



# FROST VALLEY YMCA OUTDOOR SCHOOL PROGRAMS Winter & Spring 2023-24 Rates

Frost Valley YMCA runs weekday programming during the 2023-24 school year, typically from Wednesday to Friday. Our program runs from Wednesday, September 13, 2023 to Friday, June 7, 2024. 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 a program director, 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. 221 to learn more.**

<b>PROGRAM PACKAGES</b>	<b>2-DAY</b> 1 Night, 4 Meals 3 Classes	<b>3-DAY</b> 2 Nights, 7 Meals 6 Classes	<b>4-DAY</b> 3 Nights, 10 Meals 9 Classes	<b>5-DAY</b> 4 Nights, 13 Meals 12 Classes	<b>DAY RATE</b> (Limited Availability)
<b>Per Person Rate</b>	<b>\$215</b>	<b>\$265</b>	<b>\$340</b>	<b>\$425</b>	<b>Contact us for info.</b>

## MEDICAL SERVICES:

If you opt in to pay for our nursing services, our Health Center will provide 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.

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). For further information, please call us at (845) 985-2291 ext. 225 or email [wellness-center-staff@frostvalley.org](mailto:wellness-center-staff@frostvalley.org)

<b>GROUP SIZE</b>	<b>COST: 1 DAY</b>	<b>2 DAYS</b>	<b>3 DAYS</b>	<b>4 DAYS</b>
1-50	\$202.00	\$259.00	\$346.00	\$432.00
51-100	\$288.00	\$432.00	\$605.00	\$778.00
101-150	\$374.00	\$605.00	\$864.00	\$1,123.00
151-200	\$461.00	\$778.00	\$1,123.00	\$1,469.00
201+	\$547.00	\$864.00	\$1,296.00	\$1,728.00

## LINENS:

Pillows and Blankets are provided at no cost. Pillowcase, fitted sheet, flat sheet: \$10.00 per set  
Please bring a towel and any other bedding needs.

## FROST VALLEY EVENING SPEAKERS:

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

Herpetology	Brian Robinson	\$460 per show, \$920 for double
Ornithology	Bill Robinson	\$460 per show, \$920 for double
Revolutionary War	Neil Murray	\$500 per show, \$950 for double
Square Dance	Sandy Corey Freyer	\$500 per show, \$950 for double
Square Dance	Pat Cannon	\$500 per show, \$900 for double
Story Laurie	Laurie McIntosh	\$470 per show, \$625 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 \$1,490 per 54 passenger bus, one way. No service to Suffolk County.

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