FROST VALLEY YMCA
WOMEN'S WELLNESS WEEKEND RATES

April 2–4, 2027 • Packages and Pricing

Escape to the stunning Catskills for a transformative weekend focused on holistic wellness, nurturing your spirit, mind, and body in harmony with nature. Be empowered to cultivate a fulfilling life and discover common threads that bind us to one another.

TIER 1

Lakeside Retreat

$975 Private / $725 Shared

Includes:

- A Room in Lakeview or the Friendship House
- All Activities (pre-arrival sign ups for 3 activities)
- Women's Wellness Gift
- Charcuterie Box Upon Arrival
- Lavender Room Spray

TIER 2

Cozy Castle Stay

$850 Private / $650 Shared

Includes:

- An Inn-Style Room in the Castle
- All Activities (pre-arrival sign ups for 3 activities)
- Women's Wellness Gift
- Charcuterie Box Upon Arrival
- Lavender Room Spray

TIER 3

Woodland Cabin

$600 Private / $500 Shared

Includes:

- A Room in a Camp-Style Lodge or Cabin
- All Activities (pre-arrival sign ups for 2 activities)
- Women's Wellness Gift
- Linens

TIER 4

Community Lodge

$325 Shared

Includes:

- Hostel-Style Room in a Shared Lodge
- All Activities (pre-arrival sign ups for 2 activities)

ADD-ONS

- Lavender Room Spray : $8
- Linens : $14
- Charcuterie Box : $14
- Women's Wellness Gift : $25
- Horseback Riding : $55

DAY RATES

Whole Weekend: $225

Includes Friday dinner, Saturday lunch and dinner

Saturday Only: $90

Includes Saturday lunch

UPDATED 06-26-2026

ADDRESS 2000 Frost Valley Rd, Claryville, NY 12725 **TEL** 845-985-2291 x 450 **EMAIL** reservations@frostvalley.org