



FROST VALLEY YMCA 2023-24 TEAM BUILDING RATES

TEAM BUILDING RATES PER PERSON Includes lodging, programs & standard meals	FULL DAY 3 PROGRAMS	1 NIGHT 3 PROGRAMS	2 NIGHTS 4-6 PROGRAMS	3 NIGHTS 7-9 PROGRAMS	4 NIGHTS 10-12 PROGRAMS
FULL DAY	\$88				
TIER 1: Lakeview, Castle, Friendship House (shared room)		\$285	\$435	\$584	\$734
TIER 2: Modern Lodges, New & Renovated Cabins (bunk beds)		\$194	\$290	\$395	\$497
1/2 PROGRAM RATE DEDUCTION 1 Night: 1 program 2 Night: 2-3 programs 3 Night: 4-5 programs		-\$20	-\$35	-\$55	

TEAM BUILDING OPTIONAL ADD-ONS	
SINGLE ROOM UPGRADE	\$85 per person
ADDITIONAL HOT MEAL Hot meal options vary	\$13 per person
UPSCALE SANDWICH MEAL Includes an assortment of sandwiches, potato salad, pasta salad, chips, and cookies on a tray	\$14 per person
BAG LUNCH TO-GO Includes sandwich, chips, fruit, granola bar, and drink	\$10 per person

TEAM BUILDING OUTREACH	\$550 per day, per staff
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Let Us Help You Plan Your Perfect Team Building Retreat!

Call: 845-985-2291 ext. 450

Email: reservations@frostvalley.org

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