

# ACTIVITY SCHEDULE

## FRIDAY, JULY 19 – THURSDAY, JULY 25



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 and may fill quickly, click [here](#) or call x1104 to sign up.

### PROGRAM FACILITY HOURS

	Fri, July 19	Sat, July 20	Sun, July 21	Mon, July 22	Tues, July 23	Wed, July 24	Thurs, July 25
<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-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM	8AM-9PM
<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	12PM-4PM	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 3PM-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	7:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	7:30PM-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.



# 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.

# 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.

## GEOLOGY OF RMNP WITH HARVEY HAINES

JULY 22–JULY 24

**\$195 – REGISTRATION REQUIRED**

Participants of this workshop will explore the geology of Rocky Mountain National Park learning how and when the mountains were formed. This course involves hiking, possibly up to 10 miles in a day, to glacial features that are left over from recent glaciation cycles peaking between 135,000 and 23,000 years ago. Participants will learn about causes of these glacial cycles and study the effects of the cyclic cooling and warming of Earth. During the workshop, the class will take a YMCA van trip up Trail Ridge Road to visit prominent rocks over 1 billion years old, as well as view tuffs, which are geologic features left over from volcanoes, a much older phenomena than the glaciers. Come and join this workshop as we make connections between what is seen in the rocks of Rocky Mountain National Park to the current environmental concerns of man-made warming of the planet. We will discover how these climate changes in the geologic record differ from the anthropogenic (human-caused) changes over the last century. 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!**

## ROCKY MOUNTAIN NATIONAL PARK

970-586-1206

Do you have questions about timed entry permits, road conditions, 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**

## 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, JULY 19

### 9:30AM – BIBLE STUDY

Help is here. Finding fresh strength and purpose in the power of the holy spirit. Meet at Dannen Library.

### 7PM – FRIDAY NIGHT FAITH FILM

Join us in Hyde Chapel for a showing of *A Sunday Horse*.

## SUNDAY, JULY 21

### 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 praise and song.

## MONDAY, JULY 22

### 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. Sign up, call X1104 or click [here](#).

## TUESDAY, JULY 23

### 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, JULY 24

### 1PM – BIBLE STUDY

James, the practical guide to living your faith. Meet at Dannen Library.

### 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 Legett 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 northeast 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 970-586-3341x1104 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, JULY 19

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

### SATURDAY, JULY 20

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

### SUNDAY, JULY 21

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

### MONDAY, JULY 22

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

### TUESDAY, JULY 23

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

### WEDNESDAY, JULY 24

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

### THURSDAY, JULY 25

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.

### 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! Call x1104 or click [here](#) to register.

## LIVE MUSIC PERFORMANCES

### WEDNESDAY, JULY 24

#### COWBOY BRAD SING-A-LONG

#### 7PM - KATHIE MENNEL AMPITHEATER

Join local singer/songwriter/guitarist Cowboy Brad at the Kathie Mennel Outdoor Amphitheater by the Mountain Center for songs and fun for the family! Please call Sweet Memorial (x1104) in case of inclement weather.

### THURSDAY, JULY 25

#### SUMMERFEST CONCERT - JUBILANT BRIDGE

#### 7PM - KATHIE MENNEL AMPITHEATER

A harmony-driven acoustic duo performing original songs and instrumentals (including Irish and old-time) and a wide variety of contemporary and folk music on guitar and mountain dulcimer.



### 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 near the corner of Mineral Rd and Association Drive.



## SPECIAL EVENTS

### SATURDAY JULY 20

#### 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 JULY 21

#### 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.

## ARTIST IN RESIDENCE

### LAURA BARROW

Laura studied painting (and printmaking) in acrylic, watercolor, oil, and gouache beginning in college. Her paintings celebrate not only her chosen subjects or views but also the creative act itself: translating nature through mark making.

### MONDAY, JULY 22

#### COMMUNITY PROJECT

#### 10AM - MOOTZ FAMILY CRAFT AND DESIGN CENTER

Drop by and learn how to Gelli print with Laura! Open to all ages, no registration required.

### WEDNESDAY, JULY 24

#### GRID JOURNALING WORKSHOP

#### REGISTRATION REQUIRED

#### 3PM-4:30PM - MOOTZ FAMILY CRAFT AND DESIGN CENTER

Participants use a grid to create a design based on the world around them. Registration required, click [here](#) or call x1104.

### THURSDAY, JULY 25

#### ARTIST DEMONSTRATION

#### 10AM - MAUDE JELLISON LIBRARY

Stop by to see Laura do a Plein Air Painting demonstration.

#### ARTIST DISCUSSION

#### 7PM - MAUDE JELLISON LIBRARY

Listen to Laura talk about her creative process.



