

# ACTIVITY GUIDE

FRIDAY, MAY 30 – THURSDAY, JUNE 5  
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/](http://ymcarockies.org/about-us/environmental-stewardship/)

## PROGRAM FACILITY HOURS

	FRI, MAY 30	SAT, MAY 31	SUN, JUN 1	MON, JUN 2	TUES, JUN 3	WED, JUN 4	THURS, JUN 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, sports equipment and more! Questions? Call us at x1 104.						
	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM
<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.						
	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-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	12PM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
<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-7PM	9AM-7PM	9AM-7PM
<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.						
	<b>OPEN SWIM</b> 10AM-12PM 1PM-6PM	<b>OPEN SWIM</b> 10AM-12PM 1:30PM-6PM	<b>OPEN SWIM</b> 12:30PM-5PM	<b>LAP SWIM</b> 6:30AM-8:30AM <b>OPEN SWIM</b> 12:30PM-5PM 6PM-8PM	<b>LAP SWIM</b> 6:30AM-8:30AM <b>OPEN SWIM</b> 12:30PM-5PM 6PM-8PM	<b>LAP SWIM</b> 6:30AM-8:30AM <b>OPEN SWIM</b> 12:30PM-5PM	<b>LAP SWIM</b> 6:30AM-8:30AM <b>OPEN SWIM</b> 12:30PM-5PM 6PM-8PM
<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
<b>DUNCAN FAMILY CLUBHOUSE</b>	Pick up sports equipment including mini golf clubs, pickleball paddles, kickballs and more.. Questions? Call us at x1104.						
	8AM-6:30PM	8AM-6:30PM	8AM-6:30PM	8AM-6:30PM	8AM-6:30PM	8AM-6:30PM	8AM-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.



# FAMILY PROGRAMS

No cost, no registration. Programs meet at Sweet Memorial unless noted otherwise.

## FRIDAY, MAY 30

9:00AM - Animal Detective @ Sweet  
10:15AM - Fire Quest @ Sweet  
10:15AM - Bugs, Bugs, Bugs @ Sweet  
10:30AM - Children's Story Time@ Library  
12:15PM - Survival @ Sweet  
2:00PM - Knots @ Sweet  
2:30PM - Science Experiment @ Sweet  
2:45PM - Ultimate Frisbee @ Sweet  
3:15PM - Backyard Black Bears @ Sweet  
6:00PM - Bingo @ Sweet  
7:00PM - Trivia @ Sweet

## SATURDAY, MAY 31

8:00AM - Bird is the Word @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:15AM - Backyard Black Bears @ Sweet  
10:30AM - Children's Story Time@ Library  
10:30AM - Little Explorers @ Sweet  
11:45AM - Knots @ Sweet  
1:00PM - Bugs, Bugs, Bugs @ Sweet  
1:00PM - Walk in the Woods @ Sweet  
1:15PM - Dig in the Dirt @ Sweet  
2:00PM - Gaga Ball @ Sweet  
2:00PM - Jr. Survival @ Sweet  
2:00PM - Soccer @ Sweet  
2:15PM - Make Ice Cream @ Sweet  
2:45PM - Animal Detective @ Sweet  
3:00PM - Parachute Games @ Sweet  
3:15PM - Origami @ Sweet  
3:15PM - Ultimate Frisbee @ Sweet  
3:45PM - Wooly Worm Hunt @ Sweet  
4:30PM - Critter Crafts @ Sweet  
6:00PM - Bingo @ Sweet  
7:00PM - Trivia @ Sweet  
8:00PM - UNO Tournament @ Sweet

## SUNDAY, JUN 1

8:00AM - Bird is the Word @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:15AM - What About Wolves @ Sweet  
10:30AM - Little Explorers @ Sweet  
11:45AM - Knots @ Sweet  
1:00PM - Bugs, Bugs, Bugs @ Sweet  
1:00PM - Survival @ Sweet  
1:15PM - Dig in the Dirt @ Sweet  
2:00PM - Jr. Survival @ Sweet  
2:00PM - Volleyball @ Sweet  
2:15PM - Slime @ Sweet  
2:45PM - Animal Detective @ Sweet  
3:00PM - Chalk Obstacle Course @ Sweet  
3:15PM - Capture the Flag @ Sweet  
3:15PM - Creek Stompin' @ Dorsey Pond  
3:15PM - Origami @ Sweet  
3:45PM - Wooly Worm Hunt @ Sweet  
4:30PM - Critter Crafts @ Sweet  
5:15PM - Tower Power @ Sweet  
6:00PM - Bingo @ Sweet  
6:30PM - Kickball @ Sweet  
7:00PM - Trivia @ Sweet

