

# ACTIVITY SCHEDULE

## FRIDAY, JUNE 14– THURSDAY, JUNE 20



YMCA OF THE ROCKIES– ESTES PARK CENTER



Children under the age of 13 must be accompanied by an adult at all times.

Some programs require advanced registration, click [here](#) or call x1104 to sign up.

### PROGRAM FACILITY HOURS

	Fri, June 14	Sat, June 15	Sun, June 16	Mon, June 17	Tues, June 18	Wed, June 19	Thurs, June 20
<b>SWEET MEMORIAL</b>	Stop by to get a full schedule of activities, and plan out your fun! Check out our game room in the basement! Sign out board games, puzzles, disc golf equipment and more! Questions? Call us at x1104.						
	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM
<b>BOONE FAMILY MOUNTAIN CENTER</b> 	Sign up for hikes, visit our nature center, or get info about our outdoor activities! Plus, find tons of information about hiking, both at the Y and in the National Park. Questions? Call x8402.						
	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM
<b>DUNCAN FAMILY CLUBHOUSE AND BENBROOK COURTS</b>	Check out sports equipment including volleyballs, kickballs, mini golf equipment, pickleball and tennis equipment and more. Located between mini golf and Benbrook Courts. Children 12 and younger must have an adult. Questions? Call x1134.						
	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM	8AM-5:30PM
<b>LULA W. DORSEY MUSEUM</b>	Come by and learn about the history and creation of YMCA of the Rockies. Guided tours available, no registration required. Last admittance 30 minutes before closing. Questions? Call us at x1136.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	10:30AM-5PM	9AM-5PM	9AM-5PM
<b>MAUDE JELLISON LIBRARY</b>	Grab a good book, cup of coffee, and get cozy. Questions? Call us at x1133.						
	9AM-7PM	9AM-7PM	1PM-5PM	9AM-7PM	9AM-7PM	9AM-7PM	9AM-7PM
<b>MOOTZ FAMILY CRAFT &amp; DESIGN CENTER</b> 	Drop in crafts available everyday, prices and availability vary. Glazed ceramics and Glass fusion must be finished by 3:00pm to be ready for pick up at the next day. No new projects after 4:30PM, clean up at 4:45PM. Questions? Call us at x1132.						
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM
<b>DORSEY SWIMMING POOL</b>	<b>Maximum capacity limits may apply.</b> Pool is closed during lightning storms. Pool will be cleared 5 minutes before closing time. Call x1135 for space availability and weather conditions. Towels provided. <b>OPEN SWIM</b> – Swim time for all, come to play or swim laps! Kids 12 and under must have an adult in the building at all times. Kids 7 and under must have an adult in the water. The water slide is open at the lifeguards' discretion.						
	<b>OPEN SWIM</b> 12:30PM-5PM 6:30PM-8PM <b>LAP SWIM</b> 6:30AM-8:30AM 5PM-6:30PM	<b>OPEN SWIM</b> 9AM-11:30 12:30PM-5PM 6:30PM-8PM <b>LAP SWIM</b> 6:30AM-8:30AM 5PM-6:30PM	<b>OPEN SWIM</b> 12:30PM-5PM	<b>OPEN SWIM</b> 12:30PM-5PM 6:30PM-8PM <b>LAP SWIM</b> 6:30AM-8:30AM 5PM-6:30PM	<b>OPEN SWIM</b> 12:30PM-5PM 6:30PM-8PM <b>LAP SWIM</b> 6:30AM-8:30AM 5PM-6:30PM	<b>OPEN SWIM</b> 12:30PM-5PM 6:30PM-8PM <b>LAP SWIM</b> 6:30AM-8:30AM 5PM-6:30PM	<b>OPEN SWIM</b> 12:30PM-5PM 6:30PM-8PM <b>LAP SWIM</b> 6:30AM-8:30AM 5PM-6:30PM
<b>BOB ECKER ROLLER RINK</b>	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104						
	5:30PM-9:30PM	5:30PM-8:00PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM

### ON PROPERTY SELF GUIDED WALKING TOUR

These informative strolls explore our history and public art and encourage you to engage with art and nature. Access the tours by clicking on the tour you are interested in! QR Codes are available in Sweet Memorial and the Museum.

[PUBLIC ART TOUR](#) | [WALK ABOUT THE Y HISTORY TOUR](#)

LOST?  
CHECK OUT OUR  
PROPERTY MAP



WANT TO HIKE?  
CHECK OUT OUR  
TRAIL MAP



At YMCA of the Rockies we are stewards of the Earth. Please do your part and recycle this Activity Guide. Click [here](#) or visit our website to learn more about our sustainability goals and practices.



# FREE FAMILY PROGRAMS

Age Ranges Family Programs (all ages) ‡ Little Learners (6 and under) \*  
Locations: Legett Youth Building (Legett YB) Sweet Memorial (Sweet)

Young Adult+ (10 & up) ☼

No registration required.

## PROGRAM DESCRIPTIONS

### FAMILY FUN

#### ANIMAL DETECTIVE (1hr)

Learn about animals at the Y! We will observe tracks, scat, bones, and antlers, then use your skills to see what animal clues can be found outside.

#### BACKYARD BEARS (30min)

Discover the fascinating world of black bears and learn to live in harmony with these magnificent animals.

#### BIRD IS THE WORD (1hr)

Come learn about fall birds in our area and make your very own bird feeder.

#### CREEK STOMPIN (1hr)

Get your feet wet in this intro to our mountain lakes and streams. Learn what makes a healthy waterway, and the importance of keeping our water clean!

#### FIRE QUEST (1hr)

Fire can be a life-saving tool outdoors. Come learn how to use various methods to spark safe fires.

#### MINERAL MAGIC (1hr)

Elevate your décor with unique handmade rocks, adding a touch of elegance and intrigue to any space!

#### NAVIGATION GAMES (1hr)

Practice your navigation skills using your wits and a map!

#### PARACHUTE GAMES (30min)

Rise and fall with our big parachute as we play games on, under, and around the billowing parachute.

#### SURVIVAL (1.5hr)

Learn some important skills to help you stay safe in the wilderness.

#### TOWER POWER (1hr)

Unleash your inner engineer and build towering structures

#### WALK IN THE WOODS (1.5hr)

Take a leisurely hike around property to explore the trees, plants, and animals in our area!

#### WHAT ABOUT WOLVES(30min)

Learn about the effect of these large carnivores on their ecosystems.

### LITTLE LEARNERS

#### FOR KIDS UNDER AGE 6:

#### BUGS, BUGS, BUGS (30 min)

Caterpillars, worms, beetles, butterflies, and more! Dig into what bugs look like, and what makes these crawly critters so cool!

#### LITTLE EXPLORERS (30 min)

Explorers use their senses to observe and investigate the world around them. Take a walk with our facilitator and practice your exploring skills.

#### WOOLLY WORM HUNT (30 min)

Join our adventurous hunt for the mysterious wooly worms and learn about how animals use camouflage.

#### CRITTER CRAFT (1hr)

Craft an animal masks and then step into the shoes of their favorite Rocky Mountain creatures.



