

ASHEVILLE
Parks & Recreation



SUMMER 2015 PROGRAM GUIDE

June-August



www.Ashevillenc.gov/Parks

facebook.com/APRCA

Asheville Parks & Recreation

828-259-5800
parks@ashevillenc.gov

Street Address:

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 Asheville, NC 28801

Mailing Address:

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Montford Recreation Center

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Stephens-Lee Center

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Therapeutic Recreation

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Adult Athletics

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Swimming Pools

Candy Hensley Shaw
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Welcome!

Asheville Parks & Recreation invites the whole family to come join the many fun, educational and athletic programs we offer. Our programs are a safe place for learning, adventure, and fun. Your family will discover old and new friends, experience the excitement of trying something new, and have an awesome time! Programming is purposeful and age-appropriate so every family member can reach their potential.

General Information**Financial Assistance**

Reduced fees for some programs are available for families currently enrolled in free/reduced meal programs at their child's school. A verification letter should be obtained through your school system nutrition offices.

Payment Policy

Payment must be received to secure placement and is due at the time of registration. See your Center Director for further details.

Wait List

There is no charge to be placed on a wait list and participants will be notified in the order received. We cannot secure placement until registration & payment are received.

Cancellations/Refunds

We reserve the right to cancel programs due to low enrollment or conditions beyond our control. If we cancel a program in which your child is enrolled, you will be given a full refund or credit. If you cancel a registration, cancellations must be in writing and submitted two weeks before the start of the program. With this notice, any balance will be refunded or credited.

How to Register

ONLINE: www.ashevillenc.gov/parks

Register online 24 hours a day at www.ashevillenc.gov/parks with WebTrac! Have a Visa or MasterCard ready as full payment is required for online registration. For assistance, call Asheville Parks & Recreation at 828-259-5800.

WALK-IN REGISTRATION:

Walk-in Registration is available at each facility. Cash, checks, Visa and MasterCard accepted. Please make checks payable to Asheville Parks and Recreation.

BY PHONE:

By calling the Recreation Center directly.
 Visa and MasterCard payments only.

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Burton Street Center

Capoeira: The Brazilian Martial Art-Dance, Fight and Music

Wednesdays, 6-8pm

Capoeira is an Afro-Brazilian art that was originally practiced by enslaved Africans brought to Brazil by the Portuguese during nearly 500 years of slavery. Dance, music, martial arts, gymnastics, and culture come together in this energetic art form to develop strength, endurance, flexibility, coordination, creativity, grace, and confidence. This program is great for all ages!

Fee: \$6 per class

Hip Hop for Peace

Thursdays, 5:30-7pm

This class is for people of all ages who want to move. The class features a fun yet challenging stretch and warm-up, as well as exciting and unique choreography. You are sure to get a great workout while learning some fun moves. Hip Hop class provides a structured method of learning various Hip Hop dance movements in a fun-filled and vibrant class environment, and offers a new set of combinations and routines every time.

FREE

1 Mic Studio

3rd Saturday each month

1 Mic Studio allows youth and young adults the opportunity to get creative and find their voice through the art of audio production. Youth can use this simple, high quality recording studio to record music, sounds, rhymes and beats. A LEAF Schools & Streets teaching artist will be available once a week for a regularly scheduled session to help youth with their artistic development and to support the recording process. Youth with music, rap, song writing and audio production experience are encouraged to register. Call the Center for additional information.

FREE

Dr. Wesley Grant Sr. Southside Center

Girl Scouts

Tuesdays, 5:30-6:30pm

In partnership with the local Girl Scout troop, this program is designed to work with girls ages 6-12. Through a variety of experiences such as field trips, skill-building clinics, community service projects, & environmental stewardships, girls will grow courageous and strong.

FREE

Kids Night Out

If you are between the ages of 6-15 and you want to get away from your parents for a day, come enjoy the activities and trips the Grant Center staff has planned for the month. You will get a chance to socialize with your peers and have some fun!

Scheduled Activities:

June 12 : Asheville Tourists vs. Charleston 6-10:30pm **FREE, Spending Money for Game**

July 10 : Movie in the Park 6-10:30pm **FREE**

August 14: Putt Putt and Krispy Kreme 6-8:30pm **FREE**

Linwood Crump Shiloh Center

High School/Middle School Basketball

Wednesdays, 5:30-8pm

Teenagers ages 12-16 can shoot for captains and pick their own teams! The first team to hit 12 points wins! Teens must show school ID or be in our teen club program to participate.

FREE

Montford Recreation Center

Developing Future Male Leaders

June 23–August 11

Tuesdays, 6-8pm

Males ages 8-14 work with adults to develop leadership skills through guest speakers, training activities and community service projects. Monthly themes guide the program plans. For more information contact William Hoke at whoke@ashevillenc.gov or 828-253-3714.

Capacity: 20 youth

Pre-registration is required.

Fee: \$10 for summer session

Stephens-Lee

Recreation Center

Break Dance Class

Wednesdays, 6-8pm

Come get your groove on and learn to break dance. Open to all ages.

FREE

Birthday Party Program

Let us host your child's next birthday party, with a variety of packages available. We'll provide the space and clean up the mess. All parties have a 2-hour time limit and must be booked at least 2 weeks in advance. Contact staff for available dates and pricing.

Therapeutic Recreation

Dinner Club

Location: throughout the Asheville area

June-August

3rd Wednesday of each month, 5:30-7:30pm

Social event for adults 18 and older with or without disabilities.

Enjoy the tastes of Asheville and make new friends! RSVP by email trprogram@ashevillenc.gov by 4pm the day of the meal.

Fee: Participants are responsible for the cost of their meal

Adapted Swim Club

July 11-August 1

Saturdays, 10-11am

For ages 6-21 with or without mild to moderate cognitive or developmental delays who meet eligibility requirements.

Therapeutic recreation staff and aquatic staff have partnered to provide this program designed for participants who are new to the pool, and need to learn basic water safety and water adjustment skills. Participants will enjoy swim lessons and water games within small group settings led by certified therapeutic recreation specialists and certified lifeguards. Program will be held at Recreation Park Pool, 65 Gashes Creek Road.

