



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FROST VALLEY YMCA SCHOOL PROGRAMS

Letter from the Director

Dear Educator,

Outside of school, away from textbooks, lectures and tests, students often surprise us. At Frost Valley YMCA, located in the Catskill Mountains just 2 ½ hours north of New York City, learning is experiential and student-led. Curiosities flourish and natural abilities astound us.

I'm writing to invite you and your students to visit our outdoor classroom – the forest, fields, hiking trails, lakeshore and riverbeds – where education lives and breathes. Here, students learn the natural way and experience transformation.

It's often the child who is distracted in the classroom who conquers the cable bridge or the boy who is always picked last in gym class who leads the way up the steep trail to High Falls. Often, it is the shy girl who excitedly points out the constellations at the observatory or the struggling student who shines in ways his teachers and fellow classmates have never seen before and will never be forgotten. In our natural environment, children blossom into young leaders before your eyes.

Our experienced Program Instructors offer classes that meet the New York and New Jersey state curriculum standards and the requirements of the New York City Watershed Education grants. Along with our top-notch environmental education classes, we also offer academic support in reading, writing, math, science and the arts. Students will develop problem-solving skills, interpersonal skills and self confidence on our challenging adventure and teambuilding courses. We offer many outdoor and seasonal recreational activities giving students opportunities to experience things new and exciting, hoping to foster a connection with the outdoors and their peers. We impart our values – the foundation of everything we do – to students and teachers alike, sparking the transformation from student to leader in just a few days and inspiring a passion for lifelong learning. We sow the seeds of caring, community, diversity, honesty, inclusiveness, respect, responsibility and stewardship and you reap the benefits back at school all year round.

Please take a look at the enclosed material for an introduction to Frost Valley YMCA's School Programs. Better yet, schedule a site visit to experience our camp and outdoor classrooms firsthand. Or, if you'd rather, we can come to you with a presentation to introduce our programs to your students, parents and/or school administrators.

Sincerely,

Brett Tillman
Director of School Programs, Frost Valley YMCA
(845) 985-2291, ext. 221
btillman@frostvalley.org



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FROST VALLEY YMCA SCHOOL PROGRAMS

Frequently Asked Questions

WHAT SHOULD I BRING TO CAMP?

Sleeping bags and pillows are optional. We can provide linens, pillows, and blankets for an additional charge. Please remember to pack for cold weather. A packing list for school trips is available on our website.

Please note that **cell phones do not work at Frost Valley**. You may bring a calling card or purchase one from our store.

WHAT PAPERWORK MUST TEACHERS BRING TO FROST VALLEY?

- Student and teacher/chaperone attendance list
- Lodge assignment list
- Bus assignment list
- Frost Valley waiver and medical forms – we will collect these upon arrival along with any medications that your students may bring. Please make copies of these and note that a doctor's signature must be on the medical forms. This allows the Frost Valley nursing staff to administer medications. Without a doctor's signature, New York state law does not allow us to give out any medications, including OTC's. For further information, please call us at (845) 985-2291 ext. 225.

WHAT IS THE CERTIFICATE OF INSURANCE?

This document is mandatory. It should list Frost Valley as additionally insured. You can ask your business office for this, or if you are from a NYC public school, contact Arlene Longoria Carragher at the NYC Department of Education, Legal Services.

FOR STUDENTS WITH SPECIAL NEEDS OF ANY KIND (DIETARY, MEDICAL, OR DEVELOPMENTAL) WHAT DO I NEED TO KNOW?

We welcome all students regardless of ability or special needs. Our staff is well-equipped to accommodate nearly all developmental, physical, medical, or dietary needs. Please call your program coordinator to discuss.

WHAT IS THE LODGING LIKE?

We offer several different styles of lodging. All have indoor bathrooms, electricity, hot water and heat. Your contract will list your assigned lodges based on your request and availability. Check our website for photographs and descriptions.



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Frequently Asked Questions Continued

WHAT IS THE WEATHER LIKE AT FROST VALLEY?

It's typically 10 degrees colder than the surrounding areas and usually with more snow. Pack accordingly. Please check the weather forecast for Claryville, NY, a day or two before the trip.

WHAT IF STUDENTS GET SICK OR INJURED?