### FRIDAY, JUNE 14

8:00AM \* Little Explorers @ Sweet  
8:45AM ‡ Animal Detective @ Sweet  
9:45AM ‡ Floor Hockey @ Roller Rink  
10:15AM \* Woolly Worm Hunt @ Sweet  
10:30AM\* Children's Story Time @ Library  
10:30AM ☼ Knots @ Sweet  
11:45AM ‡ Origami @ Sweet  
12:30PM ☼ Survival @ Sweet  
1:00PM \* Bugs, Bugs, Bugs @ Sweet  
1:30PM ‡ Up, Up and Away @ Sweet  
1:45PM ‡ Bird is the Word @ Sweet  
2:15PM ‡ Fire Quest @ Sweet  
2:15PM ‡ Mineral Magic @ Sweet  
4:30PM ‡ Parachute Games @ Sweet  
5:30PM ☼ Walk in the Woods @ Sweet  
5:45PM ‡ 4 Square @ Sweet  
6:00PM ‡ BINGO @ Sweet  
7:00PM ‡ Trivia @ Sweet  
7:45PM ‡ Capture the Flag @ Sweet  
9:30PM ‡ Stargazing @ Legett YB

### SATURDAY, JUNE 15

8:00AM \* Little Explorers @ Sweet  
8:45AM ‡ Animal Detective @ Sweet  
9:45AM ‡ Floor Hockey @ Roller Rink  
10:15AM ‡ Sidewalk Chalk @ Sweet  
10:30AM\* Children's Story Time @ Library  
10:30AM ☼ Knots @ Sweet  
11:45AM ‡ Origami @ Sweet  
12:30PM ☼ Survival @ Sweet  
1:00PM \* Bugs, Bugs, Bugs @ Sweet  
1:30PM ☼ Navigation Games @ Sweet  
1:45PM ‡ Bird is the Word @ Sweet  
2:15PM ‡ Fire Quest @ Sweet  
2:15PM ‡ Make Ice Cream @ Sweet  
2:30PM ‡ Creek Stompin @ Dorsey Pond  
2:45PM ‡ Kickball @ Sweet  
3:15PM ‡ Tower Power @ Sweet  
3:30PM ‡ Backyard Black Bears @ Sweet  
3:30PM \*Jr. Survival @ Sweet  
4:30PM \*Parachute Games @ Sweet  
5:30PM ☼ Walk in the Woods @ Sweet  
5:45PM ‡ 4 Square @ Sweet  
6:00PM ‡ BINGO @ Sweet  
7:00PM ‡ Trivia @ Sweet  
7:45PM ‡ Ultimate Frisbee @ Sweet

### SUNDAY, JUNE 16

8:00AM \* Little Explorers @ Sweet  
8:45AM ‡ Animal Detective @ Sweet  
9:45AM ‡ Floor Hockey @ Roller Rink  
10:15AM \* Woolly Worm Hunt @ Sweet  
10:30AM ☼ Knots @ Sweet  
11:45AM ‡ Origami @ Sweet  
12:30PM ☼ Survival @ Sweet  
1:00PM \* Bugs, Bugs, Bugs @ Sweet  
1:30PM ‡ Up, Up and Away @ Sweet  
1:45PM ‡ Bird is the Word @ Sweet  
2:15PM ‡ Fire Quest @ Sweet  
2:15PM ‡ Slime @ Sweet  
2:30PM ‡ Creek Stompin @ Dorsey Pond  
2:45PM ‡ Kickball @ Sweet  
3:15PM ‡ Tower Power @ Sweet  
3:30PM \* Critter Crafts @ Sweet  
3:30PM ‡ What About Wolves @ Sweet  
4:30PM \* Parachute Games @ Sweet  
5:30PM ☼ Walk in the Woods @ Sweet  
5:45PM ‡ 4 Square @ Sweet  
6:00PM ‡ BINGO @ Sweet  
7:00PM ‡ Trivia @ Sweet  
7:45PM ‡ Capture the Flag @ Sweet  
9:30PM ‡ Stargazing @ Legett YB

### MONDAY, JUNE 17

8:00AM \* Little Explorers @ Sweet  
8:45AM ‡ Animal Detective @ Sweet  
9:45AM ‡ Floor Hockey @ Roller Rink  
10:15AM \*Woolly Worm Hunt @ Sweet  
10:30AM\* Children's Story Time @ Library  
10:30AM ☼ Knots @ Sweet  
11:45AM ‡ Origami @ Sweet  
12:30PM ☼ Survival @ Sweet  
1:00PM \* Bugs, Bugs, Bugs @ Sweet  
1:30PM ‡ Up, Up and Away @ Sweet  
1:45PM ‡ Bird is the Word @ Sweet  
2:15PM ‡ Fire Quest @ Sweet  
2:15PM ‡ Marshmallow Catapult @ Sweet  
2:30PM ‡ Creek Stompin @ Dorsey Pond  
2:45PM ‡ Kickball @ Sweet  
3:15PM ‡ Tower Power @ Sweet  
3:30PM \* Critter Crafts @ Sweet  
3:30PM ‡ What About Wolves @ Sweet  
4:30PM \* Parachute Games @ Sweet  
5:30PM ☼ Walk in the Woods @ Sweet  
5:45PM ‡ 4 Square @ Sweet  
6:00PM ‡ BINGO @ Sweet  
7:00PM ‡ Trivia @ Sweet  
7:45PM ‡ Capture the Flag @ Sweet  
9:30PM ‡ Stargazing @ Legett YB

### TUESDAY, JUNE 18

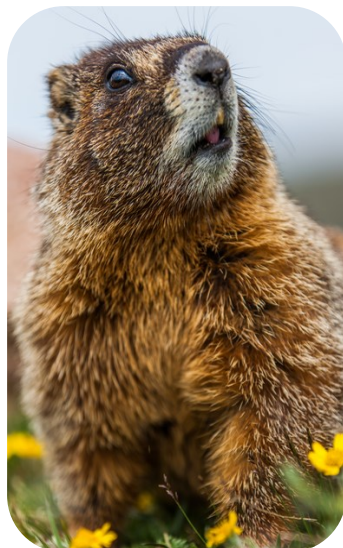
8:00AM \* Little Explorers @ Sweet  
8:45AM ‡ Animal Detective @ Sweet  
9:45AM ‡ Floor Hockey @ Roller Rink  
10:15AM ‡ Sidewalk Chalk @ Sweet  
10:30AM\* Children's Story Time @ Library  
10:30AM ☼ Knots @ Sweet  
11:45AM ‡ Origami @ Sweet  
12:30PM ☼ Survival @ Sweet  
1:00PM \* Bugs, Bugs, Bugs @ Sweet  
1:30PM ☼ Navigation Games @ Sweet  
1:45PM ‡ Bird is the Word @ Sweet  
2:15PM ‡ Fire Quest @ Sweet  
2:15PM ‡ Mineral Magic @ Sweet  
2:30PM ‡ Creek Stompin @ Dorsey Pond  
2:45PM ‡ Kickball @ Sweet  
3:15PM ‡ Tower Power @ Sweet  
3:30PM ‡ Backyard Black Bears @ Sweet  
3:30PM \* Jr. Survival @ Sweet  
4:30PM \* Parachute Games @ Sweet  
6:00PM ‡ BINGO @ Sweet  
7:00PM ‡ Trivia @ Sweet  
7:45PM ‡ Ultimate Frisbee @ Sweet  
9:30PM ‡ Stargazing @ Legett YB

### WEDNESDAY, JUNE 19

8:00AM \* Little Explorers @ Sweet  
8:45AM ‡ Animal Detective @ Sweet  
9:45AM ‡ Floor Hockey @ Roller Rink  
10:15AM ‡ Woolly Worm Hunt @ Sweet  
10:30AM\* Children's Story Time @ Library  
10:30AM ☼ Knots @ Sweet  
11:45AM ‡ Origami @ Sweet  
12:30PM ☼ Survival @ Sweet  
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4:30PM \* Parachute Games @ Sweet  
5:30PM ☼ Walk in the Woods @ Sweet  
5:45PM ‡ 4 Square @ Sweet  
6:00PM ‡ BINGO @ Sweet  
7:00PM ‡ Trivia @ Sweet  
7:45PM ‡ Capture the Flag @ Sweet  
9:30PM ‡ Stargazing @ Legett YB