## 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 970x1104 for more information.



## 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.

## MINDFUL MOVEMENT

FRIDAY, JULY 19

### MOVEMENT AT THE MUSEUM

9:30AM - DORSEY MUSEUM

Join us as a certified Pilates instructor guides you through lengthening and strengthening exercises as you breathe and behold nature on the Museum lawn. You will be led through a fusion of Pilates and yoga movements. All levels are welcome. Modifications will be offered. Please bring water.

SATURDAY, JULY 20

### 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, JULY 22

### 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 old, 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. Registration required. Parents must accompany children.

10AM - NEW TO TENNIS - OUTDOOR TENNIS COURTS

Parent - child tennis clinic for children 7 - 17 years old. You will learn and play games while getting a better understanding of proper stroke technique. 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, or are on middle or high school tennis teams, or compete in Junior Team Tennis. Fun games, drills and match play are the essence of this session. Registration required.

TUESDAY, JULY 23

### 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.

## MAUDE JELLISON LIBRARY PROGRAMS

MONDAY JULY 22

7PM - POEMSHARE: OPEN MIC

Come share your favorite poem or song with everyone and enjoy their presentations as well. The library has guitars you may use if needed. Come and perform or just come and listen. Everyone is welcome. Please keep presentations under 4 minutes long.

WEDNESDAY JULY 24

7PM - FOLLOW THE DRINKING GOURD:  
TRUE STORY OF THE UNDERGROUND RAILROAD

International School of Storytelling graduate Lise Nelson relates the dramatic story of her 4x great-aunt Jennie A. Nelson through her memoirs entitled "The Underground Railroad in Slavery Times". Jennie grew up in the mid-1800s on an Ohio farm which was a station along the underground Railroad.

## DORSEY MUSEUM PROGRAMS

FRIDAY, JULY 19

10AM - WALK ABOUT THE Y

Explore the architectural and social history of the YMCA of the Rockies main campus. Discover the "who" behind the names on buildings and enjoy the beautiful main promenade. Meet at the Museum Registration required, click [here](#) or call x1104.

SATURDAY, JULY 20

10AM - ARCHAEOLOGY HIKE

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.

MONDAY, JULY 22

1PM - HANNAH GOES WEST

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

TUESDAY, JULY 23

8:30AM - BREAKFAST AT THE MUSEUM

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.

2:30PM - DOLL MAKING

Create your own doll and learn how young children in the 1880's made dolls prior to modern technology. Registration required, click [here](#) or call x1104.

WEDNESDAY, JULY 24

10AM - PLAYTIME AT THE MUSEUM

Venture into the past as museum artifacts and history inspire you through movement and play on the Museum lawn. An instructor will guide you through moves, poses and postures that will lighten your spirit and invigorate your mind. We then welcome you to take a tour of the museum and learn all about the fascinating history of the YMCA of the Rockies! Ages 5+ recommended. No registration required.

1PM - STAFF ALUMNI GATHERING

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.

2PM - ANNA WOLFRAM

Meet Anna Wolfram Dove and learn about her life as the first independent female homesteader in the Estes Valley. In addition to being a homesteader, Anna was also a teacher and savvy businesswoman running the Wigwam tearoom for years. Hear about her many adventures! Registration not required.

THURSDAY, JULY 25

10AM - PRESIDENT TEDDY ROOSEVELT

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!

1PM - ARCHAEOLOGY HIKE

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.

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

# FREE FAMILY PROGRAMS

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

Young Adult+ (10 & up) \*

No registration required.

## PROGRAM DESCRIPTIONS

### FRIDAY, JULY 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  
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, JULY 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 \* 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  
9:30PM \* Stargazing @ Legett YB

### SUNDAY, JULY 21

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, JULY 22

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, JULY 23

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, JULY 24

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 \* Slime @ 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

### THURSDAY, JULY 25

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  
3:15PM \* Tower Power @ 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  
9:30PM \* Stargazing @ Legett YB

