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FOR HEALTHY LIVING
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FROST VALLEY YMCA

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Frost Valley YMCA Hosts Adventure Guide Weekend *Adventure Guides' Weekend Retreat Allows Former Y-Guide, Adventure Guide, and Indian Princess Families to Bond*

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CLARYVILLE — Frost Valley YMCA will be hosting another Adventure Guide Alumni Weekend on April 21-23, 2017. Former participants have an opportunity to re-experience many of the cherished memories they have shared through the program over the years.

Adventure Guides is a parent-child program that aims to enhance the bond and camaraderies between parent and child. Families spend time together in nature and immerse themselves in the rich, engaging programs offered at Frost Valley within shared activities and events. Those moments of quality time together will build a lifetime of trust and connection. "After 31 years of coming to Frost Valley, first as an Adventure Guide dad, I now live and work here," said Jay Pumphery, Guest Relationship Development Manager. "The weekends spent with my two daughters here were some of the most important and valuable times in our lives."

Frost Valley's 5,500 acres are a natural playground that brings out the adventurous spirit in all of its guests. While there, the Adventure Guides have the freedom to explore! Programming includes all of the traditional camp favorites: hiking, climbing, canoeing, sports and games, arts and crafts, stargazing, and telling stories by the fire. The weekend is a special time to be with your children and to relish in the freedom, joy, and power of play, whether you want to connect with former Y-Guide Alumni or let your entire family have the Frost Valley experience. Special rates are available for all former Adventure Guides. The price per person is \$149.00, which includes two nights lodging, five meals and all activities. Kids under the age of five years old stay free. Frost Valley offer this special pricing to ensure that all families can return to the place they love.

To register for this weekend, please call Frost Valley YMCA at (845) 985-2291, Ext. 450, or email reservations@frostvalley.org.

Photos and interviews are available upon request. Please contact Director of Marketing and Communications Amanda Hinski at AHinski@FrostValley.org

About Frost Valley YMCA

Frost Valley YMCA is a values-driven organization that fosters youth development, healthy living, and social responsibility through outdoor educational and recreational programs for all. Located in the heart of the Catskill Mountains, Frost Valley provides year-round access to nature and fun through programs such as summer camp, adventure trips, farm camp, equestrian programs, group and family retreats, school trips, teambuilding and more. Frost Valley is guided in this pursuit by its core values which serve as pathways for guests as they

bond with nature and each other: Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.

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