If you are not bringing your own nurse, we recommend you use our nursing services. The Guenther Family Wellness Center, on campus, is a state-of-the-art healthcare facility, staffed 24 hours a day. Our healthcare team will assess any sick or injured child or adult. If a child needs to go home or to the hospital, you will be notified immediately and arrangements will be made with the student's parents.

WHAT HAPPENS ON ARRIVAL AND DEPARTURE DAYS?

ARRIVAL: Upon arrival, check in at the Welcome Center, the first building on the right as you enter camp. You will meet your program coordinator there and receive further instructions about busses and luggage. All adults on the trip will need to present their photo ID to check in. This will be done upon arrival or at the first lunch. Typically, orientation will be in the Dining Hall at 11:30am. Lunch and a teacher/chaperone meeting will follow at noon. After lunch, you will have some free time before class starts at 1:15pm.

DEPARTURE: Before breakfast, students will be expected to tidy their lodges, pack, and group their luggage for our luggage crew. Brooms and dust pans are provided. Facilitators will instruct you where to leave your luggage. We ask that students and adults do not go back into the lodges once classes begin, as our housekeeping crew will be preparing for our next guests to arrive. After packing, head to breakfast which begins at 8:00 am. Morning class will follow, then lunch. Departure time is approximately 1:00 pm.

AS THE LEAD TEACHER, WHAT IS MY ROLE AND WHAT DO I NEED TO KNOW?

Your program coordinator will help you design a program based on your goals for the trip. Take a look at our website for ideas. Please let your coordinator know about any activities, topics, and goals you would like to have incorporated into the trip. Your role is to help promote a positive learning environment, and we encourage you to participate and empower your students.

During class time, we require two adults (one Frost Valley instructor and one teacher/chaperone). For overnight supervision, we recommend a ratio of one adult to eight students at the 6th grade level or below, and a ratio of one adult to ten students above the 6th grade level.



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FROST VALLEY YMCA SCHOOL PROGRAMS

Academic Classes

Frost Valley staff will work with you to customize a program from the following offerings. Call us for class descriptions or look them up on the web at frostvalley.org.

SCIENCE RELATED:

- Acid Rain Studies
- Energy Quest
- Forest Ecology
- Freshwater Ecology
- Geology of the Catskills
- GPS
- Half or All Day Ecology Hike
- Healthy Cooking Kitchen
- Organic Gardening
- Orienteering
- Resource Recovery
- Watersheds and Wilderness
- Wildlife Ecology
- Winter Ecology

BULLY PREVENTION:

- No Room for Bullying!
(3 class periods required to complete curriculum)

CATSKILL HIKES:

- All Day Hike
- Half Day Hike
- Cable Bridge
- Devil's Hole
- High Falls
- Slide Mountain (all day)
or Giant Ledge (half day)
off-site hikes also offered

GROUP BUILDING / LEADERSHIP SKILLS:

- Catapult
- Low Ropes
- New Games
- Outdoor Living Skills
- Service Learning Projects
- Teambuilding Games & Challenges
- The Beast (Communication)
- Trust Trip

ADVENTURE:

- Climbing Tower (all grades)
- Flying Squirrel (all grades)
- Giant's Ladder (grades 7-12)
- Giant Swing (grades 7-12)
- High Ropes (grades 7-12)
- Leap of Faith (grades 7-12)
- Vertical Playpen (grades 7-12)
- Zipline (grades 7-12)

HISTORICAL/CULTURAL:

- Apple Cidering
- Castle Tour
- Ice Cutting
- Maple Sugaring

SEASONAL RECREATION:

- Broomball
- Canoeing
- Cross-Country Skiing
- Horseback Riding (additional fee)
- Snow Shoe Hike
- Snow Tubing



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Evening Program List

Frost Valley YMCA offers one evening program led by one of our staff, typically beginning at 7 pm. A snack is provided after the program. You may choose from the following:

FROST VALLEY EVENING PROGRAMS:

- Action Auction: A camp-style game show.
- Astronomy/Observatory: A spectacular show of night-sky viewing. Weather permitting.
- Catapult: Who can build the best catapult? A teambuilding exercise in Physics.
- Campfire: Songs, skits, and games around the campfire!
- Hayride: Ride along the Neversink River. Weather permitting.
- New Games: Games, challenges, and fun!
- Night Awareness/Naked Eye Astronomy: Use your five senses to get to know the world after dark, including the night sky.
- Predator/Prey Games: Learn about this relationship through interactive games.
- Raffa Raffa: Students, through role plays, will experience interactions with people of different cultures.
- Snow Tubing: Snow, speed, and smiles! Weather permitting.
- The Beast: A physical game of Telephone where every child has their own role to play.
- The Lorax: An interactive dramatization of the Dr. Seuss book, "The Lorax."
- Zingers: Quick, fun, competitive games.