### 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 woolly 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.



### 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.

# 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, JULY 19</b>						
2:00 AM – 4:00 PM	Pagoda Peak	13.9	4200'	A	A	Megan N. & Dave M.
<i>This is an adventurous hike to the top of Glacier Gorge, past Mills, Black and Green Lakes, to the Keyboard of the Winds and the summit of Pagoda Peak .</i>						
7:00 AM – 2:00 PM	Twin Sisters	7.6	2700'	E	E	Braden W.
<i>From the trailhead above Lily Lake, take 37 switchbacks across the landslide caused by the Flood of 2013 to the aerie summit directly opposite Longs Peak .</i>						
7:15 AM – 1:45 PM	Lake Helene	6.4	1200'	F	F	Karen A.
<i>Enjoy taking this forested trail around the north face of Flattop Mountain to a shallow lake below Notchtop Mountain.</i>						
8:00 AM – 12:00 PM	Sprague Lake via Mountainside Dr.	4.0	400'	G	F	Tammy F. & John S.
<i>Beginning from Mountain Side Drive on the YMCA, follow this cascading stream to near Glacier Basin Campground &amp; onto Sprague Lake.</i>						
8:30 AM – 2:30 PM	West Creek Falls	5.0	1750'	F	E	Program Staff
<i>Hike through a rarely visited part of the Park through lush woods to the pooling West Creek Waterfalls. Please note: this hike has a steep uphill in both directions.</i>						
1:00 PM – 3:30 PM	Glacier Creek Loop	2.5	300'	G	F	Program Staff
<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>						
<b>SATURDAY, JULY 20</b>						
7:00 AM – 2:00 PM	Boulder Brook Loop	6.7	1300'	F	F	Bill B.
<i>Pass Alberta and Rebecca Falls, then east onto the little-used North Long's Peak Trail.</i>						
7:30 AM – 1:30 PM	Fall River Headwaters	3.5	700'	F	E	Tom D. & John S.
<i>Enjoy an off-trail hike from the historic Willow Park ranger cabin to the headwaters of Fall River (some marshy areas and tall grass).</i>						
7:45 AM – 1:45 PM	Gemstones	4.5	1500'	E	B	Braden W.
<i>Challenging rock scrambles to several, exciting high points on the east end of Lumpy Ridge. Exposed non-technical rock scrambling. Helmets required and furnished by Y.</i>						
8:00 AM – 3:30 PM	Odessa and Fern Lake Loops	9.8	1200'	E	E	Steve J.
<i>We will start at Bear Lake, climb moderately around the side of Flattop, then drop into the stunning Odessa Gorge. It's all downhill after that!</i>						
1:00 PM – 3:00 PM	Wind River Loop	2.0	200'	G	F	Camryn H.
<i>Starting at the Mountain Center, following in the footsteps of Native Americans along the babbling Wind River.</i>						
<b>SUNDAY, JULY 21</b>						
5:30 AM – 4:00 PM	Azure Lake	10.2	700'	C	C	Braden W.
<i>Hike through the rolling alpine tundra and drop down to the blue waters of Azure Lake, nestled in the shadow of Mount Ida.</i>						
7:00 AM – 1:30 PM	Fern Lake	7.5	1400'	F	F	Karen A.
<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>						
1:00 PM – 4:30 PM	Bible Point	3.5	900'	F	F	Carson K.
<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>						
3:00 PM – 5:00 PM	Sprague Lake Nature Walk	1.0	30'	H	G	Noah E.
<i>Learn about the history and environment surrounding Sprague Lake while enjoying the gorgeous views of the Continental Divide. All are welcome!</i>						
8:30 PM – 11:45 PM	Full Moon Hike					Larry S.

Join one of our hikemasters on a journey while hiking by the light of the full moon

## ACCESSIBLE TRAIL – ENGER FAMILY NATURE TRAIL

The Enger Family Nature Trail is built for all ages, with accessibility in mind. The trail starts at the Boone Family Mountain Center and makes a pet-friendly loop through the forest. Learn about the ecosystem, culture and history of the area through interpretive panels.

Click [here](#) to register and find more hike descriptions. Call 970.586.3341x1104 for more information.



	HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
MONDAY, JULY 22						
6:30 AM – 3:00 PM	Chasm Lake	9.2	2600'	D	D	Megan B.
Beautiful alpine tarn in the deep cirque between the towering east face of Longs Peak & Mt Lady Washington						
7:00 AM – 2:00 PM	Joe Mills Mountain	6.6	1600'	E	C	Mike M.
Joe Mills Mountain (11078') is an exciting but accessible summit with awesome views of Fern–Odessa Gorge and Mill Creek Basin.						
7:00 AM – 2:30 PM	Timberline Falls	7.8	1300'	F	E	Noah E.
Enjoy this hike to a spectacular waterfall up past The Loch and just under Lake of Glass.						
7:030 AM – 12:00 PM	Bear to Bierstadt Lakes	4.0	400'	G	F	Karen A. & Bill B.
Follow a mostly downhill trail through subalpine forest to Bierstadt Lake, then down the Bierstadt Moraine.						
1:00 PM –3:30 PM	Glacier Creek Loop	2.5	300'	G	F	Jacob M.
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.						
TUESDAY, JULY 23						
2:00 AM – 5:30 PM	Longs Peak	15.5	5450	A	A	Wendy M. & Dave M.
Enjoy this challenging, rigorous climb to the highest summit in RMNP via The Keyhole route. There is significant exposure to vertical drops on upper sections						
6:30 AM – 2:00 PM	Finch Lake Circuit	6.4	2200	E	D	Megan N.
Enjoy a hike along the Finch Lake trailhead and return via the fisherman's trail from Finch Lake down Cony Creek to Calypso Cascades.						
7:00 AM – 1:00 PM	Deer Mountain	6.0	1400'	F	F	Tammy F.
Hike this historic trail up Deer Ridge to an accessible summit. From there we can appreciate the panoramic views while avoiding the Bear Lake corridor traffic!						
7:00 AM – 2:30 PM	Estes Cone	6.5	1600'	E	D	Tom D.
Longs Peak trail to rocky summit with panoramic views of Battle Mountain, Longs Peak, Twin Sisters, Lily Mountain and Estes Valley. This trail has a steep scramble.						
7:30 AM – 1:00 PM	Serendipity Pond and the Loch	6.0	1300'	F	E	Bill B.
This hike leads us off trail to a pristine, little-known, hidden pond east of The Loch, nestled in Loch Vale above Alberta Falls. We will stop to admire The Loch on our return.						
9:00AM – 12:00 PM	Orienteering Class					Dave F.
Join HikeMaster Dave for a fun filled morning finding your way around one of the Y's Challenger courses using a map and compass. All materials and instruction provided						
1:00 PM – 4:30 PM	Summit Loop	4.5	850'	F	F	Zion T.
Embark on a captivating journey tracing the winding trails that gracefully snake along the eastern perimeter of the Y						
1:30 PM – 6:00 PM	Upper Beaver Meadows	5.0	500'	G	F	John S.
The Beaver Mountain Trail loops through meadows, ponderosa parks and aspen-fir forests in a uniquely diverse life zone.						
WEDNESDAY, JULY 24						
6:45 AM – 3:00 PM	Black Lake	9.8	1800'	E	F	Larry S.
Take the Glacier Gorge trail to a spectacular lake in the deep cirque between the east face of McHenry's Peak & Arrowhead Arete.						
7:00 AM – 1:30 PM	Lake Helene	6.4	1200'	F	F	Bill B.
Enjoy taking this forested trail around the north face of Flattop Mountain to a shallow lake below Notchtop Mountain.						
7:00 AM – 3:00 PM	Lyric Falls	8.0	1850'	E	E	Noah E.
Enjoy hiking along the Sandbeach Lake trail then bushwhacking up Hunter's Creek in search of these beautiful cascades.						
7:45 AM – 12:45 AM	Wigwam Tearoom	4.5	950'	F	F	John S.
Follow along a gentle trail along Aspen Brook the historic Wigwam Tea House, site of the first female Estes Valley homesteader.						
1:00 PM – 4:00 PM	Alluvial Fan	2.0	500'	G	F	Megan B.
Join a naturalist for a closer look at the history and damage of the Lawn Lake Flood of 82. See boulders broken, carved and carried first by glaciers and later by flood waters.						
1:00 PM – 3:00 PM	Wind River Loop	2.0	200'	G	F	Jens J.
Starting at the Mountain Center, following in the footsteps of Native Americans along the babbling Wind River.						
THURSDAY, JULY 25						
2:00 AM – 5:30 PM	Mummy Hagues and Rowe Peaks	21.5	6450	A	C	Megan B. & Dave M.
Enjoy this trail in the Mummy Range past Lawn and Crystal Lakes, "The Saddle", then summit of Hagues Peak via the scenic SW ridge.						
7:00 AM – 1:00 PM	Ouzel Falls	5.5	900'	F	F	Karen A.
Follow a forested trail up the North St Vrain River past Copeland Falls, Calypso Cascades and the 1978 fire area to feel the spray from the broad, impressive Ouzel Falls.						
7:30 AM – 2:00 PM	Ptarmigan Tarns	7.3	1800'	E	D	Tammy F.
Climb off trail, SW beyond Lake Helene, over rocky slabs to reach two emerald tarns, below Notchtop Spire.						
7:45 AM – 2:45 PM	Lightning Mountain	7.2	2250'	D	D	Tom D.
Enjoy an exciting, rocky highpoint, 2 miles south of the YMCA, with great views of Longs Peak, Twin Sisters, & the Continental Divide.						
1:00 PM – 4:30 PM	Bible Point	3.5	900'	F	F	Camryn H.
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.						

# 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 7:30AM - 5PM

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)
- ½ Day Trips: \$75.00
- ¾ 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
1/2 Day Fly Fishing 7:45am - 12:30pm  Backcountry Belly Boating Trip 6:45am- 3:30pm	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	Overnight Fly Fishing Trip!  3/4 Trip to the National Park 7:00am - 2:30pm  Fly Fishing YMCA	3/4 Trip to the National Park 7:00am - 2:30pm  Backcountry Belly Boating Trip 6:45am- 3:30pm	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 1:00 - 3:45	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	Evening 1/2 Day 4:30pm - 9:00pm	Family Fun <b>Cookout</b> 4:30pm - 8:30pm	Family Fun <b>Cookout</b> 4:30pm - 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