

ASHEVILLE
Parks & Recreation



WINTER/SPRING 2015 PROGRAM GUIDE

January-May



Asheville Parks & Recreation

828-259-5800
parks@ashevillenc.gov

Street Address:

City Hall- 4th Floor
 70 Court Plaza
 Asheville, NC 28801

Mailing Address:

PO Box 7148
 Asheville, NC 28802
 828-259-5800
www.ashevillenc.gov/parks
 Like us on Facebook:
www.facebook.com/APRCA

Contact Information

Program Supervisors

Community Programming:
 Mark Halstead 828-251-4024
mhalstead@ashevillenc.gov

Sandra Travis 828-259-5841
stravis@ashevillenc.gov

Recreation:

Dee Black 828-259-5809
dblack@ashevillenc.gov

Allison Dains 828-251-4081
adains@ashevillenc.gov

Burton Street Center

134 Burton Street
 Shateisha Lenoir 828-254-1942
slenoir@ashevillenc.gov

Dr. Wesley Grant Sr. Southside

285 Livingston Street
 Randy Shaw 828-259-5483
rshaw@ashevillenc.gov

Harvest House

205 Kenilworth Road
 Lee Dansby 828-350-2051
pdansby@ashevillenc.gov

Linwood Crump Shiloh Center

121 Shiloh Road
 Tameka Crudup 828-274-7739
tcrudup@ashevillenc.gov

Montford Recreation Center

34 Pearson Drive
 Kim Kennedy 828-253-3714
montfordr@ashevillenc.gov

Senior Opportunity Center

36 Grove Street
 Kim Isley 828-350-2062
kisley@ashevillenc.gov

Stephens–Lee Center

30 George Washington Carver
 Ryan Seymour 828-350-2058
rseymour@ashevillenc.gov

Therapeutic Recreation

Randy Shaw/Lori Long
 828-259-5483
rshaw@ashevillenc.gov
llong@ashevillenc.gov

Youth Athletics

Kim Turner 828-232-4526
kturner@ashevillenc.gov

Adult Athletics

Bryan Fish 828-251-4026
bfish@ashevillenc.gov

Outdoor Recreation

Christen McNamara
 828-251-4029
cmcnamara@ashevillenc.gov

Welcome!

Asheville Parks & Recreation invites the whole family to come and 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 as they engage in fun and meaningful activities.

General Information

Financial Assistance

Reduced fees for afterschool are available for families currently participating 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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Vance Afterschool

August, 2014-June, 2015
 Monday-Friday 2:30-6pm
 For ages 5-12. NC-licensed child care program. Supervised recreation and enrichment activities including arts and crafts, games, sports, science, music, dance, homework time and special events. Meets at Vance Elementary School gym. Afterschool staff is certified in First Aid and CPR. Nutritious snacks are provided daily.

Registration Fee: \$25/child or \$40/family

Fee: \$60/week, \$55/week for siblings

Asheville City residents receive a \$5 discount on weekly fees!

For more information or to request a registration packet, contact Roger Tweed or Sandy Tweed at (828) 350-6611 or Dee Black at dblack@ashevillenc.gov

Teen Leadership Program

August, 2014-June, 2015
 Monday-Friday, 3:30-5:30pm
 Looking for a cool and enriching alternative for your Teen to attend this school year? This is the program for you...we offer creative activities, diverse projects, field trips, and more.
 For 6th-9th graders.

Weekly Fee: \$10 per week

Locations: Burton, Grant & Shiloh.
 Contact the Center for details.

Afternoon Adventures

August, 2014-June, 2015
 Monday-Friday, 2:45-5:30pm
 Do you enjoy having fun and making new friends? This is the place for you. Children will enjoy arts, crafts, group games, special events, homework assistance and more! Pre-registration is required. Open on teacher workdays, some holidays and snow days at assigned location.

Weekly Fee: \$40 per week

The fees below apply to families currently enrolled in the school system's reduced or free meal program.

Weekly Fee: \$10 per week

Teen Leadership Volunteer Program -

"Taking Back Our Youth"

November, 2014-May, 2015

Teenage volunteering is a fantastic way to make new friends, see the world differently, and participate in unique and incredible community service initiatives!

Tenets of Program:

- Foster teamwork among diverse groups of youth/teens
- Establish grassroots relationships through giving back
- Encourage collaboration among members of program, agencies, and surrounding communities
- Develop and enhance leadership through youth actions and initiatives

Come join this program and you are guaranteed to gain more than you give.

FREE

Locations: Burton, Grant, Montford & Shiloh.

Burton Street Center Girl Scouts

August, 2014-June, 2015
 Tuesdays, 3-4:30pm

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

FREE

Primped and Polished Pre-Professionals

August, 2014-June, 2015
 2nd-6th Grade

Tuesdays, 6-7:30 pm
 7th-12th Grade

Thursdays, 6-7:30pm
 Designed to help young ladies maximize their full potential. We provide fun innovative lesson plans and activities that make for a competent young lady. Local business professionals volunteer their time and work experience to help each child succeed. This program is an awesome stepping stone for improving self confidence and exploring endless opportunities.