### THURSDAY, JUNE 20

8:00AM \* Little Explorers @ Sweet  
8:45AM ‡ Animal Detective @ Sweet  
9:45AM ‡ Floor Hockey @ Roller Rink  
10:15AM ‡ Sidewalk Chalk @ Sweet  
10:30AM\* Children's Story Time @ Library  
10:30AM ☼ Knots @ Sweet  
11:45AM ‡ Origami @ Sweet  
12:30PM ☼ Survival @ Sweet  
1:00PM \* Bugs, Bugs, Bugs @ Sweet  
1:30PM ☼ Navigation Games @ Sweet  
1:45PM ‡ Bird is the Word @ Sweet  
2:15PM ‡ Fire Quest @ Sweet  
2:15PM ‡ Marshmallow Catapult @ Sweet  
2:30PM ‡ Creek Stompin @ Dorsey Pond  
2:45PM ‡ Kickball @ Sweet  
3:30PM ‡ Backyard Black Bears @ Sweet  
4:30PM \* Parachute Games @ Sweet  
5:30PM ☼ Walk in the Woods @ Sweet  
6:00PM ‡ BINGO @ Sweet  
7:00PM ‡ Trivia @ Sweet  
7:45PM ‡ Ultimate Frisbee @ Sweet  
9:30PM ‡ Stargazing @ Legett YB



### NIGHT WALK

#### REGISTRATION REQUIRED

#### EVERY NIGHT

#### 8:30PM - 10:00PM

Experience the Ys night life, learn about nocturnal animals, and play night games! Short hike without flashlights, recommended ages 6+. Meets at Sweet Memorial, registration is required, call x1104.



# ADVENTURE ACTIVITIES

Registration Required

Archery, Axe Throwing, Climbing \$12/person. Aerial Challenge Course \$45/person. Click [Here](#) or call x1104 to check availability. Refunds not given within 24 hours of a paid program, unless the cancellation is due to weather.

## NEW! AERIAL CHALLENGE COURSE

Located at the Boone Family Mountain Center. Traverse from tree to tree, well above the forest floor on our new high ropes course. Each session begins with a 30 minute ground school that each participant must pass before entering the course. People with known heart conditions or who are pregnant may not participate. Participants must be between 35 and 250 pounds and meet the minimum height requirement of 4'9. Up to 10 people per session.

## OUTDOOR ARCHERY

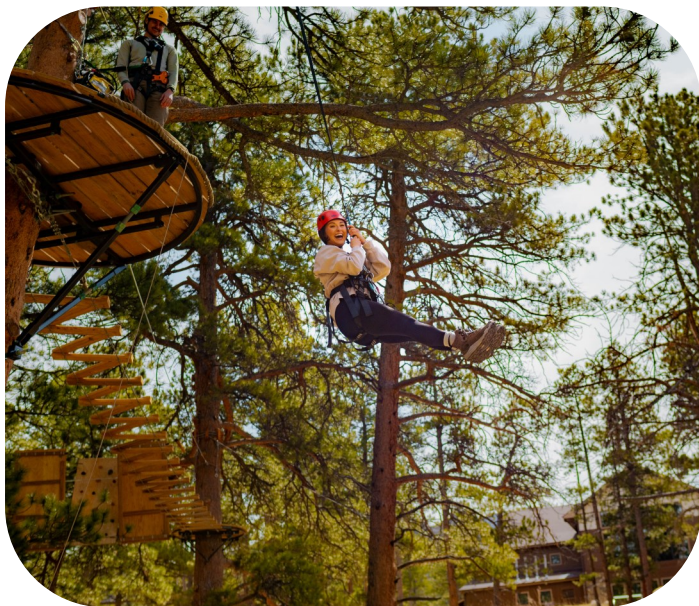
Located at the Main Archery Range. Archery sessions allow beginners to learn the basics, while experienced archers get a chance to practice their skills. Open to ages 6 and older, up to 12 people per session.

## NELSEN FAMILY INDOOR CLIMBING WALL

Located at the Boone Family Mountain Center. The indoor climbing wall is modeled to look and feel like real rock! Climb to the top of the 25-foot wall, or stay low to the ground on the bouldering wall. Open to ages 5 and older, up to 8 people per session.

## OUTDOOR AXE THROWING

Located at the Main Axe Throwing Range. learn the basics of axe-throwing and have fun aiming for a bullseye! Open to ages 6 and older, up to 12 people per session.



## ROCKY MOUNTAIN NATIONAL PARK 970-586-1206

Do you have questions about timed entry permits, road conditions, construction, or entrance fees? Click [here](#) to visit the Rocky Mountain National Park website, or call 970.586.1206 to speak to the information office.

# SUSTAINABILITY AT THE Y

How many sustainability icons can you find in the Activity Guide? Bring your answer to Sweet Memorial for a prize!

**At YMCA of the Rockies, we are committed to an emissions reduction goal that aims to cut our greenhouse gas emissions by a minimum of 50% by 2050.**

**Objectives included in the plan address 8 sustainability sectors. Learn about a few below, check out our website to learn about the other sectors and more about our sustainability practices and goals.**

### REDUCING EMISSIONS

**WASTE:** Expand recycling, divert food waste from the landfill and reduce overall waste generation.

### REDUCING LOCAL IMPACT

**WATER:** Maximize water efficiency and water quality of local streams.

**RESILIENCE AND LAND MANAGEMENT:** Increase resilience and fire preparedness through sustainable land stewardship practices.

### ENGAGING VISITORS

**EDUCATION AND ENGAGEMENT:** Engage guests in campus sustainability opportunities and education, and continuously share our story with guests and visitors.



# CHAPEL ACTIVITIES

## FRIDAY, JUNE 14

### 9:30AM - BIBLE STUDY

You were made for this moment. How the story of Esther inspires us to step up and stand out for God. Meet at Dannen Chapel.

### 7PM - FRIDAY NIGHT FAITH FILM

Join us in Hyde Chapel for a showing of *Boys in the Boat*.

## SUNDAY, JUNE 16

### 10:00AM - WORSHIP IN THE ROCKIES

Worship with us in Hyde Chapel. Everyone is invited to join us for this great hour of worship!

### 7:00PM - HYMN SING

Join us in Hyde Chapel for an evening of music and community.

## MONDAY, JUNE 17

### 5:00PM - ADVENTURE MINISTRY ARCHERY

Meet at the Main Archery Range and join our staff for some Archery lessons, then enjoy a short devotion connecting biblical truths to the Archery experience. Limited to 15 participants, age 6 and older. To sign up, call X1104 or click [here](#).

## TUESDAY, JUNE 18

### 9:30AM - WORSHIP HIKE TO BIBLE POINT

Join us for a 2.5 mile hike to Bible Point where we will join in prayer and song. This is a strenuous hike and participants should wear good hiking shoes/boots, and bring water. Please meet at the gas firepit outside of Hyde Chapel.

## WEDNESDAY, JUNE 19

### 1PM - BIBLE STUDY

Don't give the enemy a seat at your table. It's time to win the battle of your mind. We need to recognize the thoughts that are not from God. A study written by Louie Giglio. Meet at Dannen Chapel.

### 5:00PM - ADVENTURE MINISTRY ARCHERY

Meet at the Main Archery Range and join our staff for some Archery lessons, then enjoy a short devotion connecting biblical truths to the Archery experience. Limited to 15 participants, age 6 and older. To sign up, call X1104 or click [here](#).

## 6:30PM - VESPERS COMMUNION SERVICE

Join us in Dannen Chapel for our communion service.

## 7:30PM - CAMPFIRE WORSHIP SING-A-LONG

Join us at the gas firepit outside of Hyde Chapel to worship and sing.

