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.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Fri, July 26</th>
<th>Sat, July 27</th>
<th>Sun, July 28</th>
<th>Mon, July 29</th>
<th>Tues, July 30</th>
<th>Wed, July 31</th>
<th>Thurs, Aug 1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SWEET MEMORIAL</strong></td>
<td>Stop by to get a full schedule of activities, and plan out your fun! Check out our game room in the basement! Sign on board games, puzzles, disc golf equipment and more! Questions? Call us at x1104. 8AM–9PM</td>
<td>8AM–9PM</td>
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<tr>
<td><strong>BOONE FAMILY MOUNTAIN CENTER</strong></td>
<td>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</td>
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<tr>
<td><strong>DUNCAN FAMILY CLUBHOUSE AND BENBROOK COURTS</strong></td>
<td>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</td>
<td>8AM–9PM</td>
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<tr>
<td><strong>LULA W. DORSEY MUSEUM</strong></td>
<td>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</td>
<td>9AM–5PM</td>
<td>12PM–4PM</td>
<td>9AM–5PM</td>
<td>10:30AM–5PM</td>
<td>9AM–5PM</td>
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<tr>
<td><strong>MAUDE JELLISON LIBRARY</strong></td>
<td>Grab a good book, cup of coffee, and get cozy. Questions? Call us at x1133. 9AM–7PM</td>
<td>9AM–7PM</td>
<td>1PM–5PM</td>
<td>9AM–7PM</td>
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<tr>
<td><strong>MOOTZ FAMILY CRAFT &amp; DESIGN CENTER</strong></td>
<td>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</td>
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<tr>
<td><strong>DORSEY SWIMMING POOL</strong></td>
<td>Maximum capacity limits may apply. 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. OPEN SWIM – 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. 12:30PM–5PM 6:30PM–8PM L A P SW I M 6:30AM–8:30AM 5PM–6:30PM</td>
<td>12:30PM–5PM 6:30PM–8PM L A P SW I M 6:30AM–8:30AM 5PM–6:30PM</td>
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<td><strong>BOB ECKER ROLLER RINK</strong></td>
<td>Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104 5:30PM–9:30PM 5:30PM–8:00PM 5:30PM–7:30PM 5:30PM–9:30PM 5:30PM–9:30PM 5:30PM–9:30PM</td>
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**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.
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 Ax 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.

SUSTAINABILITY AT THE Y
Objectives included in the plan address 8 sustainability sectors.

- 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.

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.

FRIDAY, JULY 26
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 I Heard the Bells.

SUNDAY, JULY 28
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 29
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.

WEDNESDAY, JULY 31
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 fire pit 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.

BEATTITUDE STUDY TRAIL
Enjoy a 1 mile hike while studying the beatitudes from Jesus’ famous “Sermon on the Mount.” Trailhead is located at Dorse 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!
CRAFT CLASSES
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 26
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 27
10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
10:30AM Pony Bead Animal Keychain
1:00PM Rubber Block Printing
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

SUNDAY, JULY 28
10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Cyanotype Sun Printing
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

MONDAY, JULY 29
10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
10:00AM Elastic Bracelets or Necklaces

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

WEDNESDAY, JULY 31
10:00AM Elastic Bracelets or Necklaces
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10:00AM Pony Bead Animal Keychain
1:00PM Cyanotype Sun Printing
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

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

PAYMENT OPTIONS
CASH
CREDIT/DEBIT CARD
Check

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, JULY 29
NEAL WHITLOCK: ACOUSTIC CLASSICS
7PM - MAUDE JELLISON LIBRARY
Enjoy this special evening of live music on the north lawn of Maude Jellison Library featuring the mellow sounds of singer/songwriters from the 1970s as performed by local artist Neal Whitlock.

TUESDAY, JULY 30
THAI POP AND CLASSIC ROCK WITH MR. PUNN
7PM - MAUDE JELLISON LIBRARY
Come be amazed by the talented Mr. Punn of Thailand as he serenades you with beautiful Thai pop tunes and rock hits from your past. You won’t want to miss this wonderful evening of listening pleasure.

WEDNESDAY, JULY 31
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, AUG 1
SUMMERFEST CONCERT – 5280 A CAPPELLA
7PM - KATHIE MENNEL AMPITHEATER
5280 A Cappella has been voted as one of Colorado’s Top Vocal Bands by major news channels in Denver. They sing a variety of genres tailored to audiences members of ALL ages. 5280 A Cappella will have their audience clapping, stomping and singing along for a great evening of fun!

SPECIAL EVENTS

SATURDAY JULY 27
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 28
6PM – LINE DANCING

MONDAY JULY 29
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!