For more information on this program and to register, contact Lori Long at 828-259-5483 or long@ashevillenc.gov or visit our website at www.ashevillenc.gov/parks.

Fee: \$35 (Asheville City Residents Qualify for \$10 Discount!)

Traditional Camps**Vance Summer Day Camp**

June 15-August 13
Monday-Friday, 7:30am-6pm
A NC-licensed child care program. Fun-packed summer full of creative adventures and group play, along with special activities and field trips. Camp will be at Vance Elementary School gym. Lunch & afternoon snack provided. Ages 5-12.

Registration: \$25/child or \$40/family.
*Fee: \$115/week

Online registration is not available for this program. For more information and to register, contact Roger Tweed or Sandy Tweed at 828-350-6611 or 828-350-6649.

Playground Program

June 15-August 13
Monday-Friday, 8:30am-5:30pm
A supervised recreation program for rising 1st to 5th graders. Activities include games, crafts, cultural arts and field trips. Camps will be located at Montford, Shiloh, Stephens-Lee and Malvern Hills recreation sites.

*Fee: \$50/week for first child, \$40/week for siblings. For more information, contact Allison Dains at 828-251-4081, adains@ashevillenc.gov.

Summer Teen Program

June 15-August 13
Monday-Friday, 8:30am-5:30pm
Looking for a cool and enriching alternative to regular teen summer camps? This program offers creative activities, diverse projects, field trips and more. Camp will be at Shiloh and Burton recreation sites. For rising 6th to 9th graders.

*Fee: \$50/week for first child, \$40/week for siblings. For more information, contact Allison Dains at 828-251-4081, adains@ashevillenc.gov.

Therapeutic Recreation Enrichment Program

June 15-August 13
Monday-Friday, 9:30am-5:30pm
An inclusive recreation program for youth with or without mild to moderate cognitive or developmental delays who meet eligibility requirements. Daily activities include group games, arts and crafts, nature exploration, special events and field trips. Camp will be located at West Asheville Recreation Center. Ages 6-13. Space is limited.

*Fee: \$50/week for first child, \$40/week for siblings. For more information, contact Lori Long at 828-259-5483, llong@ashevillenc.gov.

Therapeutic Recreation**Teen Summer Program**

June 22-August 13
Monday-Friday, 9:30am-5:30pm
An inclusive summer recreation camp designed for middle and high school aged teens with or without mild to moderate cognitive or developmental delays who meet eligibility requirements. Activities include group games, arts & crafts, nature exploration, and field trips.

Camp will be located at West Asheville Recreation Center. Offered in cooperation with F.I.R.S.T.

*Fee: \$50/week for first child, \$40/week for siblings

For more information, contact Lori Long at 828-259-5483, llong@ashevillenc.gov.

Specialty Camps**LEAF Arts and Parks Camp**

Session 1: July 20-24
Session 2: July 27-31
Monday-Friday, 8:30am-5:30pm
Participants will have the opportunity to participate in endless recreational and cultural arts activities, while working with instructors specializing in a variety of performing arts genres. At the end of each week, each young artist will showcase their talents with a final performance for their friends and families. (Week 2 Final Performance will be on Saturday, August 1.) Camp will be held at the Grant Center. Rising 1st-5th graders.

For more information, contact Seth Jackson at 828-259-5483, sjackson@ashevillenc.gov.

Beyond-the-Page Comic Camp

August 3-7
Monday-Friday, 8:30am-5:30pm
Explore the world of comics and cartooning, and creating characters and adventures. Participants will focus on comics as an art form and learn about character and story development through creative games and activities. Youth should bring a water bottle, swimsuit and towel each day for water activities. Camp will be located at West Asheville Park. Ages 8-12.

*Fee: \$50 (\$25 for participants enrolled in Asheville Parks and Recreation Teen & Playground programs)

For more information, contact Seth Jackson at 828-259-5483, sjackson@ashevillenc.gov or Kim Kennedy at 828-253-3714, kkennedy@ashevillenc.gov.

Toddler Camps**Messy Mondays**

July 6, 13, 20, and 27
Mondays, 11am-Noon
Dress for mess and artistic success! Toddlers are free to smear, squeeze, splatter and explore artistic possibilities that might be too big to try at home. Get ready to have a messy good time! Space is limited to 15. Camp will be at Azalea Park Picnic Shelter 3. Ages 5 and under.

*Fee: \$20
For more information, contact Kristin Perez at 828-259-5773, kperez@ashevillenc.gov.

Wilderness Wednesdays

July 8, 15, 22, and 29
Wednesdays, 11am-Noon
Explore, discover, and learn! Come discover the great outdoors. Toddlers will experience hands-on environmental education and wilderness activities. Space is limited to 15. Camp will be at Azalea Park Picnic Shelter 3. Ages 5 and under.

*Fee: \$20
For more information, contact Kristin Perez at 828-259-5773, kperez@ashevillenc.gov.

Lil Fin Fridays

July 10, 17, 24, and 31
Fridays, 11am-Noon
Toddlers will learn water safety and fundamental skills in a safe and fun environment. Parents are encouraged to participate with their toddlers in several guided practice sessions that will help them learn elementary swimming skills. Space is limited to 15. Camp will be at Recreation Park Pool. Ages 5 and under.

*Fee: \$20
For more information, contact Kristin Perez at 828-259-5773, kperez@ashevillenc.gov.



Specialty Sport Camps

Champions Football Camp

June 22-26, 8:30am-5:30pm
Young athletes will develop proper football fundamentals, skills and techniques through the use of drills, demos, and lectures by leading industry organizations Xcel Sports and Southeastern Medicine. Camp also focuses on sportsmanship, teamwork and social skills needed to succeed at the game of football. For rising 2nd-8th graders.

***Fee: Before June 1-\$70
After June 1-\$90**

For more information, contact Seth Jackson at 828-259-5483, sjackson@ashevilleenc.gov or Bryan Fish at 828-251-4026, bfish@ashevilleenc.gov.



Skateboard Camp

June 1-July 31 (Weekly Camps)
Monday-Friday, 9am-noon
Our skateboard camps are for skaters who wish to sharpen skills, focus on progression and have fun skating with peers. Camps will be held at the Food Lion Skatepark located at the corner of Flint and Cherry streets in downtown Asheville. Ages 6-15. For more information or to register, call the Food Lion Skatepark at 828-225-7184 or PUSH Skate Shop at 828-225-5509.

