

# SILVER BAY

YMCA of the Adirondacks

## *Press Release*

### **FOR IMMEDIATE RELEASE:**

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### **Community Day at Silver Bay YMCA**

**Silver Bay, NY – July 20, 2010** – On Saturday, August 7<sup>th</sup>, 2010 Silver Bay welcomes all local community members to come enjoy a complimentary day full of activities. Swim at the beaches, take out a kayak, canoe, or rowboat, visit the Silver Bay Library, enjoy the archery program, or simply relax in one of the many rocking chairs located on campus.

You can get a full workout at the Fitness Center, which includes elliptical trainers, stairmasters, treadmills, recumbent bikes, Cybex weight equipment and free weights. Guests can also explore the campus by going hiking on trails covering more than 600 acres with breathtaking views of Silver Bay and Lake George.

All guests can end their day by attending the EMP Musical titled “Nunsense” that evening which is included in your complimentary day.

Community Members are asked to check in on the Inn Front Porch to receive a badge for the day. A BBQ Lunch will be available. Meal tickets may be purchased (\$13.00 per adult & \$6.50 per youth) at the Front Desk located within the main Inn.

A schedule of hours and events will be published and will be available online at [www.silverbay.org](http://www.silverbay.org) as well as at the Front Desk located within the main Inn.

For additional information please visit [www.silverbay.org](http://www.silverbay.org) or call 518-543-8833.

**Silver Bay YMCA - Impacting Lives and Growing Communities.** For more information about Silver Bay YMCA visit [www.silverbay.org](http://www.silverbay.org).

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