FROST VALLEY YMCA
CORPORATE TEAM BUILDING GUIDE

"Strengthen your team, inspire connection, and grow together."

Team Experience at Frost Valley – Curriculum at a Glance*

At Frost Valley YMCA, we believe that the best teams are built through shared experiences that challenge, connect, and inspire. Nestled in the Catskill Mountains, our rustic and intentional setting allows teams to step away from daily distractions and rediscover what it means to work together and to grow as individuals.

Our teambuilding curriculum is designed to foster communication, trust, and creativity through hands-on activities that engage both mind and body. Each session is led by trained facilitators who tailor the experience to meet your group's goals. Whether you're here for a single day or a multi-day retreat, programs can be customized to include adventure, reflection, and even wellness-based experiences.

Program Categories

Communication & Collaboration

FOCUS: Building trust, clarity, and teamwork through creative problem-solving.

– Clear communication is the foundation of every strong team. In these challenges, participants learn to listen actively, express ideas clearly, and collaborate under pressure. Each activity highlights the importance of shared understanding and adaptability in the face of miscommunication.

SAMPLE ACTIVITIES:

- **The Beast** – Teams navigate a chain of communication to recreate a hidden structure, discovering how clarity and trust drive success.
- **Blindfold Dodgeball** – High-energy fun that relies on trust, direction, and quick thinking.
- **Draw It!** – Back-to-back communication challenge that reveals how we process and share information.
- **The Perfect Square** – With limited visibility and shared resources, teams practice listening and leadership to reach a common goal.
- **Barter Puzzle** – Teams must negotiate and collaborate to complete a larger goal, showing how competition can transform into cooperation.

CORE OUTCOMES:

- ✦ Strengthen communication skills
- ✦ Develop strategies for reducing misunderstanding
- ✦ Build trust and accountability within teams
- ✦ Identify and adapt to different communication styles

*This guide is a brief overview and is not fully inclusive of our offerings. Contact us for a comprehensive guide.

Program Categories Continued

Relationship & Community Building

FOCUS: Trust, empathy, and connection.

– These challenges help teams learn to rely on one another, recognize strengths, and create a deeper sense of community. Through hands-on problem-solving and mutual support, participants discover how teamwork feels when everyone contributes to shared success.

SAMPLE ACTIVITIES:

- **Spider Web** – Navigate a web of ropes by relying on communication and cooperation.
- **The Wall** – A physical and mental challenge that builds confidence and unity.
- **All Aboard** – Creative problem-solving meets teamwork as the entire group must share limited space.
- **The Maze** – A reflective activity about vulnerability, trust, and asking for help.
- **Ice Bridge** – Teams cross a "river" using limited resources, learning to support and adapt together.

CORE OUTCOMES:

- ✦ Strengthen interpersonal trust and understanding
- ✦ Encourage empathy and patience
- ✦ Build a culture of collaboration and support
- ✦ Celebrate collective achievement

Innovation & Problem Solving

FOCUS: Creativity, adaptability, and resourcefulness.

– In these challenges, participants think outside the box and use collective intelligence to solve complex problems. Activities emphasize planning, adaptability, and creative risk-taking.

SAMPLE ACTIVITIES:

- **Break-In Box** – Solve Frost Valley's signature escape-style challenge using logic, communication, and teamwork.
- **Catapult Build** – Design, build, and test a functional catapult using limited materials — teamwork through innovation.
- **Pipeline** – Move an object across space with precision and cooperation, reinforcing shared focus and timing.
- **Balsa Bridge Build** – Design and construct a bridge under constraints to highlight strategy and delegation.
- **Whale Watch** – Balance on a large platform as a team, learning coordination, communication, and patience.

CORE OUTCOMES:

- ✦ Strengthen creative problem-solving and adaptability
- ✦ Foster innovation and collaboration
- ✦ Encourage leadership and delegation under pressure
- ✦ Develop shared strategy and goal alignment

Program Categories Continued

Add-On Specialty Workshops

FOCUS: Self-awareness, team dynamics, and leadership development.

– For groups seeking deeper insight into communication and personality, these facilitated workshops combine interactive learning with guided reflection.

