

# the breeze

SILVER BAY  
YMCA of the Adirondacks

**FRIDAY, SEPTEMBER 2 – MONDAY, SEPTEMBER 5, 2011**

<b>Programs and Activities</b>	
Archery	
Guests ages 6 and older may participate.	Fri.-Sun. 9:30am-12pm, 1pm-5:30pm Mon. 9:30am-12pm
Beach	
Bring the family for swimming fun during beach hours!	Fri. - Sun. 10am-12pm, 1pm-5:30pm Mon 10:00am-12pm
Boathouse	
Full-members have access to kayaks, canoes, rowboats and sailboats.	Fri.-Sun. 9:00am-12:00pm, 1:00pm-5:30pm Mon. 9:00am-12:00pm
Climbing Wall	
\$8 per session per participant. Children under 18 must have a waiver signed by parent/guardian. Sign up at the Front Desk.	Sun. 3:30pm-5:30pm
Collins/Tennis	
A variety of athletic equipment is available as well as games & puzzles!	Fri.-Sun. 9am-9pm Mon. 9am-12pm

Fisher Gymnasium	
Enjoy basketball, volleyball, indoor soccer, & ping pong	Fri.-Sun. 9am-9pm Mon. 9am-12pm
Fitness Center	
Open time is available to workout at your own pace on our Cardio and Cybex machines.	Fri.-Sun. 7am-8am, 10am-12pm, 3:30pm-5:30pm Mon. 7am-8am, 10am-12pm,
Gift Shop	
Show your loved ones you care by purchasing an item from our shop.	Fri. 10am-6pm Sat. 10am-7pm Sun. 11am-5pm Mon. 10am-6pm
Library	
Enjoy our collection of books.	Fri.-Sun. 9am-9pm Mon. 9am-12pm
Sunday Worship	
Preaching this week Rev. Bruce Tamlyn	Communion 8:30 am Worship 10-11 am
The Expedition Boat Tour	
Learn about Lake George on our Tour Boat	Sign up at the front desk. \$16/Adult \$8/Children.