Recreation Swim Club

Session 1: June 30-July 23
Tuesday/Thursday, 9:30-10:30am

Session 2: July 11-August 1
Saturdays, 10-11am

An introduction to competitive swimming. Instruction includes competitive strokes for butterfly, backstroke, breaststroke, freestyle. Prerequisite: Must be able to swim 25 yards. Camp will be at Recreation Park Pool. Ages 8-14.

***Fee: \$50/session.**

For more information contact Candy Shaw, 828-259-5800, chensleyshaw@ashevilleenc.gov.

Tennis Camp

Session 1: June 15-18
Session 2: June 22-25
Session 3: June 29-July 2
Session 4: July 6-9
Session 5: July 20-23
Session 6: July 27-30
Monday-Thursday, 3-6pm
Each 4-day camp focuses on progressive skill development and play. The camp will be held at the Aston Park Tennis Center in downtown Asheville.

Ages 8-14.

***Fee: \$100. Space is limited.**

For more information, contact Laura Loftis at 828-251-4074, lloftis@ashevilleenc.gov.

5 Star Sports Camp

July 6-10, 8:30am-5:30pm
A fun fast-paced experience in various sports, learning skills and playing organized games of flag football, basketball, tennis, soccer, volleyball, and more! Camp will be at the Grant Center. Ages 7-12.

***Fee: \$50 (\$25 for participants enrolled in Asheville Parks and Recreation Teen & Playground programs)**

For more information, contact Seth Jackson at 828-259-5483, sjackson@ashevilleenc.gov.

*** These programs qualify for an Asheville City Resident Discount**



WNC Nature Center Camps

To register for any of these programs: Visit www.wncnaturecenter.com or register in person at the Nature Center.

For more information, contact Keith Mastin at 828-259-8082, kmastin@ashevilleenc.gov.

Wild Week Camp

June 16-August 1
Monday-Friday, 8:30am-3pm
Youth will have fun while learning about nature through crafts, lessons and exploratory activities. Each week is geared to specific grade levels with topics specifically selected for that week's experience.

For rising 1st-9th graders. After Care is available from 3-5pm.

**Fee: \$175/week (Members of the Friends of the WNCNC receive a \$25 discount),
After Care: \$50/week.**

Pee Wee Camp

Session 1: June 23-27
Session 2: July 7-11
Session 3: July 28-August 1
Monday-Friday, 9am-12Noon
These parent-child camps are designed to enhance basic learning skills by connecting nature with the arts, sciences, mathematics, and the English language. Ages 3-5 and parent/guardian.

**Fee: \$75/week per child/parent (Members of the Friends of the WNCNC receive a \$5 discount).
Additional participant \$25.**

Overnight Delight

August 6-7
Thursday 7pm-Friday 10am
We present an evening of crafts, activities, a Wolf Howling program, and bonfire story telling right on the grounds. Pitch a tent or stay in the Appalachian Station and let us do the rest! Evening snacks with a continental breakfast. Any grade level & all family members welcome!

\$35/person (Members of the Friends of the WNCNC receive a \$5 discount).

Outdoor Adventure Camps

Adventure Camp

ADV 1: June 15-19

ADV 2: July 13-17

Monday-Wednesday, 9am-5pm, with an overnight camp-out on Thursday night and pick up at noon on Friday.

Activities include hiking, rafting, swimming, tubing, environmental education and camping. Campers must bring lunch and water daily and provide their own sleeping bag and pad. Ages 8-12.

Space is limited.

**Fee: \$200/session.*

Eco-Explorers Camp

ECO 1: June 22-24

ECO 2: June 30-July 2

9am-3pm, except the last day which is 9am-5pm

With a focus on environmental education, activities include hiking, climbing at the Montford Wall, stream investigation, and a field trip to Grandfather Mountain.

Bring lunch and water daily.

Ages 6-8. Space is limited.

**Fee: \$65/session (After Care \$5)*

Outdoor Program

Registration Information:

Registration begins Sunday, March 1st at 6pm by emailing

outdoorprograms@ashevillenc.gov

with your Name, Participant Name, DOB, Address, Phone Number & Program Selection, with a back-up selection. Emails must be received at 6pm or later.

Confirmation emails will be sent starting March 3rd.

Registration is open until filled.

Phone Registration will begin on Tuesday, March 3rd at 9am by calling 828-251-4029.

Teen Adventure Camp

TEEN 1: July 7-9

TEEN 2: July 21-23

9am-5pm each day

A three-day camp focused on outdoor skills, including tubing, hiking, canoeing, and whitewater rafting on the Pigeon River (class II-IV). Campers must bring lunch and water daily. Ages 11-14. Space is limited.

**Fee: \$155/session.*

Teen Canoe Adventure Trip

Session 1: June 23-26

Session 2: June 29-July 2

An overnight canoeing camp.

Campers will canoe almost 25 miles on the New River in northwest North Carolina. Participants must be able to swim 50 meters and be comfortable in the water. Campers will help set-up and breakdown primitive camps, cook meals, and follow all safety rules. Ages 12-15. Space is limited.

**Fee: \$300/session includes all equipment, meals & transportation.*

Big Adventure Camp

July 28-31, 9am-5pm Monday & Tuesday, with an overnight camp out on Wednesday and pick up on Thursday at 5pm.

Activities include tubing at Deep Creek, caving at Worley's, rafting the Nantahala (class III) and Ocoee (class IV) rivers. Campers will help set-up and breakdown primitive camps, cook meals, and follow all safety rules. Ages 12-14. Space is limited.

**Fee: \$255 includes all equipment, instruction, meals while camping and transportation.*

***Camps meet at
Oakley Recreation Center
749 Fairview Road***

For more information on Outdoor Adventure Camps, contact:

Christen McNamara

828-251-4029

outdoorprograms@ashevillenc.gov



Youth Athletics

Contact Information

Kim Turner, Asst. Program Supervisor-Youth Athletics
828-232-4526 or

ktturner@ashevillenc.gov

Youth Athletic Programs

Asheville Parks and Recreation offers a variety of youth athletic programs, with a focus on safety, fun, participation by all players, and sportsmanship.

