

# ACTIVITY SCHEDULE

## FRIDAY, AUGUST 30– THURSDAY, SEPTEMBER 5

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 x1 104 to sign up.

### PROGRAM FACILITY HOURS

	Fri, Aug 30	Sat, Aug 31	Sun, Sept 1	Mon, Sept 2	Tues, Sept 3	Wed, Sept 4	Thurs, Sept 5
<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.						
	9AM-8PM	9AM-8PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
<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.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-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.						
	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM
<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.						
	9:30AM-5:30PM	9:30AM-5:30PM	1PM-5PM	9:30AM-5:30PM	9:30AM-5:30PM	9:30AM-5:30PM	9:30AM-5:30PM
<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-5PM	9AM-5PM	9AM-5PM
<b>MOOTZ FAMILY CRAFT &amp; DESIGN CENTER</b>	Drop in crafts available everyday, prices and availability vary. Open crafting and craft classes available. 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. Some crafts have age restrictions. Questions? Call us at x 1132.						
	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>	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.						
	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 1PM-6PM	OPEN SWIM 1PM-5PM	OPEN SWIM 1PM-4PM
<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-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM

#### ON PROPERTY SELF GUIDED WALKING TOUR

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

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

LOST?  
CHECK OUT OUR  
PROPERTY MAP



WANT TO HIKE?  
CHECK OUT OUR  
TRAIL MAP



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



# 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, AUG 30</b>						
6:00 AM – 3:00 PM	Shelf and Solitude Lakes	8.8	2300'	D	C	Larry S.
<i>This is a steep bushwhack from the Glacier Gorge trail to the two beautiful, hidden tarns cradled between Thatchtop Mountain and Arrowhead Arete.</i>						
6:30 AM – 3:30 PM	Ouzel Lake	10.0	1700'	E	F	Karen A.
<i>We will follow the Wild Basin trail along the N. St. Vrain and Cony Creeks, through a 1978 wildfire burn area to a quiet woodland lake.</i>						
8:00 AM – 12:00 PM	Gem Lake	3.6	1400'	F	E	John S.
<i>This is a short, occasionally steep, hike past wonderful rock formations with names like "Twin Owls" and "Paul Bunyon's Boot" to a crystalline lake on Lumpy Ridge.</i>						
8:30 AM – 3:30 PM	Loch and Serendipity Pond	6.0	1270'	F	E	Tom S.
<i>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</i>						
<b>SATURDAY, AUG 31</b>						
7:00 AM – 2:00 PM	Chapin Peak	4.4	1800'	E	E	Beth S.
<i>Scenic drive up historic Fall River Road to the trailhead at Chapin Pass. Then hike up rock steps &amp; tundra hike to this peak overlooking the Fall River Canyon &amp; Mummy Range.</i>						
7:30 AM – 1:30 PM	Deer Mountain	6.0	1350'	F	F	Tom S.
<i>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!</i>						
8:30 AM – 1:30 PM	Lake Haiyaha	4.0	900'	F	E	John S.
<i>Enjoy a relaxed hike to the alpine lake, guarded by huge boulders and an 800 year-old limber pine. "Haiyaha" is an indigenous Indian word meaning 'rock.'</i>						
<b>SUNDAY, SEPT 1</b>						
7:00 AM – 4:00 PM	Thunder Lake	13.2	2450'	E	F	Larry S.
<i>Wonder-filled trail through Wild Basin forests, along the North Saint Vrain River, and past several waterfalls to a historic cabin beside the scenic lake.</i>						
7:30 AM – 2:00 PM	Lake Helene	6.7	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>						
9:00 AM – 12:00 PM	Moraine Park Loop	3.3	400'	G	F	Program Staff
<i>Hike from the Y into Rocky Mountain National Park and through a glacially carved valley with great views of the continental divide.</i>						
<b>MONDAY, SEPT 2</b>						
8:00 AM – 2:00 PM	Cub Lake and the Pool	6.3	700'	F	F	Beth S.
<i>Loop hike past aspen woods &amp; beaver ponds to Cub Lake, The Pool, &amp; Arch Rocks.</i>						
8:30 AM – 1:30 PM	Bear to Bierstadt Lake	4..5	450'	G	F	Tom S.
<i>Follow a mostly downhill trail through subalpine forest to Bierstadt Lake, then down the Bierstadt Moraine.</i>						
<b>TUESDAY, SEPT 3</b>						
7:30 AM – 3:30 PM	Sandbeach Lake	9.4	2000'	E	F	Tom S.
<i>Hike through lush woodland along Hunters Creek to the lake where you can soak up the sun on the real sand beach below Mt. Orton.</i>						
8:30 AM – 1:30 PM	Lily Lake to the YMCA	6.0	400'	F	E	Beth S.
<i>Starting at Lily Lake, hike through a wildflower filled meadow to the YMCA Summit Property and back to the Mountain Center.</i>						
<b>WEDNESDAY, SEPT 4</b>						
7:00 AM – 2:00 PM	Boulder Brook Loop	6.7	1300'	F	F	John S.
<i>Pass Alberta and Rebecca Falls, then east onto the little-used North Long's Peak Trail. This hike takes you through lovely subalpine forests with occasional panoramic views</i>						
7:30 AM – 3:30 PM	Loch and Serendipity Pond	6.0	1270'	F	E	Larry S.
<i>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</i>						
8:00 AM – 12:00 PM	Calypso Cascades	3.6	650'	G	F	Beth S.
<i>Nature walk through lush woods along the North Saint Vrain river to the cascades of Cony Creek tumbling down from Pear Lake.</i>						
<b>THURSDAY, SEPT 5</b>						
6:30 AM – 4:00 PM	Lawn Lake	12.6	2500'	D	F	Karen A.
<i>Enjoy hiking this great trail through forests &amp; along the Roaring River to a sandy, alpine lake at the base of Mummy Mountain.</i>						

