

Summer 2017

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www.blackmountainrec.com



Black Mountain Recreation & Parks

Recreation & Parks Department
101 Carver 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
Punt, Pass, Kick competition on September 9th
Games: Start September 16
This program will be in association with Biltmore Sports
Practices: One practice weekday evenings or maybe Saturday Morning, beginning August 14
Practice Dates: August, September, October
Players receive Official NFL Flag Football Jersey and Flags

Adult Coed Dodgeball

Dates: Thursday Nights in June
Location: Grey Eagle Arena
Cost: \$125/team
Manager Meeting: June 1 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.bugniazet@townofblackmountain.org

Adult Tennis Clinics

Adult Clinics on Thursdays starting June 8 from 7:00-7:45 PM at Cragmont Tennis Courts. For more information please call Recreation and Parks Office or go to blackmountainrec.com Cost: \$50

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 22-July 27
Cost: \$60
Ages: 6-18

Adult Soccer Drop in Games

Drop in games are at Grey Eagle Arena every Friday night from 8:30-10:30 PM. Cost per player is \$3 dollars at the door.

Pickleball

Monday and Friday from 10:00-12:00 PM at Cragmont Baptist Assembly. 1233 N Fork Rd, Black Mountain. \$1 donation to play.

Sports



Arts (and Activities!) in the Afternoon

Celebrating our 9th year of educating & creating with children after school. We are an affordable, hands-on, arts-based after school program. We explore ideas through different artistic outlets including drawing, painting, pottery, collage, book making, sculpture, performing arts and using recycled materials. We have a huge end of year art show to showcase all of our masterpieces from the entire year. We connect with the local community through Art from the Heart Program. Other activities include outdoor play with group games and physical fitness, homework time, and end of year variety show. Your child will feel safe and loved in our program which is directed by certified teachers. 3:00-6:00 PM school days at Carver Community Center. Extended days available.
Transportation from Black Mountain Schools provided.
Call 669-6929 for pricing and scheduling information or check out www.facebook.com/artinthepm

Karate

The Land of Sky Martial Arts program emphasizes physical skills, balance, flexibility, coordination, focus, respect, & teamwork. The instructor has varied background in several disciplines of martial arts and extensive training in working with children.
Days: Tuesday and Thursday
Time: 3:00-5:30 PM; beginners 3:00-4:00, adults 4:00-5:00, senior belts 5:00-5:30 PM. Students may stay through the later class and work on homework.
Location: Carver Community Center - Auditorium
Bus drop off available
Ages: All Ages
Fee: \$85 per month
Call Spencer at 280-0847 for more information.

Zumba

Zumba is exercise in disguise - 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.

Facebook Group: Tara's Zumba Fitness AVL
Monday night at 6:45 at Carver Community Center
\$5 dollars per class, you can drop in

Smart Girls

This is a time for middle school aged girls and older ladies to hang out, get to know each other, and be inspired to change the world by being yourself. In May fifth grade girls are encouraged to attend and help ease the transition into middle school. Smart Girls hang out after school once a week at the Lakeview Center. Smart Girls will have special gatherings throughout the summer and volunteer at the senior dining site at the Lakeview Center.
Days: Mondays after school till 5:00 PM
Ages: middle school girls & adult women
FREE
**Find us on Facebook - search for "Smart Girls in Black Mountain"*

Everything Essential: Essential Oils 101

Join Lisa Gray registered nurse of 15 years and doterra wellness advocate for a class on learning about the benefits of essential oils. Class focus will be on the basics of essential oils and how these powerful oils can boost your health, from easing pain, decreasing anxiety and stress to weight loss etc. Free samples to all who attend.
Class: 5:00-6:00 PM Thursdays starting June 1
Refreshments will be served.