Recreation Swim Club

Session 1: June 30-July 23

Tuesday/Thursday 9:30-10:30am

Session 2: July 11-August 1

Saturdays 10-11am

Introduction to competitive swimming for kids ages 8-14.

Areas of instruction will be 4 competitive strokes: butterfly, backstroke, breaststroke, and freestyle. The program will work on endurance, kicking, turns, and stroke specific drills. Prerequisites: Must be able to swim 25 yards of freestyle, backstroke, and breaststroke.

*Fee: \$50/Session (*City Residents qualify for a \$25 discount)*

Parisi Speed School Clinics

June 13-July 25

Saturdays, 10am-11am

(No Class July 4th)

A 6 week program designed for ages 7-14. Want to increase your speed and endurance? Parisi Speed School empowers athletes to improve their athletic performance by focusing on speed, strength, flexibility and agility. Program will be held at Memorial Stadium.

**\$40/6-week session*

For more information or to register contact Jessica Johnston at 828-350-2058 or

jjohnston@ashevillenc.gov.

***These programs qualify for an Asheville City Resident Discount**

Burton Street Center**Burton Street Community Association Meetings**

3rd Monday each month
6-7pm

The Burton Street Community Association meets monthly to talk about things that are going well, things that need improvement as well as plan upcoming events. The focus of this group is to continually improve the Burton Street Neighborhood.

FREE

Burton Street Community Senior Elite Club

June 2-30 & August 18-December
Tuesdays, Wednesdays, and
Thursdays, 11am-2pm

This program is geared for senior citizens and provides fun activities, planned trips, movie days, chair exercise classes, fellowship days, game days and special meals prepared by different seniors from the group.

Fee: \$3 per meal, \$33 annual membership to the National Association of Senior Citizens District 9A

Capoeira: The Brazilian Martial Art-Dance, Fight and Music

Wednesdays, 6-8pm

Capoeira is an Afro-Brazilian art that was originally practiced by enslaved Africans brought to Brazil by the Portuguese during nearly 500 years of slavery. Dance, music, martial arts, gymnastics, and culture come together in this energetic art form to develop strength, endurance, flexibility, coordination, creativity, grace, and confidence. The only way to truly understand the magnetism of Capoeira is to see it and try it yourself. This program is great for all ages!

Fee: \$6 per class

Yoga Program

Thursdays, 6-7pm

Join us to strengthen the connection between your breath and body! This class focuses on back care, opening up the hips and shoulders and strengthening the core. Come relax and rejuvenate.

FREE

Hip Hop for Peace

Thursdays, 5:30-7pm

This class is for people of all ages who want to move. The class features a fun yet challenging stretch and warm-up, as well as exciting and unique choreography. You are sure to get a great workout while learning some fun moves. Hip Hop class provides a structured method of learning various Hip Hop dance movements in a fun-filled and vibrant class environment, and offers a new set of combinations and routines every time.

FREE

Dr. Wesley Grant Sr. Southside Center**Family Night**

1st Monday of each month, 6-8pm

Looking for a recreational experience the whole family can enjoy together? The Grant Center offers an opportunity for families to participate in a variety of structured family activities that are fun & educational. To learn about the monthly activities, call the Grant Center Staff.

FREE

Linwood Crump Shiloh Center**Zumba Fitness**

Mondays, 6-7pm

These fitness classes focus on maintaining a healthy weight through fun and exciting moves. Come get your cardio on!

Fee: \$1

Busy Hands Senior Club

Tuesdays, 11am-1pm

This program provides membership into the North Carolina Association of Senior Citizens Club and offers activities such as crafts, senior exercise, and senior trips (local & out of town). Join our fellowship and embrace the fun!

FREE

Healthy Living Program

Wednesdays, 12-2pm

In partnership with Shiloh Community Association, ABIPA, & YMCA; these classes focus on the self management of chronic disease and diabetes as well as maintaining a healthy heart and well balanced lifestyle. Lunch is included too!

FREE

Indoor Soccer Open Play

Tuesdays, 6-8pm

It's a blast to play indoor soccer! Teens and adults ages 16 and up come on out and get competitive as we enjoy this wonderful game!

FREE

Line Dancing Classes

Thursdays, 6-7pm

Please join us to learn line dances both new and old to some of the America's greatest hits...Electric Slide...Cupid Shuffle...Wobble...Cha Cha Slide...Down South Shuffle...Mississippi Muddslide...Cane Wayne Wit It...Step & Stomp...The Brand New Slide; and so much more!

Fee: \$1

Community Basketball

Thursdays, 5:30-8pm

Pickup basketball, first team to hit 12 points wins; 15 minute game times will be monitored on a clock and scores will be kept. Participants will have the opportunity to play at least one game. Last game is to 16 points. Participants must be 16+ to enter and show ID.

FREE

Senior Chair Exercise & Council on Aging

Fridays, 11:15am-1:15pm

In partnership with Council on Aging we provide seniors age 65+ the opportunity to increase mobility and strength through innovative chair exercises. Join us also for a healthy meal for a \$1.50 donation.



Montford Recreation Center**Indoor Climbing Wall**

Mondays, 5:30-8pm

For beginners to advanced!

\$5/2hour wall access. Harness and shoe rentals for \$2/each per session. Belayers \$9/hour (must be scheduled in advance). Belay Card classes \$25/person. Belay Card \$5. The wall is also available for group rentals and birthday parties– ask for details!

Martial Arts- Gong Fu

Tuesdays, 6:30-8pm

Join instructor Mark Small of the Carolina Wushu Association for this adult class.

Fee: \$10/class.**Community Basketball- Adult**Wednesdays 5:30-7:30pm **FEE: \$1**Saturdays, 10-11am **FREE**

Come shoot some hoops or play a pickup game. Please bring a photo ID.

AFFILIATE PROGRAMS**Table Tennis**

Mondays 5:30-8pm

Saturdays 11am-2pm

FREE**Badminton**

Through May

Thursdays, 5:30-8pm

Beginning in June

Tuesdays, 5:30-8pm

FREE**Stephens-Lee Recreation Center****Fitness Center**

Cardio equipment, free weights and more.