SAMPLE WORKSHOPS:

- **DISC Analysis through Cloverleaf ($40/50 per person)**– Participants will take the DISC assessment prior to their arrival at Frost Valley. During your retreat your group will do an analysis and debrief of each DISC personality type and how the make up of your group affects your organization. Your organization will have access to Cloverleaf, a digital coaching platform, for 6 months following your trip. This platform will synthesize data collected from each employee completing various different personality assessments and provide real time coaching and feedback tips to ensure a high functioning team.
- **Creative Writing ($50 per person/ availability varied)**– Hosted by a New York Times best selling author, Sherry Sontag, learn how to connect with your inner self, thoughts, and ideas, and how to utilize that skill to create positive communication and impacts in your workplace.
- **Art Workshops with Artists Louis and Laura Macia ($20 per person)**– Luis Macia is an accomplished artist originally from New York City. He has exhibited in group and solo shows in New York City and around the Hudson Valley. Luis works in a variety of mediums including oils, watercolor, pastels, and several printmaking techniques including etching, lithography and solar printing. Laura is a skilled fiber artist with certifications as a Peer Specialist and Psychiatric Rehabilitation Practitioner. For over twenty years, Laura has worked with textiles and organized fiber arts events. She integrates her art training to promote creative expression and empowerment. Their art workshops range from creating a company vision mural, or designing your own company board game and so much more! Inquire with our team to learn more!
- **Human Connection Reset: Improv for Teams ($50 per person)**– An interactive, improv-based workshop designed to help teams communicate more clearly, listen more effectively, and collaborate in real time. Through structured, facilitated exercises, participants practice responding on the spot, noticing how their communication lands, and adjusting without overthinking. The result is a more connected, adaptable team — often immediately.

CORE OUTCOMES:

- ✦ Build emotional intelligence and self-awareness
- ✦ Strengthen leadership and communication across personalities
- ✦ Provide actionable takeaways for workplace collaboration

Program Categories Continued

Synergy & Leadership

FOCUS: Understanding roles, leveraging strengths, and leading collaboratively.

– These programs explore how departments, roles, and personalities come together to form one cohesive team. Participants identify where their strengths lie, how to collaborate across differences, and how leadership emerges naturally in group settings.

SAMPLE ACTIVITIES:

- **Alpha/Beta Society** – Explore culture, communication, and adaptability through simulated "societies."
- **The Beast** – A deep-dive version emphasizing interdependence between roles and the importance of clear direction.
- **Barter Puzzle** – Discover the power of shared goals and negotiation between "departments."
- **Blindfold Dodgeball** – Experience the challenges of communication across functions and responsibilities.

CORE OUTCOMES:

- ✦ Build cross-departmental understanding
- ✦ Recognize and value diverse roles and skills
- ✦ Encourage adaptive leadership and followership
- ✦ Improve organizational synergy and collaboration

Corporate Wellness Retreat

FOCUS: Renewal, mindfulness, and connection to nature.

– For groups selecting the Corporate Wellness package, Frost Valley offers restorative programming that blends reflection with physical activity.

OPTIONS INCLUDE:

- Guided Hikes and Nature Walks
- Forest Meditation and Mindfulness Practices
- Outdoor Skills Sessions (fire building, navigation, shelter building)
- Team Stretch and Movement Workshops
- Campfire Reflection and Goal-Setting Sessions
- Cold Plunge in Biscuit Brook
- Art Workshops with Artist Louis Mascia ($10 per person)

CORE OUTCOMES:

- ✦ Reduce stress and foster balance
- ✦ Reconnect with self and team through nature
- ✦ Encourage holistic well-being and focus

Customization & Flexibility

All programs can be customized to your team's goals, schedule, and comfort levels. Activities can be hosted indoors or outdoors, and many are portable for off-site delivery. Frost Valley facilitators will collaborate with you to design an experience that aligns with your objectives, whether that's reconnecting your staff, boosting morale, improving communication, or simply getting outside together.

CONTACT & BOOKING

To build your customized program or request a quote:

CALL: 845.985.2291 EMAIL: businessdevelopment@frostvalley.org VISIT: frostvalley.org