

SILVER BAY

YMCA of the Adirondacks

Press Release

FOR IMMEDIATE RELEASE:

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SILVER BAY YMCA of the ADIRONDACKS TO HOST ANNUAL TENNIS EXTRAVAGANZA

Silver Bay, NY June 10 – Silver Bay YMCA of the Adirondacks to host their 5th annual Extravaganza tennis weekend at Silver Bay July 9 - 10, 2010. The Silver Bay Extravaganza is a popular two-day tennis clinic for intermediate to advanced level players 15 years and older. Play begins Friday, July 9 at 8:30am and concludes Saturday late afternoon with an ice cream social.

Sessions include on-court interactive training and coaching, video analysis, strategic play, yoga for tennis, advanced play techniques, and exercise physiology and nutrition as it relates to optimal performance. Directed by Pam Fischer of the Silver Bay YMCA, managed on court by Rolland Leblanc, Tennis Director and Head Pro YMCA of Saratoga and enhanced by Dr. Arciero Chair of Health and Exercise Sciences Department Skidmore College, who is published in over 40 peer-reviewed scientific manuscripts and continues to research in the area of nutrition and exercise as they relate to metabolism and performance.

For more information contact Pam Fischer at 518-543-8833 ext 326 or pfischer@silverbay.org. Or visit http://www.silverbay.org/index.php/programs_spiritual_life/special_program

Silver Bay YMCA of the Adirondacks is a century-old YMCA conference retreat center located on 700+ acres on the western shore of Lake George within the Adirondack Park in northern New York State. The mission of Silver Bay YMCA of the Adirondacks is to offer all people opportunities to renew, refresh and nurture their spirit, mind and body.

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