EVENING GUEST PROGRAM OPTIONS:

A separate fee is charged for the speakers listed below. Please contact your coordinator for details.

- Catskills Tales and Tunes Storytelling: Stories and songs for younger audiences. Get ready to sing!
- Herpetology: Our "Snake Man" shares knowledge and stories while he introduces you to his "friends."
- Interactive Native American Culture: Little Hawk shares dances, songs, and stories about his native culture.
- Ornithology: Meet and learn about raptors with the help of our "Bird Man."
- Revolutionary War Soldier: Learn about soldiers during the Revolutionary War.
- Square Dance: Get ready to party! Learn traditional American Square Dancing.



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FROST VALLEY YMCA SCHOOL PROGRAMS

Sample Seasonal Schedules

FALL

DAY ONE

11:00 am Arrive
11:30 am Orientations
12:00 pm Lunch
1:15 pm Project Adventure
3:15 pm Water Ecology
5:00 pm Break
5:30 pm Dinner
7:00 pm Night Awareness
8:45 pm Snack
10:00 pm Lights Out

DAY TWO*

8:00 am Breakfast
9:30 am Apple Cidering
11:30 am Break
12:00 pm Lunch
1:15-5 pm Half Day Hike w/
Forest Ecology
5:00 pm Break
5:30 pm Dinner
7:00 pm Birdman
8:45 pm S'mores
10:00 pm Lights Out

DAY THREE

8:00 am Breakfast
9:30 am Cable Bridge Hike
11:30 am Break
12:00 pm Lunch
1:00 pm Depart for Home

WINTER

DAY ONE

11:00 am Arrive
11:30 am Orientations
12:00 pm Lunch
1:15 pm Project Adventure
3:15 pm Ice Cutting
5:00 pm Break
5:30 pm Dinner
7:00 pm Action Auction
8:45 pm Snack
10:00 pm Lights Out

DAY TWO*

8:00 am Breakfast
9:30 am Snowshoe Hike
11:30 am Break
12:00 pm Lunch
1:15 pm Resource Management
Center (RMC)
3:15 pm Outdoor Living Skills
5:00 pm Break
5:30 pm Dinner
7:00 pm Snakeman
8:45 pm S'mores
10:00 pm Lights Out

DAY THREE

8:00 am Breakfast
9:30 am Cross-Country Skiing
11:30 am Break
12:00 pm Lunch
1:00 pm Depart for Home

SPRING

DAY ONE

11:00 am Arrive
11:30 am Orientations
12:00 pm Lunch
1:15 pm Project Adventure
3:15 pm Maple Sugaring
5:00 pm Break
5:30 pm Dinner
7:00 pm Birdman
8:45 pm Snack
10:00 pm Lights Out

DAY TWO*

8:00 am Breakfast
9:30 am Water Ecology
11:30 am Break
12:00 pm Lunch
1:15-5 pm Half Day Hike
w/ Geology
5:00 pm Break
5:30 pm Dinner
7:00 pm Campfire/s'mores
10:00 pm Lights Out

DAY THREE

8:00 am Breakfast
9:30 am High Falls Hike
11:30 am Break
12:00 pm Lunch
1:00 pm Depart for Home

***For two day trips,
day two is eliminated.**



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FROST VALLEY YMCA SCHOOL PROGRAMS 2016-2017 Rates

Our goal at Frost Valley is to host you and your students at a tuition you can afford. The colors on the calendar indicate our seasonal pricing. We can customize your school's trip in order to fit your needs and budget. Rates include the service of one of our School Program Coordinators, who will assist you in the planning of your trip. We encourage you to contact us via phone or email to plan a tour of our world-class facilities and one-of-a-kind programming.