# 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 8 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.

## DORSEY MUSEUM PROGRAMS

FRIDAY, AUG 30

### 9:30AM MOVEMENT AT THE 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. All levels are welcome. Modifications will be offered.

### 1PM - ARCHAEOLOGY HIKE

This mile long hike will take you to an excavated rock shelter on property. Learn about the early people who lived in the region. Registration required, call x1104.

SATURDAY, AUG 31

### 10AM - ARCHAEOLOGY HIKE

This mile long hike will take you to an excavated rock shelter on property. Learn about the early people who lived in the region. Registration required, call x1104.

### 2:30PM - DOLL MAKING

Create your own doll and learn how young girls in the 1880's made dolls prior to modern technology. Registration required, call x1104.

WEDNESDAY, SEPT 4

### 10AM - GRANDMAS BYGONE GAMES

Stop by the Museum porch to enjoy some bygone games from the past. Learn how to play jacks, checkers, hop scotch and more! No registration required.

THURSDAY, SEPT 5

### 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.



## ACCESSIBLE ENGER FAMILY NATURE TRAIL

The Enger Family Nature Trail is built 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.

## ARTIST IN RESIDENCE

### TARA RILEY

After completing her BFA at the School of the Art Institute of Chicago, Tara began her art career designing costumes and designing hats and fashion accessories. While her children were in school, Tara earned a Masters degree in Art Education and pursued teaching art in schools.

FRIDAY, AUGUST 30

### GEL PLATE PRINTING CLASS

#### 1PM - MOOTZ CRAFT AND DESIGN CENTER

A playful, intuitive approach to mark making, developing layers of color and images on paper. Registration required. \$5 per person. Call x1104 to register.

SATURDAY, AUGUST 31

### GEL PLATE PRINTING CLASS

#### 1PM - MOOTZ CRAFT AND DESIGN CENTER

A playful, intuitive approach to mark making, developing layers of color and images on paper. Registration required. \$5 per person. Call x1104 to register.

SUNDAY, SEPTEMBER 1

### POP UP ARTIST DEMONSTRATION

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

Drop by and meet Tara as she paints!

### MEET THE ARTIST

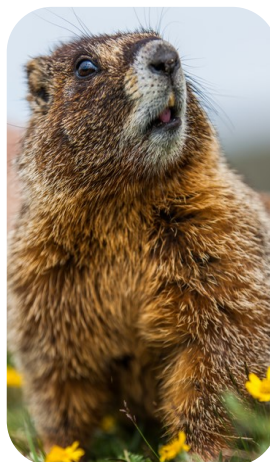
#### 4PM - MAUDE JELLISON LIBRARY

Drop by and meet Tara and learn about her creative process!

## BIRD BANDING

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.



