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# FROST VALLEY YMCA OUTDOOR SCHOOL PROGRAMS

## Letter from the Director

Hello Educators!

We've all faced unique challenges over the past years, but together, we've proven that our community's strength lies in the power of unity and togetherness. As we continue our journey of learning and growth, we couldn't be more thrilled to invite you to experience the magic of our community-driven outdoor classroom at Frost Valley!

Get ready to ditch those screens and immerse yourselves in a world of laughter, adventure, and boundless possibilities. Our camp is not just a place; it's a hub of fun, friendship, and shared experiences. Here, we believe in the power of teamwork, which is why we've made sure every student who comes to camp experiences exciting team-building activities that will have you cheering each other on and celebrating every achievement.

Discover the wonders of nature as you embark on thrilling expeditions, uncovering the secrets of Reflection Pond and meeting the incredible invertebrates that call it home. Our outdoor classrooms are brimming with awe-inspiring moments. Witness the joy of learning come alive as you engage in real-life discussions sparked by nature's marvels during our unforgettable trail excursions.

In this supportive community, we cheer for every milestone reached and celebrate every smile shared. Our Outdoor Instructors are not just teachers; they are mentors, friends, and guides, here to nurture connections with each other and the world around you. We firmly believe that education can be exhilarating, and that's why our science programs are designed to ignite your curiosity, tickle your sense of wonder, and empower you with the skills of critical thinking.

Let loose your inner adventurer. Challenge yourself on our thrilling ropes courses, reach new heights on the climbing tower, and experience the joy of conquering new frontiers in canoeing and orienteering. It's not just about the activities; it's about discovering the extraordinary within yourself.

Our camp is more than just a retreat; it's a place where friendships are forged, memories are etched, and hearts are forever touched. We invite you to explore our enclosed materials to get a sneak peek into the fun that awaits you at Frost Valley YMCA's Outdoor School Programs. And if you're new to our community, schedule a site visit to get a taste of the adventure in store.

With excitement and open arms, we eagerly await your arrival at Frost Valley. Let's make this an experience of a lifetime, together.

Warmest regards,

Eva Larson  
Director of Outdoor School Programs  
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# FROST VALLEY YMCA OUTDOOR SCHOOL PROGRAMS

## Frequently Asked Questions

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

At Frost Valley, we prioritize creating the dream camp experience for your students. Our program director will collaborate with you to design a tailored program based on your goals for the trip, incorporating desired activities, topics, and objectives. We value your active participation in promoting a positive learning environment, with a teaching ratio of approximately 1 instructor to 15 students during class time. For overnight supervision, we recommend a ratio of one adult to eight students (6th grade level or below) or one adult to ten students (above 6th grade level). Visit our website at [www.frostvalley.org/school-trips](http://www.frostvalley.org/school-trips) for additional resources and ideas. Let's work together to make this an unforgettable adventure for your students!

### 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, your group size, 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 with your ID, the first building on the right as you enter camp. You will meet your program facilitator there and receive further instructions about buses 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 to get settled before class starts at 1:15 pm.

**DEPARTURE:** Please have everyone pack all of their belongings and place luggage in the main room of lodges before breakfast. If weather permits, please place luggage outside your lodge. Frost Valley staff will pick up luggage and deliver it to a designated area. Please do not return to your lodge after morning classes as our housekeeping staff have already begun cleaning lodges for incoming guests. Brooms and dust pans are provided. 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. We have some extra clothing items that can be borrowed and clothing is sold at the store.

### 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 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 so our kitchen staff have adequate meals prepared. Feel free to reach out directly to our kitchen team by emailing [goodfood@frostvalley.org](mailto:goodfood@frostvalley.org)

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



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# FROST VALLEY YMCA OUTDOOR SCHOOL PROGRAMS

## Frequently Asked Questions Continued

### WHAT SHOULD I BRING TO CAMP?

A detailed packing list for school trips is available on our website. Each lodge has pillows and blankets available. Sleeping bags and pillows are optional and we can provide bed linens, pillows, and blankets, for an additional \$10 charge. Please remember to pack for cold weather, layers and non-cotton items are ideal. You will be outside most of every day and we want to make sure you and your students are comfortable regardless of the elements.

Please note that cell phones do not receive service at Frost Valley. You will lose service about 30 minutes outside of camp. You may utilize our landline phones while on property.

### WHAT IF STUDENTS GET SICK OR INJURED?

If you are not bringing your own nurse, you must use our Frost Valley nursing services. The Guenther Family Wellness Center, on campus, is a state-of-the-art healthcare facility, staffed 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. We strongly recommend each school bring one personal vehicle for use in case of an emergency needing travel offsite.