## ADDITIONAL CHAPEL PROGRAMS

### INTERACTIVE PRAYER TRAIL

Located behind the Leggett Christian Center. Walk the trail and encounter 5 interactive stations based on the prayer forms of Adoration, Confession, Thanksgiving, Supplication, and Intercession.

### LABYRINTH

Labyrinth is a spiritual tool, a path of prayer, a walking meditation. Our Labyrinth is designed out of stones and located behind the Museum.

### BIBLE POINT TRAIL

Along the trail you will encounter selected Psalms that sing to the glory of God revealed in nature. Pick up a map in the Mountain Center.

### 24/7 PRAYER DANNEN CHAPEL

Entrance located on the outside north-east corner of Hyde Chapel, open 24/7 for your prayer needs.

### BEATITUDE STUDY TRAIL

Enjoy a 1 mile hike while studying the beatitudes from Jesus' famous "Sermon on the Mount." Trailhead is located at Dorsey Lake

### STORY WALK

Enjoy a children's book on a short walk equipped with reading stations. Begins on the walking path by the Hyde Chapel fire pit.

### LAWN GAMES

Located on the west side of Hyde Chapel is a storage shed full of lawn games for your enjoyment. Feel free to play these games on the Hyde Chapel lawn anytime you wish!



Click [here](#) to register and find more course descriptions. Call x1104 for more information.

## CRAFT CLASSES

Registration required

Registration Required, Click [Here](#) or call x1104 to register. Refunds not given within 24 hours of a paid program. All classes meet at the Mootz Family Craft and Design Center.

### FRIDAY, JUNE 14

10:00AM Elastic Bracelets or Necklaces  
10:00AM Leather Boot Charms  
1:00PM Custom Earrings  
2:30PM Custom Bracelet  
3:30PM Custom Necklace

### SATURDAY, JUNE 15

10:00AM Elastic Bracelets or Necklaces  
10:00AM Leather Boot Charms  
1:00PM Custom Earrings  
1:00PM Galaxy Painting  
2:30PM Custom Bracelet  
3:30PM Custom Necklace

### SUNDAY, JUNE 16

10:00AM Elastic Bracelets or Necklaces  
10:00AM Leather Boot Charms  
1:00PM Custom Earrings  
1:00PM Cyanotype Sun Prints  
2:30PM Custom Bracelet  
3:30PM Custom Necklace

### MONDAY, JUNE 17

10:00AM Elastic Bracelets or Necklaces  
10:00AM Leather Boot Charms  
1:00PM Custom Earrings  
1:00PM Rubber Block Printing  
2:30PM Custom Bracelet  
3:30PM Custom Necklace

### TUESDAY, JUNE 18

10:00AM Elastic Bracelets or Necklaces  
10:00AM Leather Boot Charms  
1:00PM Custom Earrings  
2:30PM Custom Bracelet  
3:30PM Custom Necklace

### WEDNESDAY, JUNE 19

10:00AM Elastic Bracelets or Necklaces  
10:00AM Leather Boot Charms  
1:00PM Custom Earrings  
1:00PM Cyanotype Sun Prints  
2:30PM Custom Bracelet  
3:30PM Custom Necklace

### THURSDAY, JUNE 20

10:00AM Elastic Bracelets or Necklaces  
10:00AM Leather Boot Charms  
1:00PM Custom Earrings  
2:30PM Custom Bracelet  
3:30PM Custom Necklace

## CRAFT CLASS DESCRIPTIONS

### BEGINNER CLASSES

#### ELASTIC BRACELET OR NECKLACE \$10

String beads onto elastic cord for one necklace or two bracelets. Designed for ages 4 and up.

### INTERMEDIATE CLASSES

#### FOR CRAFTERS OVER AGE 10:

#### LEATHER BOOT CHARM \$10

Make one custom tooled pair of full grain leather boot charms.

#### CUSTOM JEWELRY \$15-\$20

Learn the basic jewelry making techniques to create a custom pair of earrings, bracelet or necklace

#### CYANOTYPE SUN PRINT \$20

Make a bandana or paper prints using sunlight and objects in a timeless printmaking technique.

### INTERMEDIATE PLUS CLASSES

#### FOR CRAFTERS OVER AGE 13:

#### RUBBER BLOCK PRINTING

Carve your design onto rubber blocks, print it onto paper or fabric, and bring your design to life.

## LIVE MUSIC PERFORMANCES

### MONDAY, JUNE 17

#### THE MCDAILEY'S TRIO

#### 7PM - MAUDE JELLISON LIBRARY

Come enjoy Bluegrass/Americana music performed by the popular McDaileys Trio out on the library lawn. Remember to bring extra layers of clothing as the evenings can get quite cool quite quickly.

### WEDNESDAY, JUNE 19

#### COWBOY BRAD SING-A-LONG

#### 7PM - KATHIE MENNEL AMPATHEATER

Join local singer/songwriter/guitarist Cowboy Brad at the Kathie Mennel Outdoor Amphitheater by the Mountain Center for songs and fun for the whole family! Please call Sweet Memorial (ext. 1104) in case of inclement weather.

### THURSDAY, JUNE 20

#### SUMMERFEST CONCERT - JUSTIN ROTH

#### 7PM - KATHIE MENNEL AMPATHEATER

Justin Roth is a nationally touring singer/songwriter and fingerstyle acoustic guitarist based in Colorado, who combines an artful blend of indie folk laid on a bed of brilliantly inventive guitar technique.

## SPECIAL EVENTS

### FRIDAY JUNE 14

#### 1PM - PROSPECTIVE STAFF TOURS

Are you interested in joining our team? See what we are all about and take a behind the scenes tour of campus. No registration required. Meet at the Gaylord Programming Building.

### SATURDAY JUNE 15

#### 8PM - TEEN DANCE NIGHT

Join us at the roller rink for an evening dance party. All teens (ages 13+) are invited to come to dance night! Dance instruction will be provided for line dances.

### SUNDAY JUNE 16

#### 6PM - LINE DANCING

Join Line Dancing Expert Jan Tenzer in this classic, boot-stomping activity for all ages. Meet at Jellison Youth Building. Closed-toed shoes preferred.

### MONDAY JUNE 17

#### 6PM - DRUM CIRCLE

Join local Nancy Bell at the Kathie Mennel Amphitheater to create musical sounds with other guests. Talented and non-talented musicians are all welcome! Instruments provided, but feel free to bring your own if you find something you think will work!

### HIKE WITH A RANGER

#### REGISTRATION REQUIRED

#### 10AM SUNDAY

Family friendly discovery hike into Rocky Mountain National Park with a ranger. Come drop by the Boone Family Mountain Center for the length of time you have available! Call x1104 or click [here](#) to register.

## ARTISTS IN RESIDENCE

### CARLY JOHNSON AND ROBERT BROWN

#### GET CREATIVE WITH THEM!

Carly Johnson is a long time musician from Louisville. Since launching her own 8-13 piece band she has sung with many highly acclaimed artists. Robert Brown is a mixed media artist and self taught metal sculptor bas in Louisville. He is known for his signature disco ball sculptures.



### MONDAY, JUNE 17

#### ASSIST THE ARTIST

#### 10AM - ADMINISTRATION FRONT PORCH

Join Robert Brown in putting the finishing touches on a Paper Mache sculpture. Work on a disco ball that will be hung at the Y.

### WEDNESDAY, JUNE 19

#### TINY DESK CONCERT

#### 1PM - MAUDE JELLISON LIBRARY

Join Carly Johnson for a small but mighty performance of her one of a kind music!

### THURSDAY, JUNE 20

#### CLOSING EXHIBIT

#### 3PM - DORSEY MUSEUM

Carly and Robert have been creating and performing at the YMCA for 3 weeks. Come see their final projects and celebrate their hard work!



