

PUBLIC INTERNET ACCESS LOCATIONS

- Dining Hall (Wi-Fi)
- Geyer Hall (Wi-Fi)
- Lakeview Lodge (Ethernet)

RECYCLING

Please join us in reducing our landfill contribution: our goal is 100% recycling.

Your sorting makes a difference!

- EMPTY bottles and cans and place (with or without caps) in the BLUE recycling bins (NO plastic bags, plastic cups, or aluminum foil please). Plastics #1-7 accepted. Please reuse plastic bags or recycle at your local supermarket.
- Place paper in the GREEN recycling bins (NO paper towels, tissues, or compostable cups please).
- Collapse cardboard boxes and place next to the paper bins.

COMPOSTING

Ask us about the process! Frost Valley turns all food waste into soil at our on-site composting facility. Please help us sort food and compostable paper products into bins at the Dining Hall.

LINEN RENTAL

Bed linens and towels may be rented for an additional cost. Please contact our Welcome Center for assistance. Linens are included in the price of your stay at Lakeview Lodge, the Forstmann Castle and the Friendship House.

LOST & FOUND

Found items may be returned at the Front Desk or to a staff member at the Information Table in the Dining Hall. To inquire about lost items, contact our Housekeeping Department at ext. 380 or via email: housekeeping@frostvalley.org.

FIREPLACE/GRILLS (Please let us know if you need assistance with fireplaces or fire rings.)

Barbecue grills must be set up at minimum 50 feet away from buildings. Firewood from any location other than Frost Valley YMCA is **prohibited**. The transport of firewood may spread non-native insects and threaten the future of the trees in our forest. Our state conservation department has put into effect a new regulation that prohibits the import of firewood into New York unless it has been treated to kill pests. The cutting, felling, or gathering of wood on Frost Valley grounds is not allowed. We offer firewood for an additional cost at our Welcome Center. Orders must be received before 6:00 P.M.

WILDLIFE

Frost Valley is home to diverse wildlife including black bears, white tailed deer, coyotes, porcupines and raccoons. To enjoy them from a safe distance, please store food properly inside vehicles, compost food waste in the Dining Hall and dispose of trash properly.

STORE

The Frost Valley YMCA camp store is located in the Thomas Dining Hall and sells toiletries, clothing and souvenirs. Cash, checks, MasterCard and Visa are accepted. Store hours: Saturday 8:00 A.M. – 6:30 P.M. and Sunday 8:00 A.M. – 1:00 P.M.

GAMES/SPORTS

A variety of sports equipment is available at Margetts Lodge for use. Board games are available in the Dining Hall from 8:00-10:00 P.M. on Friday and Saturday. A toddler play space is located on the ground floor of the Guenther Family Wellness Center. Use of personal equipment in our program areas is prohibited.

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.



FROST VALLEY YMCA

Group & Retreat Guest Resource Guide



2000 Frost Valley Road, Claryville, NY 12725
845-985-2291 • frostvalley.org

WELCOME TO FROST VALLEY YMCA!

Our Welcome Center, located near the main entrance, is open during the hours listed below. Assistance is available from any phone by dialing 200.

FRIDAY 8:30 ^{A.M.} – 12:00 ^{A.M.} SATURDAY	SATURDAY 8:30 ^{A.M.} – 10:00 ^{P.M.}	SUNDAY 8:30 ^{A.M.} – 1:00 ^{P.M.}
--	---	--

IN CASE OF AN EMERGENCY

- Before 10 ^{P.M.} dial extension 200 from any phone
- After 10 ^{P.M.} dial extension 328 from any phone

The 24-hour EMT staff will respond and provide care in the **Guenther Family Wellness Center**. Parents, chaperones, and group leaders are responsible for arranging care for illnesses, medical concerns, minor injuries and distribution of medication. Frost Valley YMCA does not provide health or accident insurance to guests and is not responsible for injuries incurred while guests use personal sports equipment. Information on area hospitals is available at the Wellness Center (ext. 225) and Welcome Center.

