

Frequently Asked Questions

- Dietary Restrictions
 - Frost Valley is a peanut – free facility. Frost Valley will accommodate many dietary needs, such as vegetarians, food allergies, and kosher meals. At all meals there are alternatives to the main meal being served. At all meals children can have cereal and milk, or make themselves a soy butter and jelly sandwich if they don't want to eat what is being served. In addition, at lunch and dinner there is a salad bar. Please make sure that you fill in any dietary restrictions that your child has on their paperwork.
- Departure and Arrival
 - Your child may not take their luggage on the bus.
 - Departure from the Middle School will be around 8:30. Please drop off your child and their luggage between 7:30 and 8:00 am in the auditorium. Staff will be there to assist you.
 - We will arrive back at the Middle School at 2:00. Please plan to pick your child and their luggage up at this time. At the 2:35 dismissal, anyone who is still at school will ride their regular bus home and will need to pick up their luggage the following Monday.
- Contact Information/Communication
 - The address and phone number for Frost Valley is below. Please only call Frost Valley if you have an emergency.
 - Frost Valley YMCA
2000 Frost Valley Road
Claryville, NY 12725
845-985-2291
 - Your child will only be able to call home in an emergency.
- Bunk Mate
 - Your child and another child must agree on being bunkmates. Each pair of students will be placed in a cabin together.
- Typical Day: Activities
 - After breakfast, your child will attend one morning educational activity and after lunch, two afternoon educational activities with their learning group. Each of these activities will be led by a Frost Valley staff member and will be chaperoned by a teacher or other school personnel. After dinner, your child will attend an entire 6th grade educational activity.
- Types of Groups
 - **Learning Groups** is the group your child will go to their daily educational classes with.
 - **Eating Groups** are alphabetical and it is the group your child sits with at all meals.

- **Cabin Groups** are the groups that all stay in the same cabin. Remember that your child will get to choose one person that will be their bunkmate in the cabin.
- Gift Shop
 - Frost Valley has a gift shop that has both Frost Valley merchandise and other things such as shampoo if your child forgets theirs. Please check the Frost Valley website www.frostvalley.org to see the most current items and prices. Your child will be assigned a specific time that they will be able to go to the gift shop.
 - Advise your child to keep their money on their person at all times.
- Medication
 - All medication must go through the school nurse before we leave for Frost Valley. Please fill out the forms for medication in the packet. These forms must also be signed by your child's doctor.
 - No medication may be packed in your child's luggage.
 - There will be a teacher who escorts your child to the Health Center where a nurse will administer your child's medication.
 - The nurse is also available for any child who needs attention.
- Luggage/Packing List
 - In the packet there is a packing list that includes what your child needs at Frost Valley and what items are not allowed at Frost Valley.
 - Your child must be able to carry their own luggage.
 - Each child is allowed only one piece of luggage and a backpack. The backpack will come on the bus with your child for them to carry around each day. It should not be used as a supplement to their luggage.
- Cell Phones/Electronic Devices
 - Frost Valley does not have cell service, so your child does not need their phone on the trip unless they are using it as a camera.
 - There are no electronic devices allowed at Frost Valley.
- Cabin
 - All cabins have electricity and running water. There are showers, toilets, and sinks.
 - There will be a bed for them to sleep in, and Frost Valley will supply a pillow and a blanket for your child. You will need to pack a set of twin sheets, including a pillowcase.