

the breeze

SILVER BAY
YMCA of the Adirondacks

MONDAY, AUGUST 23–SUNDAY, SEPTEMBER 2, 2010

Weekly Newsletter of everything you can do at Silver Bay

WELCOME

Daily Operating Hours	
Archery	Archery Hours
Guests ages 6 and older may participate in our daily program.	Daily, 9am-12pm, 1pm-5pm (Closed 8/24, 8/25, 9/1 & 9/2)
Beach	Beach Hours
Bring the family for swimming fun during beach hours!	Daily, 10am-12pm, 1pm-5:30pm
Boathouse	Boathouse Hours
Full-members have access to kayaks, canoes, rowboats and sailboats, plus lessons and safety courses.	Daily, 9-12pm, 1-5:30pm
Climbing Wall	Climbing Wall Hours
Each class is \$8 per session per participant.	8/26 & 8/29, 3:30pm-5:30pm
Collins/Tennis	Collins Hours
A variety of athletic equipment is available as well as games and puzzles!	Daily, 9am-9pm
Fisher Gymnasium	Fisher Gymnasium Hours
Enjoy basketball, volleyball, indoor soccer, ping pong, badminton, dodgeball	Daily, 9am-9pm
Fitness Center	Fitness Center Hours
Open time is available to work out at your own pace on our Cardio and Cybex machines.	Daily, 7am-8am, 10am-12pm, 3:30pm-5:30pm
Gift Shop	Gift Shop Hours
Show your loved ones you care by purchasing an item from our shop.	Hours are posted on the gift shop door.
Hike Trails	
There are hiking trails at all levels of difficulty. Please pick up a trail map at the front desk.	
Labyrinth	
The outdoor labyrinth is always available for individual reflection and meditation. Located between Fisher Gymnasium and Slim Point.	
Library	Library Hours
Enjoy our collection of books.	Daily, 9am-9pm
Store	Store Hours
Offering crepes and coffee in the morning and ice cream in the evening.	Daily, 7:30am-10:30am, 8pm-10pm