FROST VALLEY YMCA OUTDOOR SCHOOL PROGRAMS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Letter from the Director

Hello Educators!

Welcome to Frost Valley, where the camp magic becomes an everyday occurrence! We are thrilled to have you potentially join our Outdoor School Program as you embark on an enchanting journey of discovery, adventure, and lifelong memories.

Picture this: laughter echoing through the trees during spirited team building games, the pride of a child as they climb to the top of a rock wall, and the serenity of hiking along winding trails to discover cascading waterfalls and enchanting forests. At Frost Valley, we weave magic into every moment, crafting a truly unforgettable experience for every guest.

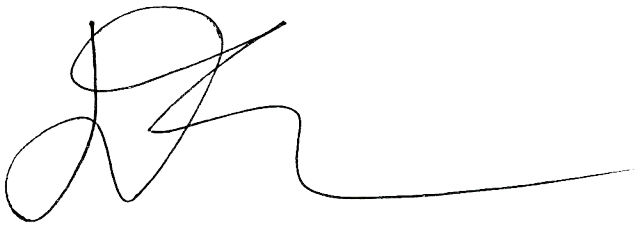
Within our program, we celebrate every milestone and cherish every shared smile. Our dedicated Outdoor Instructors are more than just educators—they are role models, companions, and guides. Their mission is to spark meaningful connections within your group and inspire a profound bond with the natural world. We passionately believe in the power of outdoor education, now more than ever. Our science curriculum is designed to kindle student's curiosity, empower their critical thinking, and deepen their understanding of the environment and their place within it.

As you explore the wonders of nature, you are invited to awaken your inner adventurer. Conquer our exhilarating high ropes courses, glide across Lake Cole in a canoe, and build a fire from scratch—each activity a gateway to self-discovery and empowerment. Beyond the thrill, it's about uncovering the extraordinary found within every individual.

Frost Valley is more than a field trip; it is a safe space where friendships blossom, memories are etched in time, and hearts are forever touched. We invite you to delve into the enclosed materials for a glimpse into the magic that awaits you through Frost Valley YMCA's Outdoor School Programs. If you are new to our community, we welcome you to schedule a site visit and experience a preview of the adventures that lie ahead.

With open arms and eager hearts, we await your arrival at Frost Valley. Together, let's craft an experience that will echo in your students hearts for a lifetime.

Warmest regards,



David Vedra
Outdoor School Programs Director
(845) 985-2291, ext. 375
dvedra@frostvalley.org

Planning Timeline for your Frost Valley Trip

A simple guide to help you stay organized and ready for an unforgettable trip to Frost Valley.

AT BOOKING (4–9 MONTHS OUT)

- Confirm trip dates and estimated numbers
- Share trip information with families and administration
- Begin identifying students with medical, behavioral, dietary, or developmental needs
- Begin outlining transportation plans, including the required personal vehicle for emergencies
- Explore grant and fundraising options
- Request your Certificate of Insurance from your district or business office

90 DAYS BEFORE YOUR TRIP

- Final numbers are due 90 days before arrival. After this deadline, your contracted number becomes your minimum billing number
- Reductions in group size after this point may result in fees or changes to lodging assignments
- Submit any major program or schedule requests by this time

THREE MONTHS BEFORE YOUR TRIP

- Begin collecting all medical forms and waivers
- Notify Frost Valley of any students requiring accommodations
- Gather chaperones and outline expectations
- Review packing and weather guidance with families

SIX WEEKS BEFORE YOUR TRIP

- Finalize your program theme and class selections
- Submit detailed student needs
- Create trail group rosters
- Begin draft lodge assignments and bus lists
- Decide whether your school will purchase Nursing Services

TWO TO THREE WEEKS BEFORE YOUR TRIP

- Submit Certificate of Insurance (due at least 14 days prior)
- Finalize schedule details with Frost Valley
- Submit lodge assignments, bus lists, trail groups, and student notes
- Confirm dietary needs directly with the kitchen
- Ensure families have the packing list and weather expectations

ONE WEEK BEFORE YOUR TRIP

- Collect all medical forms and confirm that any forms requiring medication include a doctor's signature
- Prepare medications in original containers for check-in
- Review arrival and supervision expectations with chaperones
- Ensure your school has arranged a personal vehicle for off-site medical transportation

ARRIVAL DAY

- All adults check in at the Welcome Center with ID
- Frost Valley staff assist with luggage and lodge access
- Attend welcome orientation and lunch
- Meet Outdoor Instructors and share any final student notes
- Begin first class after lunch

DEPARTURE DAY

- Pack all belongings and place luggage outside lodges before breakfast
- Attend morning class and lunch
- Depart around 1 pm unless alternate plans were arranged in advance

AFTER THE TRIP

- Return medications and forms to families
- Share feedback with your Program Director
- Begin planning for next year's visit

Themed Packages

Field trips can choose from our new Themed Packages! They're built around our classic 3-day, 2-night program, but don't worry, we'll customize them to match however long you're joining us.