Individual Annual Passes**(Jan-Dec). \$80/\$5 discount for Asheville residents.****Day passes: \$10/\$5 discount for Asheville residents.****Ask about discounted Family Passes!****Women Only Workout****Fitness Center**

Mondays, 5-6pm

FREE**Men Only Workout****Fitness Center**

Mondays, 6-7pm

FREE**FITNESS****Community Basketball-Adult**

Tuesdays, 6-8pm

Come shoot some hoops or play a pickup game.

FREE**Pickle Ball**

Mondays, Wednesdays & Fridays

9-11am & Monday night 6-8pm

Fun game that combines tennis, ping pong and badminton.

Paddles and balls provided.

Fee: \$1/day**Power Mix**

Tuesdays & Thursdays, 6-7pm

Join us for an hour packed with fitness and fun including a variety of body weight exercises, circuit intervals, weight training and stretching.

FREE**Break Dance Class**

Wednesdays, 6-8pm

Come learn to break dance and get your groove on. Open to all ages.

FREE**Bascom Lamar Lunsford Stage at Pack Square Park****Move @ Noon**

Don't have time to work out in the morning or after work? Join Asheville Parks and Recreation to Move @ Noon! This program is free and offers a variety of fitness opportunities at the lunch time hour, to get your heart pumping! In front of City Hall on the Bascom Lamar Lunsford Stage in Pack Square Park.

5/5	Circuits in the Park
5/12	Hula Hoop
5/19	Line Dancing
5/26	Tabata
6/2	Low impact Aerobics
6/9	Circuits in the Park
6/16	Line Dancing
6/23	Core and Balance
6/30	Yoga
	FREE

For more information contact Candy Hensley Shaw at 828-259-5826 or chensleyshaw@ashevilenc.gov

**Outdoor Recreation****Mt. Leconte Overnighter**

August 11-12

Hike to the top of one of the highest peaks in the Smoky Mountains and spend the night in rustic comfort at the Leconte Lodge. This two-day trip is for adults in good physical condition.

Fee: \$195 (includes dinner, breakfast, lodging, and transportation). City of Asheville residents receive a \$5 discount!

For more information or to register contact Christen McNamara at 828-251-4029 or

cmcnamara@ashevilenc.gov

Adult Athletics

Contact Information

Bryan Fish, Asst. Program Supervisor-Adult Athletics
828-251-4026 or bfish@ashevillenc.gov

All Parks and Recreation Adult Athletics programs are established to provide wholesome recreational opportunities for residents of the community of all skill levels and ages. Emphasis is placed on fair play and sportsmanship.

The Athletics Division offers a variety of team and individual sports programs, leagues, and events for youth and adults, in both traditional and contemporary athletic venues. These programs enhance the health and well being of the participants involved, as well as impacting the social and economic wellness of the community.



Form your team and have a team representative attend the informational meeting to receive registration instructions.

Summer Volleyball, Dual-Gendered Informational Meeting:

May 14, 6:30pm

Recreation Office, 72 Gashes Creek Road

Season: June-July, Monday-Thursday

Ages: 18+ (16 & 17 year olds may play with parental permission)

Fee: \$200 entry fee/team plus \$25 non-Asheville resident fee

Spring/Summer Softball, Men and Co-Hospitality
We offer a number of different leagues for men, women and co-hospitality with varying skill levels.

Informational Meeting:

March 19, 6:30pm for Men and 8pm for Co-Hospitality

Linwood Crump Shiloh Complex, 121 Shiloh Road

Season: April-July, Monday-Thursday & Sunday

Ages: 18+ (16 & 17 year olds may play with parental permission)

Fee: \$600 entry fee/team plus \$25 non-Asheville resident fee

Ultimate

Asheville Parks and Recreation offers Ultimate through the Asheville Ultimate Club. Play is every Wednesday night throughout the year at Memorial Stadium. For more information, visit www.ashevilleultimate.org.

Soccer

Asheville Parks & Recreation co-sponsors adult soccer with the Asheville Buncombe Adult Soccer Association (ABASA). ABASA offers recreational leagues for varying skill levels. Registration and league information is on-line at www.abasa.info or you may call 828-299-7277.

Cycling

"Rumble on the River" is geared bike racing designed as a training series for all ages and skill levels. Novice or inexperienced riders are welcome. The series takes place on Wednesday nights at Carrier Park from May through September.

Rugby

Asheville Parks & Recreation offers rugby as a club sport with men and women teams through the Asheville Rugby Football Club. For more information visit www.ashevillerrugby.com.

Lacrosse

Asheville Parks & Recreation offers lacrosse as a club sport for men and women through the Asheville Lacrosse Club. For more information visit ashevillelacrosse@charter.net.

Disc Golf

Asheville Parks & Recreation offers one of the finest disc golf courses in the southeast at Richmond Hill Park. Leagues and competitions are offered through the Western North Carolina Disc Golf Club. For more information visit www.wncdiscgolf.com.



Harvest House**DROP-IN ACTIVITIES****Senior Men's Billiards**

Monday-Friday, 10am-1pm

Drop in and join the guys for open play on two tables.

FREE

Slimnastics Exercise Class

Mondays, Wednesdays & Fridays
10:30-11:30am

Low impact exercise group led by a retired physician. Bring your mat for the last 30 minutes for floor exercises.

FREE

Rummikub

Tuesdays 1-4 and Fridays 12:30-4pm

Keep the brain sharp with this free, fun and fast moving table game.

FREE

International Folk Dance

Mondays, 2-4pm

Gentle circle dancing, no partner needed.

FREE

Knitting Group

Wednesdays, 1-3pm

A new group is now forming to work on your own projects. Assistance will be available from advanced knitters.

FREE

Jewelry Group

Thursdays, 1-4pm

Join this fun jewelry group that focuses mostly on beading projects. Each person provides their own supplies and tools.

FREE

**Public Use Woodshop
With Bill Kopack**

Thursdays and Fridays, 10am-5pm

Come use our fully equipped woodshop to construct your recreational woodworking projects. We have the machines and work space, you choose the project and provide all needed materials. Participants are required to sign a safety waiver & woodshop use agreement.

