



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EAST VALLEY RANCH WHERE RELAXATION MEANS REJUVENATION



## EAST VALLEY RANCH at FROST VALLEY YMCA

**JOIN US FOR A GETAWAY.**

Thanks to our secluded location, we're able to tailor our programs to meet the needs of a variety of groups. Our programs include a girls' horse camp, group & corporate retreats, Girl Scout weekends, family weekends, cross country skiing, teambuilding programs, ropes courses, and much more! Enjoy cozy lodging, nutritious and delicious home-cooked meals, and a variety of activities for guests of all ages and interests. We can't wait to see you here in "the Valley!"

EMAIL: [info@frostvalley.org](mailto:info@frostvalley.org) CALL: 845-985-2291

FIND OUT MORE ONLINE: [eastvalleyranch.org](http://eastvalleyranch.org)