### CAN YOU FIND THE GOLDEN NUGGETS?

Follow our hiking trails around the YMCA and keep a look out for the golden nuggets. These shiny, golden rocks will be hiding all around the property. Check out the Glacier Creek and Wind River trails. If you collect one, turn in at the Boone Family Mountain Center for a special prize! One prize per person.

Click [here](#) to register and find more hike descriptions. Call x1104 for more information.



## NATURE WORKSHOPS

Our multi-day Nature Workshops cater to adult learners, providing an engaging and hands-on approach to exploring the wonders of the natural world in the beautiful setting of the Rocky Mountains.

### BIRDS BY HABITAT WITH DEBBIE BANGS

**JUNE 19–JUNE 21**

#### \$195 – REGISTRATION REQUIRED

Participants will gain foundational knowledge about the birds that are found in the montane and alpine tundra life zones during the spring and summer seasons. Learn about tools birders use to successfully identify birds in their habitats, the key features of birds that help with accurate and quick identification, and the common characteristics of the families of birds seen in the area. As this class travels to various habitats on the YMCA grounds and in Rocky Mountain National Park, participants will practice their new identification skills. Each participant will need a pair of binoculars and a bird field guide of their choice. Registration Required, click [here](#) or call x1104.

### NATURE WORKSHOPS AVAILABLE ALL SUMMER LONG!

**CLICK [HERE](#), OR CHECK OUT OUR WEBSITE FOR MORE INFORMATION ON FUTURE NATURE WORKSHOPS!**



#### **BIRD BANDING MEET AT THE BIRD BLIND FRI, MON, WED – 4PM–6PM**

Watch Scott Rashid, licensed bird bander, "net" different species of birds that come to Colorado in the summer. Drop in anytime. Bird Banding site located near the corner of Mineral Rd and Association Drive.

## MINDFUL MOVEMENT

**SATURDAY, JUNE 15**

### VINYASA FLOW YOGA

#### 9AM – LEGETT YOUTH BUILDING

Join Instructor Laura Collins for an all-levels integral yoga class with a vinyasa flair. Class focuses on beginners with more advanced postures suggested for those who are able. Each class ends in a deep relaxation. Mats available. Registration required, click [here](#) or call x1104.

**MONDAY, JUNE 17**

### ZUMBA

#### 9AM – OUTDOOR BASKETBALL COURTS

Join Kelly Mann for a full body dance work out. Zumba encourages cardio through dance. Have fun outside moving with the mountains as a backdrop. No registration necessary. Meet on the Basketball Courts outside of the Admin Building.

### TENNIS LESSONS

#### 9AM – LITTLE LOBBERS – OUTDOOR TENNIS COURTS

This is a parent – child clinic for children 4 – 6 year olds, to better develop the child's basic hand and eye coordination, athletic skills along with tennis. Movement, balance, and proper techniques will be taught by using fun games from the USTA Net Gen curriculum. Registration required. Parents must accompany children.

#### 10AM – NEW TO TENNIS – OUTDOOR TENNIS COURTS

Parent – child tennis clinic for children 7 and older (7 – 17 years). You will learn and play FUN games while getting a better understanding of proper stroke technique. Games and activities are from the USTA Net Gen curriculum. Registration required. Parents must accompany children. .

#### 11AM – LETS PLAY – OUTDOOR TENNIS COURTS

This session is for intermediate to advanced juniors that play in USTA Sanctioned Tournaments (10U – 18U), or are on middle or high school tennis teams, or compete in Junior Team Tennis (JTT). Fun games, drills and match play are the essence of this session. Registration required. Parents must accompany children 12 or younger.

**TUESDAY, JUNE 18**

### VINYASA FLOW YOGA

#### 5:30PM – LEGETT YOUTH BUILDING

Join Instructor Laura Collins for an all-levels integral yoga class with a vinyasa flair. Class focuses on beginners with more advanced postures suggested for those who are able. Each class ends in a deep relaxation. Mats available. Registration required, click [here](#) or call x1104.

## DORSEY MUSEUM PROGRAMS

The Lula W. Dorsey Museum is housed in a guest lodge originally built in 1924. Come celebrate the 100th anniversary of the this special space!

### ARCHAEOLOGY HIKE

#### SATURDAY 10AM

This mile long hike will take you to an excavated rock shelter on property and provides an opportunity to learn about the early people who lived in the region. Please bring your own water and comfortable hiking shoes. Registration required, click [here](#) or call x1104.

### HANNA GOES WEST

#### MONDAY 1PM

Join us for an interactive storytime at the museum to learn about Hannah and her family as they traveled West.

### BREAKFAST AT THE MUSEUM

#### TUESDAY 8:30AM

Come learn about exciting new projects, share in fellowship and have your questions answered by Julie Watkins, President/CEO; Shannon Jones, Estes Park Center General Manager, and additional members of the Association Leadership Team. Free breakfast included with the presentation.

### STAFF ALUMNI GATHERING

#### WEDNESDAY 10AM

Drop by the museum to meet other staff alumni. Share stories and reminisce about your time as a staff member at YMCA of the Rockies. You'll also have an opportunity to find yourself in our annual staff photos too. Registration not required.

### PRESIDENT TEDDY ROOSEVELT

#### THURSDAY 10AM

Meet the 26th president of the United States, Theodore Roosevelt, and listen as he shares his passion for the conservation of the West. Includes Q&A time with Teddy. Bully, Bully!

### OUTDOOR CLIMBING WALL

#### REGISTRATION REQUIRED

#### SATURDAY AND SUNDAY MORNINGS

Located at the Boone Family Mountain Center. Experience the thrill and challenge of scaling our 25-foot outdoor climbing wall tower. This activity is geared towards climbers with beginner to intermediate abilities. Open to ages 5 and older, up to 8 people per session, \$12 per person. Call x1104 or click [here](#) to register and inquire about availability.

## CAMPFIRE OPPORTUNITIES

### SMORES KIT

#### AVAILABLE AT SWEET MEMORIAL

Ready for a classic camp treat? Stop by sweet memorial to pick up a smores kit. Includes graham crackers, marshmallows, chocolate and roasting stick. \$6, Serves 4.

### COMMUNITY FIRE

#### FRI, SUN, MON, WED

#### 7:45PM–9:45PM

Come join a free community campfire at the Main Fire Ring outside of the Administration Building. Feel free to bring your own s'mores supplies.

### COOKOUT AND CAMPFIRE

#### TUESDAYS – 5:30PM–8PM

#### RESERVATION REQUIRED – LIMITED AVAILABILITY

Meet at Upper Cookout at 5:30 PM to enjoy a delicious dinner grilled up by our Food Service team. At 6:30 PM, we will begin a family-friendly campfire program with songs, skits, and games! Come for the food, stay for the fun! Adults (13+) \$25/person; Children (2-12) \$16.50/person. Click [here](#) or call x1104 to register.

### FIRE RING RENTAL

#### RESERVATION REQUIRED

Reserve one of our six fire rings located throughout property. Available every day from 5:30–7:30 or 7:45–9:45 for \$30. Rental includes 2 bundles of firewood, fire starter and matches. Pick up materials from Sweet.

Click [here](#) to register and find more hike descriptions. Call x1104 for more information.

# GUIDED HIKING

Registration required

Requires sign up: Call the Boone Family Mountain Center at x1311 or click [here](#) to register. Hikes are free for YMCA of the Rockies guests and members. No call, no shows will incur a \$5 per person charge. Call x1311 to cancel your reservation, at least 24 hours in advance.

It is imperative that all hikers check in with the hiking desk no later than 5pm the day before the hike. Check in can be done in person or over the phone. Please bring your Y lodge room number or cabin name at that time. A variety of circumstances may change the schedule of any hike. All equipment will be provided for guided hikes requiring specialized snow equipment, such as snowshoes or microspikes. Please dress in layers and be prepared for snow and cold temperatures, especially for hikes higher than 8500' in elevation.

