

Summer 2018 Program

Connect With Us on Social Media!



Facebook.com/blackmountainrec



Twitter.com/blkmtnrec



Instagram.com/blackmountainrec

Carver Community Center

101 Carver Avenue
Playground, Skate Park,
& Community Garden

Lake Tomahawk Park

401 Laurel Circle Drive
Playground, Walking Trail, Tennis, Picnic Areas, Fishing
including

Black Mountain Pool

Pool Rentals, Swim Team, Swim Lessons, Lap Swim

Lakeview Center for Active Aging

828-669-8610

Programming, trips, education and more for adults 50+

Black Mountain Veterans Park

10 Veterans Park Drive

Softball, Trails, Disc Golf, Soccer, Community Garden

Grey Eagle Indoor Soccer Arena

17 White Pine Drive

Indoor Soccer, Bounce House Parties, Nerf Battle Parties

Cragmont Park

Cragmont Rd at Swannanoa Ave.

Tennis, Basketball, and Open Field

Riverwalk Park

205 NC-9 (Behind Bi-Lo)

Dog Park & Walking Trail

Facilities



Youth Scholarship Softball Tournament

Date: June 16th

Location: Veterans Park

For more information email:

Tish.winchester@townofblackmountain.org

Sports



Drop-In Dodgeball

Drop-in for pickup games Thursday evenings in June.

Time: 7:00PM-9:00PM

Location: Grey Eagle Arena

Cost: \$2 per person

Adult Tennis

Adult Clinics will be held every Wednesday in June (6th-27th).

Time: 7:00PM-8:00PM

Location: Cragmont Tennis Courts

Cost: \$50/person

Pickleball

This summer, pickleball will be held outdoors!

Dates: June 15-Aug. 24

Days: Monday, Wednesday, Friday

Time: 9:00AM-12:00PM

Location: Owen Middle School

Cost: \$1 donation suggested

Youth Co-Ed NFL Flag Football

The flag football program is designed to educate young people about football while emphasizing participation and sportsmanship.

Registration Begins: June 25

Practices: One day/week

Games: Saturdays at 10:00AM

Cost: \$55/player

Players receive Official NFL Flag Football jersey!

Youth Basketball

BMRP will team up with Asheville Parks and Recreation for our youth basketball program. Rules will be the same as previous years. Guys and girls leagues will be available depending on the number of participants

Cost: \$55/player

Youth Indoor Soccer League

BMRP's soccer league has an 8-game season, with guaranteed playing time, balanced teams, and a focus on fun!

Cost: \$55/player

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

**Building a strong and healthy
community through
programs and places**

Summer



Youth Swim League

Our recreational swim league has grown incredibly popular, with over 120 participants last year! This is a great introduction to swim teams and meets, and participants develop swimming skills as well as self confidence. Children must be able to swim at least one length of the pool unassisted to join. Practice will start in May, with practice options throughout the week. A regional meet will be held at the end of the season in late July.

Dates: May 21-July 28

Cost: \$60/child

Ages: 6-18

Lifeguard Classes

Red Cross Certified classes will be offered May 4-6 or May 18-20.

Cost: \$185

Half Day Sports Camps

Basketball, Soccer, Tennis, and Flag Football Half Day Camps Available.

Cost: \$60.00

Basketball: June 18- June 22

Soccer: June 25- June 29 and July 30- August 3

Tennis: July 23- July 27

Flag Football: August 13- August 17



**Black Mountain
Recreation & Parks
Administrative Office**

at the Carver Community Center

828-669-2052

TDD# 1-800-735-2962

www.blackmountainrec.com

Outdoor Movie Night

This year we will be showing a movie on the big screen under the stars every second Friday, May-September. Be sure to join us for fun, food, and movie watching! Activities will begin at 7PM with the movies at dusk. Mark your calendars!

May 11-The Incredibles (PG)

June 8-Shrek (PG)

July 13-TBD

August 10-The Sandlot (PG-13)

September 14-Coco (PG)

Park Rhythms

This free summer concert series is in its 23th year! Thursday evenings from 7PM - 9PM at Lake Tomahawk, June 21- August 9. We'll have some great food vendors and fabulous music. Check out our line-up for 2018!

June 21st- Gotcha Groove (Variety Dance Band)

June 28th- Ryan Perry Band (Country)

July 5th- Crooked Pine (Mountain Music)

July 12th- Motown Willie and Friends (Motown, Soul, Blues)

July 19th- Patrick Lopez Experience (Jazz)

July 26th- The Big Deal Band (Bluegrass)

Aug 2nd- Beyond Blue (Blues, Rock, Jazz, Funk)

Aug 9th- Simple Folk (Folk Rock, Americana, Country Rock)

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

For information, contact BMRP @ (828) 669-2052

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. WNC Safe Kids will be handing out kid safety information. Recreation & Parks will have a Bounce House for the kids to enjoy, Buncombe County EMS will be providing hands only CPR instruction, Ingles will have Elmer's Old Truck for viewing, and much much more.