SEASONAL RATES	2-DAY	3-DAY	4-DAY	5-DAY	DAY RATE	\$11 per Class per Child	\$8 per Meal per Person
	1 Night 4 Meals 3 Classes	2 Nights 7 Meals 6 Classes	3 Nights 10 Meals 9 Classes	4 Nights 13 Meals 12 Classes			
Prime Rate	\$163	\$194	\$243	\$291	Rates are per person. *Rate is based on arrival day.		
Standard Rate	\$152	\$184	\$229	\$268			
Subsidized Rate	\$133	\$159	\$205	\$247			

September, 2016

M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

5 - Labor Day

October, 2016

M	T	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

3-4 - Rosh Hashanah
10 - Columbus Day
12 Yom Kippur

November, 2016

M	T	W	TH	F
	1	2	3	4
7	8	9*	10	11
14	15	16*	17	18
21	22	23	24	25
28	29	30*		

7 - Election Day
11 - Veteran's Day
24 - Thanksgiving

December, 2016

M	T	W	TH	F
			1	2
5	6	7*	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

24 - Christmas Eve
25 - Christmas Day

January, 2017

M	T	W	TH	F
2	3	4*	5	6
9	10	11	12	13
16	17	18*	19	20
23	24	25	26	27
30	31			

1 - New Year's Day
16 - MLK, Jr. Day

February, 2017

M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

20 - President's Day

March, 2017

M	T	W	TH	F
		1*	2	3
6	7	8*	9	10
13	14	15*	16	17
20	21	22*	23	24
27	28	29*	30	31

April, 2017

M	T	W	TH	F
3	4	5*	6	7
10	11	12*	13	14
17	18	19	20	21
24	25	26	27	28

14 - Good Friday

May, 2017

M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

29 - Memorial Day

June, 2017

M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23

FROST VALLEY YMCA 2000 Frost Valley Road, Claryville, NY 12725 TEL 845 985 2291 FAX 845 985 0056 WEB frostvalley.org

Frost Valley YMCA is a values-driven organization that fosters youth development, healthy living, and social responsibility through outdoor educational and recreational programs for all.



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What's New and Upcoming at Frost Valley

We are constantly reviewing ways we can better serve your students and school. This often involves adding new programs or class facilities as well as adapting the content or delivery of some of our current offerings. Here are a few of our newer programs we think your students will really enjoy and will really benefit from. If there is a lesson or theme you're covering at school you'd like us to reinforce or give first-hand experience at Frost Valley please speak with your program coordinator. We may be able to put something specific together for your trip.

ENERGY QUEST

This is a great new addition to our curriculum and will fit wonderfully into your conservation, energy awareness, environmental awareness or physics curricula. We've made this lesson very hands on and thought provoking with demos and activities which will allow students to explore where energy comes from, how we use it and the importance of conservation. As they touch on energy conservation they will see some of the practices Frost Valley has put in place to use less energy. They will have the opportunity to power many typical household items with energy they create as they pedal our energy bicycle.

SERVICE LEARNING

Many studies have shown that some of the most powerful educational experiences come through service. Furthermore, many schools are now requiring volunteer or service hours of their students. One of the fastest growing and meaningful offerings at Frost Valley YMCA provides the opportunity for your students to get down and dirty with service projects while learning the benefits and importance of giving time and energy to others. In a 2 or 4 hour block your students will certainly be helping out Frost Valley but, more importantly, they will be gaining a sense of pride and learning the value of service. Over the past several years students have helped us build bridges over streams, build a greenhouse constructed of water bottles, worked restoring and shoring up our trails and removed invasive species. Or if you have some other creative ideas of service projects your students can perform at Frost Valley, we're all ears.

HEALTHY COOKING KITCHEN

Brand new in summer 2014, Frost Valley has a teaching kitchen where students can team up in small groups to learn to cook simple and healthy foods. Combine this with a trip to our Greenhouse and Garden areas for a farm-to-table experience. Students will learn some cooking skills and philosophies which they can hopefully take home with them. Our instructors will also be discussing plant life cycles, nutrition and may touch upon food systems.

HALF DAY OR ALL DAY HIKE

While this has always been on our list of class choices, many schools don't realize that they can add specific curriculum to the hike. We can easily make sure to cover specific geology and ecology topics, visit our resource management center or even cover some outdoor living skills while out on trail. It sounds grueling but it actually allows our Instructors to set an easier pace and to see more sites in our outdoor classroom they aren't able to reach in a single period. Turn this into an All Day Hike and we can either pack a lunch to bring with us or do some simple trail cooking over a fire.