FREE

1 Mic Studio

September, 2014-May, 2015
 Tuesdays, 4-7pm, Wednesdays, 6-8pm & 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

LEAF in Schools and Streets

August, 2014-June, 2015
 Wednesdays, 3-4pm
 LEAF brings a magnificent artist to help us explore the world through movement, song, and creativity!

FREE

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

January-May, 2015
 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

Empowerment of Women

January-May, 2015
 Tuesdays, 6-7 pm
 This program is dedicated to the development of the next generation of competent, resilient young women. This is achieved by providing tools that teach young girls and women to appreciate their value. The program's aim is to help them to build their self esteem and to realize the power of their potential through maintaining a healthy lifestyle, a focus on education, and a strong connection with their spiritual selves.

FREE

Burton Street Center
Continued

Hip Hop for Peace

January-May, 2015

Thursdays, 5:30-7pm

This class is designed for those 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

Super Saturdays

3rd Saturday each month

12noon-3pm

Focuses on providing youth extra study help and is open to all children. Volunteers & staff join forces to help children with core subject studies. This program was created to provide children extra academic assistance and increased confidence in their school work. Participants will also enjoy different fitness activities including tennis, basketball, flag football, and soccer and have time to play in the game room.

FREE

Dr. Wesley Grant Sr.

Southside Center

Southside Afternoon Enrichment

January-May, 2015

Monday-Thursday, 4pm-5:30pm

For Southside neighborhood youth ages 6+. Come out and join us for an afternoon of recreational experiences with games and activities.

FREE

Girl Scouts

September, 2014-May, 2015

Tuesdays, 5:30-6:30pm

In partnership with the local Girl Scout troop, this program is designed to work with girls 6-12 years of age.

Through a variety of experiences such as field trips, skill-building clinics, community service projects, and environmental stewardships, girls will grow courageous and strong.

FREE

Youth Drumming Program
presented by LEAF in Schools and Streets

September, 2014-May, 2015

Wednesdays, 4-5pm

Want to learn about a variety of percussion instruments? Come develop drumming skills and prepare for a variety of community performances.

FREE

Baby Beats

January-May, 2015

Wednesdays, 11am-12noon

This class is a social experience with other toddlers 2-5 in a fun musical and rhythm environment using a variety of drums and percussions with instructor Imotep.

Fee: \$5 per class

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 staff has planned for the month. You will get a chance to socialize with your peers while having fun.

Scheduled Activities:

January 10: WCU vs. UNCG Basketball Game 2-8:30pm **Spending Money for Game**

February 13: Valentine Dance 6-8pm

March 13: St. Patrick's Day Party 6-8pm

April 10: Easter Movie Night 6-8pm

May 29: End of School Year Dance 6-8pm

FREE

Linwood Crump
Shiloh Center

Snow Care (County Schools)

8:30am-5:30pm

Held during most inclement weather days when school is out; program meets at select community centers. See WLOS for school closings and listings for snow care. Youth must bring lunch and drink.

Fee: \$5 per child per day

Fun Day Out Program for Teacher Workdays

August, 2014-June, 2015

8:30am-5:30pm

Come enjoy a day of games, crafts, special events and field trips when youth are out of school. Youth must bring lunch and drink.

Fee: \$5 per child per day, plus field trip fees.

(No cost for participants enrolled in after school programs).

Friday, January 16, 2015, Montford Center (City schools)

Monday, January 19, 2015, Montford Center (City & County schools)

Tuesday, January 20, 2015, Shiloh Complex (County schools)

Friday, February 6, 2015, Montford Center (City schools)

Friday, February 27, 2015, Montford Center (City schools)

Monday, April 6, 2015, Shiloh Complex (County schools)

Spring Break Camp

March 30-April 3, 2015

8:30am-5:30pm

Just like holiday camp, except it's warmer! Planned activities each day such as field trips, group games, art projects, and outdoor exploring.

Fee: \$40 per child

Girl Scouts

January-May, 2015

Tuesdays, 3:15-4:15pm

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

FREE



**Linwood Crump
Shiloh Center**

Continued

Jump 2B Fit Program

January-June, 2015

Wednesdays, 4-5:30pm

Learn the skill of jumping rope individually and as a team while competing against time. This program gives youth and teens another way to engage socially and have fun, while maintaining body composition, coordination, timing and rhythm, speed, balance, and agility!

Fee: \$10 per month

**High School/Middle School
Basketball**

January-May, 2015

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

Snow Care (City Schools)

9am-5:30pm

During most inclement weather days when school is out; program meets at select community centers. See WLOS for school closings and listings for snow care. Youth must bring lunch and drink.

Fee: \$5 per child per day

**Fun Day Out Program for Teacher
Workdays**

8:30am-5:30pm

Come enjoy a day of games, crafts, special events and field trips when youth are out of school. Youth must bring lunch and drink.

Fee: \$5 per child per day, plus field trip fees. (No cost for participants enrolled in after school programs).