## 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!

## CHAPEL ACTIVITIES

SUNDAY, SEPT 1

### 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 - GUITAR PERFORMANCE

Join us in Hyde Chapel as we welcome guitarist Trace Bundy, the "Acoustic Ninja".

### 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!



# FREE FAMILY PROGRAMS

Age Ranges Family Programs (all ages) † Little Learners (6 and under) \* Young Adult+ (10 & up) ☀  
Locations: Leggett Youth Building (Leggett YB) Sweet Memorial (Sweet)

No registration required.

# PROGRAM DESCRIPTIONS

## FRIDAY, AUG 30

9:00AM \* Little Explorers @ Sweet  
9:15AM † Floor Hockey @ RR  
9:45AM † Animal Detective @ Sweet  
10:30AM \* Children's Story Time @Library  
10:30AM ☀ Knots @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:00PM \* Parachute Games @ Sweet  
1:45PM ☀ Survival @ Sweet  
2:00PM † Marshmallow Catapult @ Sweet  
3:15PM † Kickball @ Sweet  
3:30PM † Fire Quest @ Sweet  
4:30PM † Woolly Worm Hunt @ Sweet  
5:30PM † BINGO @ Sweet  
6:30PM † Trivia @ Sweet

## SATURDAY, AUG 31

9:00AM \* Little Explorers @ Sweet  
9:15AM † Capture the Flag @ Sweet  
9:45AM † Animal Detective @ Sweet  
10:30AM \* Children's Story Time @Library  
10:30AM † Origami @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:45PM ☀ Walk in the Woods @ Sweet  
2:00PM † Make Ice Cream @ Sweet  
3:15PM † Gaga Ball @ Sweet  
3:30PM † Creek Stomp @ Dorsey Pond  
3:30PM † Fire Quest @ Sweet  
4:30PM † Sidewalk Chalk @ Sweet  
5:30PM † BINGO @ Sweet  
6:30PM † Trivia @ Sweet

## SUNDAY, SEPT 1

9:00AM \* Little Explorers @ Sweet  
9:15AM † Floor Hockey @ RR  
9:45AM † Animal Detective @ Sweet  
10:30AM ☀ Knots @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:00PM \* Parachute Games @ Sweet  
1:45PM ☀ Survival @ Sweet  
2:00PM † Slime @ Sweet  
3:15PM † Kickball @ Sweet  
3:30PM † Creek Stomp @ Dorsey Pond  
3:30PM † Fire Quest @ Sweet  
4:30PM † Woolly Worm Hunt @ Sweet  
5:30PM † BINGO @ Sweet  
6:30PM † Trivia @ Sweet

## MONDAY, SEPT 2

9:00AM \* Little Explorers @ Sweet  
9:15AM † Floor Hockey @ RR  
9:45AM † Animal Detective @ Sweet  
10:30AM \* Children's Story Time @Library  
10:30AM ☀ Knots @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:00PM \* Parachute Games @ Sweet  
1:45PM ☀ Survival @ Sweet  
2:00PM † Tower Power @ Sweet  
3:15PM † Kickball @ Sweet  
3:30PM † Fire Quest @ Sweet  
4:30PM † Woolly Worm Hunt @ Sweet  
5:30PM † BINGO @ Sweet  
6:30PM † Trivia @ Sweet

## TUESDAY, SEPT 3

9:00AM \* Little Explorers @ Sweet  
9:15AM † Capture the Flag @ Sweet  
9:45AM † Animal Detective @ Sweet  
10:30AM † Origami @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:00PM \* Parachute Games @ Sweet  
1:45PM ☀ Walk in the Woods @ Sweet  
2:00PM † Oobleck @ Sweet  
3:15PM † Gaga Ball @ Sweet  
3:30PM † Fire Quest @ Sweet  
4:30PM † Sidewalk Chalk @ Sweet

## WEDNESDAY, SEPT 4

9:00AM \* Little Explorers @ Sweet  
9:15AM † Floor Hockey @ RR  
9:45AM † Animal Detective @ Sweet  
10:30AM ☀ Knots @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:00PM \* Parachute Games @ Sweet  
1:45PM ☀ Survival @ Sweet  
2:00PM † Mineral Magic @ Sweet  
3:15PM † Kickball @ Sweet  
3:30PM † Fire Quest @ Sweet  
4:30PM † Woolly Worm Hunt @ Sweet

## THURSDAY, SEPT 5

9:00AM \* Little Explorers @ Sweet  
9:15AM † Capture the Flag @ Sweet  
9:45AM † Animal Detective @ Sweet  
10:30AM † Origami @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:00PM \* Parachute Games @ Sweet  
1:45PM ☀ Walk in the Woods @ Sweet  
2:00PM † Tower Power @ Sweet  
3:15PM † Gaga Ball @ Sweet  
3:30PM † Fire Quest @ Sweet  
4:30PM † Sidewalk Chalk @ Sweet

## NIGHT WALK

FRI, SAT, SUN, MON 7:45PM

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.