We took time to curate packages to help meet the needs of your students and achieve goals on this trip. We recommend these classes be taken together to meet scaffolding and thematic outcomes for an unforgettable outdoor experience! We are happy to talk more about the classes and make further recommendations.

ADVENTURE PACKAGE

Looking for an exhilarating visit filled with adrenaline-inducing ropes activities and lots of time spent moving outside? This dynamic outdoor adventure trip will involve your students in teamwork and new challenges that will offer students amazing bonding and life-changing experiences.

Classes & Activities include:

- Team Building
- Half or Full Day Hike with a cookout lunch
- Two High Ropes Elements: Glider, Zipline, Climbing, Leap of Faith, Flying Squirrel/Fish, Caterpillar, Vertical Playpen
- Hike
- You Pick!
  - Outdoor Skills
  - Low Ropes
  - Snow Tubing*
  - Boating*
  - Cross-Country Skiing*
  - Archery

ART IN NATURE PACKAGE

Students get to express themselves with a selection of different arts programs centered around nature.

Classes & Activities include:

- Nature Art
- Open Choice Period:
  - Program Village activities: candles, pottery, painting, dance studio, woodshop
- Teaching Kitchen
- Open Choice Period:
  - Lower Wellness activities: arts and crafts, nature room, karaoke in the theater
- Discover the Forest Sensory Hike
- You Pick!
  - Team Building
  - Service Learning Project

DAY TRIP PACKAGE

Experience the essentials of a Frost Valley day trip. In this package you will try some of our most popular activities centered around team building, recreation, and nature.

Classes & Activities include:

- Team Building or Low Ropes
- Climbing, Boating, Archery
- Guided Hike, Freshwater Ecology*, Outdoor Skills

FROST VALLEY EXPERIENCE PACKAGE

If you're hoping to give students the opportunity to have a variety of fun experiences while learning just what Frost Valley is all about, this track is the one for you! A fun smattering of camp activities to give them a taste of the outdoors while having fun.

Classes & Activities include:

- Outdoor Skills
- One High Ropes Element: Glider, Zipline, Climbing, Leap of Faith, Flying Squirrel/Fish, Caterpillar, Vertical Playpen
- Hike
- Low Ropes
- Open Choice Period:
  - Program Village activities: candles, pottery, painting, woodshop, the lab, the dance studio
  - Geyer Hall activities: board games, arts and crafts, gaga, broomball*, indoor archery, snow tubing*, sports
  - Lower Wellness activities: movies in the theater, open arts and crafts, nature room, field sports, climbing
  - Boathouse activities*: gaga, volleyball, boating, archery
  - Biscuit activities: outdoor skills, freshwater ecology*, orienteering
- You Pick!
  - Anything! Refer to the full class list.

* seasonal

Themed Packages Continued

LIFE IN THE CATSKILLS PACKAGE

Explore how all aspects of life thrive in the Catskill ecosystem. Students will discover the plants and animals native to the area that live among us on land and in the water. Dive deep and investigate with hands-on processes such as dip-netting and gardening, or seasonal activities like maple sugaring or apple cider pressing.

Classes & Activities include:

- Freshwater Ecology*
- Half-Day Ecology Hike
- Nature Art
- You Pick!
  - Team Building
  - Apple Cidering*
  - Maple Sugar Hike*
  - Snow Tubing*
  - Boating*
  - Cross-Country Skiing*
  - Outdoor Skills
  - Geology

OUTDOOR RECREATION PACKAGE

Have fun in the Catskills while learning important outdoor skills within it, from using a map and compass to building makeshift shelters out of natural materials.

Classes & Activities include:

- Outdoor Skills
- Hike
- Archery
- Orienteering
- One High Ropes Element:
  Glider, Zipline, Climbing, Leap of Faith, Flying Squirrel/Fish, Caterpillar, Vertical Playpen
- You Pick!
  - Team Building
  - Low Ropes
  - Apple Cidering*
  - Snow Tubing*
  - Boating*
  - Cross-Country Skiing*
  - Nature Art
  - Catapult Construction

TEAM BUILDING PACKAGE

Cultivate a strong sense of unity and camaraderie among your students with this once in a lifetime outdoor team building experience. If you're looking to foster a sense of community and togetherness, all the while having a ton of fun, this track is for you. Our Outdoor Instructors will pair each activity with in-depth reflection prompts, allowing students time to reflect and learn from each activity.

