

Silver Bay

YMCA of the Adirondacks

Practice **real-world skills** - critical thought, *unconventional* approaches to problem-solving, communication, teamwork, positive decision-making - in our classroom.

Experiential Learning

A 700-acre waterfront campus packed with challenging activities and staffed by professionally trained leadership facilitators. Silver Bay - founded in 1904 as a training center for YMCA leaders - is rooted in leadership development and teambuilding training. Let us put our experience in 21st Century skills to work for you.

Challenge Your Group

- Youth
- Corporate
- University



Bigger Game

Open young eyes and minds to navigating a self-determined course in life with initiative, self-awareness and creative thinking.
(www.biggergame.com)

Wilderness Initiatives & Ropes Course

Teamwork, communication, problem solving, flexibility come together to conquer one unique problem after another in activities on our ropes course, climbing wall, and wooded trails.

Leadership & Character Development

Sessions and activities that engage students in the larger world of global awareness, social and cross-cultural skills, and leadership responsibility.



Each program we offer is tailored to meet the specific goals and needs of your group.

Learn more! Call 1-888-758-7229 or visit
www.silverbay.org

Programs

ROPES COURSE - Get through the “spider web,” out of the “sinking submarine,” and over the “lava pit.” How? Stretch your mind! Find the unconventional approach to problem solving through more than a dozen unique exercises on our ropes course.

NEW GAMES - Icebreakers and team builders open new insights into familiar and unfamiliar faces alike. These non-competitive games introduce participants to one another and spark excitement for the next experience.

WILDERNESS INITIATIVES - Hiking, orienteering and problem solving promote leadership and group work. Our guides ensure the emotional and physical safety of the group as they negotiate the wilderness around Silver Bay.

DROPPING - This team building activity challenges your group in the dark! At dusk, the group is lead away from home. The challenge: find your way back to home base. Groups are continuously monitored by a facilitator to ensure uncompromising safety.

LABYRINTH - Introduce your group to labyrinths, an ancient tool long used to guide healing, deepen self knowledge, empower creativity, and reflection on an event or decision.

CLIMBING WALL - Our 25-foot climbing wall offers fun and adventure for all ages in a safe and encouraging environment. The wall is suitable for beginning to experienced climbers and Silver Bay can provide sessions ranging from a full introduction to the sport of climbing, to “Clip and Go” sessions to practice and improve your climbing skills.

Work with Silver Bay’s staff every step of the way to design and develop an individual program that caters to the specific goals and objectives of your group.

Experiential Classes

CHARACTER DEVELOPMENT - Challenge your group to consider their relationship to our world through sessions on: *breaking down barriers, goal setting, diversity, trust, priorities*, and more.

PERSONALITY STYLES - Deepen your appreciation for one another by learning about their personality style and the styles of their peers. Interactive, energetic and fun!

LEADER AS COACH, COACH AS LEADER – Getting the chance to coach is a motivational boost. Offer your group the toolbox of a good coach and watch them soar.

BIGGER GAME – We all have a “bigger game” in life; goals like becoming a better person, learning more about our world, or sharing our joy. Help your students pinpoint their “bigger game” and plan their road to success.

PERSPECTIVES - Challenge prejudice and promote reflection and respect for differing viewpoints.

PERCEPTION IS REALITY – Breakdown barriers and create effective communication & teamwork by offering insight into how to perceive yourself and how others perceive you.

Communication - Communication combines personality styles, coaching styles, active listening skills, and learning styles based on the needs of each group. The goal is a positive group environment, effective communication, and improved self-awareness.

PROBLEM SOLVING – Promote creative thinking and problem solving with classwork and an outdoor adventure that helps your group see problems from myriad angles.

