



Spring

- Board Games
- Hayrides
- Horseback Riding *
- Pond Exploration
- Orienteering
- Archery
- Outdoor Survival Skills
- Arts & Crafts*
- Naked Eye Astronomy
- Floor Hockey
- Y-Climbing Tower
- Yoga
- Hiking

Fall

- Y-Climbing Tower
- Apple Cidering
- Horseback Riding*
- Hayrides
- Arts & Crafts*
- Ecology Hikes
- Tie-Dye
- Archery
- Natural Facials
- Skins and Skulls
- Pond Exploration
- Boating and Canoeing
- Low Ropes Challenge
- Archery

Winter

- Snow Tubing
- Maple Sugar Season
- Cross Country Skiing
- Snow Shoeing
- Arts & Crafts*
- Broomball
- Sugar Cookies
- Observatory
- Ice Fishing
- Yoga
- Natural Facials
- Skins and Skulls
- Raptor Center Tour
- Archery

***Additional Fees apply**

Class Descriptions:

Archery

Test your bulls-eye skills by using a bow and arrow. Our trained staff take you through the steps to become an expert archer. We have recently added an indoor range, making this camp tradition available all year long.

Arts & Crafts*

Your creative side opens up with a variety of activities here at Frost Valley. Our instructors will help you wield crafts that vary from wind chimes to jewelry making, candle making and dream catchers.

Broomball

Grab your group or family and create a team to compete in one of the oldest games here at Frost Valley. Participants use brooms to play a version of hockey on our frozen basketball courts.

Cross Country Skiing

Experience some of the best cross-country skiing New York State has to offer! Set on 6,000 acres deep in the Catskill Mountains, Frost Valley YMCA offers great skiing for all ages and abilities. Whether it's the miles of beautiful back-country trails, or skiing beside pristine streams, there's something for everyone!

Floor Hockey

Enjoy a friendly game of floor hockey, perfect for your daily dose of exercise and fun with the whole family!

Hayride

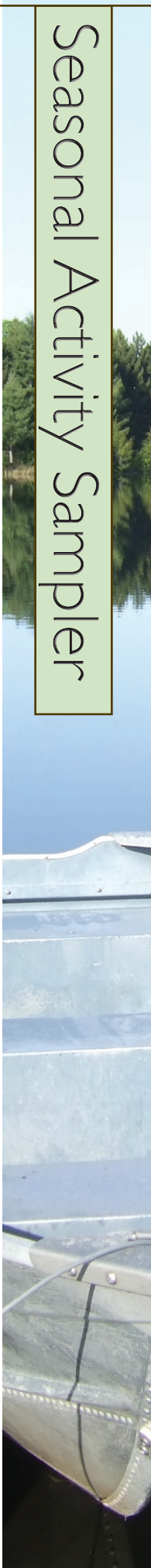
Enjoy a vintage ride along the Neversink River where making new friends and beautiful scenery are always in season

Horseback Riding*

Join our qualified instructors for a one-hour riding lesson or trail ride through the scenic Catskill Mountain Trails.

Ice Fishing

Watch our staff cut a perfect hole in Lake Cole and surrender yourself to the fish as you wait for the big one to bite!



Maple Sugar

At Frost Valley's Maple Sugar House, guests can learn about the process of identifying a good sugar maple tree, tapping the tree, and boiling the sap to make delicious maple syrup. Experience all the elements of sugaring, a snowy forest hike, brisk mountain air, sun melting snow, the scents of good soil, swelling buds, tapping trees, collecting sweet sap, the heat of a good wood fire, the steam of evaporating water, and the sweet taste of arriving at 67% sugar content Maple Syrup!

Naked Eye Astronomy

Let our staff guide you through the constellations on a beautiful night in the Catskills. See the stars as they shine brightly without the lights of the city to drown them out.

Natural Facials

Learn how using everyday household groceries can brighten and liven your skin. Relax and let our staff guide you to a healthy and environmentally sound method of skin cleansing.

Observatory

Take advantage of our beautiful Catskill setting at night with a view of the stars from our telescope. Placed high on the mountain, our observatory provides some of the best views of the night sky.

Orienteering

Learn to use a compass to navigate your way through the "forever wild" Catskill Preserve with the help of our highly trained staff.

Outdoor Survival Skills

Just like Survivor Man, our trained staff share the secrets of survival in the wild. From learning to light fires without a match to hanging bear bags, you will be equipped to survive a night out in the Catskills when you finish this class.

Snow Shoeing

Frost Valley has over 27 miles of trails for our guests to enjoy during the winter months. You can rent a pair of snow shoes or bring your own as you experience the beauty of winter. You can choose to go on your own or join our staff on a hike to High Falls, which flows year-round.

Snow Tubing

Whether day or night, our mountainous setting provides the perfect opportunity to slide down the hill and enjoy the fresh mountain air nipping at your nose.

Sugar Cookies

Come and decorate your own sugar cookie—a perfect indoor activity after you have snow-shoed all morning!

Yoga

Enter a serene state of meditation in the peaceful setting of nature helping you reconnect and achieve control of your body and mind.



Frost Valley YMCA

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