WEDNESDAY JULY 31
2PM–4PM MOUNTAIN SKY CABIN OPEN HOUSE
Cabins at YMCA of the Rockies are donated by amazing people just like you. Visit this week’s Cabin Open House to learn how the program works. Everyone is welcome! Contact Andrea Sherman at asherman@ymcarockies.org for more information or to schedule a private tour.

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 29
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 31
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, AUG 1
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.

Click Here to register and find more hike descriptions. Call 970x1104 for more information.
DORSEY MUSEUM PROGRAMS
The Lula W. Dorsey Museum is housed in a guest lodge originally built in 1924. Come celebrate the 100th anniversary of this special space!

FRIDAY, JULY 26
10AM – WALK ABOUT THEY
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.

2PM – WAVE THROUGH THE PAST
Have you ever wondered how people used to make their own snowshoes, curtains, or even sandals? Come learn about the history of weaving and create your own. Registration required, click here or call x1104.

SATURDAY, JULY 27
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 29
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 30
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 31
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 reminiscence 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, AUG 1
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! 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.

MINDFUL MOVEMENT
FRIDAY, JULY 26
MOBMENT 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 27
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 29
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.

TUESDAY, JULY 30
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.

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 smores 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.

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.
FREE FAMILY PROGRAMS

PARACHUTE GAMES @ 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
4:00PM • BINGO @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Capture the Flag @ Sweet
9:30PM • Stargazing @ Legett YB

FREE FAMILY PROGRAMS

AGE RANGES FAMILY PROGRAMS (ALL AGES)
Locations: Legett Youth Building (Legett YB) • Sweet Memorial

FRIDAY, JULY 26
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, 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
4:00PM • BINGO @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Capture the Flag @ Sweet
9:30PM • Stargazing @ Legett YB

SATURDAY, JULY 27
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 • 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
4:00PM • BINGO @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Capture the Flag @ Sweet
9:30PM • Stargazing @ Legett YB

MONDAY, JULY 29
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2:15PM • Fire Quest @ Sweet
2:15PM • Slime @ Sweet
2:30PM • Creek Stompin @ Dorsey Pond
2:45PM • Kickball @ Sweet
3:15PM • Tower Power @ Sweet
4:30PM • Parachute Games @ Sweet
5:00PM • Survival @ Sweet
6:00PM • BINGO @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Capture the Flag @ Sweet
9:30PM • Stargazing @ Legett YB

TUESDAY, JULY 30
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 • Slime @ Sweet
2:30PM • Parachute Games @ Sweet
3:00PM • Survival @ 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 31
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
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5:00PM • Survival @ Sweet
6:00PM • BINGO @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Capture the Flag @ Sweet
9:30PM • Stargazing @ Legett YB

THURSDAY, AUG 1
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 • 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 • Parachute Games @ Sweet
4:30PM • Slime @ Sweet
5:00PM • BINGO @ Sweet
6:00PM • BINGO @ Sweet
7:00PM • Trivia @ Sweet
7:45PM • Capture the Flag @ 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.

PROGRAM DESCRIPTIONS

FREE FAMILY PROGRAMS

Locations: Legett Youth Building (Legett YB) • Sweet Memorial

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.

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)
Arrange and practice your exploring 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 our wooded trails while exploring the great outdoors.

WATeR AwLs (30min)
Learn about the effect of these large carnivores on their ecosystems.

对于6岁以下的孩子们，推荐使用手工石头，添加一些手工艺品，使这些动物更可爱。

LITTLE LEARNERS

FOR KIDS UNDER AGE 6:
Caterpillars, worms, beetles, butterflies, and more! Dig into what bugs look like, and what makes these creepy 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 (1 hr)
Craft an animal mask and then step into the shoes of your favorite rocky mountain creatures.
GUIDED HIKING

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.

