

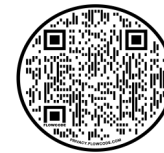
ACTIVITY GUIDE

FRIDAY, MAY 9- THURSDAY, MAY 15
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/

PROGRAM FACILITY HOURS

	FRI, MAY 9	SAT, MAY 10	SUN, MAY 11	MON, MAY 12	TUES, MAY 13	WED, MAY 14	THURS, MAY 15
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 x1 104.						
	9AM-5PM	9AM-5PM	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.						
	9AM-5PM	9AM-5PM	9AM-5PM	CLOSED	CLOSED	CLOSED	CLOSED
MAUDE JELLISON LIBRARY	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
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 x1132.						
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	CLOSED	CLOSED	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-6PM	CLOSED	CLOSED	OPEN SWIM 1PM-5PM	OPEN SWIM 1PM-5PM	OPEN SWIM 1PM-4PM
BOB ECKER ROLLER RINK	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104						
	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-7:30PM	8:00PM-9:30PM	5:30PM-9:30PM	8:30PM-9:30PM	8:30PM-9:30PM
LONGHOUSE GYM	Pop over for a game of basketball or volleyball, equipment available in the gym. Questions? Call us at x1104.						
	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM	9AM-5:30PM	9AM-5:30PM	9AM-6:30PM	9AM-6:30PM



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



ADVENTURE ACTIVITIES

REGISTRATION REQUIRED: Archery, 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.



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 prize!

FREE FAMILY PROGRAMS

NO REGISTRATION REQUIRED

FRIDAY, MAY 9

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 10

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
4:15PM ☞ Backyard Black Bears @ Sweet

SUNDAY, MAY 11

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

ADVENTURE GEAR AVAILABLE!

Forgot your snow shoes? No worries, stop by the Boone Family Mountain Center to rent gear for the whole family. We have boots, microspikes, snow shoes, trekking poles and more. Call x8402 for pricing and

MONDAY, MAY 12

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 13

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 14

12:30PM * Little Explorers @ Sweet
2:00PM ☞ Fire Quest@ Sweet
3:15PM * Junior Survival @ Sweet
4:15PM ☞ What About Wolves@ Sweet

THURSDAY, MAY 15

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



HAVING FUN? BECOME A MEMBER TODAY!

ONE MEMBERSHIP, TWO LOCATIONS

Enjoy lodging perks, discounts, activities and more. Scan the QR Code or visit our website for more information and registration details.



PROGRAM DESCRIPTIONS

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.

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 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

LITTLE EXPLORERS (30 min)

Explorers use their senses to observe and investigate the world.

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](#)

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

At YMCA of the Rockies we are stewards of the Earth. Please do your part and recycle this Activity Guide.

DORSEY MUSEUM PROGRAMS

FRIDAY MAY 9

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 10

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.

ARE YOU A BIRDER?

LEARN ABOUT LOCAL BIRDS

Scan the QR code to see what birds have been detected at the YMCA of the Rockies recently. Or, download the app "Haiku box" and stay up to date on the coming and goings of birds at the Y!



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

POEMSHARE: OPEN MIC MAY 12; 7PM

Come recite a poem or sing a song for everyone in the cozy surroundings of the Maude Jellison Library. You may present your own original work or "cover" versions of a poem or song. Guitars are available for your use. Please keep presentations under 4 minutes. You may also just come to listen. No registration required.



CHAPEL ACTIVITIES

SUNDAY, MAY 11

**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 Leggett 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 AT DANNEN CHAPEL

Entrance located on the outside north-east 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.



GUIDED HIKING

Registration Required

Call x1311 or click [here](#) to register. Hikes are free for YMCA of the Rockies guests and members. Hikes start at the Boone Family Mountain Center. Activity waiver required. No call, no shows will incur a \$5 per person charge. Call x1311 to check in or cancel, at least 24 hours in advance, no later than 5 pm the day before.

Hikers are responsible for entrance fees if trailheads require RMNP access. Timed entry permits not needed on YMCA Guided Hikes. A variety of circumstances may change the schedule of any hike. All equipment will be provided for guided hikes requiring specialized equipment. Please dress in layers and be prepared for snow and cold temperatures, especially for hikes higher than 8500' in elevation.

Difficulty: A=Difficult B=Demanding Plus C=Demanding D=Strenuous E=Moderate Plus F=Moderate G=Easy Plus H=Easy

	DESTINATION	MILES ROUND TRIP	ELEVATION GAIN	OVERALL GRADE	TERRAIN GRADE	TRANSPORT PROVIDED BY	HIKE MASTER
FRIDAY, MAY 9							
9:00AM-1:30PM	The Pool	3.5	500'	G	F	Hiker	Tammy F.
SATURDAY, MAY 10							
9:00AM-1:00PM	Emerald Lake	3.6	700'	F	F	Hiker	Pete P.
SUNDAY, MAY 11							
9:00AM-1:00PM	Bible Point and Y360	5.2	800'	F	F	Not Required	Tammy F.

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

At YMCA of the Rockies we are stewards of the Earth. Please do your part and recycle this Activity Guide.



MASSAGE THERAPY

Here at the YMCA!

Massage (Birch) Cabin conveniently located
on grounds of YMCA

(720)218-1953 - Text!

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:

Open daily by appointment

To schedule your appointment:

Text: 720-218-1953 (Laura's cell phone) - This is the best way.

Let me know the days you'll be in Estes Park, your ideal days/times, and the length of massage you would like as well as the names of the people wanting a massage.

You can try calling, but know that voice messages are sometimes severely delayed in the mountains if they come through at all.

Email: laura@homegrownyoga.com

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.

Services & Prices:

30 min	\$65	Perfect for achy feet or a great neck and back massage
60 min	\$105	Perfect for full body massage focusing on relaxation and health promotion
90 min	\$155	Allows additional time to focus on a certain pain issue
120 min	\$200	Allows time for multiple modalities and an in-depth full body massage

No time add ons:

Deep Tissue: Included
Fruit Refresh: \$20
Foot Sugar Scrub: \$10

Body Brushing: \$15
Hot Stone: \$20

Four pack/one hour: \$400

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.

MORAINE 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.