## MONDAY, JUN 2

8:00AM - Bird is the Word @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:15AM - Backyard Black Bears @ Sweet  
10:30AM - Children's Story Time@ Library  
10:30AM - Little Explorers @ Sweet  
11:45AM - Knots @ Sweet  
1:00PM - Bugs, Bugs, Bugs @ Sweet  
1:00PM - Walk in the Woods @ Sweet  
1:15PM - Dig in the Dirt @ Sweet  
2:00PM - Gaga Ball @ Sweet  
2:00PM - Jr. Survival @ Sweet  
2:15PM - Make Ice Cream @ Sweet  
2:45PM - Animal Detective @ Sweet  
3:00PM - Parachute Games @ Sweet  
3:15PM - Origami @ Sweet  
3:15PM - Ultimate Frisbee @ Sweet  
3:45PM - Wooly Worm Hunt @ Sweet  
4:30PM - Critter Crafts @ Sweet  
6:00PM - Bingo @ Sweet  
7:00PM - Trivia @ Sweet

## TUESDAY, JUNE 3

8:00AM - Bird is the Word @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:15AM - What About Wolves @ Sweet  
10:30AM - Children's Story Time@ Library  
10:30AM - Little Explorers @ Sweet  
11:45AM - Knots @ Sweet  
1:00PM - Bugs, Bugs, Bugs @ Sweet  
1:00PM - Survival @ Sweet  
1:15PM - Dig in the Dirt @ Sweet  
2:00PM - Jr. Survival @ Sweet  
2:00PM - Soccer @ Sweet  
2:00PM - Volleyball @ Sweet  
2:15PM - Slime @ Sweet  
3:45PM - Wooly Worm Hunt @ Sweet  
4:30PM - Critter Crafts @ Sweet  
6:00PM - Bingo @ Sweet  
7:00PM - Trivia @ Sweet  
8:00PM - UNO Tournament @ Sweet  
8:30PM - Stargazing @ Legett Youth BLD

## WEDNESDAY, JUNE 4

8:00AM - Bird is the Word @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:15AM - Backyard Black Bears @ Sweet  
10:30AM - Children's Story Time@ Library  
10:30AM - Little Explorers @ Sweet  
11:45AM - Knots @ Sweet  
1:00PM - Bugs, Bugs, Bugs @ Sweet  
1:00PM - Walk in the Woods @ Sweet  
1:15PM - Dig in the Dirt @ Sweet  
2:00PM - Gaga Ball @ Sweet  
2:00PM - Jr. Survival @ Sweet  
2:45PM - Animal Detective @ Sweet  
3:00PM - Parachute Games @ Sweet  
3:15PM - Origami @ Sweet  
3:15PM - Ultimate Frisbee @ Sweet  
3:45PM - Wooly Worm Hunt @ Sweet  
4:30PM - Critter Crafts @ Sweet  
6:00PM - Bingo @ Sweet  
7:00PM - Trivia @ Sweet

## THURSDAY, JUNE 5

8:00AM - Bird is the Word @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:15AM - What About Wolves @ Sweet  
10:30AM - Children's Story Time@ Library  
10:30AM - Little Explorers @ Sweet  
11:45AM - Knots @ Sweet  
1:00PM - Bugs, Bugs, Bugs @ Sweet  
1:00PM - Survival @ Sweet  
1:15PM - Dig in the Dirt @ Sweet  
2:00PM - Jr. Survival @ Sweet  
2:00PM - Volleyball @ Sweet  
2:15PM - Slime @ Sweet  
3:45PM - Wooly Worm Hunt @ Sweet  
4:30PM - Critter Crafts @ Sweet  
5:15PM - Tower Power @ Sweet  
6:00PM - Bingo @ Sweet  
6:30PM - Kickball @ Sweet  
7:00PM - Trivia @ Sweet  
8:00PM - UNO Tournament @ Sweet

# 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 a 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](#)

## 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.

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

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## PEAK PERFORMERS

**THURSDAY, JUN 5**

**7PM - FLYIN A'S**

Stop by the KATHIE MENNEL AMPITHEATRE for our musical guest of the week, "The Flyin A's". An Americana duo from Austin, Texas, known for high-energy performances and a blend of Texas grit with folk, blues, and gospel influences.