**Hike Difficulty:** A=Most Difficult B=Very Demanding C=Demanding D=Strenuous

E=Moderate Plus F=Moderate G=Easy H=Easiest

**Prerequisites:** To meet the prerequisite for an A, B, C, and D hike, a hiker must have completed without difficulty a YMCA of the Rockies (Hikemaster-led) hike of no more than two grades lower within two weeks before the hike. A "C" hike is the prerequisite for an "A" hike (A hikes may require additional hiker scrutiny due to the high level of physical demand); a "D" hike is the prerequisite for a "B" hike, etc.

	HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
<b>FRIDAY, JUNE 14</b>						
6:30 AM –4:00 PM	Loomis Lake	11.4	2350'	D	C	Steve J.
<i>Enjoy the wonder-filled, Fern Lake trail, past Arch Rocks, The Pool, and Fern Falls to Spruce Lake.</i>						
7:00 AM – 2:30 PM	Finch Lake Circuit	6.4	2200'	E	D	Karen A.
<i>Enjoy a hike along the Finch Lake trailhead and return via the fisherman's trail from Finch Lake down Cony Creek to Calypso Cascades.</i>						
8:00 AM – 12:30 PM	Chasm Falls	3.0	500'	G	F	Larry S.
<i>Hike from the Endovalley Picnic Area up Fall River Road to Chasm Falls grotto. This is a special hike through early July, while the Fall River Road is closed to automobile traffic.</i>						
8:30 AM – 1:00 PM	Lily Lake to the YMCA	5.2	500'	F	F	Harvey H.
<i>From Lily Lake, drop down to the Aspen Brook Trail, then trek along a rarely visited trail back to the YMCA. Transportation for this hike will be provided by a YMCA mini bus</i>						
1:00 PM – 4:30 PM	Bible Point	3.5	900'	F	F	Emma W.
<i>We will start by hiking along the frolicking Glacier Creek, then head up Bible Point, originally called "Buena Vista," which provides great views into Rocky Mountain National Park.</i>						
<b>SATURDAY, JUNE 15</b>						
7:00 AM –1:30 PM	Fern Lake	7.5	1400'	F	F	Bill B.
<i>Enjoy this scenic trail that passes Arch Rocks, The Pool, &amp; Fern Falls on the way to Fern Lake, reflecting "The Gables" arrete.</i>						
7:15 AM – 1:15 PM	Beaver Mountain	5.0	2015'	E	E	Braden W.
<i>Traverse the scenic Ute Trail East from Upper Beaver Meadows past the "Indian Rock", then go off-trail up the broad, SE ridge to the wooded summit.</i>						
7:30 AM – 11:30 AM	Calypso Cascades	3.6	650'	G	F	Tammy F.
<i>Follow a forested trail up the North St Vrain River past Copeland Falls to Calypso Cascades.</i>						
8:00 AM –3:00 PM	Gem Lake and Balanced Rock	7.5	1650'	E	E	Harvey H.
<i>Starting at Cow Creek Trailhead, venture over the backside of Lumpy Ridge to view Balanced Rock precariously perched on the tip of a spire, then continue on past Gem Lake to the Lumpy Ridge Trailhead. Transportation for this hike will be provided by a YMCA mini bus.</i>						
8:30 AM – 12:30 PM	Secret Pond	3.0	300'	F	E	Tom D. & Pete P.
<i>Hike through the montane forest along the Northern border of Moraine Park to a little known Pond, called Secret Pond. There is roughly 1 mile of easy, off trail travel required. This hike is a part of our "Weekend Adventure Series" which is geared toward youth and agile adults. Have an adventure while going to one of these little known secrets in RMNP</i>						
1:00 PM – 4:30 PM	Summit Loop	4.5	850'	F	F	Camryn H.
<i>Embark on a captivating journey tracing the winding trails that gracefully snake along the eastern perimeter of the Y</i>						
<b>SUNDAY, JUNE 16</b>						
7:00 AM –3:30 PM	Sandbeach Lake	9.4	2010'	E	F	Karen A.
<i>Hike through lush woodland along Hunters Creek to the lake where you can soak up the sun on the real sand beach below Mt. Orton.</i>						
7:15 AM –2:45 PM	The Craggs	7.4	2250'	E	E	Noah E.
<i>We will hike partly off-trail to a craggy buttress on the north side of Twin Sisters Mountain. This area offers views of the east face of Longs Peak and the Estes Valley.</i>						
9:00 AM – 12:00 PM	Moraine Park Loop	3.3	400'	G	F	Larry S. & Harvey H.
<i>Hike from the Y intro Rocky Mountain National Park and through a glacially carved valley with great views of the continental divide.</i>						
1:00 PM –3:30 PM	Glacier Creek Loop	2.5	300'	G	F	Chloe D.
<i>Hike to where the murmurs of the forest mingle with the gentle rush of flowing waters on a mesmerizing hike through the Montane Forest's riparian ecosystem.</i>						
6:30 AM –3:00 PM	Onaho Tonohutu Loop	7.4	1300	F	F	Braden W.
<i>Enjoy the wonder-filled, Fern Lake trail, past Arch Rocks, The Pool, and Fern Falls to Spruce Lake.</i>						
<b>MONDAY, JUNE 17</b>						
7:00 AM – 2:00 PM	Estes Cone	6.5	1600'	E	D	Tom D.
<i>Lush, west slope forest trail and off-trail to rarely visited Chickaree Lake, then up whitewaters of Onahu Creek, and out via Tonahutu Creek trail and Big Meadow moose country.</i>						

Click [here](#) to register and find more hike descriptions. Call x1104 for more information.

