

THE breeze

Silver Bay
YMCA of the Adirondacks

June 4 – June 6, 2010

Weekly newsletter of everything you can do at Silver Bay

WELCOME: Guests, Members and Conferees

Archery	Hiking Trails
Guests ages 6 and older may participate in our daily program. Sat 9:00am-12:00pm, 1:00pm-5:00pm	Over 600 acres of hiking trails at all levels of difficulty. Pick up a map at the front desk and sign in at the trailheads.
Boathouse	Labyrinth
Full-members have access to kayaks, canoes and rowboats. Sat 1:00pm-5:30pm	The Outdoor Labyrinth is available for individual reflection and meditation. Located between Fisher Gymnasium and Slim Point.
Collins Equipment Center	Libraries
Shuffleboard, horseshoes, tennis courts, outdoor basketball courts, a variety of equipment, puzzles and games!!! Daily 9:00am-9:00pm	Check out books on the honor system from one of the Libraries. Located off Gullen Lounge or the Spiritual Life. Library located in Trinity House. Daily 9:00 am – 9:00 pm
Fisher Gymnasium	Silver Spray
Enjoy indoor basketball, table tennis, etc... Sat 7:00am-9:00pm Sun 7:00am-2:30pm	Take a guided motorboat tour of Lake George with stories about the lake and beautiful views. Sign up in advance at the front desk \$16 for Adults and \$8 for Children Sat 10:00am, 2:00pm & 4:30pm
Fitness Center	Store
Workout at your own pace on Elliptical, AMT, Treadmills Recumbent Bikes and Cybex Strength Training Equipment. Sat 6:30am-8:00am & 3:30pm-5:30pm Sun 6:30am-8:00am	Ice Cream, Crepes, Coffee etc... Fri 8:00 pm – 10:00 pm Sat 7:30am – 10:30am, 8:00pm-10:00pm Sun 7:30am – 10:30am
Spiritual Life Programs	
Men's Monthly Prayer Breakfast – Fri 7:30 am , Watson Arts Center. All men are welcome!	
Worship Service - Sun 10:30 am – 11:30 am , Auditorium. Join the UCC Conference Rev. Sandra Gourdet -Area Executive for Africa Office- United Church of Christ Africa	