## HISTORY PROGRAMS

No cost, no registration. Programs meet at Dorsey Museum.

**FRIDAY, MAY 30**

**2PM - BEHIND THE ARCHIVE**

Join us for a special program where we take you behind the archive! You'll get a unique look at the history of our organization and enjoy discussion about what a museum collection and archive typically entail.

**SATURDAY, MAY 31**

**2PM - HANNAH GOES WEST**

Join us for an interactive Storytime at the museum to learn about Hannah and her family as they traveled West in the 1800s.

**MONDAY, JUN 2**

**9AM - MOVEMENT AT THE MUSEUM**

Join us as a certified Pilates instructor guides you through lengthening and strengthening yoga-pilates fusion exercises as you breathe and behold nature on the Museum lawn. Your Spirit, Mind, and Body will thank you!

**10AM - GRANDMA'S BYGONE GAMES**

Stop by the museum porch to play some bygone games of the past! Enjoy games like jacks, dominos, checkers, and more.

**1PM - DINO DIG**

Chill with the Dinos! Join us on the museum lawn for a hunt and excavation of dinosaurs. We will be digging in the ice to find dinos buried below. Dress appropriately. The entire program will be outside.

**WEDNESDAY, JUN 4**

**2PM - JOURNALING**

Learn about the importance of journals and other primary sources to historical research and make your own journal to capture your memories!

**THURSDAY, MAY 29**

**9AM - PLAYTIME AT THE MUSEUM**

Bring your family for a fun time of movement and play on the museum lawn. An instructor will guide them through lively animations, moves, and poses as they venture into the past and bring museum artifacts and history alive.

**1PM - DINO DIG**

Chill with the Dinos! Join us on the museum lawn for a hunt and excavation of dinosaurs. We will be digging in the ice to find dinos buried below. Dress appropriately. The entire program will be outside.

**2PM - JOURNALING**

Learn about the importance of journals and other primary sources to historical research and make your own journal to capture your memories!

## ARTIST IN RESIDENCE: HOLLY WRIGHT

**SUNDAY, JUN 1**

**1PM - LIVE PASTEL DEMO**

Stop by the ADMIN BUILDING to watch Artist-in-Resident Holly Wright create bold pastel art while sharing tips on what brings a painting to life.

**MONDAY, JUN 2**

**10AM - STORY TIME AND COLORING**

Join Holly Wright for a live reading of Bobby the Bear, hands-on painting, and a fun pastel demo with big, colorful art at the LIBRARY!

**TUESDAY, JUN 3**

**7PM - Q & A**

Explore the secrets behind creating powerful, memorable paintings at the LIBRARY.



## SPIRITUAL PROGRAMS

**FRIDAY, MAY 30**

**10:00AM BIBLE STUDY**

Join us in Dannen Chapel for "Jesus the Game Changer". A series on how the life and teaching of Jesus changed the world and why it matters. Karl Faase travels to the US, UK, Australia, Singapore, and India interviewing 30 speakers, and modern-day game changers.

**7:00PM FRIDAY FAITH FILM**

Join us in Hyde Chapel for a showing of "Joni".

**SUNDAY, JUN 8**

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

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

**7:00PM HYMN SING**

Join us in Hyde Chapel for hymn.

**MONDAY, JUN 9**

**TUESDAY, JUN 10**

**9:30AM WORSHIP HIKE TO BIBLE POINT**

Join us for a hike (approximately 2.5 miles round trip) to Bible Point where we will join in prayer and song. This is a strenuous hike and participants should wear good hiking shoes/boots, and bring water. Please meet at the gas firepit outside of Hyde Chapel.

**WEDNESDAY, JUN 4**

**10:00AM BIBLE STUDY**

Join us in Dannen Library for "Surprised by Hope; Re-thinking Heaven, the Resurrection, and the Mission of the Church". A study written by N.T Wright.

**6:30PM VESPERS COMMUNION SERVICE**

Meet at Dannen Chapel.

**6:30PM CAMPFIRE WORSHIP SING-A-LONG**

Meet at Hyde Chapel Fire Pit.

**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. Maps 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 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.