PLEASE TAKE NOTE OF OUR ROOM CHECK-OUT PROCEDURE

Check-out is no later than 12 ^{P.M.} the day of your departure. A late fee of \$75 will be charged. Please help us by using this checklist:

- Place linens and towels by the front door (Lakeview, Castle and Friendship House leave in room)
- Place garbage in the trash box located outside your lodge
- Place recycling in blue (glass, plastic, metal) and green (paper) bins located throughout camp
- Close and lock all windows
- Turn off all lights
- Sweep floors
- Turn thermostats down to 65° (Lakeview Lodge, turn dial full LEFT)
- Check for personal belongings

TELEPHONES

Incoming messages may be received at our Welcome Center at 845-985-2291 and will be delivered at the following meal.

Camp phone locations:

- Welcome Center Foyer
- Dining Hall (West & East Entrance)
- Hussey Lodge 1st Floor
- Shed/ Leadership Lodge
- Shed/ Scott Lodge
- Geyer Hall (Loading Dock)
- Hyde-Watson Lodge
- Castle 1st Floor (office)
- Quirk Lodge
- Boat House
- Kresge Lodge
- Shed/ Day Lodge

Verizon Cell Phone Users:
Service is available in the Welcome Center for **EMERGENCY CALLS ONLY** and is not intended for lengthy conversations or business transactions. Please use the house phones listed for longer calls.

To make an outside call, dial 5 then your calling card or collect number. Pre-paid phone cards are sold at the Welcome Center and the Frost Valley Store located in the Dining Hall.

CAMP SECURITY

We require all guests to check in upon arrival. All guests wear a wristband distributed at check-in. Replacements are available at the Welcome Center. A Frost Valley Parking Permit must be displayed inside the front windshield of all vehicles.

POLICIES

• BUILDINGS AND PROGRAM AREAS

Please be respectful of your fellow guests and do not enter lodging that is not your own. For your safety, do not enter program areas that are posted, such as the High and Low Elements, Waterfront, and Horsebarn, unless with a Frost Valley Staff Member.

• FURNISHINGS

Your group will be held responsible for damaged or missing building furnishings.

• PETS

Pets are not permitted at Frost Valley YMCA.

• ROAD RULES

There is a 15 MPH speed limit posted throughout camp. Motorized vehicles including 4-wheelers and snow mobiles are not permitted on trails. NY State law prohibits any passengers from riding in the rear of pick-up trucks. All passengers must be in a seat and wearing a seat belt when driving through camp. All bicycle riders are required to wear helmets while on Frost Valley property.

• QUIET HOURS

As a courtesy to all guests, quiet hours are established from 11:00 ^{P.M.} to 8:00 ^{A.M.}. It is the responsibility of parents, chaperones, and group leaders to monitor behavior at all times while visiting Frost Valley.

• SMOKING

Frost Valley is a non-smoking community. NY State law prohibits smoking in all buildings. As a courtesy to all guests, smoking is not allowed in program areas or within 50 feet of buildings; please dispose of cigarette butts properly.

• ALCOHOL / ILLEGAL DRUG USE

NY State law prohibits the consumption of alcohol by anyone under the age of 21. Alcohol is not permitted in common areas of camp. All illegal drugs are prohibited on Frost Valley property.

• WATERWAY USAGE

The use of any waterway, frozen or flowing (including swimming), without supervision by a Frost Valley YMCA Staff member is prohibited.

• FISHING

Access to fish the rivers and streams on Frost Valley YMCA property is open to current Frost Valley Outdoor Sporting Members and to registered guests with a valid NYS fishing license who check in at the front desk of the Welcome Center, obtain a name badge, fishing rules and regulations and property map. Frost Valley Fishing preserves include Lake Cole, White Pond, and Reflection Pond. Fishing is permitted for registered guests in these locations; no license is required. Lake Cole is open for spin casting and fly fishing; White Pond and Reflection pond are fly-fishing only. A catch and release policy is in effect at White Pond and Reflection Pond. Fish from Lake Cole may be kept, however, if they are taken off Frost Valley property a fin tag must be obtained and put on each fish. Fin tags are available at the Front Desk of the Welcome Center.

• WEAPONS

All weapons are prohibited on Frost Valley YMCA property.

• ADULT SUPERVISION

Frost Valley requires parent/guardians supervision of children under the age of 12 at all times.

PUBLIC RESTROOM LOCATIONS

- Welcome Center
- Dining Hall
- Geyer Hall
- Margetts
- Victoria Hall
- Guenther Family Wellness Center