The following schedule is a sample of some, but not all, of the activities that may be available during your stay at main camp. Your program coordinator will contact you in advance to learn about any special requests you may have for activities.

DINING AT FROST VALLEY includes a vast array of options from the nutritionally-balanced "typical" kid fare, to kosher, to vegetarian and/or vegan options. Our priority is to meet the dietary needs of all of our guests. Please contact your Program Coordinator ahead of time so that we can accommodate your needs.

THE GUENTHER FAMILY WELLNESS CENTER, a state-of-the-art healthcare facility located on main camp, is staffed by healthcare professionals. The health and well-being of Frost Valley YMCA's guests are our top priorities.

PLAN YOUR TRIP
To find planning tips and frequently asked questions go to:
www.frostvalley.org/family-retreats

"I was really amazed and impressed that the kitchen staff knew about my child's allergies before we reminded them and made safe meals for her!"

– Eli, Family Retreat Guest

MAIN CAMP SAMPLE SCHEDULE

FRIDAY

4:00 pm – 10:00 pm:	**Check In**
7:00 pm – 10:00 pm:	**Board Games in the Dining Hall**
7:00 pm – 10:00 pm:	**Evening Programs –** **All Seasons:** Bingo, Indoor Climbing, Night Hikes; **Fall Only**: Hayrides

SATURDAY

8:00 am – 9:00 am:	**Breakfast**
9:15 am – 10:45 am:	**First Period –** **All Seasons:** Climbing (indoor/outdoor), Cable Bridge Hike, Rocket Building, Flying Squirrel, Nature Scavenger Hunt; **Fall**: Apple Cider Making; **Winter**: Cross-Country Skiing, Snow Tubing (weather permitting)
11:00 am – 12:30 pm:	**Second Period –** **All Seasons**: Climbing (indoor/outdoor), High Falls Hike, Decoupage Tiles, Flying Squirrel, Map And Compass; **Fall**: Halloween Crafts; **Winter**: Snow Sculptures, Cross-Country Skiing, Snow Tubing (weather permitting)
12:30 pm – 1:30 pm:	**Lunch**
1:45 pm – 3:15 pm:	**Third Period –** **Fall and Spring**: Boating, Zipline, **All Seasons**: Sasquatch Hunt, Archery (indoor/outdoor), Candle Making, Healthy Home Kitchen, Woodshop: Walking Sticks; **Fall Only**: Apple Cider Making; **Winter**: Ice Fishing (weather permitting)
3:30 pm – 5:00 pm:	**Fourth Period –** **Fall and Spring**: Boating, Zipline, Bear Cave Hike; **All Seasons**: Toddler Hike, Candle Making, Healthy Home Kitchen, Woodshop: Walking Sticks; **Fall**: Halloween Crafts; **Winter**: Cross-Country Skiing, Snow Tubing (weather permitting)
5:30 pm – 6:30 pm:	**Dinner**
7:00 pm – 10:00 pm:	**Evening Programs –** **All Seasons**: Karaoke, Campfire, Night Hike, Observatory, Catskill Critters; **Fall**: Hayrides

SUNDAY

8:00 am – 9:00 am:	**Breakfast**
9:15 am – 10:45 am:	**First Period –** **Fall and Spring**: Boating, Zipline, **All Seasons**: Archery (indoor/outdoor), Jewelry Making, Flying Squirrel, **Winter**: Sports (Weather Permitting); **Spring Only**: Maple Sugar Hike
11:00 am – 12:30 pm:	**Second Period –** **Fall and Spring Only**: Boating, Zipline; **All Seasons**: Archery (indoor/outdoor), Open Arts And Crafts, Healthy Home Kitchen, Stretch And Relaxation, High Ropes, Outdoor Living Skills; **Winter Only**: Snow Sculptures, Cross-Country Skiing, Snow Tubing (weather permitting)
12:30 pm:	**Check Out**
NOTE:	**There Will Be a Brunch on 3-Day Weekends**