

# ACTIVITY GUIDE

FRIDAY, MAY 2- THURSDAY, MAY 8  
YMCA OF THE ROCKIES - ESTES PARK CENTER



Children under the age of 13 must be accompanied by an adult (18+) at all times.

Some of our programs require advanced registration and may fill quickly, click [here](#) or call Programs at x1 104 to sign up.



LOST?  
CHECK OUT OUR  
[PROPERTY MAP](#)

WANT TO HIKE?  
CHECK OUT OUR  
[TRAIL MAP](#)



## SUSTAIN THE SUMMIT

At YMCA of the Rockies, our commitment to sustainability is holistic. We have adopted an **emissions reduction goal that aims to cut our greenhouse gas emissions by a minimum of 50% by 2050**. Our stewardship journey continues through our Strategic Plan that identifies Environmental Sustainability as one of the top priorities for the organization. This priority has driven YMCA of the Rockies into a new generation of stewardship activities and our work will extend beyond the present to benefit future generations. Join us on our journey and learn more about our commitment by clicking [here](#) or going to [ymcarockies.org/about-us/environmental-stewardship/](https://ymcarockies.org/about-us/environmental-stewardship/)

## PROGRAM FACILITY HOURS

	FRI, MAY 2	SAT, MAY 3	SUN, MAY 4	MON, MAY 5	TUES, MAY 6	WED, MAY 7	THURS, MAY 8
<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, sports equipment and more! Questions? Call us at x1 104.						
	9AM-5PM	9AM-5PM	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>LULA W. DORSEY MUSEUM</b>	Come by and learn about the history and creation of YMCA of the Rockies. Guided tours available, no registration required. Last admittance 30 minutes before closing. Questions? Call us at x1136.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-12PM 1PM-5PM	CLOSED	CLOSED	CLOSED
<b>MAUDE JELLISON LIBRARY</b>	Grab a good book, cup of coffee, and get cozy. Questions? Call us at x1133.						
	9AM-5PM	9AM-5PM	1PM-5PM	9AM-5PM	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 x1132.						
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM
<b>DORSEY SWIMMING POOL</b>	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-6PM	CLOSED	OPEN SWIM 1PM-5PM	OPEN SWIM 1PM-5PM	OPEN SWIM 1PM-4PM	OPEN SWIM 1PM-5PM
<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	7:30PM-9:30PM	5:30PM-7PM	5:30PM-7PM	5:30PM-9:30PM
<b>LONGHOUSE GYM</b>	Pop over for a game of basketball or volleyball, equipment available in the gym. Questions? Call us at x1104.						
	CLOSED	CLOSED	CLOSED	9AM-9:30PM	9AM-5:30PM	9AM-6:30PM	CLOSED



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



## ADVENTURE ACTIVITIES

Archery, Climbing \$12/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 lightning.

### INDOOR ARCHERY

Located at the Roller Rink. 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.

## FREE FAMILY PROGRAMS

Family Programs ☼

Little Learners (6 and under) \* Young Adult+ (10 & up) ☼

### FRIDAY, MAY 2

9:15AM ☼ Bird is the Word @ Sweet  
10:30AM ☼ Walk in the Woods @ Sweet  
11:30AM \*Wooly Worm Hunt@ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM ☼ Fire Quest@ Sweet  
2:15PM ☼ Floor Hockey@ Longhouse  
3:15PM \* Junior Survival @ Sweet  
3:00PM ☼ Knots @ Sweet  
4:15PM ☼ What About Wolves@ Sweet  
5:30PM ☼ Bingo @ Sweet  
6:30PM ☼ Trivia @ Sweet

### SATURDAY, MAY 3

9:15AM ☼ Animal Detective @ Sweet  
10:30AM ☼ Survival @ Sweet  
10:30AM \*Children's Story Time@ Library  
11:30AM \*Wooly Worm Hunt@ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM ☼ Fire Quest@ Sweet  
2:15PM ☼ Floor Hockey@ Longhouse  
3:15PM \* Junior Survival @ Sweet  
3:30PM ☼ Origami @ Sweet

### COMMUNITY FIRE SATURDAY 5:30PM-7:30PM

Join a free community campfire at Sweet Memorial. Feel free to bring smores supplies or purchase a smores kit when you arrive!