Saturday, May 19, 10AM-2PM. Ingles Black Mountain parking lot.

July 4th Street Dance

Come downtown Black Mountain for our annual Street Dance! On the outdoor stage we'll have live music by the Dashboard Blue; 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: Wednesday, July 4th, 5:00PM-9:00PM

Where: Sutton Avenue, downtown Black Mountain

Swim Lessons

Lessons are available for level 1, level 2, and level 3 swimmers. There are spots available throughout the entire summer, but spots are limited. Lessons begin May 14. Cost: \$40/person

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.

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.

RENTAL INFO

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

Black Mountain Pool Rentals

Now booking private rentals for this coming summer. Private rentals available Friday-Sunday 6:15PM-8:15 PM. Lifeguards provided. Book yours today! (Rates vary depending on Residency) Weekday rentals available in August.

Nerf Battle Rentals at Grey Eagle Arena

Rental Times: 2 hour blocks, call for availability
18 bunkers (perfect to hide behind), safety glasses (plus staff) for 1.5 hours, plus 30 minutes for cake/party time.

Bounce House Rentals at Grey Eagle Arena

Rental Times: 2 hour blocks, call for availability
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 2 levels available to rent by the evening/day. Rentals include use of tables and chairs, and each level has its own kitchen, bathroom, and Central Heating/Air. Lower level accommodates 50- 60 people and upper level accommodates 120 people. Cost varies by day of week, residency, and nonprofit status.

Pavilion at Lake Tomahawk Park

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

Carver Community Center

The auditorium is a great space for your community group to use for a meeting space.

Veterans Park

The Ballfields are available to rent for your event or fundraiser.

Programs

ZUMBA

Zumba is exercise in disguise - a Latin and world rhythm inspired dance fitness party using a mixture of low and high intensity intervals set to great music to keep you moving and grooving. You can burn up to 1000 calories per class.

When: Monday nights at 6:45PM

Where: Carver Community Center Auditorium

Cost: \$5 dollars per class, drop-ins welcome!

Facebook: Tara ZIN AVL

Sponsorships

Interested in more information on sponsoring one of our many events, programs or sports teams?

Please contact Elaina Hensley, our Special Event and Community Outreach Coordinator.

Elaina.hensley@townofblackmountain.org

828-669-2052



Black Mountain Recreation & Parks

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 us at recreation@townofblackmountain.org or call (828)669-2052.

Grow

Dr. John Wilson Community Garden: Full-size rental plots are 6'x50' and half-size plots are 6'x25' and have annual fees for the regular growing season and an extra fee to continue gardening in winter. 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.

Carver Community Garden: This community garden has elevated beds—great for people who can't easily kneel or bend but want to garden.

Lake Tomahawk Community Garden: This is our oldest community garden, and has small plots for neighbors and friends to enjoy. No fee is charged, but there are limited resources. Please contact our office for more information.

To check on plot availability for any of our gardens please call or stop by our office at the Carver Center.

**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 Center Lunch Site.

Share

Dr. John Wilson Community Garden: Harvest Help Needed Tuesday mornings from 10:00AM- 11:30AM (99 White Pine Drive, Black Mountain) This garden shares over 4,000 lbs of produce every year through Bounty & Soul, with the support of volunteers.

Carver Community Garden: The Carver Garden needs donations of tools or small construction. Contact us if you'd like to help!

Youth Gardens: Individuals and groups may share by volunteering to help keep the gardens running smoothly.

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!

Adopt-A-Bed at Lake Tomahawk: Lake Tomahawk has several different beds that need your loving support. Organizations or individuals can "adopt" a bed to help keep the park beautiful. If you would rather sponsor a bed and have someone else tend the bed, please contact us. Adopters & Sponsors will have a plaque placed in their bed.

Gardens



A place full of opportunities for those who are 50+. All activities are free of charge, unless otherwise noted.

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, 10:00AM-2:00PM (Lunch is served at noon)

Suggested Donation: \$1.50/day

EXPAND YOUR KNOWLEDGE

Snack & Learn - Join us for special presentations to educate yourself about resources and age-related issues in our community.

When: Mondays, 11:00AM-11:45AM, upstairs.

Spanish Conversation Table. Practice your Spanish and either bring your lunch or, if you're over 60, make a reservation at our lunch site.

When: Tuesdays, noon, upstairs.

EXCURSIONS

Van Clan - Each month we take a day trip to a small town or a fun local attraction. Coming this Summer:

May 22: Asheville Tourist Ballgame

June 6: Penland Gallery

July 24: Asheville Tourist Ballgame

August 29: Flat Rock Playhouse

See website for details.

Cost: Varies.

GAMES

Beginning Bridge—Come learn how to play!

When: Mondays, 10-11:30AM.

Cost: \$2/class.

Bingo - Prizes awarded!

When: Thursdays, 11:00-11:45AM.

Canasta - Everyone welcome.

When: Wednesdays, 1:00-3:00PM.

Duplicate Bridge - New players welcome but must call for a reservation. No partner needed.