Friday, January 16, 2015

Montford Center (City schools)

Monday, January 19, 2015

Montford Center (City & County schools)

Tuesday, January 20, 2015

Shiloh Complex (County schools)

Friday, February 6, 2015

Montford Center (City schools)

Friday, March 27, 2015

Montford Center (City schools)

Monday, April 6, 2015

Shiloh Complex (County schools)

**Movin' & Groovin' for
Homeschoolers**

January 21-February 25, 2015

Wednesdays, 1:30-2:30pm

Homeschool students grades K-5 develop skills while having fun with friends. Pre-registration is required.

Fee: \$15 per child

Polar Bears, Penguins and Me

January 26 & February 2, 2015

Mondays, 4-5pm

Youth 4-7 years have fun with all things cold through games, crafts, stories and a Polar Bear Hunt.

Pre-registration is required.

Fee: \$10 per child

Lucky Leprechauns

Monday, March 16, 2015 4-5pm

Follow the rainbow and turn into a leprechaun. Fun includes shamrocks, making green slime and a treasure hunt.

Pre-registration is required.

Fee: \$5 per child

Bump Set Spike Youth Volleyball

March 3-April 14, 2015 (no class March 31)

Tuesdays, 6-7pm

Youth in grades 3 through 6 learn the basics of volleyball through drills and recreational games.

Pre-registration is required.

Fee: \$30 (Asheville City residents receive a \$10 discount!)

Bug Buddies

April 13 & 20, 2015

Mondays, 4-5pm

Youth 4-7 years explore the world of creepy crawlies through games, crafts and stories.

Fee: \$10 per child

**Community Basketball-Family
(Youth with Parent)**

Tuesdays & Thursdays, 3:30-5pm

Come play! The gymnasium is open for free play with basketballs and gym equipment.

FREE

Youth Team Tennis

March 10-May 19, 2015

Tuesdays, 4-6pm

For youth in 3rd-5th grades. Come join our team tennis program! Kids will be taught by USTA/ACE trained instructors and will play around the Asheville area.

Pre-registration is required.

15 participants maximum.

Fee: \$10 per child

**Developing Future Male
Leaders**

January 15-May 28, 2015

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.

Capacity: 20 youth

Pre-registration is required.

Fee: \$5 for Session

Diamonds in the Rough

January 15-May 28, 2015

Tuesdays, 6-8pm

Females in grades 7-9 work with adults to develop valuable leadership skills. This program is designed to encourage sisterhood, self-esteem and education among girls and focuses on developing good study habits, goal setting, lifestyle education and college tours.

Capacity: 20 youth

Pre-registration is required.

Fee: \$5 for Session

**Community Basketball - Adult
and High School**

Wednesdays, 5:30-7:30pm

Staff run half court pickup games; free shooting on the other half of court. Games follow a 15 minute clock. Bring a picture ID.

Fee: \$1 for Adults and Free for High School Students

Birthday Parties

These 2 hour parties are for youth 4-12 years. Bring your cake and presents to our private party room and our staff will lead 45 minutes of games & activities. Be sure to book your party at least 3 weeks in advance.

Fee: \$60 per party up to 20 youth; additional cost for climbing wall parties.

Stephens-Lee

Recreation Center

Stephens-Lee Center is undergoing renovations and is scheduled to reopen in June 2015.



Outdoor Recreation

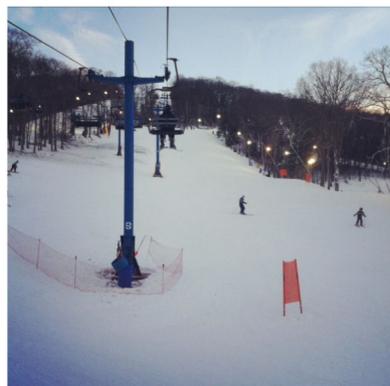
Teen Ski & Snowboard Program at Cataloochee

January 9, 23, 30 & February 6 & 13, 2015
Possible make-up day February 20
Teens (ages 12-17) join us for trips to Cataloochee Ski Resort in Maggie Valley for 5 consecutive Friday nights this winter. Every package includes transportation on a charter bus. Ski, snowboard and helmet rentals and lessons are available for an additional cost. Registration begins Monday, December 1 at 8:00am on our website: www.ashevollenc.gov or at 9:00am over the phone. For more information about the program please contact Christen McNamara at outdoorprograms@ashevollenc.gov.

Trips depart from The City of Asheville Public Works Parking Lot at 4:15pm (161 South Charlotte Street) Returns at 11:00pm. No refunds for missed sessions.

