FROST VALLEY YMCA
CORPORATE TEAM BUILDING PRICING

"Strengthen your team, inspire connection, and grow together."

About Team Experience Packages at Frost Valley

At Frost Valley YMCA, we believe that the best teams are built through shared experiences that challenge, connect, and inspire. Our team building programs take place in the beautiful Catskill Mountains and are designed to strengthen communication, collaboration, trust, and leadership. Whether you're looking to energize your staff, improve morale, or spark creative problem-solving, Frost Valley provides the perfect environment for meaningful growth.

Program Overview

All Team Building at Frost Valley programs are led by trained facilitators who tailor each experience to meet your group's goals. Activities may include adventure-based challenges, communication workshops, and reflection sessions. All pricing reflects the 2026 pricing season.

Packages & Pricing

Corporate Team Building Retreat

Step away from the boardroom and into the mountains. Frost Valley's rustic and intentional setting invites teams to reconnect with nature, with each other, and with their shared purpose. Our team building programs are designed to strengthen communication, collaboration, and trust while giving participants the space to learn more about themselves and their colleagues. Each experience is fully customizable, with opportunities to add on adventure elements, wellness experiences, or reflective sessions that enhance your team's growth and connection.

Corporate Team Building (Tier 1)

Includes:

- Customizable team building sessions led by Frost Valley facilitators
- Exclusive use of conference space and equipment
- Meals, Beverages, and Snacks
- Lodging Options – Lakeview, Castle, Friendship House

Rates:

- 1 Night : $500 per person (includes 3 meals)
- 2 Nights : $800 per person (includes 6 meals)
- 3 Nights : $1,100 per person (includes 9 meals)

Corporate Teambuilding (Tier 2)

Includes:

- Customizable teambuilding sessions led by Frost Valley facilitators
- Use of meeting space and equipment
- Meals, Beverages, and Snacks
- Lodging Options – Super Lodges, Cabins

Rates:

- 1 Night : $375 per person (includes 3 meals)
- 2 Nights : $600 per person (includes 6 meals)
- 3 Nights : $750 per person (includes 9 meals)
- Day Rate : $215 per person (includes 1 meal)

Packages & Pricing Continued

Corporate Wellness and Team Building Retreat

Reconnect, recharge, and re-energize your team through meaningful outdoor experiences that combine group connection with individual well-being. This program blends Frost Valley's signature team building approach with wellness-focused activities such as guided hikes, forest meditation, and outdoor skills sessions. Perfect for teams seeking renewal, creativity, and balance in a natural setting.

Includes:

- Custom wellness-inspired team building sessions led by Frost Valley facilitators
- Use of meeting space and equipment
- Meals and Snacks
- Lodging Options – Lakeview, Castle, Friendship House

Rates:

- 1 Night : $500 per person (includes 3 meals)
- 2 Nights : $800 per person (includes 6 meals)
- 3 Nights : $1,100 per person (includes 9 meals)
- Day Rate : $300 per person (includes 1 meal)

Off-Site & Partnership Programs

Can't come to us in the mountains? We'll bring Frost Valley to you. Our facilitators deliver engaging, hands-on team building experiences right at your workplace, retreat, or conference. Through customized activities and guided reflection, teams strengthen communication, trust, and collaboration wherever they are.

Off-Site Rate:

- TMB Off-Site (Corporate): $200 per person

Partnership Rates (ex. Neversink Hemlock)
(includes travel and setup)

- Partnership Off-Site (1 Day): $175 per person
- Partnership On-Site (1 Day): $215 per person (includes transit)
- Partnership On-Site (2 Days): $350 per person (includes transit)
- Partnership On-Site (3 Days): $450 per person (includes transit)

Premium Add-ons

Elevate your team's retreat with optional enhancements like specialty communication assessments to pinpoint optimal team strategies, creative art workshops for collaborative creation, or a Disc Analysis and Debrief via Cloverleaf.

- Cloverleaf Digital Coaching Platform and Disc Analysis: $50 per person
- Animal Matrix personality type assessment: $25 per person
- Color communication, Communications styler assessment: $25 per person
- Specialized Art Workshop with Artist Louis Macia: $10 per person
  - Examples of Art Workshops: Company Vision Mural, Board Game Design and Play, and Personal Symbol Design

All pricing reflects the 2026 pricing season.

Contact us to request a quote or learn more!

CALL: 845.985.2291 x 295 EMAIL: businessdevelopment@frostvalley.org VISIT: frostvalley.org