### WHAT PAPERWORK MUST TEACHERS BRING TO FROST VALLEY?

- Student and teacher/chaperone attendance list
- Lodge assignment list
- Bus assignment list
- Study group rosters
- Photo Release Waivers
- Frost Valley waiver and medical forms for students and chaperones – 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 or email [wellness-center-staff@frostvalley.org](mailto:wellness-center-staff@frostvalley.org)

### 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.

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.



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# FROST VALLEY YMCA OUTDOOR SCHOOL PROGRAMS

## 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](http://frostvalley.org).

### SCIENCE RELATED:

- Forest Ecology
- Freshwater Ecology
- Geology of the Catskills
- Organic Gardening
- Orienteering
- Outdoor Living Skills
- Sustainability Resources
- Watersheds and Wilderness
- Wildlife Ecology
- Winter Ecology

### CATSKILL HIKES:

- All Day or Half Day Hiking Adventure
- Cable Bridge Crossing
- Brother or Devil's Hole Waterfalls
- High Falls Waterfall
- Offsite to Slide Mountain (all day) or Giant Ledge (half day)
- Ecological Focused Hike (Forest or Wildlife)

### GROUP BUILDING / LEADERSHIP SKILLS:

- Catapult Construction
- Low Ropes Course
- New Group Games
- Service Learning Projects
- Team Building Games & Challenges
- The Beast - Communication Breakdown
- Trust Trip

### ADVENTURE:

- Climbing Tower (all grades)
- Flying Squirrel (all grades)
- Giant's Ladder (grades 5-12)
- Leap of Faith (grades 8-12)
- Vertical Playpen (grades 5-12)
- Zipline (grades 5-12)

### HISTORICAL/CULTURAL:

- Apple Cidering
- Historic Campus and Castle Tour
- Maple Sugaring

### SEASONAL RECREATION:

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



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# FROST VALLEY YMCA OUTDOOR SCHOOL PROGRAMS

## 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 PROVIDED EVENING PROGRAMS:

- **Action Auction:** Get ready to get silly! A camp-style game show that will encourage creativity and fun.
- **Astronomy/Observatory:** A spectacular show of night-sky viewing. Weather permitting.
- **Catapult:** Who can build the best catapult with the supplies provided? A team building exercise in Physics.
- **Campfire:** Songs, skits, and games around the campfire! Encourage your students to prepare their own skit or performance! \*S'mores upon request
- **Hayride:** Ride along the Neversink River under the stars. Weather permitting and seasonal.
- **Marshmallow Challenge:** Small groups work to construct the tallest structure possible using only spaghetti and marshmallows!
- **New Games:** Get moving and get silly with some new games to burn off any extra evening energy.
- **Night Awareness:** Use your five senses to get to know the world after dark, including the night sky. Flashlights not permitted to experience forest at night.
- **Snow Tubing:** Snow, speed, and smiles! Weather permitting and seasonal.
- **The Beast:** A physical game of Telephone where every child has their own role to play.
- **Zingers:** Quick, fun, competitive games to get kids moving and laughing.

### EVENING GUEST PROGRAM OPTIONS:

A separate fee is charged for the speakers listed below. Please contact us 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" Bill Robinson. Generations have experienced this amazing show – truly not to be missed!
- **Square Dance:** Get ready to party! Learn traditional American Square Dancing. An unforgettable experience that your students will never forget!
- **Story Laurie - Mountain Tales & Tunes:** This lively program features tales both tall & true (and one so wild it's hard to believe!) serving up the perfect combo of mountain wisdom and humor. Woven in with the stories is a delightful blend of traditional and original tunes, including Story Laurie's hilarious "Scat Scat," a jazzy little tribute to some of our local wild animals' natural processes.
- **Revolutionary War:** Through the mists of time students will be engaged in a dynamic program aligned with the NYS Social Studies framework. Utilizing methods of living history, presentations weave realism and instruction to create a living museum of experiential learning. Appropriate for students of all ages, a conceptual understanding of the enduring issues that define us as a nation.



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# FROST VALLEY YMCA OUTDOOR SCHOOL PROGRAMS

## Sample Seasonal Schedules

### FALL

#### DAY ONE

11:00 am Arrive  
11:30 am Orientations  
12:00 pm Lunch  
1:15 pm Team Building  
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 Team Building  
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 Winter Ecology  
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 Low Ropes  
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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# FROST VALLEY YMCA OUTDOOR SCHOOL PROGRAMS

## 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 contact us. 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 for 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.

### **AUGMENTED REALITY SANDBOX**

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 and ties in especially well with Geology or Watershed classes to help students understand the wonders of geological formations, especially over time.



# 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.





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# FROST VALLEY YMCA OUTDOOR SCHOOL PROGRAMS

## 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](http://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.