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FROST VALLEY YMCA

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FROST VALLEY INTRODUCES NEW DISC GOLF COURSE, FEATURING UNIQUE, CHALLENGING, & BEAUTIFUL LAYOUT

Designed by Renowned Course Creator John Houck of HouckDesign

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Frost Valley YMCA is excited to announce the opening of a new disc golf course designed by the award-winning John Houck of HouckDesign. The course, which is listed by the PDGA (Professional Disc Golf Association), was home to the recent Catskills Classic, a two-day disc golf tournament that took place over the weekend of October 3-4. The tournament brought approximately 25 players of varying skill levels to the Catskills. The same day, Frost Valley hosted workshops led by Houck on course design.

Disc golf is very similar to regular golf, but instead of hitting golf balls, players throw discs of varying weights and design in an attempt to land them in a basket at or below par. The Frost Valley course, which was designed to have minimal impact on its surrounding environment, features 18 holes in a fun and challenging layout that leads players through the scenic woods of the Catskills.

"We are very excited to be able to introduce a sport that is rapidly up and coming," says Frost Valley's Director of Operations Tom Holsapple. "This course is designed to be enjoyed by players of varying experience, from pros, to beginners, to individuals with disabilities."

The course's creation was made possible thanks to generous funding by the CVS Caremark Charitable Trust and can accommodate players of virtually any ability, from children with disabilities to lifelong, expert disc golfers. According to course designer John Houck: "The place and the people are just incredible. I'm not even sure what words I can use to describe the property, other than spectacular."

More information about the course, including details on memberships, day rates, and rules, can be found at FrostValley.org or by calling 845-985-2291 ext. 217

About Frost Valley YMCA
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. Located in the heart of the Catskill Mountains, Frost Valley provides year-round access to nature and fun through programs such as summer camp, adventure trips, farm camp, equestrian programs, group and family retreats, school trips, teambuilding and more. Frost Valley is guided in this pursuit by its core values which serve as pathways for guests as they bond with nature and each other: Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.

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