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Frost Valley YMCA

Frost Valley YMCA Announces Meet and Greet Info Sessions for Adventure Camp

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CLARYVILLE — Frost Valley YMCA offers parents the unique opportunity to send their children on exciting real-world adventures during which children will develop wilderness skills, discover their resilience, and forge lifelong friendships. Frost Valley announces Meet and Greet Info Sessions for parents who wish to learn more about its Adventure Programs and Trips.

Frost Valley YMCA's Adventure Camp promotes character development by challenging tweens and teens to try new experiences like hiking, climbing, backpacking, or paddling in awe-inspiring destinations across the United States. From these new experiences, campers discover a newfound self-confidence and resilience. Campers learn how to trust themselves and each other, as they work together to explore, problem-solve, and achieve common goals.

In addition to its already popular Adventure Trips, Frost Valley has added seven new trips for the summer of 2019. Frost Valley is excited to announce three new all-female leadership trips: Adirondack Paddler for seventh and eighth graders, Long Trail for eighth and ninth graders, and White Mountains Hike and Climb for ninth and tenth graders. Adirondack High Peaks and Main AT Adventure are new advanced trips for ninth through twelfth graders. Frost Valley's new service trips, Adirondack Trail Builders and Catskill Farm Tour, offer ninth through twelfth graders the opportunity to earn 35 hours of community service. Interested families should visit frostvalley.org, call 845-985-2291, or attend a Meet and Greet or Open House for more information.

Meet and Greet Info Sessions will be held on **January 10th** from 7-9 p.m. in Glen Ridge, NJ; **January 17th** from 6:30-8:30 p.m. in Brooklyn, NY; **January 19th** from 11 am-1 p.m. in Maplewood, NJ; **January 24th** from 7-9 p.m. in White Plains, NY; **January 26th** from 5-7 p.m. in New York, NY; **February 5th** from 6-8 p.m. in New York, NY; **February 9th** from 11 a.m.-1 p.m. in Plainview, NY; and **February 10th** 11 a.m.-1 p.m. in Tarrytown, NY.

Meet and Greet Info Sessions, which take place in camper families' homes, include an informative presentation by Zach Eigenbrodt, Adventure Director for Frost Valley YMCA, first-hand testimonials from campers and their parents, an opportunity for questions and answers, and refreshments. Space is limited so advanced registration is required. Please call 845-985-2291 ext. 265 or email zeigenbrodt@frostvalley.org to reserve your spot.

There will also be Open Houses at Frost Valley YMCA located at 2000 Frost Valley Road in Claryville, NY from 11:30 a.m.-3 p.m. on **February 10th**, **March 3rd**, **April 7th**, and **May 19th**. Attendees will watch an informative slideshow about Frost Valley's Overnight Camp programs including Adventure Trips. This is a great opportunity to take a tour of the camp, get answers to questions, and enjoy a tasty lunch.

Interested families should call (845) 985-2291 ext. 203 or email campregistration@frostvalley.org to register for one of the dates available or book a time that better suits their schedule.

About Frost Valley YMCA: Frost Valley YMCA is a values-driven organization with a mission to foster 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, family weekends, school trips, teambuilding and more. Frost Valley, a not-for-profit organization chartered through the YMCA of the USA, 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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Photo: FVAdventureTrips.jpg