Free Reads Book Club

A new book that is available for free (library, online, etc) is selected and discussed each month.
When: 3rd Friday of each month, 11:00am, upstairs

Knitting

Knitters come together each week to share patterns, stories, laughter and fun! All knitters are encouraged to join.
When: Tuesdays, 1:00pm (at 2:00pm on the second Tuesday of each month only), downstairs

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.
When: Fourth Friday of every month, 1:00 - 3:00pm, downstairs

Limited Mobility Support Group

Join us in a support group of those who are making the difficult transition to a new normal lifestyle due to mobility limitations. A time to share triumphs and frustrations with everyday life. The primary purpose of the group is to provide fellowship, knowledge and resources for those who need to modify their lifestyle due to mobility issues. If you are interested in the group or have questions please contact Wayne Zelle at mylimitedmobility@gmail.com
When: Mondays, 2:00pm, downstairs

For a current listing of these activities and more, please visit our website at www.blackmountainrec.com and click on the tab for the Lakeview Center for Active Aging. If you would like to receive our monthly newsletter via email, please let us know at (828) 669-8610 or email recreation@townofblackmountain.org.

Black Mountain Pool

Black Mountain Pool (828) 669-7136

The Black Mountain Pool opens on the weekends beginning Saturday May 28th 2016. The pool will be open May 28th - 30th and June 4th & 5th. Starting June 10/11th the pool will be open at it's regular hours, Monday - Saturday 11:00 am to 6:00 pm and Sunday from 1:00 pm - 6:00 pm.

Cost: Daily \$3

Multiple Entry (10 visits) \$25

Season Pass Individual: \$65

Season Pass Family: \$100

**Family Pass can include up to 5 family members, and add additional family members for \$20 each.

Swim Lessons

Black Mountain Recreation and Parks offers swimming lessons May 16th through August 4th.

Cost: \$40 for each level of classes

Classes are one week long Mon - Thurs

Level One: Tadpole

Enter and exit the pool from the side

Jump from the side of the pool with support

Blow Bubbles

Submerge Head; must be comfortable with this skill

Introduce flutter kick

Float on stomach with support

Float on back with support

Retrieve objects from the bottom of the pool 1.5 depth

Basic pool rules and safety

Level Two: Blowfish

Complete a bob underwater, blowing bubbles

Jump from the side of the pool with no support

Perform a front float with no support for 10 seconds

Perform a back float with no support for 10 seconds

Perform a front glide (about 6ft)

Perform a back glide (about 6ft)

Understand the simultaneous use of arms and legs when swimming

Basic Pool rules and safety and introduce use of Personal Flotation Device (PRD) in shallow water

Level Three: Clown Fish

Bobbing underwater; 5-10 in a row, while blowing bubbles

Front Crawl; 10 yds 5ft deep

Back Crawl; 10 yds 5ft deep

Traveling Bobs

Retrieve object under water without support; 3.5 ft

Tread water for 20 seconds

Introduce diving

Change direction while swimming front crawl

Basic Pool rules and safety, Personal Flotation Device (PRD); H.E.L.P.

and Huddle position.

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. Call the office to reserve your pool party.

Aqua Exercise

A Family Friendly Exercise Class.

M, W, F; 9:00 - 10:00 am

Sat; 10:00 - 11:00 am

Fee: TBD

Begins Late June

Stroke Class

These classes are for skilled swimmers that are wanting to improve their swim strokes. Butterfly, Free, Backstroke, & Breaststroke.

M, W, Sat; 10:00 - 11:00 am

Fee: \$40

Lap Swim

M-Sat 10:00 - 11:00 am; \$1

Sunday 11:00 - 1:00 pm; \$3

6 person minimum for Sundays, so tell your friends!

Senior Swim

Senior Swim will start June 13 from 9:00 - 10:00 am and will meet every other Monday. Fee will be donation-based.



**Black Mountain
Recreation & Parks**