

# FROST VALLEY YMCA'S OVERNIGHT SUMMER CAMP PROGRAMS



## ADVENTURE VILLAGE

Sessions 1-4 – For children entering Grades 5-9

This popular specialty village combines the best of traditional overnight camp and adventure trips. Campers choose from many adventure-based activities like rock climbing, canoeing, mountain boarding, outdoor survival skills and more.

## ADVENTURE SURVIVAL CAMP

6 one-week sessions and 1 two-week session – For children entering Grades 5-10

This one-week camp led by trained survival professionals will test the boundaries of campers physical and mental toughness. Campers gain dozens of skills as they are put to the test in thrilling survival and endurance scenarios.

## CAMP WAWAYANDA

Sessions 1-4 – For children entering Grades 2-7

Specialty Programs: Mainstreaming At Camp, Kidney Camp

Our traditional overnight camp experience where your camper can swim, boat, play games, do archery, hike in the woods, meet friends, share stories and sing songs around a campfire while eating `smores!

## **CAMP HENRY HIRD**

Sessions 1-4 – For children entering Grades 8-10

Specialty Programs: Mainstreaming At Camp, Kidney Camp, Clarke School Partnership

Older campers wider choices, including extended overnights for backpacking, service projects and the excitement of adventure elements like high ropes and the zipline!

## **FARM CAMP**

Sessions 1-4 – For children entering Grades 2-10

Campers live, work and play together on our 515 acre farm! Caring for animals, gardening, crafts and swimming are just a few activities campers get to do at Farm camp.

## **MUSTANG VILLAGE**

Girls Only • Sessions 1-4 – For children entering Grades 2-5 (age 8-10)

A program for girls who want to spend time at the barn and still participate in traditional camp activities. Half the day is spent at the barn, riding and learning the basics of horsemanship. The remainder of the day is spent trying a wide range of activities including archery, swimming, boating, arts & crafts and so much more.

## **DURANGO VILLAGE**

Boys Only • Sessions 1 and 4 – For children entering Grades 2-8 (age 8-13)

A program for boys who want to spend time at the barn and still participate in traditional camp activities. Half the day is spent at the barn, riding and learning the basics of horsemanship. The remainder of the day is spent trying a wide range of activities including archery, swimming, boating, arts & crafts and so much more.

## **EAST VALLEY RANCH**

Girls Only • Sessions 1-4 – For children entering Grades 5-11 (age 10-16)

A horse focused camp for girls that want to spend every day with horses. Have your own horse, and spend several hours riding and learning about veterinary care, training techniques and good horsemanship. 4- and 2-week programs available.

## **HORSE TRAILS**

Sessions 1-4\* – For children entering Grades 8+ (age 13+)

Designed for both boys and girls who want to experience an exciting horse trekking adventure through pristine Catskill Mountain trails. Spend full days exploring nature on horseback and cozy nights sitting by the fire reflecting on the day, making memories with new friends, and sleeping under the stars. \*One week only – last week of each session.

## **TEEN ADVENTURE TRIPS**

Sessions 1-4 – For children entering Grades 6-12

Campers choose from action-based activities, service-oriented trips, and rugged adventure excursions at locations around the United States.

## **THE IN-TRAINING PROGRAM**

Sessions 1-4 – For children entering Grade 11

Previously known as the Counselors-in-Training program, we now have Counselors, Adventurers, Farmers, and Wranglers-in-Training. We develop teens into future leaders for Frost Valley YMCA.

**If you need any assistance choosing which camp is right for you, please contact Zach Eigenbrodt our Senior Director of Camping Services at [campdirector@frostvalley.org](mailto:campdirector@frostvalley.org) or 845-985-2291 ext 203.**