Unante Kan Karate Class

This class focuses on one of the oldest forms of Okinawan karate, Shiron Ryu. Participants will study the Matsumura Family Style, which uses traditional katas, kuboo (weapons training), koteate (body hardening and training techniques), and kumite (fighting strategies).
Class times: Wednesday, 5:00-6:30 PM, at Carver Community Center
Cost: Free with limited openings
Ages: Participants must be at least 18 years of age to join.

Programs



Facilities



Carver Community Center
101 Carver Avenue
Playground, Skate Park, & Community Center
828-669-2052

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.

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.

Carver Community Center
Carver Community Center auditorium is available for rent by the hour or day. Great for meetings, workshops, baby showers, parties, and other informal gatherings. Cost varies by day of the 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 Night

Sponsored by Montreat Conference Center
Friday, May 12, 7:00 PM (Movie will begin at dusk)
Join us for a FREE and fun family night out! Games and activities will start at 7:00 PM and the movie at dusk. Pepperoni's Pizza will have food available for purchase.

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 20 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 22 - Ryan Perry Band (Country)
June 29 - Gotcha Groove (Variety Dance Band)
July 6 - Crooked Pine (Mountain Music)
July 13 - James Hammel Quartet (Jazz/Pop/Blues/Originals)
July 20 - Dark Water Rising (Rocky Soul)
July 27 - Zuzu Welsh Band (Classic/Dance Rock)
August 3 - A Social Function (Top 40 Hits)
August 10 - The Big Deal Band (Bluegrass)

July 4th Street Dance

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

Carolina Panthers Game

Come with us to see the Carolina Panthers play the New Orleans Saints on Sep. 24. The game is at 1:00 pm at Bank of America Stadium. Bus will be leaving Carver Community Center at 9:00 AM. Price will include the trip to Charlotte and your ticket to the game. Contact Collin at collin.bugniazet@townofblackmountain.org or call 828-669-2052 if you are interested in going to the game. Price is \$150 per ticket.

Atlanta Braves Game

Come with us to see two Atlanta Braves Games this Summer. Both games are weekday early afternoon games, the bus will be leaving Carver Community Center at 7:00 AM. Price will include the trip to Atlanta and your ticket to the game.
May 25 Atlanta Braves vs Pittsburgh Pirates 12:10 PM
July 19 Atlanta Braves vs Chicago Cubs 12:10 PM
Contact Collin at collin.bugniazet@townofblackmountain.org or call 828-669-2052 if you are interested in going to the game.



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, 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 or email Jill to help as a volunteer 828-669-2052 or jill.edwards@townofblackmountain.org
When: Wednesday, May 10, beginning at 7:00 AM
Location: Start from home or park and walk from the First Baptist Church, 130 Montreat Rd
FREE

Bicycle Rodeo & Skills Day

Bring your bike (or borrow one of ours) and practice your riding skills with our trained volunteers. Learn how to ride safely, get your bike checked out and tuned up, and have fun! We have helmets to give away for kids without one.
When: Friday, May 12, 4:00-6:00 PM
Location: Black Mountain Elementary (field behind the school)
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 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 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 Jill at the Carver Center.

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 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 Apprentices: 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 8:00 - 11:00 AM 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.

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

Expand Your Knowledge

Snack & Learn - Join us weekly for special presentations on topics to educate yourself about resources and age-related issues in our community. Mondays, 11:00-11:45 AM, upstairs. FREE!

Excursions

Van Clan - Monthly we travel to different destinations for our day trips where we enjoy small towns and great attractions. Coming up we will be going to Burntshirt Winery, Asheville Tourist game, a play at the PEACE Center, and a Lake Lure boat tour. Cost and Dates vary. Please check our website for more information.

Fall Trip 2017: Treasures of Ireland, presented by Premier World Discovery. Depart, September 18, 2017. 9 days. Features Dublin, Limerick & Killarney. \$3595 pp/double occupancy. We'll have a special presentation on the trip, Wednesday, May 10 at 10:00 AM, downstairs.

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, 6:00-9:00 PM, downstairs. \$1/per player.