Classes & Activities include:

- Team Building
- Low Ropes
- Hike
- One High Ropes Element:
  Glider, Zipline, Climbing, Leap of Faith, Flying Squirrel/Fish, Caterpillar, Vertical Playpen
- Advanced Team Building
- You Pick!
  - Second high ropes element
  - Half-Day Hike
  - Boating*
  - Catapult Construction
  - Service Learning Project

WINTER SEASONAL PACKAGE*

Embrace the magic of winter with thrilling recreational activities like skiing, snow tubing, and snowshoeing, perfect for students of all ages. Discover snowy landscapes and create unforgettable memories in a winter wonderland built for excitement!

Classes & Activities include:

- Winter Ecology Hike
- Winter Recreational Activities:
  broomball, cross-country skiing, ice fishing
- Outdoor Skills
- Geyer Choice Period:
  board games, winter craft, gaga, indoor archery, sports, snow tubing
- You Pick!
  Refer to the full class list.

WONDERS OF WATER PACKAGE

If you're a group here on a watershed grant, or just looking to learn more about the vital resource of water all around us - then this track is for you! Students will learn about the rivers and reservoirs in the Catskills and how they provide water to New York City via hands-on activities and exploration.

Classes & Activities include:

- Freshwater Ecology*
- Watershed
- Waterfall/Streamside Hike
- Geology
- Wildlife/Forest Ecology
- You Pick!
  - Team Building
  - Winter Ecology*
  - Nature Art

* seasonal

Full Class List

- **Apple Cidering***: Pick apples from Frost Valley's historic orchard and use an apple cider press to turn them into cider! Drink the cider that was just produced and learn a little bit more about the history of apple trees and cidering.
- **Archery**: Learn how to properly shoot a bow and arrow. During the colder months archery will be done at our indoor range, and when it's warmer it will be done at our outdoor range.
- **Boating***: During the warmer fall and spring months, students will be able to learn paddling techniques and go boating on Frost Valley's Lake Cole. Please note that the temperature of the water and the temperature of the air must be warm enough to run boating. If it seems as if your boating will be scheduled for a week in which we are unsure if it will be warm enough, we will help you decide upon a back-up activity prior to your arrival.
- **Catapult Construction**: With a limited amount of time and materials, students will be challenged to use physics and teamwork to construct their own catapults in small groups. Furthest launch wins!
- **Cross-Country Skiing***: Pop on a pair of Frost Valley's skis and head out into the snow to learn the basics of how to cross-country ski!
- **Forest Ecology**: Learn about the different trees and plants that make up the Catskill forests. This class can be stand-alone or paired with a hike.
- **Freshwater Ecology***: Using nets, jars, and dichotomous keys, students will be encouraged to gently catch, identify, and release some of the many organisms that call Frost Valley's sources of freshwater home. This class can be done at Lake Cole, Reflection Pond, or Biscuit Brook.
- **Geology**: Students will learn about the geologic forces that shaped the Catskills hundreds of thousands of years ago and see the resulting rocks and minerals up close. This class can be stand-alone or paired with a hike.
- **High Ropes Options**: All high ropes elements require getting in a helmet and harness to ascend up high. Most have an age minimum associated. Students uncomfortable with heights do not have to do the element but can participate in other ways, such as functioning as part of the belay or ladder team. Options may be limited by availability.
  - **Caterpillar**: Climb up a tree in order to traverse across a series of horizontal wooden beams. Minimum age of 10.
  - **Climbing**: Rock climbing can be done at either our indoor climbing walls or along the outside of our Y-shaped tower, depending on the season and availability. No minimum age, participants must only be able to fit in a harness.
  - **Flying Squirrel/Fish**: Be lifted up high by a pull team composed of chaperones and classmates! Note that the Flying Squirrel and Flying Fish are the same exact element, just in different locations. No minimum age, participants must only be able to fit in a harness.
  - **Giant Ladder**: Attempt to ascend up a giant ladder composed of large wooden beams. Minimum age of 10.
  - **Glider**: Get hoisted into the sky by your classmates in order to be released and sent swinging. Minimum age of 10.
  - **Leap of Faith**: Climb up a tree to a wooden platform that you must then jump off of! Minimum age of 12.
  - **Vertical Playpen**: Climb up a vertical obstacle course and see how high you can get! Minimum age of 10.
  - **Zipline**: Zipline off of the top of our Y-shaped tower. Minimum age of 10.
- **Hike**: Adventure through the Catskills and enjoy the beautiful scenery that surrounds Frost Valley! Hikes can take up one class period, half a day, or even a full day. Half and full-day hikes can also be paired with an open-fire cookout or bagged lunch along the trail. Wildlife ecology, forest ecology, geology, or outdoor skills can be made the focus of your hike to facilitate learning while walking through nature. You can also pick the destination of your hike, whether it be Devil's Hole, High Falls, the Maple Sugar Shack*, one of our cable bridges, or simply leave it up to the group's Outdoor Instructor's preference.
- **Low Ropes**: This activity challenges students to traverse low-laying cables and solve team building elements like balance boards and high walls. While attempting the elements, students will be **required** to spot one another responsibly and consistently to prevent injuries. Students must be at least 8 years old to be a spotter.

