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