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FROST VALLEY YMCA SCHOOL PROGRAMS

2016-2017 Additional Services

Please refer to your contract for prices for these services.

MEDICAL SERVICES:

Our Health Center provides 24-hour emergency care for schools and groups while at Frost Valley YMCA. Our staff consists of trained professionals dedicated to providing quality health care, including medication administration and emergency medical service. Our medical staff are experienced in wilderness extraction with emergency extraction equipment. Our resident nursing staff provides unique services to students with special needs with advanced notification. We carry backboards, oxygen therapy, nebulizer machines, biohazard kits, first aid supplies, Automatic Electronic Defibrillators (AED), splints, and rapid response vehicles such as our ATV with rescue trailer. The Frost Valley YMCA nursing services are charged toward each calendar day for your stay, (i.e. a Monday-Wednesday trip is charged for three days).

SIZE OF GROUP:	COST PER DAY:
1-100	\$100.00
101-150	\$150.00
151+	\$200.00

LINENS:

Pillow, pillowcase, blanket, fitted sheet, flat sheet \$7.00 a set
Pillow and blanket \$2.00 a set

FROST VALLEY EVENING SPEAKERS:

Evening Speakers are subject to availability. Prices subject to change.

Catskill Tales & Tunes Storytelling	Laurie MacIntosh	\$310 per show
Herpetology	Jack Dimuccio	\$410 per show, \$760 for double
Interactive Native American Culture	Little Hawk	\$485 per show, \$860 for double
Ornithology	Bill Robinson	\$410 per show, \$760 for double
Revolutionary War Soldier	Sheldon Stowe	\$360 per show
Square Dance	Joyce Hartsfield	\$410 per show, \$760 for double
Square Dance	Sandy Corey Freyer	\$410 per show, \$760 for double

BUS SERVICE:

Frost Valley YMCA can assist in your trip planning and save you money by offering some attractive rates through two bus companies. Even better, we handle all the work for you! All buses can accommodate 54-55 passengers and come standard with heating, air-conditioning systems, GPS, lavatory, DVD/VCR, and undercarriage storage compartments.

Academy	Starting at \$1075 per 54 passenger bus, one way. No service to Suffolk County.
Tonche Transit	\$895 - \$1495 per 55 passenger bus, one way.

All bus pricing subject to change and based on availability. For more information, please contact the reservations department at reservations@frostvalley.org or (845) 985-2291 ext. 450.



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FROST VALLEY YMCA SCHOOL PROGRAMS

Optional Funding for your Trip

THE CATSKILL WATERSHED CORPORATION

The Catskill Watershed Corporation, in partnership with the New York City Department of Environmental Protection, and dedicated to increasing awareness and education about the importance of protecting the New York City watershed, provides grants to schools, libraries, museums, and other organizations in the West-of-Hudson (WOH) Watershed and in New York City. Please note that projects for East-of-Hudson Watershed and Long Island audiences are ineligible for this funding.

For more information, visit: <http://www.cwconline.org/wateredu/fundingsources.html> or call toll-free (877) WAT-SHED. **See website for details and due dates.**

TARGET®

The Target Field Trip Grants program is managed and administered entirely by Scholarship America. Applications must be submitted electronically to Scholarship America at: <https://targetfieldtripgrants.target.com>

TEACHING THE HUDSON VALLEY

Teaching the Hudson Valley provides annual grants for the development of place-based activities and lessons. Schools and organizations in the region with cultural, historic, and natural significance are eligible to apply. For more information, go to www.teachingthehudsonvalley.org and click on Grants. Or call (845) 229-9116 x 35.

WATERSHED FORESTRY BUS TOUR

The Bus Tour Grant Program is designed to help connect New York City groups with their water supply systems in the Catskill Mountains and East-of-Hudson region. The funding is a 50/50 cost share with the participating group and is open to anyone with the capacity to organize and coordinate a tour.

CAPTAIN PLANET FOUNDATION

The mission of the Captain Planet Foundation (CPF) is to support hands-on environmental projects for youth in grades K-12. CPF's objective is to encourage innovative activities that empower children around the world to work individually and collectively as environmental stewards.

For more information, please visit: <http://captainplanetfdn.org> or call (404) 522.4215