* seasonal

Full Class List Continued

- **Maple Sugaring***: Hike to our on-site Maple Sugar Shack to see how our maple trees are tapped and the sap is converted to edible syrup. Prepare yourself for a taste test at the end! This activity is best done during the late fall/early spring.
- **Nature Art**: Channel your inner creativity. Students will learn about famous nature based artists and traverse into the environment to collect supplies to make their own nature art sculptures and designs.
- **Open Choice Period**: These allow students to decide which activities they're going to do at the beginning of the class period and then potentially move between options for the rest of the class time. These periods are typically centered around one location to prevent students and staff from having to split up too far. Below are some of the offered locations and a list of possible activities.
  - **Biscuit activities**: outdoor skills, freshwater ecology*, orienteering
  - **Boathouse activities***: gaga, volleyball, boating, archery
  - **Geyer Hall activities**: board games, arts and crafts, gaga, broomball*, archery, snow tubing*, sports
  - **Lower Wellness activities**: movies in theater, open arts and crafts, nature room, field sports, climbing
  - **Program Village activities**: candles, pottery, painting, woodshop, the lab, the dance studio
- **Orienteering**: Students will learn how to use a map and compass and then be tasked with finding points of interest within Frost Valley's orienteering courses.
- **Outdoor Skills**: Students will learn about various skills needed to survive in the wilderness, such as starting a fire, water purifying, and creating makeshift shelters from natural materials. This class can be stand-alone or paired with a hike.
- **Service Learning Project:** During a service learning project, students will help take care of camp and our natural environment by performing tasks such as weeding the garden, planting saplings, or removing invasive plant species. Through this process, students will learn more about sustainable practices and how to maintain a healthy ecosystem.
- **Snow Tubing***: Students will get to hop in a tube and slide down Frost Valley's snow tubing hill. Note that this activity can only be run if there has been an appropriate build-up of ice and snow at the hill and can get canceled if there is too much or too little and it becomes unsafe.
- **Teaching Kitchen:** Spend a period in our Teaching Kitchen to learn how to make something tasty from scratch.
- **Team Building**: Students will be given a series of challenges, activities, and reflections in order to become a stronger, more cohesive team. This can be done with kids that barely know each other or those that have been together for years.
  - **Advanced Team Building**: Students will be further challenged to work together as a team by participating in more advanced team building activities such as The Beast or a Trust Trip.
- **Watershed**: Students will learn what a watershed is, which ones are local to us, and just why a reliable source of water is so important.
- **Wildlife Ecology**: Students will learn about the various animals that call Frost Valley home via fun activities and hands-on study. They can even visit our Nature Room that's filled with various skins, skulls, and occasionally snakes. This class can be stand-alone or paired with a hike.
- **Winter Ecology***: Learn about survival in the ice and snow during the colder months!

* seasonal

Classes – Evening Programs

Every overnight trip includes one evening program! Choose from an activity led by our Outdoor Instructors at no cost, or select an outside vendor program for an added fee. If you'd like more evening options, extra programs can be added for an additional cost.

