

the breeze

SILVER BAY
YMCA of the Adirondacks

MONDAY, AUGUST 22–THURSDAY, SEPTEMBER 1, 2011

WELCOME

Daily Operating Hours	
Archery	
Guests ages 6 and older may participate in our daily program.	Mon/Wed/Fri-Sun 10am-12pm & 1pm-5:30pm
Beach	
Bring the family for swimming fun during beach hours!	Daily 10am-12pm & 1pm-5:30pm
Boathouse	
Full-members have access to kayaks, canoes, rowboats and sailboats.	Daily 9-12pm & 1-5:30pm
Climbing Wall	
Each class is \$8 per session per participant.	Wed 3:30pm-5:30pm
Collins/Tennis	
A variety of athletic equipment is available as well as games and puzzles!	Daily 9am-9pm
Fisher Gymnasium	
Enjoy basketball, volleyball, ping pong...	Daily 9am-9pm

Fitness Center	
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	
Show your loved ones you care by purchasing an item from our shop.	Mon.-Fri. 10am-6pm Sat. 10am-7pm Sun 11am-5pm
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	
Enjoy our collection of books.	Daily: 9am-9pm
The Expedition Boat Tour	
Learn about Lake George on our Tour Boat \$16/Adult \$8/Children.	Sign up at the front desk.