Hand and Foot - New players welcome. Fridays, 1:00-2:30 PM, downstairs.

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

Indoor Activities

Book Club - Readers meet monthly to discuss a topic chosen by the group. 3rd Friday of the month, 11:00 AM, upstairs.

Knitting Group - Beginner and experienced knitters welcome. Tuesdays, 1:00-3:00 PM (2:00-4:00 PM the second Tuesday of the month), downstairs.

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.

Movie Night - A new movie is shown each month (except June and July.) Last Thursday of the month, 5:00 PM, downstairs.

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

Woodcarvers Corner - Beginner to expert carvers welcome. Fridays, 12:30-2:30 PM, downstairs.

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.

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.

Chair Yoga - A no-mat yoga class that focuses on breathing techniques, relaxation, and improving balance. Fridays, 10:15-11:00 AM, upstairs.

Contemporary Line Dancing - Two options! Each 8 week session builds upon the previous and includes a review. Improver Level, Tuesdays, 5:30-6:30 PM, upstairs. \$5/per class.

High Beginner Level, Wednesdays, 5:30-6:30 PM, upstairs. \$5/per class.

Gentle Yoga & Meditation - Gentle mat practice with meditation. Thursdays, 3:30-4:30 PM, downstairs. Donations welcome.

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

Tai Chi - Elder Form - Perfectly suited for older bodies. Thursdays, 9:00-10:00 AM, downstairs.

Tai Chi Chuan Yang Style Form - Meditation in motion that combines slow movements with breath management. Mondays, 4:00-5:30 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, 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 for your pleasure 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.

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.

Active Aging



Half Day Youth Tennis Camp

This summer we will be offering a half day Tennis Camp from July 24-28. 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. The first will be June 12-16 and the second will be July 17-21. 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.

Ages: 7-11
Cost: \$60

Half Day Youth Basketball Camp

This summer we will be offering a half day basketball camp from June 19-23. 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.

Ages: 7-11
Cost: \$60

Black Mountain Pool

The Black Mountain Pool opens on the weekends beginning Saturday May 27, 2017. The pool will be open May 27-29 and June 3-4. Starting Saturday June 10 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
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 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

5/22/17-5/25/17 1:00-1:45 PM

Swim Lessons Session 2 LV1

5/22/17-5/25/17 2:00-2:45 PM

Swim Lessons Session 3 LV1

5/30/17-6/2/17 1:00-1:45 PM

Swim Lessons Session 4 LV1

5/30/17-6/2/17 2:00-2:45 PM

Swim Lessons Session 5 LV1

6/5/17-6/8/17 1:00-1:45 PM

Swim Lessons Session 6 LV1

6/5/17-6/8/17 2:00-2:45 PM

Swim Lessons Evening Session 1 LV1

6/8/17-6/29/17 Sessions on four Thursdays from 6:15-7:00 PM

Swim Lessons Session 7 LV1

6/12/17-6/15/17 10:00-10:45 AM

Swim Lessons Session 8 LV1

6/19/17-6/22/17 10:00-10:45 AM

Swim Lessons Session 9 LV1

6/26/17-6/29/17 10:00-10:45 AM

Swim Lessons Session 10 LV 2

7/3/17-7/6/17 10:00-10:45 AM

Swim Lessons Evening Session 2 LV1

7/6/17-7/27/17 Sessions on four Thursdays from 6:15-7:00 PM

Swim Lessons Session 11 LV2

7/10/17-7/13/17 10:00-10:45 AM

Swim Lessons Session 12 LV2

7/17/17-7/20/17 10:00-10:45 AM

Swim Lessons Session 13 LV2

7/24/17-7/27/17 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.

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

Swim Stroke Class

These classes are for skilled swimmers that are wanting to improve their swim strokes. Butterfly, Free, Backstroke, and 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 12 from 9:00-10:00 AM and will meet every other Monday. Fee will be donation-based.

summer