Fee: 10 visit punch card, \$35, Asheville City residents receive \$5 discount. Cards are good for one year from purchase date.

Senior Women's Billiards

Fridays, 1-5pm

Join the ladies for open play on two tables.

FREE

CLASSES**Basket Makers Group****With Lee Dansby**

Mondays, 1-4pm

This group of experienced basket makers meets to construct baskets, share patterns and ideas.

Each participant provides own tools. Registration required, some experience required, limited to 7 students.

Fee: \$10 per calendar month to cover use of materials.

Clay Sculpture**with Jim Kransberger**

Tuesdays, 9am-Noon

Join us for this 8 week hand building class using earthenware clay. No experience needed. Items will be fired to cone 05 and may be stained with your own approved underglazes.

Fee: \$90, Asheville City residents receive a \$10 discount.

Furniture Making**with Bob Haase**

Tuesdays, 9am-2pm

Learn various furniture making techniques as you create your own one of a kind piece of furniture. Each session will focus on a different project. Classes run for 6 weeks. Class often has a waiting list so don't delay!

Fee: Varies according to project.

Call Harvest House for full details and prices.

Glass Mosaics**with Melinda Polites**

Wednesdays, 1-3pm

Come for a 6 week session and learn to cut and position glass to make beautiful signs or see thru window pieces.

Fee: \$40, Asheville City residents receive a \$5 discount.

Weaving**with Ursula Powers**

Thursdays, 9:30am-12:30pm

This eight week weaving class fills up quickly, so register today!

Fee: \$80, Asheville City residents receive a \$10 discount. Materials sold separately.

Senior Opportunity Center**Senior Congregate Dining****Program for Ages 60+**

Monday-Friday, 9am-1pm

Chair exercise, guest speakers, health information, blood pressure checks, chair massage, crafts, monthly "Out to Munch" at a local restaurants, Bingo, and more! This program is co-sponsored by Buncombe County Council on Aging. Registration required for daily meals. **FREE except for Bingo (1st card is free, others 25¢ each). Donations are accepted for the meal but not required.**

Afternoon Pottery

Tuesdays, 2-4pm

For seniors 55+. Starter clay and all materials will be provided.

Fee: \$45/12 week session

Absolute Beginners Line Dancing

Tuesdays, 1:30-2:30pm

Fee: \$5 (Donation)

Beginners Line Dancing

Tuesdays, 2:30-3:30pm

Fee: \$5 (Donation)

Morning Pottery

Wednesdays, 10am-Noon

For seniors 55+. Starter clay and all materials will be provided.

Fee: \$45/12 week session

Bid Whiz Card Players

Wednesdays, 1:30-4pm

Join this fun loving group and enjoy friendly "card table competition!"

FREE

Afternoon Acrylic Painting

Wednesdays, 2-4pm

Ages 55+. Instruction, one canvas and paints supplied. Please bring your own brushes.

Fee: \$15/month

Sewing

Mondays and Fridays, 2-3:30pm

Bring your own sewing project and materials. Sewing machines and basic assistance are available.

FREE

Painting

Mondays and Fridays, 2-3:30pm

Bring your own materials and paint among friends!

FREE

Beginning Quilt Making

Thursdays, 1:30-3:30 pm

Participants will make a wall hanging. Sewing machines and basic assistance are available to create your masterpiece!

FREE

Billiards

Monday- Friday, 9am-4pm

Come on in and shoot some pool. No reservations needed and newcomers are welcome!

FREE

Food Lion Skate Park

50 Cherry St. N., Asheville, NC 28801
828-225-7184

Visit 17,000 square feet of skating excitement located at the corner of Flint and Cherry St. in downtown Asheville across I-240 from the Civic Center. Designed and built by Team Pain. A unique concrete park with three distinctive areas in the beginner bowl, intermediate street course and an advanced vertical bowl.

Skate Park Operating Hours

June-August

Weekdays: 12:00-8:00

Saturdays: 10:00-8:00

Sundays: 1:00-8:00

May & September

Weekdays: 2:00-8:00

Saturdays: 10:00-8:00

Sundays: 1:00-8:00

April & October

Weekdays: 2:00-7:00

Saturdays: 10:00-7:00

Sundays: 1:00-7:00

November-March

Weekdays: 2:00-6:00

Saturdays: 10:00-6:00

Sundays: 1:00-6:00

Fees:

Asheville Resident/Non-Resident

Weekday \$2/\$4

Weekend/Holiday \$3/\$5

Annual Pass \$60/\$120

Family Annual Pass \$90/\$180

The Skate Park is open on school holidays and teacher workdays beginning at 12:00. The Skate Park is closed on Thanksgiving and Christmas Day.

Skate Park FYI's:

North Carolina general statute requires helmet and pads to be worn by skaters at all times.

Skateboards and inline skates only.

Signed waiver and complete registration form required before skating.

Aston Park Tennis Center

336 Hilliard Ave Asheville, NC 28801
828-251-4074

Aston Park Tennis Center is one of the finest public clay tennis court facilities in the United States.

Hours

April 1-November 30, 2015

Monday-Thursday

9am-9pm

Friday

9am-3pm

Saturday

9am-4pm

Sunday

9am-6pm

Reservations

Court reservations are encouraged but walk-ins are accepted whenever possible. Courts may be reserved no more than 7 days in advance. To reserve courts, call the Tennis Center at (828) 251-4074.

2015/2016 Season Fees

Daily Court Fees

Resident \$9 / Non-Resident \$12

Season Pass Fees

Resident- Individual \$250

Resident- Senior \$220

Resident- Family \$400

Resident- Senior Family \$300

Non-Resident- Individual \$325

Non-Resident - Family \$500

Clubhouse Rentals

The Aston Park meeting room is the perfect place during the winter months for birthday parties, socials, meetings, etc. Fee: \$25 per hour during operating hours and \$35 per hour during non-operating hours.

The 84th Asheville City Open Tennis Tournament

July 11-19 for Adults and July 25-26 for Juniors

The Asheville City Open is an USTA North Carolina sanctioned tournament and is the oldest sanctioned tournament in North Carolina.

