

Winter 2018 Program Guide

Connect With Us on Social Media!



Facebook.com/blackmountainrec



Twitter.com/blkmntnrec



Instagram.com/blackmountainrec

Facilities



Carver Community Center

101 Carver Avenue

Nearby Playground, Skate Park,
& Community Garden

Lake Tomahawk Park

401 Laurel Circle Drive

Playground, Walking Trail, Tennis, Picnic Areas, Fishing
including

Lakeview Center for Active Aging

828-669-8610

Programming, trips, education and more for adults 50+

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 Ave.

Tennis, Basketball, and Open Field

Riverwalk Park

205 NC-9 (Behind Bi-Lo)

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 run and play - balls are included. Available to rent for birthday parties, practices, or soccer scrimmages.

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, resident, 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, resident, and nonprofit status.

Carver Community Center

An auditorium is available for rent by the hour or the day. Have your informal gatherings here! Cost varies by day of week, resident, and nonprofit status.

Veterans Park

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

Programs



Art in the Afternoon & MOVE in the Afternoon

Art in the Afternoon is a hands-on after school learning program designed for kids who like to express themselves through artistic creations. We explore ideas through a variety of art techniques. Other activities include 45 minutes of outdoor play, homework time, group games and physical fitness, and an end of year variety show. Certified art teacher on staff. Grades K-5.
When: M-F, 3:00-6:00PM. Early Release Days and Teacher Work Days available. Daily, weekly, and drop-in schedules available. Call for price of your specific needs.

Facebook: artinthepm

MOVE in the Afternoon is a whole brain learning through body movement This helps kids make better use of their potential. After doing these special exercises, kids may be able to focus and finish homework more quickly, and with less effort.

When: Mondays after school

FOR BOTH

Where: Carver Community Center, transportation from Black Mountain Schools provided.

For More Details: Call Stephanie at 828-669-6929

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 6:45

Where: Carver Community Center Auditorium

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

Facebook: Tara ZIN AVL

Start Smart Basketball

Start Smart Basketball is a developmentally appropriate introductory basketball program for children 3-5 years old. The program prepares children for organized basketball in a fun, confidence-building, non-threatening environment. Registration **ends** Jan. 12, 2018

When: Fridays from Jan. 19-Mar. 2, 6:15 PM-7:15 PM

Where: Black Mountain Primary School

Cost: \$50/child, \$10 add on basketball

Start Smart Soccer

Start Smart Soccer is a 7-week developmentally appropriate introductory soccer program for children 3-5 years old. The program prepares children for organized soccer in a fun, confidence-building, non-threatening environment. Register Jan. 29 - March 9

When: Saturdays from Mar. 17-April 28, 9:30 AM-10:30 AM

Where: Grey Eagle Soccer Arena

Cost: \$50/child, \$10 add on soccer ball

Adult League Basketball

Black Mountain Recreation is offering an Adult League Basketball program for players 18 years of age and up. Games will be held on Sunday's at Owen Middle School starting in January and going through April.

Registration ends Jan. 19

When: Games are every Sunday from Jan. 28-Apr. 15, Between 1:00 PM-6:00 PM

Where: Owen Middle School

Cost: \$525/team

Coed Adult Dodgeball

Dodge, duck, dip, dive and dodge your way to dodgeball greatness! Matches will be held on Thursday evenings starting March 15 at 6:15 PM. These will be timed matches and whoever has the most players still standing, wins! Must have at least 6 players to play.

Register Feb. 5 - March 9

Where: Grey Eagle Arena

Cost: \$150/team

Co-Ed Adult Softball League

Hospitality, ASA Rules, 12 regular season games, tournament

When: Monday/Wednesday 6:30 PM

Where: Veterans Park

Cost: \$550/team

Youth Tennis Clinics

Kinder Tennis & 8 and under, Register Apr. 9- May 4

When: Tuesdays starting May 8-May 29, 5:00-5:45 PM

Where: Cragmont Park

Cost: \$30/child

10 and under, Register Apr. 9- May 4

When: Thursdays May 10-May 31, 5:00-5:45 PM

Where: Cragmont Park

Cost: \$30/child

12 and under, Register Feb. 5 - April 2

When: Thursdays Apr. 11-May 2, 5:00-5:45 PM

Where: Cragmont Park

Cost: \$30/child

14& Under, Register March 5—Apr. 6

When: Tuesdays Apr. 9—Apr. 30

Where: Cragmont Park

Cost: \$30/child

Adults, Register May 7—June 15

When: Wednesdays June 20—July 11

Where: Cragmont Park

Cost: \$50/person

Indoor Pickleball

Thanks to popular demand and a partnership with Cragmont Assembly, we have full-sized, indoor pickleball courts for you to enjoy. Bring your own paddle (or ask at the Carver Community Center to borrow one)

When: Mondays & Fridays 10:00 AM—12:00 PM

Where: Cragmont Assembly (off North Fork Road)

Cost: \$1 donation suggested

sports



Events



Valentine 5K, Kids Fun Run & Wellness Expo

The 19th Annual Valentine 5K & Kids Half Mile Fun Run will be held on Saturday, February 10, 2018 at Lake Tomahawk Park. The Half Mile Kids Fun Run around Lake Tomahawk will begin at 9:30 AM, with the 5K Race beginning at 10:00 AM. Again this year we'll have a Health & Wellness Expo from 9:00-11:30 AM. Register at blackmountainrec.org!