Program Lift tickets: \$245, City Residents receive a \$10 discount

- Ski or Snowboard rentals: \$35 for 5-week program
- Helmet Rental: \$10 for 5-week program
- Progressive Lessons: \$30 for 5-week program
- One Beginner Lesson: \$10 for 1st session only
- Transportation Only: \$125 for Pass Holders (no lift tickets included)



Toddler Programs

Musical Mondays

Session 1: January 12-March 2, 2015
Session 2: March 9-April 27, 2015
Mondays, 10-10:45am, free play until 12noon
Experience the world of music. Toddlers will enjoy drumming, dancing, singing and moving to the beat. Sign up for an 8 week session and see the growth in your toddler's rhythm and musicality.
Fee: \$35 session/\$5 week

Tumbling Tuesdays

Session 1: January 13-March 3, 2015
Session 2: March 10-April 28, 2015
Tuesdays, 10-10:45am, free play until 12noon
Learn the basics of tumbling! Toddlers will stretch those muscles through jumping, forward rolls, skipping and so much more.
Fee: \$35 session/\$5 week

Tiny Tykes

January 14-April 29, 2015
Wednesdays & Fridays; 10am-12noon (no class January 16, February 6 & February 27)
Organized crafts & active play - a great way for you and your toddler to socialize! Ask about the full session discount rate.
Fee: \$1 day, Contact the center for full session discounted rate

Sporties for Shorties

Session 1: January 15-March 5, 2015
Session 2: March 12-April 30, 2015
Thursdays, 10-10:45am, free play until 12noon
This is an active sports program created for you and your little ones that will assist in developing their motor skills. This program will focus on running, jumping, climbing, throwing and more! This is a hands on program for both toddlers and parents. Parents participation required.
Fee: \$35 session/\$5 week

Tiny Tykes Day

Sunday, May 3, 2015, 2-5pm
Mark your calendars for a fun filled festival for ages 5 & Under! Little ones will enjoy inflatables, face painting, crafts and special guests.
FREE

Therapeutic Recreation

Adapted Basketball

Location: Montford Recreation Center
January 17-February 21, 2015
Saturdays, 2-5pm
Offered in conjunction with the Charlotte Hornets, this non-competitive basketball program is designed for those age 6+ with disabilities. Players will learn basic basketball skills while having fun. Registration runs November 24-January 2. Special Registration Date December 13 at the Family Fun Day Event 11am-3pm at the WNC Ag. Center. To register call TR Program office at 828-259-5483
Fee: \$45 (Asheville City residents receive a \$5 discount!)

Adapted Tennis

Location: Montford Recreation Center
March 15-April 26, 2015 (no games on April 5)
Sundays, 2:30-3:30pm
This non-competitive, introductory tennis program is designed for those age 6+ with disabilities. Players will learn basic tennis skills while building strength, confidence, and social skills. Registration runs February 2-March 6. To register call the TR Program office at 828-259-5483
Fee: \$45 (Asheville City residents receive a \$5 discount!)

Adapted Baseball

Location: MLK Jr. Park
April 25-June 6
Saturdays, 10am-2pm
Offered in conjunction with the Asheville Tourists, this non-competitive baseball program is for youth ages 8-18 and adults ages 19+ with different abilities. Players will learn the basics of baseball and team sports with an extra emphasis on FUN!
Registration Dates:
March 27 & April 10, 6-8pm and March 28 & April 11, 1pm-4pm at West Asheville Center; 970 Haywood Rd. For more information call the TR Program office at 828-259-5483
Fee: \$45 (Asheville City residents receive a \$5 discount!)

**Therapeutic Recreation
Continued**

**Health Club
Location: West Asheville
Center**

January-May, 2015
2nd & 4th Thursdays each month,
5:30-6:30pm
The ARC of Buncombe County and Asheville Parks and Recreation present a new Health Club for individuals 13+ with a variety of disabilities. The Health Club program applies and adapts proven health and wellness strategies to the needs of persons with a variety of disabilities. Classes will use a holistic approach to improve an individual's quality of life. Topics of exploration include, but are not limited to: nutrition, physical fitness, yoga, cooking classes, mindfulness, leisure lifestyles, stress, and weight management. For more information contact TR Program staff at 828-259-5483 or Emily Danciu-Grosso at Emily@arcofbc.org, 828-253-1255. Location: West Asheville Center
Fee: \$10 per person/month

**Vet Rec
Location: West Asheville
Center**

January-May, 2015
Friday's, 10-12noon
This community-based program is for veterans in the Asheville/Buncombe and surrounding areas. If you are ready to explore your leisure and recreation opportunities, this is the program for you! You will socialize with other veterans with similar interests while having fun.
FREE

**Dinner Club
Location: Throughout the Asheville area**

January-May, 2015
3rd Wednesday each month, 5:30-7:30pm
Social event designed for adults 18 and older, with or without disabilities. Enjoy the tastes of Asheville while making new friends! RSVP by 4pm the day of the meal by emailing trprogram@ashevillenc.gov
Fee: Participants are responsible for the price of their meal.

**Teen Night Out
Location: Throughout the Asheville area**

January-May, 2015
1st Friday each month, 5:30-7:30pm
Social event designed for teens ages 13-19, with or without disabilities. Socialize with your peers while playing putt putt, watching a movie, or going geocaching (just to name a few!).
Fee: Participants are responsible for the price of their meal and/or activity.

