



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FROST VALLEY YMCA SCHOOL PROGRAMS

Letter from the Director

Dear Educator,

The past couple of years have presented us all with many challenges, chief among them—working hard to ensure that our young people continue to receive an impactful, meaningful, and engaging education. As hard as we try, we just can't replace the ability to collaborate face-to-face, receive hands-on instruction, and ensure that all have access to the resources needed for a quality education. I'm writing to invite you and your students to visit our outdoor classroom at Frost Valley.

Take a step away from a world of screens and get your hands dirty, searching for invertebrates in Reflection Pond. Make up for months of missed social interaction caused by the COVID-19 pandemic, and watch your students flourish as they support classmates on our ropes course, work together in a group team building session, or ask questions and participate in real-life discussions sparked by making direct observations in nature while out on the trail. You will see your students blossom in ways that will surprise and move you.

Our Program Instructors will guide your students while they build connections with their classmates, build deeper connections with their own self awareness, and strengthen connections with the environment and outside world. Our science programs are designed to provide direct engagement, stimulate curiosity and wonder, and increase science literacy and critical thinking. Our team building curriculum is designed to emphasize the value of working together while recognizing individual strengths within the workings of the entire group. Our ropes courses, climbing tower, and outdoor recreation programs such as canoeing and orienteering are designed to provide students with opportunities to challenge themselves, try new things, or simply enjoy spending time outdoors.

Frost Valley continues to innovate and provide the highest quality programs and facilities possible. Working through the COVID pandemic has given us space to review and assess all aspects of our school programs. Witnessing students connecting with the outdoors through experiential education has always been a powerful experience, which has only been heightened over the past few years. We are committed to following all necessary protocols as outlined by the CDC, Department of Health and local guidelines while working with you to ensure that your students have a safe and meaningful experience that will last a lifetime. We will be working closely with you throughout the planning and preparation process to ensure the highest quality program possible.

Please take a look at the enclosed material for an introduction to Frost Valley YMCA's School Programs. Better still, if you're new to Frost Valley please schedule a site visit to experience our camp and outdoor classrooms firsthand. Please don't hesitate to get in touch with any further questions or to schedule a trip.

Sincerely,

Eva Larson
Director of School Programs
(845) 985-2291, ext. 221
elarson@frostvalley.org



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Frequently Asked Questions

AS THE LEAD TEACHER, WHAT IS MY ROLE AND WHAT DO I NEED TO KNOW?

Your Frost Valley program coordinator will help you design a program based on your goals for the trip. Take a look at our website for ideas: www.frostvalley.org/school-trips. Please let your coordinator know about any activities, topics, and goals you would like to have incorporated into the trip. Your role is to help promote a positive learning environment, and we encourage you to participate and empower your students. During class time, we require two adults - one Frost Valley program instructor and one teacher/chaperone. Our teaching ratio is about 1:15. For overnight supervision, we recommend a ratio of one adult to eight students at the 6th grade level or below, and a ratio of one adult to ten students above the 6th grade level.

WHAT IS THE LODGING LIKE?

We offer several different styles of lodging. All have indoor bathrooms, electricity, hot water and heat. Your contract will list your assigned lodges based on your request and our availability. Check our website for photographs and descriptions.

WHAT HAPPENS ON ARRIVAL AND DEPARTURE DAYS?

ARRIVAL: Upon arrival, check in at the Welcome Center, the first building on the right as you enter camp. You will meet your program coordinator there and receive further instructions about busses and luggage. All adults on the trip will need to present their photo ID to check in. This will be done upon arrival or at the first lunch. Typically, orientation will be in the Dining Hall at 11:30 am. Lunch and a teacher/chaperone meeting will follow at noon. After lunch, you will have some free time before class starts at 1:15 pm.

DEPARTURE: Before breakfast, students will be expected to tidy their lodges, pack, and group their luggage for our luggage crew. Brooms and dust pans are provided. Facilitators will instruct you where to leave your luggage. We ask that students and adults do not go back into the lodges once classes begin, as our housekeeping crew will be preparing for our next guests to arrive. After packing, head to breakfast which begins at 8:00 am. Morning class will follow, then lunch. Departure time is approximately 1:00 pm.

WHAT IS THE WEATHER LIKE AT FROST VALLEY?