<table>
<thead>
<tr>
<th>FRIDAY, JULY 26</th>
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<tbody>
<tr>
<td>6:00 AM – 4:30 PM</td>
</tr>
<tr>
<td>Enjoy this classic trek to three 12K foot peaks on the Continental Divide overlooking Odessa Gorge, Tyndall Glacier &amp; Chaos Canyon.</td>
</tr>
<tr>
<td>7:00 AM – 2:00 PM</td>
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<tr>
<td>Enjoy an improved trail to Andrews Creek junction west of The Loch then hike 200 yards west to this pristine, woodland lake</td>
</tr>
<tr>
<td>7:30 AM – 1:00 PM</td>
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<tr>
<td>Loop hike past aspen woods &amp; beaver ponds to Cub Lake, The Pool, &amp; Arch Rocks.</td>
</tr>
<tr>
<td>8:30 AM – 2:00 PM</td>
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<tr>
<td>Trail past Alberta Falls to a lake below Thatchtop Mtn &amp; craggy Glacier Gorge.</td>
</tr>
<tr>
<td>9:00 AM – 12:00 PM</td>
</tr>
<tr>
<td>Hike from the Y intro Rocky Mountain National Park and through a glacially carved valley with great views of the continental divide.</td>
</tr>
<tr>
<td>1:00 PM – 3:30 PM</td>
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<tr>
<td>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.</td>
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<thead>
<tr>
<th>SATURDAY, JULY 27</th>
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<tbody>
<tr>
<td>7:15 AM – 1:15 PM</td>
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<tr>
<td>Follow the historic route of Miner Bill’s trail from the site of his cabins up the steep slope of Mt Chapin to spectacular rock spires, scenic vistas, and Miner Bill’s Mine.</td>
</tr>
<tr>
<td>7:30 AM – 11:30 AM</td>
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<tr>
<td>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.</td>
</tr>
<tr>
<td>8:00 AM – 3:30 PM</td>
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<tr>
<td>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!</td>
</tr>
<tr>
<td>8:30 AM – 1:30 PM</td>
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<tr>
<td>Beginning from Mountain Side Drive on the YMCA, follow this cascading stream to near Glacier Basin Campground &amp; onto Sprague Lake</td>
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<tr>
<th>SUNDAY, JULY 28</th>
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<tbody>
<tr>
<td>7:00 AM – 1:30 PM</td>
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<tr>
<td>Enjoy taking this forested trail around the north face of Flattop Mountain to a shallow lake below Notchtop Mountain.</td>
</tr>
<tr>
<td>7:30 AM – 1:30 PM</td>
</tr>
<tr>
<td>Exciting off-trail climb up the Chaos Creek Cascades to huge boulders on the shore of Lake Haiyaha. This hike includes steep bushwhacking in marshy areas.</td>
</tr>
<tr>
<td>8:30 AM – 2:00 PM</td>
</tr>
<tr>
<td>This is a beautiful nature walk down tundra slopes through massive displays of alpine wildflowers, krumholtz and willows.</td>
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<tr>
<th>MONDAY, JULY 29</th>
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<tbody>
<tr>
<td>6:00 AM – 3:30 PM</td>
</tr>
<tr>
<td>Lush forest and flowers along the Wild Basin trail past Copeland Falls, Calypso Cascades, and impressive Ouzel Falls then up to rocky shelves around scenic Bluebird Lake.</td>
</tr>
<tr>
<td>7:00 AM – 2:30 PM</td>
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<tr>
<td>RMNP Wild Basin hike to two hidden, pristine lakes reflecting Mts Copeland, Tanima, &amp; Alice. On trail to North Saint Vrain Campground, then off-trail, steeply uphill, to the lakes.</td>
</tr>
<tr>
<td>9:00 AM – 11:30 PM</td>
</tr>
<tr>
<td>Enjoy walking around one of the prettiest lakes in RMNP with a guide who is knowledgeable about the flora and fauna and is designed for those who want to take their time.</td>
</tr>
</tbody>
</table>

Click here to register and find more hike descriptions. Call 970.586.3341x1104 for more information.
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.