### Registration required

	HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
MONDAY, JUNE 17 – CONTINUED						
7:30 AM – 2:00 PM	Lake Helene	6.4	1215’	F	F	Braden W.
Enjoy taking this forested trail around the north face of Flattop Mountain to a shallow lake below Notchtop Mountain.						
7:30 AM – 2:00 PM	Tombstone Ridge	4.0	500’	F	F	Megan N.
Walk in the steps of the Native Americans who followed the game over the ancient Ute Trail across the Continental Divide.						
8:00 AM – 3:00 PM	Gem Lake and Balanced Rock	7.5	1650’	E	E	Harvey H.
Starting at Cow Creek Trialhead, venture over the backside of Lumpy Ridge to view Balanced Rock precariously perched on the tip of a spire, then continue on past Gem Lake to the Lumpy Ridge Trailhead. Transportation for this hike will be provided by a YMCA mini bus.						
8:30 AM – 2:30 PM	Bridal Veil Falls	6.6	900’	F	E	Bill B.
Enjoy a blissful hike past historic McGraw Ranch and through mountain meadows to the rocky grotto in Cow Creek canyon.						
1:00 PM – 4:30 PM	Sprague Lake	4.0	200’	G	F	Karen A. & Noah E.
Beginning from Mountain Side Drive on the YMCA, follow this cascading stream to near Glacier Basin Campground & onto Sprague Lake.						
1:00 PM – 3:00 PM	Wind River Loop	2.0	200’	G	F	Jacob M.
Starting at the Mountain Center, following in the footsteps of Native Americans along the babbling Wind River.						
TUESDAY, JUNE 18						
7:00 AM – 3:30 PM	Black Lake	9.8	1800’	E	F	Bill B.
Take the Glacier Gorge trail to a spectacular lake in the deep cirque between the east face of McHenry’s Peak & Arrowhead Arete.						
7:30 AM – 1:30 PM	Macgregor Falls	6.4	1250’	F	F	Megan N.
Enjoy this hike from the Lumpy Ridge trailhead, we will hike past Twin Owls and the historic MacGregor Ranch, across a peaceful meadow to Black Canyon Creek.						
7:45 AM – 11:45 PM	Castle Mountain and Window Rock	2.5	1150’	E	B	Megan B.
Fun bushwhack to views of Macgregor Ranch & Lumpy Ridge, then scramble to the exciting summit. Off-trail with rock scrambling and bushwhacking in steep terrain (especially on the downhill return). DUE TO THE TERRAIN DIFFICULTY OF THIS HIKE, HELMETS REQUIRED AND FURNISHED BY THE YMCA FOR THIS HIKE						
8:00AM – 12:00 PM	Emerald Lake	3.6	750’	F	F	Harvey H. & Noah E.
Climb a smooth trail past Nymph and Dream Lakes up to the beautiful green gem-of-a-lake in Tyndall Gorge. This hike is perfect for most families.						
1:00 PM – 4:30 PM	Bible Point	3.5	900’	F	F	Zion T.
We will start by hiking along the frolicking Glacier Creek, then head up Bible Point, originally called "Buena Vista," which provides great views into Rocky Mountain National Park.						
WEDNESDAY, JUNE 19						
6:00 AM – 2:00 PM	Flattop Mountain	9.0	2850’	D	F	Megan B.
Enjoy following this historic trail to the Continental Divide (12324') with magnificent views of the Fern-Odessa Gorge and Tyndall Glacier.						
7:00 AM – 2:30 PM	Ypsilon Lake	9.1	2700’	E	F	Noah E.
Hike past the alluvial fan, up a wooded ridgeline to Upper and Lower Chipmunk Ponds, then on to Ypsilon Lake, which is a large tarn reflecting the Y-couloir of Mount Ypsilon.						
7:30 AM – 1:30 PM	Mill Creek to Bierstadt Lake	6.0	1150’	F	F	Bill B.
Enjoy this loop hike past old beaver ponds, historic logging roads, aspen forests, and rushing Mill Creek up to the iconic Bierstadt Lake.						
8:00 AM – 11:00 AM	Wildflower Walk					Megan B. & Ginny K.
Join one of our naturalists for an excursion to find and identify Rocky Mountain Wildflowers.						
8:30 AM – 1:00 PM	Gianttrack Mountain	4.1	1250’	F	E	Larry S.
Hike from the edge of the YMCA property up to the summit of Giant Track Mountain. Great views of the Y and surrounding valley from the top!						
1:00 PM – 4:30 PM	Summit Loop	4.5	850’	F	F	Jens J.
Embark on a captivating journey tracing the winding trails that gracefully snake along the eastern perimeter of the Y						
2:30 PM – 5:00 PM	Bear Lake Circuit	0.7	75’	H	G	Dave F.
At Bear Lake, enjoy iconic views of Longs Peak and Tyndall Glacier. Hike around Bear Lake, one of the highest lakes in the United States that is accessible via a paved road.						
THURSDAY, JUNE 20						
7:00 AM – 3:00 PM	Finch Lake from Allenspark TH	7.7	1800’	E	F	Wendy M.
Take the less- traveled Allenspark trailhead to the lovely, woodland shores of Finch Lake.						
7:15 AM – 11:45 PM	Bierstadt Lake	4.6	820’	F	F	Tammy F.
Climb the Bierstadt Moraine to a shady lodgepole pine forest and Bierstadt Lake. See beautiful views of the snowy continental divide from the lake.						
7:30 AM – 1:00 PM	The Loch	5.0	1200’	F	F	Karen A. & Larry S.
Enjoy hiking past Alberta Falls & up the Loch Vale past the large trout filled lake, "The Loch".						
8:00 AM – 12:30 PM	Upper Beaver Meadows Loop	5.0	500’	G	F	Megan B.
The Beaver Mountain Trail loops through meadows, ponderosa parks and aspen-fir forests in a uniquely diverse life zone.						
1:00 PM – 3:30 PM	Glacier Creek Loop	2.5	300’	G	F	Camryn H.
Hike to where the murmurs of the forest mingle with the gentle rush of flowing waters on a mesmerizing hike through the Montane Forest’s riparian ecosystem.						

# ON CAMPUS THIRD PARTY CONCESSIONAIRES



## IN ROOM MASSAGE THERAPY

WWW.HOMEGROWN.YOGA.COM

(720) 218-1953 - TEXT!



Homegrown Yoga & Massage offers state-of-the-art therapeutic massage in the convenience of your lodge room or cabin. Simply designate a private space in a cabin or your lodge room. The licensed massage therapist will bring everything - music, massage table, linens, aromatherapy, hot stones, and more - to create a relaxing spa environment..

### Hours of operation:

Open daily 9-5. Some evenings available.

### To schedule your appointment:

**Text:** (720) 218-1953 - texting is the most reliable and quickest way!

**Email:** laura@homegrownyoga.com

Please let me know 1) your full name, 2) the number and length of massage(s) you'd like, 3) ideal day/time you'd like 4) the dates you are in Estes. Providing this information will expedite scheduling

### Payment:

All forms of payment accepted. Pay at time of service. Cash and room charge preferred, credit cards fine. No insurance reimbursement, venmo or paypal.

### Yoga Classes:

Private individual and group classes available. See Homegrown's website for details.

### Services and Prices:

#### Mobile Massage Only Summer 2024

30 Min.	\$85	Perfect for achy feet or a great neck and back massage. (Only available with two or more massages)
60 Min.	\$130	Perfect for full body massage focusing on relaxation and health promotion
90 Min.	\$180	Allows additional time to focus on a certain pain issue
120 Min.	\$225	Allows time for multiple modalities and an in-depth full body massage

### No Time Add Ons:

Complementary Aromatherapy  
Deep Tissue: Included

Hot Stone: \$20  
Body Brushing: \$20  
(You take brush home)

### \*48 HOUR CANCELLATION POLICY OR FULL CHARGE

CONTACT HOMEGROWN YOGA AND MASSAGE DIRECTLY TO BOOK - (720) 218-1953 - TEXT IS BEST



## SASQUATCH FLY FISHING ADVENTURES

(970) 586-3341 x1153 8AM - 4PM

All inclusive fly fishing trips available everyday. Private trips available everyday, call to book. Trips include all gear and flies, one day licenses or day pass may be required. Equipment available to rent for independent use.

### Things to Know for Your Trip

- Trips are all inclusive - **All gear and flies included at no extra cost!**  
You must have someone sign up for our trips (email, call or stop by our desk - located inside the Boone Family Mountain Center).
- AGE MINIMUM: Must be at least 12 years old to attend a fly-fishing outing.  
EXCEPTION: **Family Fun Trips are open to ALL ages!** Ages 12+ will fly fish while ages 11 and under will spin fish.
- Most trips have a minimum (2 people) and a maximum (varies) number of participants.  
1 person trips will go out for an extra fee or be combined with other trips.
- What to bring: extra clothing, raingear, sunscreen, polarized sunglasses, tip for the guide; as needed - fishing license, water, snacks, possibly lunch / dinner (see desk).

