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FROST VALLEY YMCA

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CONSTRUCTION OF WORLD-CLASS DISC GOLF COURSE
FROST VALLEY YMCA
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Design and construction of a world-class disc golf course at Frost Valley YMCA is now underway. Frost Valley received a $20,000.00 grant - earmarked for a program suitable for children with disabilities – from CVS Caremark Charitable Trust. Welcoming professional disc golf championship tournaments as well as casual play by the more than 35,000 children and adults staying annually at this outdoor facility, the course – currently in design phase – will be on a 5,000-acre woodland preserve just two hours from metropolitan New York. The course is being designed by world-renowned course designer John Houck – his first in New York. John has designed more courses than anyone else and the current number 1 & 2 ranked courses in the world are both John Houck designs.

The Disc Golf course will be 18 holes and will serve children with disabilities and promote inclusion with all Frost Valley participants. The course will be designed to fit into the natural settings of Frost Valley's stunning property. This recreational activity will incorporate exercise, skill, friendly competition, and education.

Projected to be completed by 2014, Frost Valley's course development is overseen by Tom Holsapple, Operations Director and 15-year disc golf enthusiast, who said, "This championship-level course is tailored to Frost Valley's unique terrain. Disc golf is suitable for varying abilities and perfect for Frost Valley's expansive Catskill Mountain setting easily accessible to the tri-state area."

About CVS Caremark Charitable Trust: The CVS Caremark Charitable Trust is a private foundation of CVS Caremark Corporation, with a mission to support higher education, volunteerism among CVS Caremark Colleagues and disaster relief efforts in the United States. The CVS Caremark Charitable Trust, through an annual process of accepting grant applications, also supports organizations that serve the needs of children, families, communities that are helping people on their path to better health.

About John Houck: John Houck began his career in disc sports with back-to-back World Champion titles in Freestyle Frisbee for 1984 and 1985. He was Commissioner of the Professional Disc Golf Association from 1994 to 1996, and has been President of the Disc Golf Foundation since 1998. He was inducted to the Disc Golf Hall of Fame in 1998. John is the Head of Course Design for the International Disc Golf Center, and has designed or consulted on course designs for numerous world and national tournaments, with over 100 course designs, revisions, and consultations spanning his career.

About Disc Golf:
According to the Professional Disc Golf Association, there are more than 100,000 tournament competitors playing 3,762 tournaments worldwide – and it is enjoyed by groups of all ages. Disc golf has also recently been incorporated into Special Olympics.

ABOUT FROST VALLEY YMCA:

Frost Valley YMCA is a 5,000 acre camp in the heart of the forever wild Catskill Mountains. We are, at heart, a summer camp all year long. But, we serve people through Camp, School Programs, Family & Group Retreats and East Valley Ranch. Please contact us for story ideas on these or any of our other many programs.