**GU increaseH HIKING**

<table>
<thead>
<tr>
<th>HIKE</th>
<th>MILES RT</th>
<th>ELEVATION GAIN</th>
<th>GRADE</th>
<th>TERRAIN</th>
<th>HIKEMASTER</th>
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<tbody>
<tr>
<td><strong>TUESDAY, JULY 30</strong></td>
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</tr>
<tr>
<td>6:30 AM – 3:00 PM Andrew’s Tarn</td>
<td>8.5</td>
<td>2200’</td>
<td>D</td>
<td>D</td>
<td>Bill B.</td>
</tr>
<tr>
<td>Hike past The Loch and up Andrews Creek to the rocky, blue tarn below an active ice glacier. This hike involves scrambling and light bushwhacking.</td>
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<tr>
<td>9:00AM – 12:00 PM Orienteering Class</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dave F.</td>
</tr>
<tr>
<td>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</td>
<td></td>
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<tr>
<td>6:30 PM – 11:00 PM Sunset on Sundance</td>
<td>1.0</td>
<td>450’</td>
<td>F</td>
<td>E</td>
<td>Harvey H.</td>
</tr>
<tr>
<td>Awesome sunset views from the prominent alpine peak on Trail Ridge. Bring warm clothes — it can be cold at night on the &quot;Roof&quot; of the continental US!</td>
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<tbody>
<tr>
<td><strong>WEDNESDAY, JULY 31</strong></td>
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</tr>
<tr>
<td>6:00 AM – 4:30 PM Chapin, Chaquita, and Ypsilon Peaks</td>
<td>9.0</td>
<td>3500’</td>
<td>C</td>
<td>D</td>
<td>Megan N.</td>
</tr>
<tr>
<td>Take a scenic drive up historic Fall River Road to the trailhead at Chapin Pass. Then hike up rock steps &amp; tundra to the three, classic peaks</td>
<td></td>
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</tr>
<tr>
<td>7:30 AM – 1:30 PM Fall River Headwaters</td>
<td>3.5</td>
<td>700’</td>
<td>F</td>
<td>E</td>
<td>Megan B.</td>
</tr>
<tr>
<td>Enjoy an off-trail hike from the historic Willow Park ranger cabin to the headwaters of Fall River (some marshy areas and tall grass).</td>
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<tr>
<td>8:00 AM – 3:00 PM Circle of Lakes</td>
<td>6.5</td>
<td>850’</td>
<td>F</td>
<td>F</td>
<td>Larry S.</td>
</tr>
<tr>
<td>Bear, Nymph, Dream, Haiyaha, and Mills Lakes, plus Glacier &amp; Alberta Falls. Emerald Lake and Loch Vale are also possible, depending on the vigor of the group.</td>
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<tr>
<td>8:00 AM – 12:30 PM Little Horseshoe Park</td>
<td>4.0</td>
<td>400’</td>
<td>G</td>
<td>F</td>
<td>Tammy F. &amp; Noah E.</td>
</tr>
<tr>
<td>Enjoy this nature and history hike as you learn about the old CCC Camp.</td>
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<tr>
<td>8:00 AM – 12:00 PM Wednesday Wildflower Hike</td>
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<td></td>
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<td></td>
<td>Ginny K.</td>
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<tr>
<td>Join one of our naturalists for an excursion to find and identify Rocky Mountain Wildflowers.</td>
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<td><strong>THURSDAY, AUG 1</strong></td>
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<tr>
<td>6:30 AM – 3:30 PM Shelf and Solitude Lakes</td>
<td>8.8</td>
<td>2300’</td>
<td>D</td>
<td>C</td>
<td>Megan B.</td>
</tr>
<tr>
<td>This is a steep bushwhack from the Glacier Gorge trail to the two beautiful, hidden tarns cradled between Thatchtop Mountain and Arrowhead Arete.</td>
<td></td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>7:00 AM – 2:30 PM Ypsilon Lake</td>
<td>9.1</td>
<td>2700’</td>
<td>E</td>
<td>F</td>
<td>Karen A.</td>
</tr>
<tr>
<td>Hike past the alluvial fan, up a wooded ridgeline to Upper and Lower Chipmunk Ponds, then on to Ypsilon Lake.</td>
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</tr>
<tr>
<td>8:30 AM – 2:00 PM Tombstone Ridge</td>
<td>4.0</td>
<td>300’</td>
<td>F</td>
<td>E</td>
<td>Megan N. &amp; Larry S.</td>
</tr>
<tr>
<td>Walk in the steps of the Native Americans who followed the game over the ancient Ute Trail across the Continental Divide.</td>
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**MAUDE JELLISON LIBRARY PROGRAMS**

**FRIDAY, JULY 26**

**MAUDE JELLISON LIBRARY TURNS 60! DROP IN ALL DAY TO CELEBRATE WITH US!**

**2PM – THE LEGACY OF THE LIBRARY: MAUDE JELLISON LIBRARY 60TH ANNIVERSARY**

Come hear Bob Ruesch talk on "The Legacy of the Library: Maude Jellison Library Turns 60." This is part of our 60th anniversary Open House celebration. Bob’s father was the camp director for thirty years, from 1950 to 1980. The Maude Jellison Library has had a role in some milestone moments of the Ruesch family. Come enjoy some refreshments!

**PICK UP YOUR OLYMPIC PASSPORT!**

Stop by Sweet Memorial to pick up an Olympic Passport. Participate in Olympic activities on campus, collect your stamps, and win Gold! Bring completed passports to Sweet Memorial for a prize. 1 prize per person, no registration necessary.

Click here to register and find more hike descriptions. Call 970.586.3341x1104 for more
**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.

*48 HOUR CANCELLATION POLICY OR FULL CHARGE

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**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)

**Services and Prices:**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>30 Min.</td>
<td>$85</td>
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<tr>
<td>60 Min.</td>
<td>$130</td>
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<tr>
<td>90 Min.</td>
<td>$180</td>
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<tr>
<td>120 Min.</td>
<td>$230</td>
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**No Time Add Ons:**
- Hot Stone: $20
- Complementary Aromatherapy: $20
- Deep Tissue: Included
- (You take brush home)

**Contact Homegrown Yoga and Massage Directly to Book - (720) 218-1953 - Text is Best**

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**Contact Sasquatch Fly Fishing Directly to Book - (970) 586-3341 X1153**
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.

MORAINE 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 halfway 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.