

THE breeze

SILVER BAY
YMCA of the Adirondacks

Saturday, August 7, 2010

Weekly newsletter of everything you can do at Silver Bay

Daily Operating Hours

Archery: 9 a.m.-12noon, 1-5 p.m.
For guests ages 6 and older.

Boathouse: 8:30 a.m.-8 p.m.
Full-members have access to kayaks, canoes, and rowboats.

Slim Point: 10 a.m.-5:30 p.m.
Bay Beach: 6:30-7:30 a.m., 10-11:30 a.m.,
2-5:30 p.m., 7-8 p.m.
Bring the family to Bay Beach or Slim Point for swimming fun.

Climbing Wall: 1-3 p.m.
Each class is \$8 /session. Sign up at the front desk.

Collins: 8:30 a.m.-10 p.m.
A variety of athletic equipment is available as well as games and puzzles!

Fitness Center: 6:30-7:30 a.m., 8:30 a.m.-12noon,
1-6 p.m., 7-10 p.m.
Open time is available to work out at your own pace on our Cardio and Cybex machines.

Fisher Gymnasium: 6:30 a.m.-10 p.m.
Basketball, table tennis, badmitten, volleyball

Gift Shop: 10 a.m.-8 p.m.
Show your loved ones you care by purchasing an item from our shop.

Labyrinth

The Labyrinth is available for individual reflection and meditation. Located between Fisher Gymnasium and Slim Point.

Library: 8:00 a.m.-10:00 p.m.

All members may check out books from our collection. Located off Gullen Lounge in the Inn

Nature Center: 8 a.m.-7 p.m.
Educational hikes, walks and classes are offered regarding the surrounding area of Silver Bay.

Silver Spray Boat Tour

Learn about the history of Lake George aboard our classic mahogany launch. Sign up at the Front Desk. Additional fee.

The Store: 7:30 a.m.-1:30 p.m., 4:30 p.m.-11 p.m.
Offering ice cream, sorbet, coffee, crepes, smoothies, pizza, and much more! Board games always available! Store on Wheels selling refreshments each afternoon and stops from archery to Slim Point!

Family Dodgeball Mania

7:30-9:30 p.m. • Fisher Gymnasium
Mini Dodgeball 7:30-8 p.m. ages 11 and under
Family Dodgeball 8-8:30 p.m. for whole family
Elite Dodgeball 8:30-9:30 p.m. ages 12 and up.

Nature Program Hikes

Beaver Meadow, 9-12 a.m. (difficult, 6 mi.)
Rookery Pond, 2-4:30 p.m. (moderate, 3 mi.)

Music Program

Vespers: 7:15-7:45 p.m. • Chapel
Nonsense: a musical comedy 8 a.m. • Auditorium

SILVER BAY
YMCA of the Adirondacks 