Please check the weather forecast for Claryville, NY a day or two before the trip. But the saying "there's no bad weather, only inappropriate clothing" rings very true at Frost Valley. Please tell students to prepare to be outside, regardless of precipitation, for most of the day each day. Layers and non-cotton clothing are ideal. If you want a more specific packing list, please reach out.

FOR STUDENTS WITH SPECIAL NEEDS OF ANY KIND (DIETARY, MEDICAL, OR DEVELOPMENTAL) WHAT DO I NEED TO KNOW?

We welcome all students regardless of abilities or special needs and want to ensure quality programming for all. Please reach out to your Frost Valley program coordinator to discuss any arrangements we can make to ensure all needs are met, especially while in classes. For dietary restrictions, please share those numbers and needs with the program coordinator so our kitchen staff have adequate meals prepared.

Our staff will do all we can to accommodate nearly all developmental, physical, medical, or dietary needs.



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Frequently Asked Questions Continued

WHAT SHOULD I BRING TO CAMP?

A detailed packing list for school trips is available on our website. Sleeping bags and pillows are optional and we can provide linens, pillows, and blankets, for an additional charge. Please remember to pack for cold weather, layers and non-cotton items are ideal. You will be outside most of every day.

Please note that cell phones do not work at Frost Valley. You may bring a calling card or purchase one from our store to utilize our landline phones.

WHAT IF STUDENTS GET SICK OR INJURED?

If you are not bringing your own nurse, we recommend you use our Frost Valley nursing services. The Guenther Family Wellness Center, on campus, is a state-of-the-art healthcare facility, staffed 7 am – 11 pm while schools are on property. Our healthcare team will assess any sick or injured child or adult. If a child needs to go home or to the hospital, you will be notified immediately and arrangements will be made with the student's parents.

WHAT PAPERWORK MUST TEACHERS BRING TO FROST VALLEY?

- Student and teacher/chaperone attendance list
- Lodge assignment list
- Bus assignment list
- Study group rosters (optional but very helpful for our Frost Valley Staff)
- Photo Release Waivers
- Frost Valley waiver and medical forms – we will collect these upon arrival along with any medications that your students may bring. Please make copies of these and note that a doctor's signature must be on the medical forms. This allows the Frost Valley nursing staff to administer medications. Without a doctor's signature, New York state law does not allow us to give out any medications, including OTCs. For further information, please call us at (845) 985-2291 ext. 225

WHAT IS THE CERTIFICATE OF INSURANCE?

This document is mandatory. It should list Frost Valley as additionally insured. You can ask your business office for this, or if you are from a NYC public school, contact Arlene Longoria Carragher at the NYC Department of Education, Legal Services.



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Academic Classes

Frost Valley staff will work with you to customize a program from the following offerings. Call us for class descriptions or look them up on the web at frostvalley.org.

SCIENCE RELATED:

- Acid Rain Studies
- Energy Quest
- Forest Ecology
- Freshwater Ecology
- Geology of the Catskills
- GPS
- Half or All Day Ecology Hike
- Healthy Cooking Kitchen
- Organic Gardening
- Orienteering
- Resource Recovery
- Watersheds and Wilderness
- Wildlife Ecology
- Winter Ecology

BULLY PREVENTION:

- No Room for Bullying!
(3 class periods required to complete curriculum)

CATSKILL HIKES:

- All Day Hike
- Half Day Hike
- Cable Bridge
- Devil's Hole
- High Falls
- Slide Mountain (all day)
or Giant Ledge (half day)
off-site hikes also offered

GROUP BUILDING / LEADERSHIP SKILLS:

- Catapult
- Low Ropes
- New Games
- Outdoor Living Skills
- Service Learning Projects
- Teambuilding Games & Challenges
- The Beast (Communication)
- Trust Trip

ADVENTURE:

- Climbing Tower (all grades)
- Flying Squirrel (all grades)
- Giant's Ladder (grades 7-12)
- Giant Swing (grades 7-12)
- High Ropes (grades 7-12)
- Leap of Faith (grades 7-12)
- Vertical Playpen (grades 7-12)
- Zipline (grades 7-12)

HISTORICAL/CULTURAL:

- Apple Cidering
- Castle Tour
- Ice Cutting
- Maple Sugaring

SEASONAL RECREATION:

- Broomball
- Canoeing
- Cross-Country Skiing
- Horseback Riding (additional fee)
- Snow Shoe Hike
- Snow Tubing



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Evening Program List

Frost Valley YMCA offers one evening program led by one of our staff, typically beginning at 7 p.m. A snack is provided after the program. You may choose from the following:

FROST VALLEY EVENING PROGRAMS:

- Action Auction: A camp-style game show.
- Astronomy/Observatory: A spectacular show of night-sky viewing. Weather permitting.
- Catapult: Who can build the best catapult? A teambuilding exercise in Physics.
- Campfire: Songs, skits, and games around the campfire!
- Hayride: Ride along the Neversink River. Weather permitting.
- Marshmallow Challenge: Small groups work to construct the tallest structure possible out of spaghetti.
- New Games: Games, challenges, and fun!
- Night Awareness/Naked Eye Astronomy: Use your five senses to get to know the world after dark, including the night sky.
- Predator/Prey Games: Learn about this relationship through interactive games.
- Raffa Raffa: Students, through role play, will experience interactions with people of different cultures.
- Snow Tubing: Snow, speed, and smiles! Weather permitting.
- The Beast: A physical game of Telephone where every child has their own role to play.
- Zingers: Quick, fun, competitive games.

EVENING GUEST PROGRAM OPTIONS:

A separate fee is charged for the speakers listed below. Please contact your coordinator for details.

- Herpetology: Brian Robinson delivers an engaging educational experience with live reptiles focusing on the roles that reptiles play in nature as well as addressing misconceptions people have about them.
- Ornithology: Meet and learn about raptors with the help of our "Bird Man."
- Square Dance: Get ready to party! Learn traditional American Square Dancing.



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FROST VALLEY YMCA SCHOOL PROGRAMS

Sample Seasonal Schedules

FALL

DAY ONE

11:00 am Arrive
11:30 am Orientations
12:00 pm Lunch
1:15 pm Project Adventure
3:15 pm Water Ecology
5:00 pm Break
5:30 pm Dinner
7:00 pm Night Awareness
8:45 pm Snack
10:00 pm Lights Out

DAY TWO*

8:00 am Breakfast
9:30 am Apple Cidering
11:30 am Break
12:00 pm Lunch
1:15-5 pm Half Day Hike w/
Forest Ecology
5:00 pm Break
5:30 pm Dinner
7:00 pm Birdman
8:45 pm S'mores
10:00 pm Lights Out

DAY THREE

8:00 am Breakfast
9:30 am Cable Bridge Hike
11:30 am Break
12:00 pm Lunch
1:00 pm Depart for Home

WINTER

DAY ONE

11:00 am Arrive
11:30 am Orientations
12:00 pm Lunch
1:15 pm Project Adventure
3:15 pm Ice Cutting
5:00 pm Break
5:30 pm Dinner
7:00 pm Action Auction
8:45 pm Snack
10:00 pm Lights Out

DAY TWO*

8:00 am Breakfast
9:30 am Snowshoe Hike
11:30 am Break
12:00 pm Lunch
1:15 pm Resource Management
Center (RMC)
3:15 pm Outdoor Living Skills
5:00 pm Break
5:30 pm Dinner
7:00 pm Snakeman
8:45 pm S'mores
10:00 pm Lights Out

DAY THREE

8:00 am Breakfast
9:30 am Cross-Country Skiing
11:30 am Break
12:00 pm Lunch
1:00 pm Depart for Home

SPRING

DAY ONE

11:00 am Arrive
11:30 am Orientations
12:00 pm Lunch
1:15 pm Project Adventure
3:15 pm Maple Sugaring
5:00 pm Break
5:30 pm Dinner
7:00 pm Birdman
8:45 pm Snack
10:00 pm Lights Out

DAY TWO*

8:00 am Breakfast
9:30 am Water Ecology
11:30 am Break
12:00 pm Lunch
1:15-5 pm Half Day Hike
w/ Geology
5:00 pm Break
5:30 pm Dinner
7:00 pm Campfire/s'mores
10:00 pm Lights Out

DAY THREE

8:00 am Breakfast
9:30 am High Falls Hike
11:30 am Break
12:00 pm Lunch
1:00 pm Depart for Home

***For two day trips,
day two is eliminated.**



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What's New and Upcoming at Frost Valley

We are constantly reviewing ways we can better serve your students and school. This often involves adding new programs or class facilities as well as adapting the content or delivery of some of our current offerings. Here are a few of our newer programs we think your students will really enjoy and benefit from. If there is a lesson or theme you're covering at school you'd like us to reinforce or give first-hand experience at Frost Valley, please speak with your program coordinator. We may be able to create customized programming for your trip.

