ACTIVITY SCHEDULE FRIDAY, OCTOBER 4 — THURSDAY, OCTOBER 10 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, OCT 4	SAT, OCT 5	SUN, OCT 6	MON, OCT 7	TUES, OCT 8	WED, OCT 9	THURS, OCT 10
SWEET MEMORIAL	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, sports equipment and more! Questions? Call us at x1104.						
	9AM-8PM	9AM-8PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
BOONE FAMILY MOUNTAIN CENTER	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
LULA W. DORSEY MUSEUM	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	10AM-5PM	CLOSED	9:30AM-5:30PM	9:30AM-5:30PM	9:30AM-5:30PM
MAUDE JELLISON	Grab a good book , cup of coffee, and get cozy . Questions? Call us at x1133.						
LIBRARY	9AM-5PM	9AM-5PM	1PM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
MOOTZ FAMILY CRAFT & DESIGN CENTER	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
DORSEY SWIMMING POOL	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 1PM-5PM	OPEN SWIM 1PM-6PM	OPEN SWIM 1PM-4PM	OPEN SWIM 1PM-6PM
BOB ECKER	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104						
ROLLER RINK	5:30PM-9:30PM	5:30PM-9:30PM	6:30PM-9:30PM	7:30PM-9:30PM	5:30PM-9:30PM	7:30PM-9:30PM	5:30PM-9:30PM
LONGHOUSE GYM	Pop over for a game of basketball or volleyball, equipment available in the gym. Questions? Call us at x1104.				4.		
	CLOSED	CLOSED	CLOSED	9AM-5PM	9AM-9:30PM	9AM-9:30PM	9AM-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







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.

	HIKE	MILES RT	ELEV. GAIN	GRADE	TERRAIN	HIKEMASTER
FRIDAY, OCT 4						
7:30AM – 2:30 PM	Twin Sisters	7.6	2700′	E	E	Larry S.
Take 37 switchbacks across the landslide caused by the Flood of 2013 to the aerie summit directly opposite Longs Peak						
8:00AM – 1:30 PM	The Loch	5.0	1150′	F	F	Tammy F.
Hike a gentle trail past the roaring Alberta Falls to a large, trout-filled lake nestled in Loch Vale.						
9:00AM - 12:00 PM	Moraine Park Loop	3.0	400′	G	F	Karen A.
Hike from the Y into RMNP and through a glacially carved valley with great views of the continental divide.						
SATURDAY, OCT 5						
7:30AM – 1:30 PM	Deer Mountain	6.0	1470′	F	F	Larry S.
Hike this historic trail up Deer Ridge to an accessible summit. From there we can appreciate the panoramic views .						
8:00AM – 3:00 PM	Gem Lake & Balanced Rock	8.0	2080′	E	E	Tammy F.
Hike past rock formations to a crystalline lake on Lumpy Ridge, then on to a rock balancing on the tip of a spire.						
SUNDAY, OCT 6						
8:30AM – 2:30 PM	Macgregor Falls	6.4	1250′	F	F	Laura B.
Hike from the Lumpy Ridge trailhead, past Twin Owls and MacGregor Ranch, across a meadow to Black Canyon Creek.						
MONDAY, OCT 7						
8:00AM – 12:30 PM	Emerald Lake	3.6	750′	F	F	Wendy S.
Climb a smooth trail past Nymph and Dream Lakes up to the beautiful Emerald Lake. This is perfect for most families.						
TUESDAY, OCT 8						
8:30AM - 1:00 PM	Giant Track Mountain	4.1	1250′	F	E	Larry S.
Hike from the edge of YMCA property up to the summit. Great views of the Y and valley from the top!						
WEDNESDAY, OCT 9						
8:00AM – 1:00 PM	Fern Falls	5.5	1000′	F	F	Tammy F.
Enjoy hiking past lush woods along the Big Thompson River, past the site of the Old Forest Inn, to thundering waterfalls!						
THURSDAY, OCT 10						
8:30AM - 1:30 PM	Homer Rousse to Lily Lake	5.0	910′	F	F	Larry S.
Take the hidden Homer Rouse trail to Lily Lake while marveling at the Aspens and great views of Estes Valley.						

ARTIST IN RESIDENCE

LAUREL BAHE

Laurel Bahe worked as a bank auditor until 2008 when she retired and somewhat by accident started creating art. Laurel decided to take a class at the local community college. The class that fit her criteria (met daily, easy, and not too early) was watercolor painting. She was smitten and has been painting ever since. Check out the workshops she is leading:

FRIDAY, OCTOBER 4 PRINT MAKING WORKSHOP

10AM - CRAFT & DESIGN CENTER

Learn how to make a custom print. Registration required, \$5. Call x1104 to register.

SATURDAY, OCTOBER 5BUTTON MAKING

10:30AM - LIBRARY

Drop into children's story time and make a button while you listen!

SATURDAY, OCTOBER 5 ASPEN POUR PAINTING

12:00PM - MUSEUM

Swing by Fall Fest from 12-2PM and join us in creating a group painting.

THURSDAY, OCTOBER 10 MARBLING WORKSHOP

3PM - CRAFT & DESIGN CENTER Learn the art of marbling. Registration required, \$10. Call x1104 to register.

DORSEY MUSEUM PROGRAMS

WEDNESDAY, OCT 9

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.



CHAPEL ACTIVITIES

SUNDAY, OCT 6 10:00AM – WORSHIP IN THE ROCKIES

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



Archery, Axe Throwing, Climbing 12/person. Aerial Challenge Course 45/person. Click Here or call 104 to check availability. Refunds not given within 24 hours of a paid program, unless the cancellation is due to lightning.