- **Action Auction**: Students will participate in a series of silly, high-stakes mini games and compete to see which team comes out the ultimate victor.
- **Bird Show^**: Join "Bird Man" Bill Robinson in meeting a variety of cool birds.
- **Board Games & Cocoa**: Students will get to sip cocoa while playing board games or making crafts in the dining hall.
- **Campfire**: Make some memories at a Frost Valley campfire! Campfires can be done in a variety of ways depending on your school's needs, from a relaxed night time wind down to a student-run talent show or a lively performance filled with skits and songs.
- **Capture the Flag:** Compete in this classic strategy game with two or more teams out on Big Tree Field. Students will do their best to protect their own flag while also trying to snatch the other team's and bring it back to their home base.
- **Dining Hall Disco**: Students can enjoy a dance party with optional karaoke in the dining hall.
- **Dodgeball**: Do your best not to get hit in this classic schoolyard game! Can be done indoors or outdoors.
- **Evening Archery:** During the months where it's still light out before 8 pm, students can do archery at our outdoor range during the evening. During the winter months, students can do archery at our indoor range during the evening as well.
- **Living History Presentation^**: Experience life during the Revolutionary War with presenter Neil Murray.
- **Night Awareness**: Take a walk through the darkness while learning more about your senses and the creatures that thrive in the night. Note that this activity is best done during the months where it gets dark before 9 p.m. This can be paired with the observatory program.
- **Night Snow Tubing***: Tube down our snow tubing hill... at night! Note that this activity can only be run if there has been an appropriate build-up of ice and snow at the hill and can get canceled if there is too much or too little and it becomes unsafe.
- **Observatory**: Take a trek up to our observatory and look a little closer at the stars and planets beyond the horizon! This can be paired with the night awareness program and is weather permitting.
- **Open Craft**: Spend some time in arts & crafts and pick and choose what you'd like to make. Note that if you'd like to do tie-dye, participants must provide their own tie-dyeable item that's made out of natural fibers. Shirts can be purchased at the store.
- **Program Village Buffet**: Enjoy Program Village's variety of activities at night. Options include woodworking, the dance studio, the lab, candle making, painting, and pottery.
- **Reptile Show^**: Join "Snake Man" Brian Robinson in meeting a variety of cool reptiles.
- **Sunset Boating:** During the months where it's both warm enough and still light out before 8 pm, students will learn some paddling techniques and go boating in Lake Cole after dinner.
- **Square Dancing^**: It's time to get off your feet and move! Learn how to square dance with instructor Lance Olds for an unforgettable group bonding experience.
- **Story Laurie^**: Hang out by the fire while storyteller Laurie MacIntosh regales you with a variety of fascinating folktales and songs centered around the Catskill region.

*** seasonal**

^ outside vendor, extra cost

2026 – 2027 Rates

Frost Valley YMCA runs programming during 2026–2027 from Monday to Friday, starting on September 9, 2026 and going until June 18, 2027. Our goal is to host you and your students for a first class experience. We can customize your school's trip in order to fit your needs and goals. Rates include the service of a program director and coordinator who will assist you in the planning of your trip, one outdoor instructor for every 15 students, meals, and a variety of classes! We encourage you to contact us to plan a tour of our world-class facilities and one-of-a-kind programming. Financial assistance is available. If cost is a concern, we encourage you to request an application. Our fundraising efforts support equitable access for all groups.
Please call 845-985-2291 ext. 375 to learn more.

Please inquire about Sullivan and Ulster county discounts!

PACKAGES Per Person Rates	2-DAY, 1-NIGHT	3-DAY, 2-NIGHT	4-DAY, 3-NIGHT	5-DAY, 4-NIGHT	DAY RATE
PRIME DATES (Sept-Nov, Mid-Apr-June)	$248	$297	$380	$475	$22 per class, $10 for meals
STANDARD DATES (Wed-Fri, Dec-mid Apr)	$234	$289	$371	$463	
SUBSIDIZED DATES (Mon-Wed, Dec-mid Apr)	$219	$270	$347	$433	

September 2026

M	T	W	TH	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	30	31		

7: Labor Day
11–13: Rosh Hashanah
20–21: Yom Kippur

October 2026

M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

12: Indigenous Peoples Day
31: Halloween

November 2026

M	T	W	TH	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

3: Election Day
11: Veteran's Day
26: Thanksgiving

December 2026

M	T	W	TH	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

24: Christmas Eve
25: Christmas Day
31: New Year's Eve

January 2027

M	T	W	TH	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

1: New Year's Day
18: MLK, Jr. Day

February 2027

M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

15: President's Day

March 2027

M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

17: St. Patrick's Day

April 2027

M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

3: Good Friday
6: Easter Monday

May 2027

M	T	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

24: Memorial Day

June 2027

M	T	W	TH	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

LINENS:

Pillowcase, fitted sheet, flat sheet: $14.00 per set

Pillows and Blankets are provided at no cost. Towels, including paper towels, are not included in lodging, so please plan accordingly. Please bring a towel and any other bedding needs.

YOUR TRIP PRICE PER PERSON INCLUDES:

- Lodging, meals, and full class programming
- One evening program
- One Outdoor Instructor per 15 students
- Program planning support
- Required EMS coverage

FROST VALLEY EVENING SPEAKERS:

Evening Speakers are subject to availability. Prices subject to change.

Herpetology	Brian Robinson	$575 per show
Ornithology	Bill Robinson	$575 per show
Revolutionary War	Neil Murray	$575 per show
Square Dance	Lance Olds	$575 per show
Story Laurie	Laurie McIntosh	$470 per show

NOT INCLUDED (can be added for additional cost):

- Optional paid nursing services
- Additional evening programs
- Bed linens/towels
- Bus transportation
- Radio rentals
- Outside vendor evening programs

2026 – 2027 Rates Continued

BUS SERVICE:

Frost Valley YMCA can assist in your trip planning and save you money by offering some attractive rates through the bus company. All buses can accommodate 54–55 passengers and come standard with heating, air-conditioning systems, GPS, lavatory, DVD/VCR, and undercarriage storage compartments.