**Spring Break Camp
Location: West Asheville Center**

March 30-April 3, 2015
9:30am-5:30pm
This week long inclusive recreation program is designed for youth and teens currently enrolled in school, with or without disabilities. Camp attendees will enjoy outdoor recreation, arts/crafts, field trips, and other camp experiences. All participants must meet eligibility requirements.
Fee: \$50 per child (Asheville City residents receive a \$10 discount!)



**Youth Athletics
Contact Information**

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

Flag Football

April-Beginning of June, 2015
An NFL coed youth flag football program for boys and girls ages 8-12. Teams will practice once per week and have one game per week. Registration is available for teams AND for individual players. Teams should consist of 10 players.
Registration: March 2-27, 2015
Fee: \$15/individual (Asheville City residents receive a \$5 discount!), \$100/team

To register for flag football: Individuals should register by contacting your local recreation center by phone or in person. You can also register online 24 hours a day at www.ashevillenc.gov/parks. Teams should register by contacting Kim Turner at 828-232-4526 or kturner@ashevillenc.gov

Track and Field

April-May, 2015
For boys and girls 9-14. This 6 week introductory track and field program focuses on starts, acceleration, finishes, pacing, etc. At the end of the program, there will be a local track and field meet for all participants.
Registration: March 2-27
Fee: \$40 (Asheville City residents receive a \$5 discount!)

Youth Golf Program

April-May, 2015
Introducing our new 6-week youth golf program for ages 10-14! This program is taught by a PGA golf professional from the Asheville Municipal Golf Course and teaches the basics of golf including driving, chipping, putting, and golf etiquette.
Registration: March 2-27
Fee: \$75

To register for golf or track and field:

Contact Kim Turner @ 232-4526 or kturner@ashevillenc.gov. You can also register online 24 hours a day at www.ashevillenc.gov/parks.

Burton Street Center**Burton Street Community Senior Elite Club**

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

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

Circle of Parents

Wednesdays, 5:30-7pm

Circle of parents is a national network of mutual support and self-help programs in partnership with communities.

FREE

Empowerment of Women

January-May, 2015
Tuesdays, 6-7 pm

This program is dedicated to the development of the next generation of competent, resilient young women. This is achieved by providing tools that teach young girls and women to appreciate their value. The program's aim is to help them to build their self esteem and to realize the power of their potential through maintaining a healthy lifestyle, a focus on education, and a strong connection with their spiritual selves.

FREE

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

January-May, 2015

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

January-May, 2015

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

January-May, 2015

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**

January-May, 2015

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 and educational. To see the complete list of monthly activities, call the Grant Center Staff.

FREE

Brunch Club

January-May, 2015

Tuesdays 12pm-2pm

Join the Grant and ABIPA staff for refreshments and a variety of activities including health and wellness classes, community outings, educational opportunities, bingo, cards and much more at our Adult Brunch Club.

FREE

Power Mix

January-May, 2015

Tuesdays & Thursdays, 6-7pm

This is an hour packed with fitness This is an hour including a variety of body weight exercises, circuit intervals, weight training and stretching.

FREE



**Linwood Crump
Shiloh Center**

Pickle Ball

January-June, 2015
Mondays, Wednesdays & Fridays,
9-11am
Fun game that combines tennis,
ping pong and badminton. Paddles
and balls provided.

Fee: \$1/day

Zumba Fitness

January-June, 2015
Mondays, 6-7pm
These fitness classes focus on
maintaining a healthy weight
through fun and exciting moves.
Come get your cardio on!

Fee: \$1 per class

Indoor Soccer Open Play

January-June, 2015
Tuesdays, 6-8pm
It's a blast to play indoor soccer!
Come on out and get competitive
as we enjoy this wonderful game.
Ages 16+.

FREE

B.Y.O.B (Bring Your Own Book)

January-June, 2015
Wednesdays, 6-7:30pm
Share a moment of company,
laughter, fun, and excitement,
while exchanging interesting view-
points pertaining to a variety of
enchanting books by different au-
thors. Books will be obtained by
participants.

FREE

Community Basketball

January-June, 2015
Thursdays, 5:30-8pm
Pickup basketball, first team to hit
12 points wins; 15 minute games
will be monitored on clock and
scores will be kept. Participants
will have the opportunity to play at
least one game. Last game plays
to 16 points. Participants must be
16+ to enter and show ID.

Fee: \$1.00 per person



Line Dancing Classes

January-June, 2015
Thursdays, 6-7pm
Please join us to learn line dances
both new and old to some of
America's greatest hits...Electric
Slide...Cupid Shuffle... Wobble...
Cha Cha Slide...Down South Shuf-
fle... Mississippi Muddslide...Cane
Wayne Wit It...Step & Stomp...The
Brand New Slide; and so much
more!

Fee: \$1 per class

SENIOR ADULT PROGRAMS

Busy Hands Senior Club

January-June, 2015
Tuesdays, 11am-1pm
This program provides member-
ship into the North Carolina Asso-
ciation of Senior Citizens Club and
offers innovative activities such as
crafts, senior exercise, and senior
trips (local & out of town). Join our
fellowship and embrace the fun!

