

## WELCOME TO TOKYO-FROST VALLEY YMCA PARTNERSHIP

The partnership had its beginnings in 1979, when a signed agreement was executed between the Tokyo YMCA and the National-YMCA. This came about when an increase in the number of Japanese expatriates to the United States, promoted both YMCAs to investigate further. A member of the Tokyo YMCA, Tatsuo Honma, was sent to New York, and subsequently became the first director of the Tokyo Partnership.

Upon his arrival, several expatriates living in New York, were interviewed. Their needs were assessed and the partnership took the initial steps necessary to address them, including starting a women's fitness program, taught in Japanese. Further study resulted in Mr. Honma learning that many of the displaced children of these individuals were physically weaker than their counterparts in Japan, due largely to a lack of exercise. It also became evident that they faced periods of stress, due to their having to adjust to life in a culture so different from their own.

In response, it was decided that a summer camp, run in Japanese, would be started. Within its second year of operation, news of the camp, initially begun without a campground or camping equipment, spread widely through word-of-mouth. As the camp continued to grow, so did response to parental demands and expectations.

Since 1982, Tokyo's Summer Camp Program has been held at Frost Valley YMCA. Ultimately, in 1991, a partnership was formed with Frost Valley YMCA, which still remains as strong today. Now every year, about 300 children participate in summer camp programs.

### SUMMER CAMP

- Japanese Director & Counselors – Experienced and responsible
- Organization Camp – Structured curriculum that's understood and followed by all staff
- Japanese-language activities – Day-to-day activities and living using Japanese customs and culture are taught and respected
- Small Group Size – Camper to counselor ratio kept at 10 (or fewer) to one
- Outreach to American Campers – Children from both camps share activities and programs
- Group Leaders – Leadership training for young adults

Group counselors are at least 18

Junior counselors are at least 16

- Support of the Entire Child – Activities that enrich and promote all aspects of a child: intelligence, physical, activity, social skills, individualism
- Learning from Nature – Respect for nature
- Life Lessons – Improving communication skills, interpersonal relationships, self-confidence, self-respect

### FROST VALLEY YMCA

Founded in 1885 in New York state, Frost Valley is one of America's oldest camps. In 1957, the original camp moved to its current location in the Catskills. With over 100 years of camping experience, Frost Valley is recognized throughout the United States and the world as being a model camp in terms of its natural environment, facilities, staff, and programming. Frost Valley also operates year-round environmental programs, and has also successfully started its own wellness and dialysis programs.

### CAMP LIFE

At such a long-running camp, the daily schedule, meals, and healthy lifestyle are quite important. Each cabin is equipped with showers and bathrooms, and even in the summer, if the temperature drops, the rooms are kept warm. Once a week, there is a laundry service. With a focus on wellness, meals at Frost Valley are nutritionally balanced and prepared by professional cooks. Milk is served at each meal, and fresh vegetables at each lunch and dinner. Campers are allowed "seconds" of any entrée. To encourage a healthy lifestyle, Frost Valley has plenty of playing fields for soccer, basketball, tennis and other sports, and there are dedicated buildings for arts and crafts and other activities.

At camp, there is a health center that operates 24 hours a day and is staffed by a registered nurse. The health center is able to handle small injuries, colds, and homesickness. More pressing injuries and illnesses are brought to local hospital's emergency room. Camp staff make every effort to keep each camper safe and sound. To keep all campers safe, it is of utmost importance that the Partnership receives all related health forms for each camper.

### RICH ENVIRONMENT AND PROGRAM

Within this huge campus there is a lake for boating, canoeing and swimming, trails and streams, a variety of fields.

The Frost Valley utilizes its entire environment into its programs while maintaining the safety of its campers first and foremost. From personal challenges to group communication, from problem-solving to confidence-building, programs incorporate such tools as the ropes course and climbing walls. The compost center makes use of leftovers while teaching campers about the environment, and campers are able to see for themselves the effect of acid rain on hiking trails. Every part of Frost Valley is an opportunity to learn.



## SUMMER CAMP 2017

### CHALLENGE CAMP (WITH ESL OPTION)\*

Grade: 1-10 / July 2-14, July 16-28, July 30-August 11, August 13-25 / \$1,750

During this two week camp, each child is able to challenge themselves through activities that involve the use of the natural environment as well as team building activities including Project Adventure, Climbing Wall, and the Giant Swing. Group challenges are achieved through individual effort. Each child is able to successfully face his own challenges through support and encouragement from peers. These activities make up the unique experience of the Frost Valley YMCA.

### 4 WEEK CAMP

Grade: 6-10 / July 2-28 / \$2,970

This traditional long-running camp includes program such as 3-day hike, sports and other camp activities that can be enjoyed in more depth over four weeks. Friendships made through this shared experience will last a lifetime. Please note that July 15th is visiting day for parents.

### 1 WEEK CAMP

Grade: K-6 / August 13-20 / \$1,160

This summer camp session is a one-week "great outdoors" experience that introduces children to camping. Activities are conducted in a friendly atmosphere. Our hope is that by the end of camp children will want to come back for many summers to come. This is the perfect camp experience for first time campers and older children not yet ready for a two week camp.

### DAY CAMP×CHALLENGE CAMP (WITH HORSEBACK RIDING OPTION)\*

Grade: 1-6 / July 2-14, July 30-August 11 / \$1,750

"Collaboration Camp" will be held in conjunction with the Frost Valley Day Camp. This is a good opportunity for Japanese campers to learn English and also for American children who want to learn Japanese.

### CIT CAMP

Ages: 15-16 years old by June 30, 2017/ July 16-28, July 30-August 11 \$1,750 / July 16-28 & August 13-25, July 30-August 11 & August 13-25 \$2,600

Counselors-In-Training participate in summer camp sessions as part of their training to gain experience in working with children and facilitating programs. By assisting the counselors, CITs become active participants in learning about children and facilitating programs. They receive staff training throughout the summer and participate in feedback sessions during staff meetings. In addition, CITs will begin to understand their future roles as junior counselors. CIT Camp is for teens interested in becoming future YMCA junior counselors and counselors. Please contact the office for application details.

### OPTIONS\*

The following two options will require a separate fee in addition to the camp fee. One of these optional programs may be selected for weekday mornings during the session indicated.

1. ESL Class (for "Challenge Camp" campers only) SESSION 3 ONLY / \$125  
Children will be divided into classes according to their English-speaking skills.  
Classes are taught by Frost Valley YMCA staff.
2. Horseback Riding (for "Day Camp×Challenge Camp" campers only) Ages: 8 and up / \$240  
This program requires that the campers have basic English-speaking skills for safety reasons.