Academy: Starting at $1,690 per 54 passenger bus, one way. No service to Suffolk County.

All bus pricing is subject to change and based on availability. For more information, please contact the reservations department at reservations@frostvalley.org or (845) 985-2291 ext. 450.

RADIO RENTAL COST:

With a lack of cell service, communication can be hard. If you need to rent radios to communicate with your team, we will charge a flat rate of $100 to use them throughout the visit. They are first come, first served and the radio line may be shared with other schools. Additional fees added for lost or damaged radios.

MEDICAL SERVICES:

If you opt in to pay for our nursing services, our Health Center will provide nursing and first aid care for your school at Frost Valley YMCA. Our staff consists of trained professionals dedicated to providing quality health care, and emergency first aid care. We carry backboards, oxygen therapy, nebulizer machines, biohazard kits, first aid supplies, Automatic Electronic Defibrillators (AED), splints, and rapid response vehicles such as our UTV.

If a patient needs to go to the hospital or urgent care, schools are required to provide their own transportation to and from camp. Directions to the hospital/urgent care will be provided by our staff.

Medical services include our nurses collecting health forms, collecting medications, comparing MARS to medication labels, and coordinating with your school the frequency and time of day the medications need to be administered, respective to doctor's orders. Our nursing staff may be able to provide unique services to students with additional needs with advanced notification. Frost Valley YMCA nursing services are billed based on each calendar day your school is here (i.e. a Wednesday – Friday trip is charged for three days). For further information, please call us at (845) 985-2291 ext. 225 or email nurse@frostvalley.org

PLEASE SIGN UP FOR THIS SERVICE AT LEAST TWO WEEKS PRIOR TO TRIP ATTENDANCE

NURSING SERVICE PRICING SCHEDULE – July 2026–June 2027 (12 month)

GROUP SIZE	1 DAY RATE	2 DAY RATE	3 DAY RATE	4 DAY RATE	5 DAY RATE
1–100	$664	$1,393	$1,991	$2,588	$3,185
101–150	$863	$1,393	$1,991	$2,588	$3,185
151–200	$1,062	$1,792	$2,588	$3,384	$4,180
201+	$1,261	$1,991	$2,986	$3,981	NA

EMERGENCY MEDICAL SUPPORT (EMS)

To ensure the safety of every visiting group, Frost Valley now provides on-site Emergency Medical Support (EMS) for all schools. This service is required and automatically included in your contract. EMS coverage does not include daily medication administration or routine wellness care. Schools needing those services or more should register separately for Frost Valley's full Nursing Services. If a group opts out of Frost Valley Nursing service they are responsible for providing their own nurse and lockable storage (e.g., a locking med-box) to ensure policy compliance.

MEDICAL TRANSPORTATION:

It is imperative that schools bring their own vehicle to transport any off site medical patients. While our wellness center staff will do their best to provide care, if a patient needs to go to the hospital or urgent care, schools are required to provide their own transportation to and from camp. Taxis and Ubers may not come out to Frost Valley, or may require a high cost. If Frost Valley does need to transport a patient, especially after hours, additional fees may apply.

EMS PRICING SCHEDULE – July 2026–June 2027 (12 month)

	1 DAY RATE	2 DAY RATE	3 DAY RATE	4 DAY RATE	5 DAY RATE
Full-Time EMS Service (24 Hr Service) Unlimited Students	$145	$435	$1,159	$1,739	$2,318

Our EMS responder is available to:

- Respond to urgent medical needs
- Provide assessment and initial care
- Coordinate emergency transport if needed
- Support campus-wide emergency procedures

SERVICE	WHAT IT COVERS	INCLUDED?
EMS	Urgent response, emergency stabilization, coordination with outside emergency services	Yes (Required)
Nursing Services	Medication distribution, daily care, MAR management, routine assessments	No (Add'l Fee)

Frequently Asked Questions

AS THE LEAD TEACHER, WHAT IS MY ROLE AND WHAT DO I NEED TO KNOW?

At Frost Valley, we prioritize creating the dream camp experience for your students and chaperones. We will collaborate with you to design a tailored program based on your goals for the trip, incorporating desired activities, topics, and objectives. While we make your schedule, you will collect health forms and waivers from students and chaperones, arrange lodging assignments, designate students to help set up in the dining hall, create trail group rosters, and communicate everything to your chaperones and families. We also ask for you to provide any pertinent information (behavioral, medical, etc) about your students that would be helpful for our Outdoor Instructors to know ahead of time.