FREE

Healthy Living Program

January-June, 2015
Wednesdays, 12-2pm
In partnership with Shiloh Commu-
nity Association, ABIPA, & YMCA,
these classes focus on the self
management of chronic disease
and diabetes as well as maintain-
ing a healthy heart and well bal-
anced lifestyle. Lunch is included
too!

FREE

**Senior Chair Exercise &
Council on Aging**

January-June, 2015
Fridays, 11:15am-1:15pm
In partnership with Council on Ag-
ing we provide seniors age 65+
the opportunity to increase mobil-
ity and strength through innova-
tive chair exercises. Join us also
for a healthy meal for a

\$1.50 donation.

Montford Recreation Center

Indoor Climbing Wall

January-May, 2015
Mondays, 7-9pm
For beginners to advanced!
\$5/2hour wall access. Harness and
shoe rentals for \$2/each per ses-
sion. 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

January-May, 2015
Tuesdays, 6:30-8pm
Join instructor Mark Small of the
Carolina Wushu Association for this
adult class.

Fee: \$10/class.

Community Volleyball - Adult

January-May, 2015
Wednesdays, 8-10pm
Staff run 2 courts of pickup games.
Games follow a 25 point rally score
format. Bring a picture ID.

Fee: \$5

Community Basketball-Adult

January-May, 2015
Wednesdays, 5:30-7:30pm
Staff run half court pickup games.
Games follow a 15 minute clock.
Bring a picture ID.

Fee: \$1

AFFILIATE PROGRAMS

Table Tennis

Mondays, 7:00-9:30pm
Saturdays, 11am-1:30pm

FREE

Badminton

Thursdays, 7:00-9:30pm
Fridays, 5:30-7:30pm

FREE

**Stephens-Lee
Recreation Center**

**Stephens-Lee Center is
undergoing renovations and is
scheduled to reopen in June
2015.**



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.

Winter & Summer Volleyball, Dual-Gendered Informational Meetings:

Winter: January 8, 6:30pm; Season: January-April, Monday-Thursday

Summer: May 14, 6:30pm; Season: June-July, Monday-Thursday

Recreation Office, 72 Gashes Creek Road

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 Coed

We offer a number of different leagues for men, women and Coed with varying degrees of skill levels over 2 seasons of play.

Informational Meeting:

**March 19, 6:30pm for Men and 8pm for Coed
Linwood Crump Shiloh Complex, 121 Shiloh Road**

Season: April-July, Monday-Thursday, and 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****Men's Billiards**

Monday-Friday, 10am-1pm
Drop in and join the guys for open play on two tables.

FREE

International Folk Dance

Mondays, 2-4pm
Gentle circle dancing, no partner needed.

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

Knitting Group

Wednesdays, 1-3pm
A new group is now forming to work on your own projects. Some assistance 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

Thursdays and Fridays, 10am-5pm
Come use our fully equipped woodshop to do 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.

Rummikub

Fridays, 12:30-4pm
Keep the brain sharp with this free, fun and fast moving table game.

FREE

Women's Billiards

Fridays, 1-5pm
Join the ladies for open play on two tables.

FREE

CLASSES**Basket Makers Group**

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.

Furniture Making

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: Vary according to project. Call Harvest House for details and prices.

Clay Sculpture

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.

Glass Mosaics

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.

T'ai Chi Chih, Joy Thru Movement

January 14-March 4
Wednesdays, 3:30-4:30pm
This moving meditation is the practice of 19 moves and one pose and brings healing, reduces stress, improves balance and flexibility and can even lower blood pressure. Each class begins with review and includes time for meditation and sharing. Class is led by Steve Stevens, a retired public school teacher and recently accredited T'ai Chi Chih instructor, who has now been practicing the art for 4 years. Pre-registration required.
Fee: \$80, Asheville City residents receive a \$10 discount.

Weaving

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
Join us for a variety of programs each morning including chair exercise, guest speakers, health information, blood pressure checks, chair massage, crafts, monthly "Out to Munch" at a local restaurant, Bingo, and MUCH MORE!
This program is co-sponsored by Buncombe County Council on Aging. Registration necessary for daily meals.

All activities are free except for Bingo (1st card is free, others 25¢ each). Donations are accepted for the meal but not required.