### Trip Rates

- Fly Fishing The YMCA: \$50.00 (no license needed)
- 1/2 Day Trips: \$75.00
- 3/4 Day Trips: \$95.00
- All Day Hike: \$125.00
- Family Fun Trip: 11 & under \$38.00 / 12+ \$58.00
- Family Fun Cookout: 11 & under \$43.00 / 12+ \$63.00
- Belly Boat: Drive To \$110.00 / Backcountry \$145.00
- Fish n' Golf: \$120.00 (all-inclusive\*)

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fly Fishing the YMCA 1:30 - 3:45	1/2 Day Fly Fishing 7:45am - 12:30pm	1/2 Day Fly Fishing 7:45am - 12:30pm  1/2 Day Evening Experience <b>Cookout!</b> 4pm - 9pm	3/4 Trip to the National Park 7:00am - 2:30pm  1/2 Day Fly Fishing 7:45am - 12:30pm  Fly Fishing YMCA	3/4 Trip to the National Park 7:00am - 2:30pm  1/2 Day Fly Fishing 7:45am - 12:30pm	3/4 Trip to the National Park 7:00am - 2:30pm  Fly Fishing YMCA 1:30 - 3:45	All Day Hike n Fish 6:30am - 5:30pm (amazing fishing!)
Family Fun Trip 8am - 12pm		Fly Fishing the YMCA 1:30 - 3:45	Family Fun Trip 8am - 12pm	Family Fun Trip 8am - 12pm	Family Fun Trip 8am - 12pm	1/2 Day Fly Fishing 7:45am - 12:30pm
Evening 1/2 Day 4:30pm - 9:00pm	Evening 1/2 Day 4:30pm - 9:00pm		Family Fun <b>Cookout</b> 4:30pm - 8:30pm	Afternoon 1/2 Day 1:30pm - 5:30pm	Family Fun <b>Cookout</b> 4:30pm - 8:30pm	Evening 1/2 Day 4:00pm - 8:30pm

CONTACT SASQUATCH FLY FISHING DIRECTLY TO BOOK - (970) 586-3341 X1153



# ON CAMPUS THIRD PARTY CONCESSIONAIRES

## JACKSON STABLES, INC.

(970) 586-3341 x1140 or x1149 7:15AM - 6:00PM



JACKSON STABLES, INC., YMCA of the Rockies Livery, is authorized by the National Park Service, Department of the Interior to serve the public in Rocky Mountain National Park. All the horseback rides are guided trail rides into RMNP, and on YMCA property. Reservations are recommended - call ext. 1140 or 1149 during office hours ONLY. Below you will find a brief description of the rides we offer. **We REQUIRE children age 6 and up to ride their own horse and the weight limit for an individual is 230 pounds.**

### RATES: (per person)

\$80 1 hour ride  
\$115 2 hour ride  
\$155 3 hour ride  
\$195 4 hour ride  
\$235 5 hour ride

YMCA Charges to Room  
may be accepted.

### MONDAY

8:00am 2 hr. Moraine Park  
8:20am 2 hr. Moraine Park  
8:40am 1 hr. Glacier Basin  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Deer Meadows  
1:00pm 2 hr. Moraine Park  
1:40pm 3 hr. East Portal  
2:00pm 1 hr. Glacier Basin  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Deer Meadows

### WEDNESDAY

8:00am 2 hr. Emerald Mountain  
8:40am 3 hr. Beaver Meadows  
9:00am 1 hr. Glacier Basin  
10:30am 1 hr. Deer Meadows  
1:00pm 2 hr. Emerald Mountain  
1:20pm 2 hr. Moraine Park  
1:40pm 1 hr. Deer Meadows  
2:00pm 1 hr. Glacier Basin  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Glacier Basin

### FRIDAY

8:00am 2 hr. Moraine Park  
8:40am 3 hr. East Portal  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Glacier Basin  
1:00pm 2 hr. Emerald Mountain  
1:40pm 1 hr. Deer Meadows  
2:00pm 1 hr. Glacier Basin  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Deer Meadows

### SUNDAY

8:00am 2 hr. Emerald Mountain  
8:40am 3 hr. Beaver Meadows  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Glacier Basin  
1:00pm 2 hr. Moraine Park  
1:40pm 3 hr. Mill Creek  
2:00pm 1 hr. Deer Meadows  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Glacier Basin

### TUESDAY

7:40am 4 hr. Wind River  
8:00am 2 hr. Moraine Park  
8:40am 3 hr. Cub Canyon  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Glacier Basin  
1:00pm 2 hr. Emerald Mountain  
1:40pm 3 hr. Mill Creek  
2:00pm 1 hr. Deer Meadows  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Glacier Basin

### THURSDAY

8:00am 2 hr. Emerald Mountain  
8:40am 3 hr. Mill Creek  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Glacier Basin  
1:00pm 2 hr. Moraine Park  
1:40pm 3 hr. Beaver Meadows  
2:00pm 1 hr. Deer Meadows  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Glacier Basin

### SATURDAY

7:40am 5 hr. Bierstadt Lake  
8:00am 2 hr. Moraine Park  
8:20am 2 hr. Moraine Park  
8:40am 1 hr. Deer Meadows  
9:00am 1 hr. Glacier Basin  
10:30am 1 hr. Deer Meadows  
1:00pm 2 hr. Emerald Mountain  
1:40pm 3 hr. Cub Canyon  
2:00pm 1 hr. Deer Meadows  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Glacier Basin



**Family hayrides with marshmallow roasts  
are offered during the week \$30 per  
person. Please call for dates and times.**

### HORSE RIDING TRAIL INFORMATION

**PONY RIDES:** The livery is proud to offer the "Minnie Mouse Pony Trail."

Reservations are recommended and are for children 5 years old and younger. There is a 50 lb. weight limit for the ponies. Sign up by phone or in the Livery Office. Cost: \$30.00 per child. Available times: Daily: 8:30am-11:30am/1:00-4:30pm.

**DEER MEADOWS:** A 1-hour trail ride that follows Glacier Creek to the Wind River area. We consider this a beginner level ride, appropriate for children and first-time riders.

**GLACIER BASIN:** This 1-hour trail ride heads west along mildly steep terrain, up Glacier Basin. This ride does some climbing, while looking down on Glacier Creek and a small waterfall. The ride offers spectacular views of the Front Range, including Longs Peak, at the top. This trail is appropriate for riders of all ages.

**MORAINES PARK:** This 2-hour family ride, our most popular, takes you across bridges over Glacier Creek and the Big Thompson River into Moraine Park—a glacial moraine full of wildflowers and grand views of the Continental Divide. Wildlife is almost always a certainty to be observed and makes this even a more pleasurable ride.

**EMERALD MOUNTAIN:** This 2-hour loop begins on the Glacier Basin Trail and takes you through beautiful aspens while leading you around Emerald Mountain. The trail travels past the East Portal of the Adams Tunnel before returning along the Aspenbrook Trail. This ride includes many terrains and a variety of views.

**3-HOUR RIDE TO BEAVER MEADOWS, CUB CANYON, EAST PORTAL or MILL**

**CREEK:** A true horseback riding experience! These rides take you deeper into the aesthetic and scenic values offered in RMNP, each providing a different view of forests, meadows, wildflowers, rivers and the Continental Divide. These rides offer a better opportunity to spot the many varieties of wildlife, and a short rest break is provided about half-way through. These longer rides are designed to include some trotting, but it is not guaranteed.

**4-HOUR RIDE TO WIND RIVER:** This trip takes you climbing west along Glacier Basin, then heads south along Wind River where the wildflowers are abundant. There is a short rest break about halfway through the ride nestled along Wind River.

**5-HOUR RIDE TO BIERSTADT LAKE:** This ride makes a continuous loop beginning in the lower Mill Creek area, on the way to the summit of the Bierstadt Lake shores and returns through Glacier Basin. Expect fantastic views of Longs Peak and a variety of sceneries not seen from our other rides. (This ride is not designed for first time riders.)

**HAYRIDES:** Private and Open horse-drawn hayrides are available throughout the summer. Cost is \$30.00 per person. Kids 3 years old and under are free. Each hayride lasts approximately 1½ hours and includes a campfire and marshmallow roast. A family favorite! Call the YMCA Livery (ext. 1140) for scheduling and additional information. Group rates are available with advanced contract and deposit.

CONTACT JACKSON STABLES DIRECTLY TO BOOK - (970) 586-3341 X1140 OR X1149