SERVICE LEARNING

Many studies have shown that some of the most powerful educational experiences come through service. Furthermore, many schools are now requiring volunteer or service hours of their students. One of the fastest growing and meaningful offerings that Frost Valley YMCA provides is the opportunity for your students to get hands on with service projects while learning the benefits and importance of giving time and energy to others. In a 2- or 4-hour block your students will not only be helping out Frost Valley but, more importantly, they will be gaining a sense of pride and learning the value of service. Over the past several years students have helped us build bridges over streams, build a greenhouse constructed of water bottles, worked on restoring and shoring up our trails and removed invasive species. Or if you have some other creative ideas for service projects your students can perform at Frost Valley - we're all ears.

HALF DAY OR ALL DAY HIKE

While this has always been on our list of class choices, many schools don't realize that they can add specific curriculum to the hike. We can easily make sure to cover specific geology and ecology topics, visit our resource management center, or even cover some outdoor living skills while out on the trail. This actually allows our Instructors to set an easier pace and to see more sites in our outdoor classroom they aren't able to reach in a single period. Turn this into an All Day Hike and we can either provide a packed lunch to bring with us or do some simple trail cooking over a fire.

HOW WE TEACH SCIENCE

At Frost Valley, we pride ourselves on working to be as student-centered in our instruction as possible with the delivery of our science and ecology curriculum. As much of our program as possible is taught outside, encouraging direct engagement with the learning process. We focus on curiosity building, observation skills and discussion-based learning. We aim to have your students talking like a scientist - providing evidence in their answers and arguments, using a language of uncertainty, and agreeing with, expanding upon or disagreeing with arguments made by peers in a respectful and objective manner. Whether this looks a lot like or quite different than your classroom, please check in with your Program Coordinator before the trip or with your Program Instructor during the trip if you have any questions.

AUGMENTED REALITY SANDBOX

Through a generous gift from the Watershed Agricultural Council in Fall 2019, Frost Valley now has an Augmented Reality Sandbox on site! Google it... It's pretty amazing! This interactive "sandbox" allows students to build and manipulate landscapes in real time while learning about watersheds, landforms, contours and more. It can complement and build upon their outdoor experiences wonderfully. Ask your Program Coordinator if this fits with your program.

OTHER NEW AND INNOVATIVE PROGRAMS AT FROST VALLEY

Ask your Program Coordinator about our Healthy Home Kitchen cooking class, how to incorporate our new Solar Field into your program, visiting our garden/greenhouse, or taking a trip down to our Resource Management Center to experience composting and conservation.



FROST VALLEY YMCA SCHOOL PROGRAMS Winter & Spring 2022-23 Rates

Frost Valley YMCA runs weekday programming during the 2022-23 school year, typically from Wednesday to Friday. Our program runs from Wednesday, September 14, 2022 to Friday, June 9, 2023. Our goal is to host you and your students for a first class experience. We can customize your school's trip in order to fit your needs and budget. Rates include the service of one of our School Program Coordinators, who will assist you in the planning of your trip. We encourage you to contact us to plan a tour of our world-class facilities and one-of-a-kind programming. Financial assistance may be available. **Please call 845-985-2291 ext. 213 to learn more.**

PROGRAM PACKAGES	2-DAY 1 Night, 4 Meals 3 Classes	3-DAY 2 Nights, 7 Meals 6 Classes	4-DAY 3 Nights, 10 Meals 9 Classes	5-DAY 4 Nights, 13 Meals 12 Classes	DAY RATE (Limited Availability)
Per Person Rate	\$199	\$250	\$320	\$400	Contact us for info.

MEDICAL SERVICES:

Our Health Center provides nursing and first aid care for schools and groups while at Frost Valley YMCA. Our staff consists of trained professionals dedicated to providing quality health care, and emergency first aid care. We carry backboards, oxygen therapy, nebulizer machines, biohazard kits, first aid supplies, Automatic Electronic Defibrillators (AED), splints, and rapid response vehicles such as our UTV.