Afternoon Pottery: Ongoing

Tuesdays, 2-4pm
For seniors 55+. Starter clay and all materials will be provided.
Fee: \$45/12 week session

Morning Pottery: Ongoing

Wednesdays, 10am-Noon
For seniors 55+. Starter clay and all materials will be provided.
Fee: \$45/12 week session

Bid Whiz Card Players: Ongoing

Wednesdays, 1:30-4pm
Come join this fun loving group and enjoy some friendly "card table competition"!
FREE

Afternoon Acrylic Painting:

Ongoing
Wednesdays, 2-4pm
Ages 55+. Instruction, one canvas and paints supplied. Please bring your own brushes.
Fee: \$15/month

Sewing: Ongoing

Thursdays, 2-3:30pm
Bring your own sewing project and materials. Sewing machines and basic assistance are available.
FREE

Painting: Ongoing

Tuesdays and Fridays, 2-3:30pm
Bring your own materials and paint among friends!
FREE

Billiards: Ongoing

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: 12-8pm
Saturdays: 10am-8pm
Sundays: 1-8pm

May & September

Weekdays: 2-8pm
Saturdays: 10am-8pm
Sundays: 1-8pm

April & October

Weekdays: 2-7pm
Saturdays: 10-7pm
Sundays: 1-7pm

November-March

Weekdays: 2-6pm
Saturdays: 10-6pm
Sundays: 1-6pm

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

Hours

April 1-November 30, 2015
Monday-Thursday 9am-9pm
Friday 9am-3pm
Saturday 9am-4pm
Sunday 9am-6pm

Reservations

Court reservations are encouraged. 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.

Aston Park features one of the finest public clay tennis court facilities in the United States.

2015/2016 Season fees will be published in Spring 2015. Visit www.ashevilleenc.gov/parks or call 828-251-4074 for more information.

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.



WNC Nature Center

75 Gashes Creek Rd., Asheville, NC 28803

828-259-8080

www.wncnaturecenter.com

Hours: Open 7 days a week, 10am to 5pm

*No admittance after 4:30 p.m.

Regular Admission Rates:

Adults \$8 / Seniors \$7 / Children \$4
(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.

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 100,000 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



WINTER/SPRING EVENTS

Critter Time for Tykes and Tots

January 14 & 28, February 11 & 25, & March 11
10am-Noon

Youngsters ages 3-5 and their parents are invited to join us for this fierce program which offers a creative way to learn about animals. Fun filled activities are in store celebrating animal life, forest ecology, and conservation including indoor games and crafts and wildly fun animal encounters, walking tours, and story time.

Fee: \$12 per child/parent combination (includes admissions to Nature Center). Additional children or adults are \$5 each. Friends of the WNCNC Members: \$10 per child/parent combination

*** All five sessions: \$45 for child/parent combination (additional participants \$20), Friends members \$40 and for non-members.**

*Parent/guardian must be present during programming
Registration can be made at 828-259-8082. Limited seating, so call today!

Detailed Schedule:

Wednesday, January 14: "Flocks of Fun", study of birds, our feathered friends

Wednesday, January 28: "Colored Critters", variations of camouflage

Wednesday, February 11: "Scales and Tails", all about reptiles and amphibians

Wednesday, February 25: "Trees and Leaves", all about the forest

Wednesday, March 11: "Barnyard Buddies", life on a farm

WNC Nature Center's Annual Groundhog Day Celebration

Monday, February 2, 2015, 2pm

The WNC Nature Center is proud to present Carlton Burke's whimsical presentation on groundhogs on Monday, February 2 at 2pm. Explore the folklore of this native rodent species with stories and song. Meet live groundhogs

who have been reared by humans from infancy. One of the Nature Center's newest additions to the family is Nibbles, a 9 year old female "whistlepig" who has charmed the public on several occasions.

Call for more details 828-259-8080

Admission: regular rates apply and Members of the Friends of the WNC Nature Center enter free.

No registration required.



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Wednesday, March 11: "Barnyard Buddies", life on a farm

ASAP Party

Saturday, January 17, 2015, 7-10pm

Location: Linwood Crump Shiloh Complex
Middle School Party...must show school ID

Entry Fee: \$6 per person

Valentine's Day Dance

Friday, February 6, 5:30-8pm

Location: Montford Recreation Center

Youth in K-5th grades show off your mad dance skills at our Valentine's Dance. Sweet treats, photo booth, hot-dog snack pack and more fill the evening with fun.

Fee \$5 per child

WNC Nature Center's Annual Groundhog Day Celebration

Monday, February 2, 2015, 2pm

Location: WNC Nature Center

The WNC Nature Center is proud to present Carlton Burke's whimsical presentation on. Explore the folklore of this native rodent species with stories and song. Meet live groundhogs who have been reared by humans from infancy. One of the Nature Center's newest additions to the family is Nibbles, a 9 year old female "whistlepig" who has charmed the public on several occasions. Call for more details (828) 259-8080

Admission: regular rates apply and Members of the Friends of the WNC Nature Center enter free.

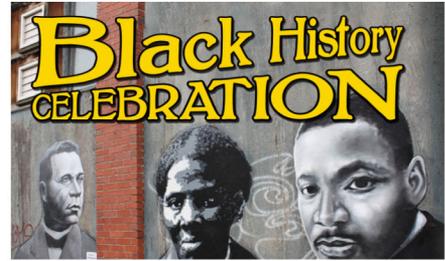
No registration required.

**The Blue Room**

Saturday, February 21, 7-10pm

Location: Linwood Crump Shiloh Complex
Middle School Party...must show school ID

Entry Fee: \$6 per person

**Black History Month Events**

In honor of Black History month, Asheville Parks & Recreation Department staff will produce a number of events for the community. This year's theme is "Uniting our City", which features something for everyone. This month long celebration includes an educational film, presentations, musical performances, and spoken word acts all centered on the African-American Culture. For a full list of events, visit www.ashevilenc.gov/parks. All events are FREE.