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.

FREE FAMILY PROGRAMS

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

Young Adult+ (10 & up) 🌣

No registration required.

PROGRAM DESCRIPTIONS

FRIDAY, OCT 4

9:00AM * Little Explorers @ Sweet 9:15AM # Floor Hockey @ RR 9:45AM * Animal Detective @ Sweet

10:30AM ☼ Knots @ Sweet

1:00PM * Parachute Games @ Sweet

1:45PM 🜣 Survival (a) Sweet

4:30PM [‡] Woolly Worm Hunt @ Sweet

SATURDAY, OCT 5 9:00AM * Little Explorers @ Sweet 1:45PM 🌣 Walk in the Woods @ Sweet 2:00PM # Make Ice Cream @ Sweet

3:30PM [♯] Fire Quest @ Sweet

SUNDAY, OCT 6

9:00AM * Little Explorers @ Sweet 10:30AM ☼ Knots @ Sweet

1:00PM * Parachute Games @ Sweet

1:45PM 🜣 Survival @ Sweet 2:00PM \$ Slime @ Sweet

3:15PM \$ Kickball @ Sweet

3:30PM \$ Creek Stompin @ Dorsey Pond

3:30PM [♯] Fire Quest @ Sweet

MONDAY, OCT 7

9:00AM * Little Explorers @ Sweet

10:30AM ☼ Knots @ Sweet

1:00PM * Parachute Games @ Sweet 1:45PM 🜣 Survival @ Sweet

2:00PM \$ Tower Power @ Sweet 3:15PM \$ Kickball @ Sweet

3:30PM # Fire Ouest @ Sweet

TUESDAY, OCT 8

9:00AM * Little Explorers @ Sweet 9:15AM \$ Capture the Flag @ Sweet 9:45AM * Animal Detective @ Sweet

1:00PM * Parachute Games @ Sweet

1:45PM 🜣 Walk in the Woods @ Sweet

2:00PM \$ Oobleck @ Sweet

WEDNESDAY, OCT 9

9:00AM * Little Explorers @ Sweet

10:30AM ☼ Knots @ Sweet

11:00AM [‡] Bird is the Word @ Sweet 1:00PM * Parachute Games @ Sweet

1:45PM 🜣 Survival @ Sweet

3:15PM \$ Kickball @ Sweet 3:30PM # Fire Ouest @ Sweet

THURSDAY, OCT 10

9:00AM * Little Explorers @ Sweet 9:15AM \$ Capture the Flag (a) Sweet

11:00AM [‡] Bird is the Word @ Sweet

1:45PM 🜣 Walk in the Woods @ Sweet

3:30PM [‡] Fire Quest @ Sweet

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 are 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. Learn how to spark safe fires.

MINERAL MAGIC (1hr)

Elevate vour 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.

WOOLLY WORM HUNT (30 min)

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

ELASTIC NECKLACE AND BRACELETS EVERYDAY - 10AM

Stop by the Mootz Family Craft and Design Center to create an elastic necklace or bracelet. \$10 per person, registration required. Call x1104 to register.

COMMUNITY FIRE FRIDAY; 5:30PM - 7:30PM

Come join a free community campfire at Sweet Memorial. Feel free to bring your own s'mores supplies or purchase a smores kit when you arrive.. Meets at Sweet Memorial, no registration is required, call x1104.

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.

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 petfriendly loop through the forest. Learn about the ecosystem, culture and history of the area through interpretive panels.



OCTOBER 5, 2024

1PM-4PM | DORSEY MUSEUM

HAY RIDES (FREE!) • MUSIC BY THE MCDAILEYS (RURAL ROOTS BLUEGRASS)
PHOTO BOOTH • HOT APPLE CIDER • PUMPKIN PAINTING (\$2)
GNOME MAKING (\$5) • MORE ACTIVITIES ALL DAY LONG!



ON CAMPUS THIRD PARTY CONCESSIONAIRES



MASSAGE THERAPY

HERE AT THE YMCA IN THE BIRCH CABIN

(720) 218-1953 - TEXT!





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.HOMEGROWNYOGA.COM

Services and Prices:

30 Min.	\$70	Perfect for achy feet or a great neck and			
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 indepth 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

RATES: (per person)

\$115 2 hour ride

\$155 3 hour ride

1 hour ride

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.

\$195	4 hour ride
YMCA	Charges to Room
may be	e accepted.

pted. **SUNDAY**

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

1 hr. Glacier Basin

MONDAY

3:30pm

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

8:00am 2 hr. Emerald Mountain 8:00am 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

TUESDAY

THURSDAY

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

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 8:00am 2 hr. Emerald Mountain 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

> Family hayrides with marshmallow roasts are offered during the week \$30 per person.

HORSE RIDING TRAIL INFORMATION

PONY RIDES: Reservations are recommended and are for children 5 and younger. There is a 50 lb. weight limit for the ponies. Cost: \$30.00 per child. Available 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, while looking down on Glacier Creek and a small waterfall. This trail is appropriate for riders of all ages.

MORAINE PARK: This 2-hour family ride, our most popular, takes you to a glacial moraine full of wildflowers and views of the Continental Divide. Wildlife is almost always a certainty to be observed! EMERALD MOUNTAIN: This 2-hour loop begins on the Glacier Basin Trail and leads you around Emerald Mountain. 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 RMNP. Providing an 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.