When: Tuesdays, 6:30-9:00PM,

Cost: \$1/per player.

Hand and Foot - All welcome.

When: Fridays, 1:00-3:00PM.

Mahjong - All welcome.

When: Thursdays, 1:00-3:00PM.

Mexican Train Dominos. Fun and easy to learn.

When: Thursdays, 10:15-noon.

Skip Bo—fun and easy card game. All welcome.

When: Wednesdays, 10:15-11:45AM.

INDOOR ACTIVITIES

Craft Making presented by Givens Highland Farms—All supplies provided.

When: Last Thursday monthly at 10:15AM.

Knit & Crochet - All levels welcome.

When: Tuesdays, 1:00-3:00PM.

Linus Quilters - Local volunteers meet monthly and assemble quilts for children in need. All levels are welcome.

When: 4th Friday, 1:00-3:00PM.

Singing Group - All welcome, no experience necessary.

When: Mondays, 10:15-11:00AM.

MOVE YOUR BODY

Aerobic Exercise - Two impact levels offered. *New participants must attend the 9 AM low-impact class and receive instructor permission before attending the 8AM hi-impact class.*

Hi-impact - Mondays/Wednesdays/Fridays, 8:00-9:00AM.

Low-impact - Mondays/Wednesdays/Fridays, 9:00-10:00AM.

Chair Yoga - A chair-based yoga class using breathing techniques, balance and range of motion movements, and relaxation.

When: Fridays, 10:15-11:00AM.

Contemporary Line Dancing - Three options!

Improver Level, Tuesdays, 5:30-6:30PM.

High Beginner Level, Wednesdays, 5:30-6:30PM.

Intermediate Level, Tuesdays, 4:30-5:30PM.

Cost: \$5/per class.

Gentle Yoga & Meditation - Gentle, restorative mat practice with meditation.

When: Mondays, 5:30-6:30PM.

Cost: Donations.

Mat Yoga- Gentle hatha yoga.

When: Fridays, 10:30-11:30AM.

Cost: \$10/class.

Sit and Be Fit - A chair-based fitness class using weights and bands for overall strength and flexibility.

When: Tuesdays, 11:00-11:45AM.

Square Dancing - All levels welcome.

When: Tuesdays, 1:30-3:30PM.

Cost: \$2 suggested donation.

Stretch and Flex- Flowing movements to help extend range of motion.

When: Tuesdays, 9:00—10:00AM. May 1-29.

Step Aerobics— High Energy Aerobics using steps and weights.

When— Thursdays, 1:30-2:30PM.

Cost- \$2/class

Tai Chi Elder Form - Perfectly suited for older bodies.

When: Thursdays, 9:00-10:00AM.

Tai Chi Chuan Yang Style Form - Meditation in motion that combines slow movements with breath management.

When: Mondays, 3:00-4:30PM.

Outdoor Activities

Hiking Group - Weekly hiking group. Difficulty, cost and departure time vary. Must pre-register.

When: Tuesday mornings.

Swannanoa Valley Birding - Birding enthusiasts welcome.

When: Monthly on the 3rd Saturday. 9:00AM at Owen Park.

Drop In Activities

We have many activities that are available for your pleasure throughout the day! The walking path around Lake Tomahawk (.55 mile), tennis courts, lending library, board games, Wi-Fi access, ping pong, pool table, and public computer.

Volunteer Opportunities

The Lakeview Center is always looking for volunteers in areas such as special events, teaching/facilitating classes and activities, and advisory committee members.

Sign up for our newsletter!

We have a monthly newsletter that shares more details about these and other activities. Contact Cyndy at 828-669-8610 to sign up.

Active Aging



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 and downtown businesses, schools, and parks. Maps are available on the recreation website (www.blackmountainrec.com—click on Greenways tab) under "Parks".

Follow us on Facebook to hear news about greenways!

<https://tinyurl.com/BMTGreenway>

Discovery Days— June 2, 2018

The Greenways Discovery Day Tour is a guided tour of the greenway segments in Black Mountain. Tour guides will share history of the greenways and the area as you walk some greenway segments and are shuttled in-between by our vans. This tour will help participants envision the plan for Black Mountain's Greenway System while learning about the history of Black Mountain. There is no cost, but limited seating on the vans (preregistration required to confirm your seat). 9:00AM—12:00PM.

Volunteers Needed!

Are you (or your group) interested in helping us build a natural path trail in the Carver Woods? We could use your help digging in this trail. After a brief orientation you can schedule a time that works best for you. Call Casey at the main office (828-669-2052) to set up an orientation time or learn more.

Are You Into Social Media?

Like These Facebook Pages to Keep Up with the Latest Information!

@BlackMountainRec

@LakeTomahawk

@BMVeteransPark

@CarverCenterBlackMountain

@LakeviewCenterForActiveAging



We'd LOVE to see your pictures and posts—be sure to use the best hashtags!

#blackmountainrec

#carvercenterbmt

#laketomahawkpark

#greyeaglearena

#veteransparkbmt