Dinner & A Movie, Viewing Freedom Writers Black History Month Event

Saturday, February 7, 2015, 5-8pm

Location: Linwood Crump Shiloh Complex
FREE

Poetry Slam**Black History Month Event**

Friday, February 13, 6-8pm

Location: Burton Street Recreation Center
FREE

Drum Circle: "The Rhythm of African American History"**Black History Month Event**

Saturday, February 21, 6-7:30pm

Location: Montford Recreation Center

Learn the history of drumming and what it means to the African American Culture. Bring your drum or try one of ours.

FREE

"Uniting our City"**Black History Month Event**

Saturday, February 28, 1-3pm

Location: Dr. Wesley Grant Sr. Southside Center

Inspirational presentations about the historical Asheville African-American community's history and live entertainment inspired by African American culture.

FREE

First of the Month

Saturday, March 7, 9pm-12am

Location: Linwood Crump Shiloh Complex
High School Party...must show school ID

Entry Fee: \$6 per person

Bojangles' Easter Eggstravaganza

Saturday, March 28, 2-4pm

Location: Carrier Park, 220 Amboy Road

Come to the area's largest free Easter celebration, Bojangles' Easter Eggstravaganza! The fun will include free giant inflatables, crafts, face painting and a performance by the Mountain Thunder Cloggers. Egg hunts for ages 4-11 will be held at 4pm and a special egg hunt area will be available for ages 3 and under for the duration of the event. Bring your camera for a family photo with the Easter Bunny and do the chicken dance with Bo, the Bojangles' Chicken. All children receive a free goody bag.

FREE**Community Yard Sale**

Saturday, April 11, 8am-1pm

Location: Montford Recreation Center

During the spring and fall, we offer yard sales to help fund youth programs.

Pre-paid registration is required beginning February 1.

Tables are just \$5.**Watercolor and Wine**

Friday, April 17, 7-9pm

Location: Dr. Wesley Grant Sr. Southside Center

Watercolor and Wine can be your new best therapy, it's time to learn, laugh, and relax (with or without wine) that everyone can enjoy. Come one, with a date, or in a group and enjoy some hors d'oeuvres, wine and a watercolor lesson to create your one of a kind design!

Entry Fee: \$20 per person**Funky Fresh**

Friday, April 24, 7-10pm

Location: Linwood Crump Shiloh Complex

Middle School Party...must show school ID

Entry Fee: \$6 per person**Tiny Tykes Day**

Sunday, May 3, 2014, 2-5pm

Location: Martin Luther King Jr. Park

Mark your calendars for a fun filled festival for ages 5 & Under! Little ones will enjoy inflatables, face painting, crafts and special guests.

FREE**Pre-Mothers Day Pampering Night Out**

Friday, May 8, 6-8pm

Location: Dr. Wesley Grant Sr. Southside Center

The month of May is a joyful time for mothers around the country. The staff of the Dr. Wesley Grant Sr. Southside Community Center would like to recognize motherhood by providing a free, pre-Mother's Day event filled with giveaways, massages, music, food, and fun activities.

FREE**Movies in the Park**

Friday, May 8, 2015

Crafts at 6:30pm, Movie at Dusk

Location: Park 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 film is rated PG and food will be available. So bring your chairs or a blanket and come out for crafts, a movie under the stars, and an evening of fun.

FREE**Feng Shui Friday**

Friday, May 8, 9pm-12am

Location: Linwood Crump Shiloh Complex

High School Party...must show school ID

Fee: \$6 per person**Montford Music and Arts Festival**

Saturday, May 16, 10am-7pm

Location: Montford Neighborhood

Two stages of music, food and craft vendors, kids activities and all in our very own backyard – on Montford Avenue. We are looking for volunteers for this event.

FREE**Grant/Southside Community Day**

Saturday, May 23, 1-4pm

Location: Dr. Wesley Grant Sr. Southside Center

Come out and celebrate the Southside Community. This day will consist of Food, Family Activities, Information, & Entertainment!

FREE**Brooklyn Street's 3 on 3 Tournament**

Saturday, May 23, 10am-10pm

Location: Linwood Crump Shiloh Complex**Team Entry Fee: \$15****Entry Fee: \$5 per person****Kids 6 and under free****Team Prize - \$500**

Team Divisions- Middle School, High School, Young Adults

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



STAY UP TO DATE!

Jump online and see what we're up to at Asheville Parks and Recreation. Visit www.ashevilenc.gov/parks for all the fall offerings and sign up to receive our monthly e-News letter.

Programs and events for the whole family: From Adult Zumba & Toddler Tumbling to Doggie Dip & Watercolor and Wine. New things are being added all the time.

Also be sure to check us out and 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 and Recreation prize pack!

www.facebook.com/APRCA



ASHEVILLE
Parks & Recreation

