



Frost Valley YMCA 2005

Guest Service Information

2



Forstmann Conference Center for Family & Group Programs

Please return this information form within **three weeks prior to your arrival date.**

Family/Group Name _____ Dates of Stay _____ Arrival Time _____

Guest Services

A blanket and pillow will be provided for each bed.

Linens & Towels \$6/Person No Yes* # needed: _____

*Linens must be ordered for the entire party.

Firewood* (limit 3 loads/day) \$10 each Friday Night Delivery Saturday Afternoon Delivery

*Each fire-ring (indoor and outdoor) will be equipped with one load of firewood. Mark the above to order extra wood.

Dietary Concerns

Please indicate the number of participants with the following dietary concerns:

__ Vegetarian participants __ Vegan participants __ Lactose Intolerance __ Peanut Allergy __ Diabetic __ Other

Participant Information

Please indicate the number of participants for each category in order to determine age appropriate programs:

__ Age 6 & Under __ Ages 7-9 __ Ages 10-12 __ Ages 13-17 __ Ages 18-29 __ Ages 30 and above

Program Interests

Please indicate the six activities your group would be the most interested doing during your visit.

The following checklist will be used as a guideline for the Program Coordinators as they set up a schedule that will best accommodate the needs of every guest. If you are interested in scheduling any of these activities exclusively for your group at an additional cost, please contact the Program Coordinators two weeks prior to your arrival.

Spring/Fall

- Archery
- Boating
- Climbing
- Trail Hikes
- Castle Tours
- Maple Sugaring (S)
- Apple Cidering (F)

(S) Spring only
(F) Fall only

Winter

- Snow Tubing
- Broomball
- Cross-Country Skiing
- Ice Fishing
- Snow Shoeing
- Castle Tours
- Ice Cutting

Wellness

- Yoga
- Incredible Edible
- Natural Facials

Evening Programs

- Night Hikes
- Astronomy
- BINGO
- Hayrides
- Dance Party
- Campfires/S'mores
- Karaoke

Arts & Crafts

- Wood Burning
- Candle Making
- Soap Making
- Lanyard Pens
- Fusion Beads
- Copper Enameling
- Bracelet Making
- Tie Dye

All-Day Hikes

- Guided Catskill Forest Preserve Hike \$20 fee/person

Outdoor Education

- Greenhouse Tours
- Orienteering
- Knot Tying
- Pond Exploration
- Raptor Center Tours
- Interpretive Hike

Attendance History

Have you visited Frost Valley before? Yes No If so for how many years? _____

Has anyone in your group been staff at Frost Valley? Yes No If so, which program? _____ When? _____

How did you hear about Frost Valley?

- Friends or Family
- Internet Search
- Summer Camp Program
- Frost Valley Website
- YMCA Affiliation
- Adult Education Program
- Advertisement
- American Camping Association
- Environmental Education Program

Questions? **Contact a Program Coordinator at (845) 985-2291 ext. 222 or at confpc@frostvalley.org**