### SUNDAY, MAY 4

9:15AM ☼ Bird is the Word @ Sweet  
10:30AM ☼ Walk in the Woods @ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM ☼ Fire Quest@ Sweet  
3:15PM \* Junior Survival @ Sweet  
3:30PM ☼ Knots @ Sweet  
4:15PM ☼ What About Wolves@ Sweet

### MONDAY, MAY 5

9:15AM ☼ Bird is the Word @ Sweet  
10:30AM ☼ Walk in the Woods @ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM ☼ Fire Quest@ Sweet  
3:15PM \* Junior Survival @ Sweet  
4:15PM ☼ What About Wolves@ Sweet

### TUESDAY, MAY 6

9:15AM ☼ Animal Detective @ Sweet  
10:30AM ☼ Survival @ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM ☼ Fire Quest@ Sweet  
3:15PM \* Junior Survival @ Sweet  
4:15PM ☼ Backyard Black Bears @ Sweet

### WEDNESDAY, MAY 7

9:15AM ☼ Bird is the Word @ Sweet  
10:30AM ☼ Walk in the Woods @ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM ☼ Fire Quest@ Sweet  
3:15PM \* Junior Survival @ Sweet  
4:15PM ☼ What About Wolves@ Sweet

### THURSDAY, MAY 8

9:15AM ☼ Animal Detective @ Sweet  
10:30AM ☼ Survival @ Sweet  
12:30PM \* Little Explorers @ Sweet  
2:00PM ☼ Fire Quest@ Sweet  
3:15PM \* Junior Survival @ Sweet  
4:15PM ☼ Backyard Black Bears @ Sweet

## CHAPEL ACTIVITIES

### SUNDAY, MAY 4

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

Join us in Ponder Chapel for a wonderful hour of worship! Everyone is welcome!

#### 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.

#### 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 mile hike while studying the beatitudes from Jesus' famous "Sermon on the Mount." Trailhead is 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.



## PROGRAM DESCRIPTIONS

### FAMILY FUN

#### AMBER PENDANT (1hr)

Participants will delve into the process of encasing bugs and plants in crystal-clear, amber-colored resin. This activity is for ages 10+.

#### ANCIENT DISCOVERIES (1hr)

Join us in discovering ancient artifacts out of a disc of earth.

#### 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.

#### 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.

#### FIRE QUEST (1hr)

Fire can be a life-saving tool. Learn how to spark safe fires.

#### JUNIOR SURVIVAL (30min)

Come learn about the 10 essentials for hiking before we head outside for an outdoor treasure hunt.

#### PARACHUTE GAMES (30min)

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

#### SURVIVAL (1hr)

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

#### TOWER POWER (1hr)

Learn how structures get their strength and construct our own.

#### 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:

#### ELASTIC JEWELRY (1hr)

Beginner beading class for everyone 4 years or older.

#### LITTLE EXPLORERS (30 min)

Explorers use their senses to observe and investigate the world.

## DORSEY MUSEUM PROGRAMS

### FRIDAY MAY 2

#### 2PM - DOLL MAKING

Ever wonder what dolls were made from before modern technology? Join us at the museum and learn about the history of dolls and make your own!

### SATURDAY MAY 3

#### 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. Capacity limited; no registration required.



Click [here](#) to register or call 970.586.3341x1104 for more info.

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# MASSAGE THERAPY

Here at the YMCA!

Massage (Birch) Cabin  
**(720)218-1953 - Text is best!**  
**[www.homegrownyoga.com](http://www.homegrownyoga.com)**



*Relax | Renew | Release | Revitalize*

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 on the corner of Friendship Lane and Association Drive.

#### Hours of operation:

Daily 9am-5pm

#### To schedule your appointment:

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

Email: [laura@homegrownyoga.com](mailto:laura@homegrownyoga.com)

Please let me know:

- 1) Ideal day and time you'd like to receive your massage
  - 2) Dates you are staying in Estes
  - 3) Your full name
  - 4) Number and length of massage(s) you would like.
- By providing me this information, it will expedite the scheduling process.

#### 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.

#### Payment:

Pay at time of service at massage cabin. Cash and room charge preferred. Credit cards accepted. No Venmo payments or insurance reimbursement.

#### Yoga classes:

Private yoga classes available for individuals and groups. See website for information and pricing.

#### Services & 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	\$230	Allows time for multiple modalities and an in-depth full body massage

#### No time add ons:

Deep Tissue: Included      Body Brushing: \$15  
 Foot Sugar Scrub: \$10      Hot Stone: \$20

#### Four pack/one hour: \$420

Complimentary aromatherapy with every massage.

**48 hour cancellation policy or full charge.**

***"helping people be their best"***





# 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  
\$120 2 hour ride  
\$160 3 hour ride  
\$200 4 hour ride  
\$240 5 hour ride

YMCA Charges to Room  
may be accepted.

### MONDAY

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

### WEDNESDAY

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

### FRIDAY

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

### SUNDAY

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

### TUESDAY

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

### THURSDAY

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

### SATURDAY

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



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

### HORSE RIDING TRAIL INFORMATION

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

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

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

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

**MORAINES PARK:** This 2-hour 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 views of the Continental Divide. Wildlife is frequently observed and makes this even a more pleasurable ride. This ride is designed to include some trotting, but it is not guaranteed.

**EMERALD MOUNTAIN:** This 2-hour loop begins on the Glacier Basin Trail and takes you through beautiful aspens while leading you around Emerald Mountain. Travel past the East Portal of the Adams Tunnel before returning along the Aspenbrook Trail. This ride includes many terrains and a variety of views. This ride is designed to include some trotting, but it is not guaranteed.

**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.