Greenway Challenge 5K/10K

The Greenway Challenge is scheduled for April 7, 2018. Register at RunSignUp.com for the Black Mountain Greenway Challenge. Be sure to "Like" the "Black Mountain Greenway Challenge" Facebook page to keep up with the latest news and info!

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 7 PM 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)

Black Mountain Summer Adventures Camp

This day camp is for rising 1st—6th graders. Since 2011 we have been spending our summer days park hopping, hiking, creek walking, waterfall finding, swimming, journaling, playing games, doing art projects, exploring theater arts, letterboxing, and much, much more! Each group has a strict limit to allow for good supervision and great experiences. Registration will open March 27. Watch the Black Mountain Recreation and Parks Facebook Page for reminders and added details.

Sports & Adventures Camp

This fantastic opportunity allows day campers a chance to participate in tennis, soccer, or basketball adventures in the morning and other adventures in the afternoon. Full day signups will start March 27. Sports-only half day camps will also be available.

Youth Swim League

Our recreational swim league has grown incredibly popular, with over 100 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 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. For ages 6—17.

Lifeguard Classes

Red Cross Certified classes will be offered May 4-6 or May 18-20.
Cost: \$185

**to be a lifeguard at the Black Mountain
Stop by our
administrative office
for an application!**

summer



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

Vision Statement



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 Jill Edwards in our Administrative Office at 101 Carver Avenue, Black Mountain, email jill.edwards@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. To join the plot waiting list for 2018 call or stop by our office at the Carver Center. To volunteer—see the Share section.

Carver Community Garden: This community garden has elevated beds—great for people who can't easily kneel or bend but want to garden. Join the waiting list for a bed in 2018 by contacting Jill at the Carver Center.

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. Call Jill to request a plot for 2018.

***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.

Winter Garden Club: An indoor (occasionally outdoor when the climate cooperates) program for Elementary-aged youth to explore gardening through cooking, crafting, and other hands-on learning opportunities.

When: Thursdays after school til 4:30 p.m.

Where: Carver Community Center

Cost: \$40

Share

Dr. John Wilson Community Garden: Harvest Help Needed Tuesday mornings from 10:00 - 11:30 a.m. (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: Still getting established, the Carver Garden needs donations of tools or small construction. Contact Jill if you'd like to help!

School Gardens: Helpers are needed to assist in one of three ways: in-class garden teachers, recess-time garden guides, and after-school garden club. 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!

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, check in with Jill. 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, 10:00-2:00 PM (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, 11:00-11:45 AM, 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.

EXCURSIONS

Spring Motorcoach Trip. The Outer Banks, NC. See website or call for details.

When: April 30-May 3, 2018.

Cost: \$580/pp double occupancy, \$769 pp single.

Lunch and Movie Outing — Once a month we will have lunch and see a movie in Asheville. Please check our website for more information.

When: A different Wednesday every month.

Cost: \$15/each for ticket/transportation (buy your own lunch)

Van Clan - Each month we take a day trip to a small town or a fun local attraction. Coming this Winter:
Jan: Grove Park Inn Gingerbread Houses;
Feb: PEACE Center, Phantom of the Opera;
Mar: Brevard Music Center Concert.
See website for details.

Cost: Varies.

GAMES

Beginning Bridge—Mondays, 10-11:30AM.

Cost: \$2/class.

Bingo - Prizes awarded!

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

Canasta - Everyone welcome.

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

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

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

Cost: \$1/per player.

Hand and Foot - All welcome.

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

Mahjong - All welcome.

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

INDOOR ACTIVITIES

Crafts with Givens Highland Farms—All supplies provided.

When: Last Thursday monthly at 10:15AM.

Knit & Crochet - All levels welcome.

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

Library Day—Check out and return materials

When: 1st Friday monthly at 11:15AM.

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

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

Movie Night - Watch a recent movie

When: Last Thursday monthly, 5:00 PM.

Cost: Donations appreciated.

Singing Group - All welcome, no experience necessary.

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

MOVE YOUR BODY

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

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

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

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

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

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

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

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.

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

Cost: \$5/per class.

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

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

Cost: Donations welcome.

Mat Yoga. Fridays, 10:30-11:30AM.

Cost: \$10/class.

Square Dancing - All levels welcome.

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

Cost: \$2 suggested donation.

Tai Chi Elder Form - Thursdays, 9:00-10:00 AM.

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

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

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. 9:00 AM 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 the Lunch Site, special events, teaching/facilitating classes and activities, telephone reassurance, 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>

Which Greenways Already Exist?

- Flat Creek Greenway (.5 miles, includes Emilee's Way)
- Village Way Connector (between Primary & Elementary Schools)
- Lake Tomahawk Loop Trail (.55 miles)
- Riverwalk Trail (.5 miles)
- Oaks Greenway (.5 miles)
- River Loop Trail (.55 miles)
- Garden Greenway (.5 miles)

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 Jill or 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