The Junior Tournament offers 10 and under and 18 and under divisions. The 10 and under division format is a 60 foot court using low compression tennis balls. The Adult Tournament offers play to all ages from the Open Division to the 90's Division. Prize money is offered in the Open Division.

Visit www.ashevollenc.gov/parks or call 828-251-4074 for more information.



WNC Nature Center

75 Gashes Creek Rd., Asheville, NC 28803
828-259-8080

www.wncnaturecenter.com

Hours: Open 7 days a week, 10am-5pm
*No admittance after 4:30 p.m.

Regular Admission Rates:

Adults \$8.00 / Seniors \$7.00 / Children \$4.00
(ages 3-15, Children under 3 free)

The WNC Nature Center is 42 acres of animals in their native Southern Appalachian Mountain habitats. The center provides an opportunity to learn, to touch and to know our rich natural heritage through educational and interactive exhibits. The Nature Center facility offers animals, picnic areas, gift shop and restrooms. Great for families with hands-on experiences and picnic areas, so bring a bagged lunch with you for a day of fun!

The Western North Carolina Nature Center provides a one-of-a-kind adventure where guests can experience animals and plants native to the Southern Appalachian region. Featuring over 60 species of animals including river otters, black bear, red wolves and cougars, the Center welcomes over 117,000 visitors annually.

Mission

The WNC Nature Center connects people with animals and plants of the Southern Appalachian mountains by inspiring appreciation, nurturing understanding, and advancing conservation of the region's rich biodiversity.

Friends of the Nature Center

The WNC Nature Center receives support from the Friends of the Nature Center, an independent 501(c) 3 nonprofit organization. To learn more about the Friends of the Nature Center and to become a member, visit their website at: www.wildwnc.org

**Young Naturalist Volunteer Program for Youth ages 13-17**

Are you a hard worker? Do you enjoy interacting with the public? Would you like to expand your knowledge of wild and domestic animals?

This summer program utilizes committed & enthusiastic youth to help staff several of our most popular exhibit areas including The Critter Cabin, our Educational Farm, and our Nature Research Station! Please read the following criteria carefully to see if you are eligible.

Qualifications to become a Young Naturalist

- Be between 13 and 17 years of age on June 15, 2015.
- Submit a completed application (First year applicants must include two letters of recommendation) and a completed Parent Liability Release Form by May 1, 2015 at 4:30 pm
- Complete a two day orientation course
- Provide a minimum of 28 hours of service during the summer
- Contribute \$20 to cover costs of t-shirt & program materials upon acceptance into the program
- Have reliable transportation to and from the Nature Center
- Have the ability to be punctual, courteous, dependable, and trustworthy
- Must enjoy speaking to the public and be willing to engage passing visitors
- Be willing to follow the rules of the Nature Center and this program
- Have an enthusiastic attitude and plan to have fun!

How to become a Young Naturalist:

Visit www.wncnaturecenter.com for more information and to download an application (found under the *Education* header).

Movies in the Park

Crafts at 6:30pm, Movie at Dusk

Location: Pack Square Park

Asheville Parks and Recreation presents Movies in the Park, a free event in Pack Square Park. Children's craft activities begin at 6:30 p.m. and the movie begins at dusk on a giant outdoor screen on the Pack Square Park stage. The films are rated PG and food will be available. Bring your chairs or a blanket and come out for crafts, a movie under the stars, and an evening of fun.

FREE

Friday, May 8, 2015 – *Big Hero 6*

When a criminal plot threatens the hi-tech metropolis of San Fransokyo, brilliant young robotics whiz Hiro Hamada leaps into action with his tech-savvy friends, and his robot companion Baymax in Disney Animation's adaptation of the popular Marvel Comics series. The special bond that develops between plus-sized inflatable robot Baymax, and prodigy Hiro Hamada, who team up with a group of friends to form a band of high-tech heroes equals fun for the whole family.

102 minutes

Friday, June 12, 2015 – *The Goonies*

THE GOONIES are a group of seven young friends from a small Northwest town who find themselves on a thrilling underground adventure filled with humor and heart-pounding peril as they seek the secrets behind the treasure of the notorious pirate, One-Eyed Willie.

111 Minutes

Friday, July 10, 2015 - *Surf's Up*

A surfing penguin currently riding the wave of success enters his first professional competition in this computer animated family-oriented comedy from directors Chris Buck and Ash Brannon. Cody Maverick may be a relative amateur when it comes to hanging ten, but he's sure he has what it takes to surf his way to superstardom. With a little help from his cantankerous King Penguin mentor, ex-surfing legend Big Z, and a little encouragement from star Pen Gu Island lifeguard Lani, there may be hope for this tuxedo-clad wave twister after all.

85 Minutes

Friday, August 14, 2015 - *Despicable Me 2*

Universal Pictures presents this sequel to the wildly successful 2010 animated picture following Gru, the ex-scheming evildoer-turned-parental figure, from animation company Illumination Entertainment. When Gru, the world's most super-bad turned super-dad has been recruited by a team of officials to stop lethal muscle and a host of Gru's own, he has to fight back with new gadgetry, cars, and more minion madness.

98 minutes

Friday, September 18, 2015 - *Into the Woods*

Stephen Sondheim's *Into the Woods* is adapted in this musical from director Rob Marshall and Walt Disney Studios. Inspired by a choice selection of Brothers Grimm fairy tales, this plot centers on a baker and his wife who incur the wrath of a witch while attempting to start a family. Subsequently cursed by the vengeful hag, the hapless couple find their fates linked with those of Cinderella, Little Red Riding Hood, Rapunzel and Jack of Jack and the Beanstalk. Johnny Depp, Chris Pine, and Lucy Punch co-star.

124 Minutes



Summer Kick Off

Saturday, May 30, 2015 12-3pm

Location: Grant Recreation Center

Join us for this one-day event designed to get parents and their children excited about the Asheville Parks and Recreation summer camps. There will be a variety of activities including Crafts by the Easel Rider and games as well as inflatable's, music and more. Families will be able to register for the Summer Program that best suits the needs of their child! Please contact Shateisha at 828-254-1942 for more information.

FREE

Burton Street Community Reunion

Saturday, June 27, 2-5pm

Location: Burton Street Recreation Center

Join us to celebrate the Burton Street Community. This event will include a day of fun with inflatables, food, face painting, music and much more.

