

THE breeze

Silver Bay
YMCA of the Adirondacks

May 29-31 2010

Weekly newsletter of everything you can do at Silver Bay

WELCOME: Guests, Members and Conferees

Family Programs

Amazing Race

Saturday 10:00am-11:30am

The Store

Kids Crafts

Saturday 3:00pm-4:00pm

The Store

Family Dodge Ball

Saturday 7:30pm-8:30pm

Fisher Gymnasium

Ice Cream Making

Sunday 4:30pm- 5:30pm

The Store

Family Campfire

Sunday 7:30pm – 8:30pm

Council Ring

Sunday Worship

All are Welcome to join the UU Shelter

Rock Congregation

Sunday 9:00am – 9:40 am

The Chapel

Special Activities

Guided Hike to Inspiration Point

Sunday 2:00pm – 4:00pm

Meet @ the Flag Pole

Climbing Wall

Sunday 3:30pm-5:30pm

Fisher Gymnasium

Sign up @ the Front Desk \$8/Climber

*Climbers under 17 must have a waiver
signed by Parent/ Guardian*

Operating Hours

Archery	Hiking Trails
<p>Guests ages 6 and older may participate in our daily program.</p> <p>Sat 9:00am-12:00pm, 1:00pm-5:00pm Sun 9:00am-12:00pm, 1:00pm-5:00pm Mon 9:00am-12:00pm</p>	<p>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.</p>
Boathouse	Labyrinth
<p>Full-members have access to kayaks, canoes and rowboats.</p> <p>Sat 1:00pm-5:30pm Sun 1:00pm-5:30pm Mon 9:00am-12:00pm</p>	<p>The Outdoor Labyrinth is available for individual reflection and meditation. Located between Fisher Gymnasium and Slim Point.</p>
Collins Equipment Center	Libraries
<p>Shuffleboard, horseshoes, tennis courts, outdoor basketball courts, a variety of equipment, puzzles and games!!!</p> <p>Daily 9:00am-9:00pm</p>	<p>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.</p> <p>Daily 9:00 am - 9:00 pm</p>
Fisher Gymnasium	Silver Spray
<p>Enjoy indoor basketball, table tennis, etc...</p> <p>Sat 7:00am-9:00pm Sun 7:00am-2:30pm</p>	<p>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</p> <p>Sat 10:00am, 1:15pm, 2:30pm, & 4:15pm Sun 1:15, 2:30pm, & 6:30pm</p>
Fitness Center	Store
<p>Workout at your own pace on Elliptical, AMT, Treadmills Recumbent Bikes and Cybex Strength Training Equipment.</p> <p>Sat 6:30am-8:00am & 3:30pm-5:30pm Sun 6:30am-8:00am & 3:30pm-5:30pm Mon 6:30am-8:00am</p> <p><i>Stop by to learn how to use our new equipment</i></p>	<p>Ice Cream, Crepes, Coffee etc...</p> <p>Fri 8:00 pm - 10:00 pm Sat 7:30am - 10:00am, 8:00pm-10:00pm Sun 7:30am - 10:00am, 8:00pm-10:00pm</p>