We value your active participation in promoting a positive learning environment, with a teaching ratio of approximately 1 instructor to 15 students during class time. For overnight supervision, we recommend a ratio of one adult to eight students (6th grade level or below) or one adult to ten students (above 6th grade level). Our Outdoor instructors will help provide a fun, educational and engaging experience. We ask you to prepare your chaperones to assist with behavior management as needed and to be aware of our policies and protocols to ensure a safe and prepared trip.

WHAT IS THE LODGING LIKE?

We offer several different styles of lodging and we will work hard to accommodate your group's request.

All have indoor bathrooms, electricity, hot water and heat. Your contract will list your assigned lodges based on your request, your group size, and our availability. Check our website for further photographs and descriptions.

WHAT IS THE WEATHER LIKE AT FROST VALLEY?

Please check the weather forecast for Claryville, NY a day or two before the trip. But the saying "there's no bad weather, only inappropriate clothing" rings very true at Frost Valley. Please tell students to prepare to be outside for the full day, regardless of precipitation. That means durable hiking shoes (no Crocs permitted on hikes or the ropes course), a hat, gloves, and appropriate jackets. Layers and non-cotton clothing are ideal as the weather shifts through the day and students are not able to return to their lodging often. If you want a more specific packing list, please reach out. We have some extra clothing items that can be borrowed and clothing is sold at the store.

WHAT HAPPENS ON ARRIVAL AND DEPARTURE DAYS?

ARRIVAL: Upon arrival, every adult will check in at the Welcome Center with their IDs, it is the first building on the right as you enter camp. You will meet your Frost Valley school host to receive further instructions about buses and luggage. If your lodge is accessible via bus, we can direct it straight to your lodging. Otherwise, we will unload your students and luggage at our pavilion. They will place their luggage by their lodging signs and our Frost Valley staff can move it to their appropriate location. If you would prefer to have your students walk their own luggage to their rooms, please let us know, we are happy to guide them to the locations! Hot Tip: if you can provide colored labels for your student bags based on lodging, that helps our staff keep it organized and minimizes the risk of lost luggage! Typically, a welcome orientation will be in the Dining Hall about 30 minutes before the start of lunch. We will review the ins and outs of the dining hall procedures, please help keep your students settled and focused. After lunch, you will have some free time to get settled before class starts. We will do a large welcome circle with all your outdoor instructors before the start of your first class, so you can meet who is working with your school and pass along and pertinent student information.

DEPARTURE: Please have everyone pack all of their belongings and place luggage in the main room of lodges or on the deck of your cabins **BEFORE** breakfast. If weather permits, please place luggage outside your lodge. Frost Valley staff will pick up luggage and deliver it to a designated area. Please do not return to your lodge after morning classes as our housekeeping staff have already begun cleaning lodges for incoming guests! Brooms and dustpans are provided. After packing, head to breakfast which begins at 8:00 am. Morning class will follow, then lunch. Departure time is approximately 1:00 p.m. If you wish to have an alternative departure plan, like leaving early, please let us know and we can help get a brown bag lunch to take on the bus ride home.

FOR STUDENTS WITH ADDITIONAL NEEDS OF ANY KIND (DIETARY, MEDICAL, OR DEVELOPMENTAL) WHAT DO I NEED TO KNOW?

We welcome all students regardless of abilities or special needs and want to ensure quality programming for all. Please reach out to discuss any arrangements we can make to ensure all needs are met, especially while in classes. For dietary restrictions, please share those numbers and needs so our kitchen staff have adequate meals prepared. Feel free to reach out directly to our kitchen team by emailing goodfood@frostvalley.org

Our staff will do all we can to accommodate nearly all developmental, physical, medical, or dietary needs. The more information you can share in advance about specific students and which groups they would be in, the better we can plan and pivot any activities or class options.

Frequently Asked Questions Continued

WHAT SHOULD I BRING TO CAMP?

A detailed packing list for school trips is available on our website or can be emailed to you. Each lodge has one pillow and a light blanket provided per bed, so bringing personal blankets and pillows is optional. If students are not planning on bringing their own sheets, a sleeping bag is recommended. Linen sets including a pillowcase, fitted sheet, and flat sheet can be rented from Frost Valley for $14.00 per set. These should be requested prior to arrival. Towels, including paper towels, are not included in lodging **or as part of the rented linen set**, so please plan accordingly. Please remember to pack appropriately for cold outdoor weather, bring durable sturdy shoes that will get muddy, lots of layers and non-cotton items. You will be outside most of every day and we want to make sure you and your students are comfortable regardless of the elements. A headlamp or flashlight is also crucial to help navigate at night. We encourage all guests to take a day pack with them to keep extra layers, snacks, water, writing supplies and any other comfort items with them for the day.