FREE

Community DJ Block Party

Saturday, July 25, 5-8pm

Location: Burton Street Recreation Center

The battle of DJ's will take you on a musical journey. Come dance and listen to some top notch DJ's spin some sweet beats.

FREE

Burton Street Flea Market

Saturday, August 1, 8am-2pm

Location: Burton Street Recreation Center

Clean out the attic, garage and closets and bring your clothes, shoes, household items and furniture to sell at our flea market. Whether you are wanting to sell your wares or find some treasures, this event will have something for you. Contact Shateisha Lenoir at 828-254-1942 to reserve your space.

Fee: Tables \$5, Tent \$10

Community Yard Sale

Saturday, September 12, 8am-1pm

Location: Montford Recreation Center

Come shop or clean out your attic, basement or garage and sell those items you no longer use & keep your sale proceeds. Reserve your table today for only \$5!

To reserve a table, contact Kim Kennedy at 828-253-3714. Pre-paid registration is required beginning July 1.

Tables are just \$5

For more information about these and all Asheville Parks and Recreation programs,

visit www.ashevillenc.gov/parks,

www.facebook.com/aprca,

or call (828) 259-5800

2015 Swimming Pool Information

Recreation Park

65 Gashes Creek Road, 828-298-0880

May 25 (Memorial Day) 12-6pm

May 30 & 31 (Saturday & Sunday) 12-6pm

June 6-August 14

Monday-Friday 12-6pm, Saturday 11-6, Sunday 1-6pm

August 15-September 6

Saturday & Sunday Only 12-6pm

September 7 (Labor Day) 12-6pm

Lap Swim: Two lanes provided everyday

Rec Park Pool will be closed to the general public on Wednesday, July 8, 2015.

Malvern Hills

75 Rumbough Place, 828-253-1164

June 6-August 9

Monday-Thursday 12-7pm, Friday 12-6pm, Saturday

11am-6pm, Sunday 1-6pm

Walton Street

570 Walton Street, 828-253-1143

June 8-August 7

Monday-Friday 12-5pm

Saturday & Sunday Closed

Pool Fees

General Admission: \$3

15-Visit pass: \$40

Individual Season Pass: \$100

Family Season Pass: \$150 (4 persons)

Events & Programs

Memorial Day Pool-A-Palooza- May 25, 12-6pm

\$1 Dip Days-Malvern Hills: June 21, July 19, August 9

\$1 Dip Days-Rec Park: June 21, July 12, August 16,

September 7

Doggie Dip- Saturday, September 12

Swim Lessons

1st Session: Registration Monday, June 8

Class Dates: June 15-June 2, Monday-Thursday

2nd Session: Registration Monday July 6

Class Dates: July 13-23, Monday-Thursday

Registration begins at 11am at pool of choice.



Lesson Times

Recreation Park Pool, 10-10:45am, 11-11:45am

Malvern Hills Pool, 9-9:45am, 10-10:45am, 11-11:45am

Walton Street Pool, 5:30-6:15pm

All lessons are provided FREE

Recreation Swim Club

Session 1: June 30-July 23, Tuesday/Thursday 9:30-10:30am

Session 2: July 11-August 1, Saturdays 10-11am

Introduction to competitive swimming for kids ages 8-14.

Areas of instruction will be 4 Competitive strokes: butterfly, backstroke, breaststroke, and free-style. The program will work on endurance, kicking, turns, and stroke specific drills. *Prerequisites: Must be able to swim 25 yards of freestyle, backstroke, and breaststroke.*

Fee: \$50/Session (*City Residents qualify for a \$25 discount)

For more information

Candy Hensley Shaw

828-259-5800

chensleyshaw@ashevillenc.gov



Splasheville

Splasheville, the interactive fountain in Pack Square Park typically operates from 9am-8:30pm seven days a week. Visit www.facebook.com/APRCA for daily updates on closures due to events in the park or fountain maintenance.

Pack Square Pavilion

The pavilion offers restrooms and drinking fountains for visitors to Pack Square Park.

Pavilion Hours:

9 a.m. to 9 p.m.

7 days a week

April 1st to September 30th



PARK & RECREATION MONTH

CELEBRATING
SINCE 1985



**Did you know July is
National Parks and Recreation Month?
To celebrate, Asheville Parks & Recreation is
offering special discounts throughout the month
at various locations.**

**Check our facebook page weekly during
June 29-July 31 to see what the latest
offerings will be!**

www.facebook.com/APRCA



**ASHEVILLE
Parks & Recreation**



**#JulyPRM30
www.nrpa.org/July**

STAY UP TO DATE!

Jump online and see what we're up to at Asheville Parks & Recreation!

Visit www.ashevollenc.gov/parks for all our program offerings and sign up to receive our monthly e-Newsletter. Programs and events for the whole family: From Adult Zumba & Toddler Tumbling to Doggie Dip and Watercolor & Wine. New things are being added all the time.

And be sure to like us on Facebook! Stay informed about programs, contests, and special deals. . . even the schedule for Splasheville! You may be the next person to win a Parks & Recreation prize pack!

www.facebook.com/APRCA.

HERE'S SOME NEWS YOU CAN USE!

Want to reserve a picnic shelter? Did you know you can do that online?

Picnic Shelters

The City of Asheville has 11 picnic shelters that can be reserved starting at just \$40! If they're not reserved, they're available on a first come/first served basis. To reserve a shelter, visit www.ashevollenc.gov/parks and look for the red "**Picnic Shelter Reservations, Click Here**" in the center of the page.

Park Use

Sometimes a picnic shelter just isn't big enough. You need more. General park use is acceptable, but to schedule ongoing use, add elements to the park (tents, inflatables) or have a special event special permits may be required. For athletic venues, contact Bryan Fish, bfish@ashevollenc.gov or 828-251-4026. For park use for an Outdoor Special Event, contact Jon Fillman, jfillman@ashevollenc.gov or 828-259-5738.

For general park use information or more info on picnic shelter rentals, contact Mark Halstead, mhalstead@ashevollenc.gov or 828-251-4024



ASHEVILLE
Parks & Recreation



It's Where Asheville Goes!