



The Hollymont Spirit

Winter 2010

Stretch it Out - New Skills!

Break out your stretchy pants and come ready to learn some new moves! For the B2 and C Sessions we will have two local professionals come and teach a combination class of Yoga and Pilates. This class will include a basic overview of some of the basic yoga poses and pilates exercises. Both of these focus on strength and flexibility while incorporating a mind/body understanding of mental focus and breathing. This will be a great place to begin or continue a healthy and fit lifestyle.



Meet our Instructors:

Crystal Kilgore-B2 Session Instructor—Crystal is a certified personal trainer and certified group exercise instructor. She works full time at Cheshire Fitness Club in Black Mountain, NC and coaches the middle school girls basketball team at Asheville Christian Academy. She played soccer and basketball at Montreat College where she was recently inducted into the Athletic Hall of Fame. She has been on staff with FCA at Western Carolina University as well as been a youth and music minister at Grove Stone Baptist Church. She is married and has a 3 year old son and an 8 month old daughter.

Kim Pierce-C Session Instructor—Kim began dancing at the age of 4. She danced with the Tennessee Children's Dance Ensemble for 5 years and toured Japan, England, Scotland, and several U.S. cities including the Kennedy Center in Washington, D.C.. She attended the University of Tennessee and went on to be married and start a family. She has 6 children (5 girls and 1 boy) who she home schools. Four years ago she started praying about teaching dance again. A year later she was asked to teach a dance class for children and went from one class to nine classes in three years. Along the way, she became interested in pilates. She realized that the pilates method was very similar to how she was trained as a dancer and obtained her pilates certification last year.



I ♥ Hollymont... Hollymont isn't just a place you go to make friends, or the place to say a casual hey to God or just a place you go to for a few weeks for a fun time. Hollymont is the place you go to meet girls who become your sisters and forever friends. It's the place you meet God and fall in love with His splendor. It's a place you call home and its the most amazing experience any girl could ask for. When I started coming to Hollymont at age 8, I thought it was a fun camp because I could play soccer and cook a quesadilla. But as my camper years continued, Hollymont turned into my haven, my safe place away from the pressures of this world. It was a place where it didn't matter how I talked, acted, or looked. It was suddenly cool that I read my Bible everyday. It was suddenly admirable that I didn't go out and party and it was relaxing that I didn't have to constantly try to live up to perfection.

I suddenly understood that I was broken. My life as a non-Christian was suddenly replaced by the most intimate on fire relationship with the lover of my soul. Boys didn't matter. The internet didn't matter and the media didn't matter. Because of Hollymont I discovered what it is to be whole, what it feels like to be a complete circle- the gaps gone and a heart yearning for Christ.

Ali Fehling- Former Camper, CIT Ponte Vedra, FL

Hollymont Reunions...

coming to a town near you



Amy Lewallen enjoyed hanging out at the Birmingham Reunion at Dave's Pizza with Ainsley Despot, Lillian Holt, Mallory Allen and two new camp friends, Madeline Martin and Sadie Long.

What is a Hollymont Reunion?

An opportunity to gather with campers, parents, staff, alumni and friends at a local restaurant or park for the purpose of having fun and catching up with other Hollymont friends! Let us know if you want to reunite in your hometown!

Next stop...

Atlanta, GA

Valdosta, GA

...Your town?!!

Space is limited!

So don't forget to sign up for your favorite trip!

Zipline adventure in the Nantahala Gorge— (for campers 12 and older)		\$125
Enjoy a soaring and gliding experience naturally fueled by a gradual elevation change		
Overnight camping trip to Pisgah National Forest—(for campers 10 and older)		Free
Come camp in tents and cook over an open fire as we learn to enjoy God's creation even more!		
Whitewater Rafting down the Nantahala River—(must be 8 years and 60 lbs)		\$150
Ski Trip to Lake James	\$175	Biltmore House and Gardens \$ 70
Alpine Tower	\$ 70	Rock Climbing/Rappelling \$150

Return Service Requested

PRSR STD
US POSTAGE
PAID
ASHEVILLE NC
PERMIT #575

Camp Hollymont for Girls
475 Lake Eden Road
Black Mountain, NC 28711