Please note that cell phones do not receive service at Frost Valley. You will lose service about 30 minutes outside of camp. You may utilize our landline phones while on property. We highly encourage students to not bring their phones to camp to remain more present in their activities and throughout this bonding experience. We can hold onto students' phones for you; please bring boxes or bags to keep the labeled phones in.

WHAT IF STUDENTS GET SICK OR INJURED?

If you are not bringing your own nurse, you **MUST** use our Frost Valley nursing services, which are an additional fee. The Guenther Family Wellness Center, on campus, is our healthcare facility that is staffed while schools are on property. Our healthcare team will assess any sick or injured child or adult. If a child needs to go home or to the hospital, you will be notified immediately and arrangements will be made with the student's parents. **Each school should bring one personal vehicle for use in case of an emergency needing travel off site.**

WHAT ARE CHAPERONES EXPECTED TO DO?

- Support behavior management
- Remain with trail groups at all times
- Assist with transitions and gear
- Model expected behavior
- Avoid cell phone use during programming

WHAT PAPERWORK MUST TEACHERS BRING TO FROST VALLEY?

- Student and teacher/chaperone attendance list
- Lodge assignment list
- Bus assignment list
- Activity group rosters – ideally annotated with relevant notes for the Outdoor Instructor (limitations, behaviors, etc)
- Frost Valley waiver and medical forms for students and chaperones – we will collect these upon arrival along with any medications that your students may bring. Please make copies of these and note that a doctor's signature must be on the medical forms. This allows the Frost Valley nursing staff to administer medications. Without a doctor's signature, New York state law does not allow us to give out any medications, including OTCs. For further information, please call us at (845) 985-2291 ext. 225 or email nurse@frostvalley.org

WHAT IS THE CERTIFICATE OF INSURANCE?

This document is mandatory. It should list Frost Valley as additionally insured. You can ask your business office for this or contact the NYC Department of Education, Legal Services. The school group is responsible for maintaining its own insurance coverage. At least 14 days prior to arrival, the group must provide a certificate of insurance.

Optional Funding for your Trip

NEW YORK (UPSTATE & STATEWIDE)

The Catskill Watershed Corporation

Visit: http://www.cwconline.org/wateredu/fundingsources.html
Or Call: (877) WAT-SHED

NYS "Connect Kids to Parks" Field Trip Grant

Visit: https://parks.ny.gov/get-involved/connect-kids

Community Foundations of the Hudson Valley

Visit: https://communityfoundationshv.org/grants/field-trip-grants

NYSED 21st Century Community Learning Centers

Visit: https://www.nysed.gov/memo/student-support/services/21st-century-field-trip-form

MTA Group Rail Discounts (LIRR / Metro-North)

Visit: https://www.mta.info/fares-tolls/lirr-metro-north/group-travel

NYC SPECIFIC (ADD-ONS)

Watershed Forestry Bus Tour

Visit: https://www.nycwatershed.org/bustours

NYC Council Discretionary Funding

Visit: https://council.nyc.gov/budget/category/budget/

DYCD-MTA Transportation Program

Visit: https://www.nyc.gov/site/dycd/involved/funding-and-support/transportation-program.page

NEW JERSEY SPECIFIC

Community Foundation of New Jersey

Visit: https://cfnj.org/fieldtrip/grantguidelines/

EarthShare NJ – Wheels for STEM

Visit: https://www.earthsharenj.org/earthshare-nj-wheels-for-stem-program/

GENERAL / NATIONAL

BOCES

Contact your local BOCES representative to see how they can help you bring your students to Frost Valley.

OutdoorClassrooms.org

A resource and list for grant opportunities throughout the US can be found on the following site:

https://outdoorclassrooms.com/funding/

Target® Field Trip Grants Program

Applications must be submitted electronically to Scholarship America at: https://targetfieldtripgrants.target.com

National PTA Program Grants

Visit: https://nyspta.org/2025/08/21/national-pta-grants/

Frost Valley Financial Aid

Ask about school-trip financial assistance when booking. Learn more: https://frostvalley.org/for-all

QUICK PICKS BY LOCATION

NYC Public Schools:

Combine **Connect Kids** (rolling), any **21st CCLC** funds (if applicable), explore **Council Discretionary** (through a nonprofit/PTA partner), and look at **MTA group rail** if rail makes sense

Upstate/Hudson Valley:

CFHV Field Trip Grants + Connect Kids

New Jersey (public):

Field Trip New Jersey (CFNJ) for buses + **Wheels for STEM** if your itinerary has STEM/environment emphasis