If an individual is transported via ambulance, school groups are required to provide their own return transportation from the medical facility. Directions to the hospital/urgent care will be provided by our staff.

Schools also have the option to pay for additional Frost Valley nursing services. These services include our nurses collecting health forms, collecting medications, comparing MARS to medication labels, and coordinating with school the frequency and time of day the administration of medications respective to doctor's orders. Our nursing staff may be able to provide unique services to students with special needs with advanced notification. Frost Valley YMCA nursing services are billed based on each calendar day your school is here, (i.e. a Wednesday - Friday trip is charged for three days).

GROUP SIZE	COST: 1 DAY	2 DAYS	3 DAYS	4 DAYS
1-50	\$168.00	\$216.00	\$288.00	\$360.00
51-100	\$240.00	\$360.00	\$504.00	\$698.00
101-150	\$312.00	\$504.00	\$720.00	\$936.00
151-200	\$384.00	\$698.00	\$936.00	\$1,224.00
201+	\$456.00	\$720.00	\$1,080.00	\$1,440.00

LINENS:

Pillow, pillowcase, blanket, fitted sheet, flat sheet: \$9.00 per set Pillow and blanket only: \$3.00 per set

FROST VALLEY EVENING SPEAKERS:

Evening Speakers are subject to availability. Prices subject to change.

Herpetology	Brian Robinson	\$460 per show, \$860 for double
Ornithology	Bill Robinson	\$460 per show, \$860 for double
Square Dance	Joyce Hartsfield	\$460 per show, \$860 for double
Square Dance	Sandy Caller	\$460 per show, \$860 for double
Square Dance	Pat Cannon	\$510 per show, \$910 for double

BUS SERVICE:

Frost Valley YMCA can assist in your trip planning and save you money by offering some attractive rates through two bus companies. Even better, we handle all the work for you! All buses can accommodate 54-55 passengers and come standard with heating, air-conditioning systems, GPS, lavatory, DVD/VCR, and undercarriage storage compartments.

Academy	Starting at \$1,250 per 54 passenger bus, one way. No service to Suffolk County.
Tonche Transit	\$1000 - \$2,000 per 55 passenger bus, one way. Will go to Long Island.

All bus pricing subject to change and based on availability. For more information, please contact the reservations department at reservations@frostvalley.org or (845) 985-2291 ext. 450.

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 2000 Frost Valley Road, Claryville, NY 12725 **TEL** 845 985 2291 **FAX** 845 985 0056 **WEB** frostvalley.org



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Optional Funding for your Trip

THE CATSKILL WATERSHED CORPORATION

The Catskill Watershed Corporation, in partnership with the New York City Department of Environmental Protection, is dedicated to increasing awareness and education about the importance of protecting the New York City watershed, and provides grants to schools, libraries, museums, and other organizations in the West-of-Hudson (WOH) Watershed and in New York City. Please note that projects for East-of-Hudson Watershed and Long Island audiences are ineligible for this funding.

For more information, visit: <http://www.cwconline.org/wateredu/fundingsources.html> or call toll-free (877) WAT-SHED. **See website for details and due dates.**

TARGET®

The Target Field Trip Grants program is managed and administered entirely by Scholarship America. Applications must be submitted electronically to Scholarship America at: <https://targetfieldtripgrants.target.com>

TEACHING THE HUDSON VALLEY

Teaching the Hudson Valley provides annual grants for the development of place-based activities and lessons. Schools and organizations in the region with cultural, historic, and natural significance are eligible to apply. For more information, go to www.teachingthehudsonvalley.org and click on Grants or call (845) 229-9116 x 35.

WATERSHED FORESTRY BUS TOUR

The Bus Tour Grant Program is designed to help connect New York City groups with their water supply systems in the Catskill Mountains and East-of-Hudson region. The funding is a 50/50 cost share with the participating group and is open to anyone with the capacity to organize and coordinate a tour.

Visit their site: <https://www.nycwatershed.org/bustours>

BOCES

Most BOCES organizations offer help paying for Outdoor or Environmental Education trips, some specifically to come to Frost Valley. Contact your local BOCES representative to see how they can help you bring your students to Frost Valley.