# 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, AUG 30

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

## SATURDAY, AUG 31

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

## SUNDAY, SEPT 1

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, SEPT 2

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

## TUESDAY, SEPT 3

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

## WEDNESDAY, SEPT 4

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

## THURSDAY, SEPT 5

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

## MAUDE JELLISON LIBRARY PROGRAMS

MONDAY, SEPT 2 - 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.

## ROCKY MOUNTAIN NATIONAL PARK

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.

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

## 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.

### BIRD IS THE WORD (1hr)

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

### CREEK STOMPIN (1hr)

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 spark safe fires.

### MINERAL MAGIC (1hr)

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

### 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!

## LITTLE LEARNERS

### FOR KIDS UNDER AGE 6:

#### LITTLE EXPLORERS (30 min)

Explorers use their senses to observe and investigate the world around them.

#### WOOLLY WORM HUNT (30 min)

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

#### BEGINNER CRAFTS

#### ELASTIC JEWELRY \$10

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

#### INTERMEDIATE CRAFTS

#### 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 CRAFTS

#### 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.

# ON CAMPUS THIRD PARTY CONCESSIONAIRES



## MASSAGE THERAPY HERE AT THE YMCA IN THE BIRCH CABIN (720) 218-1953 - TEXT!



Homegrown Yoga & Massage offers state-of-the-art massage therapy services in a serene mountain cabin located conveniently on the grounds of the YMCA of the Rockies.

### Hours of operation:

Open daily 9-5. Evenings available by request.

### To schedule your appointment:

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

**Email:** laura@homegrownyoga.com

When scheduling, 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.

### Location:

Massage (Birch) Cabin is at the corner of Friendship Lane and Association Drive, right next to the Arts and Design Center and easy to walk to. If driving, please take Program Way from Association Drive and park at the end of Program Way. Birch is on the right. There is no parking on Friendship Ln or Association Dr. even though you can see the cabin from those streets.

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

[WWW.HOMEGROWN.YOGA.COM](http://WWW.HOMEGROWN.YOGA.COM)

### Services and Prices:

30 Min.	\$70	Perfect for achy feet or a great neck and back massage.
60 Min.	\$110	Perfect for full body massage focusing on relaxation and health promotion
90 Min.	\$160	Allows additional time to focus on a certain pain issue
120 Min.	\$220	Allows time for multiple modalities and an in-depth full body massage

### No Time Add Ons:

Deep Tissue: Included

Hot Stones: \$20

Foot Sugar Scrub: \$20

Body Brushing: \$20

(You take brush home)

Four Pack/one hour: \$420

Complementary aromatherapy

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



FLY FISHING ADVENTURES

## 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
	Family Fun Trip 8am -12pm	1/2 Day Fly Fishing 7:45am - 12:30pm	3/4 Trip to the National Park 7:00am - 2:30pm	1/2 Day Fly Fishing 7:45am - 12:30pm		1/2 Day Fly Fishing 7:45am - 12:30pm
Family Fun Trip 8am -12pm			Family Fun Trip 8am -12pm		Evening 1/2 Day 4:00pm - 9:00pm	
				SHOP HOURS VARY	SHOP HOURS VARY	SHOP HOURS VARY

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

### TUESDAY

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 1 hr. Deer Meadows  
2:00pm 1 hr. Glacier Basin  
3:30pm 1 hr. Deer Meadows

### WEDNESDAY

CLOSED

### THURSDAY

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

### FRIDAY

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

### SATURDAY

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. Cub Canyon  
2:00pm 1 hr. Deer Meadows  
3:30pm 1 hr. Glacier Basin

### SUNDAY

8:00am 2 hr. Emerald Mountain  
8:40am 3 hr. East Portal  
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 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.

**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 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.