## BIRD BANDING

**MON, WED, FRI 4PM-6PM**

Stop by the Bird Blind on the corner of Mineral Rd to see local bird expert Scott Rashid catch, band and

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

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**POEMSHARE:  
OPEN MIC  
JUNE 2; 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 cost, no registration required.

## CAMPFIRE OPPORTUNITIES

Fires outside of designated campfire rings and fire places are prohibited. Firewood can be purchased at the Administration building or Sweet Memorial, please do not collect natural material to burn.

### COMMUNITY FIRE

**7:45PM – 9:45PM ON FRI, SUN, MON, WED**

Join us at the MAIN FIRE RING to enjoy a campfire welcome to all! Feel free to bring smore's supplies or hotdogs to roast. Smore's kits available for purchase at Sweet Memorial; \$6, 8 smores 4 sticks.

### CAMPFIRE RENTAL

We have several fire rings located throughout property that are available to book. The campfire will be your complete responsibility. You are responsible for lighting it, maintaining it, as well as dousing it completely. There are hoses and trashcans available at each fire ring. Bookings for fire rings are for a 2-hour rental of the space and include two bundles of firewood, a fire starter, and matches for \$30. You can pick up these materials from Sweet Memorial anytime during their open hours. We offer 2 time slots for these bookings, 5:30PM–7:30PM or 7:45PM–9:45PM. Call Sweet Memorial at x1104 or click [here](#) to check availability and make a reservation.

## REGISTRATION REQUIRED

**SOME PROGRAMS MAY FILL QUICKLY**

Refunds not given within 24 hours of a paid program, unless the cancellation is due to lightning.

All programs below require registration prior to participation. Click [Here](#) or call x1104 to check availability and register.

### CRAFT CLASSES

### REGISTRATION REQUIRED

All classes meet at the Mootz Family Craft and Design Center. Payment due at check in, please arrive 15 minutes early.

#### FRIDAY, MAY 30

10:00AM - \$10 - Elastic Jewelry Class

#### SATURDAY, MAY 31

10:00AM - \$10 - Elastic Jewelry Class

10:00AM - \$5 - AIR Workshop

#### SUNDAY, JUN 1

10:00AM - \$10 - Elastic Jewelry Class

#### MONDAY, JUN 2

10:00AM - \$10 - Elastic Jewelry Class

#### TUESDAY, JUN 3

10:00AM - \$10 - Elastic Jewelry Class

#### WEDNESDAY, JUN 4

10:00AM - \$10 - Elastic Jewelry Class

10:00AM - \$10 - Tea Party Hats

#### THURSDAY, JUN 5

10:00AM - \$10 - Elastic Jewelry Class



### FAMILY COOKOUT AND CAMPFIRE

#### REGISTRATION REQUIRED

Meet at UPPER COOKOUT at 5:30 PM to enjoy a delicious dinner grilled up by our Food Service team. At 6:30 PM, we will begin a family-friendly campfire program at the PEARSON FIRE RING with songs, skits, and games! Come for the food, stay for the fun!

PRICE PER ADULT: \$25. PRICE PER CHILD: \$16.50

### PROGRAM

### DESCRIPTIONS

MS - MUSEUM SWM - SWEET MEMORIAL YD - YOGA DECK

#### 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. Meet at DORSEY MUSEUM.

#### ARTIST IN RESIDENCE (AIR)

Animals in Pastel. In this workshop, explore the key 6 colors of a great painting as you create your own pastel masterpiece!

#### 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! Meet at DORSEY MUSEUM.

#### ELASTIC JEWELRY CLASS

This is a beginners class designed for ages 4 and up. Participants will learn how to string beads onto elastic pieces cut to their desired lengths for one necklace or two bracelets.

#### NIGHT WALK

Join our nocturnal friends in the woods as we explore our world after dark. A short hike without light to use our senses! Meet at SWEET MEMORIAL.

#### TEA PARTY HATS

Join us for this two part activity where you will decorate your own party hat at the Craft and Design Center then walk over to the Museum to enjoy tea on the lawn.

#### PILATES

Join Denise Woodard for an all-levels Pilates class at the new YOGA DECK, located behind Upper Cookout.

#### VINYASA FLOW YOGA

Join Laura Collins for an all-levels class at the new YOGA DECK, located behind Upper Cookout.



## NO COST, REGISTRATION REQUIRED

#### FRIDAY, MAY 30

10:00AM - Archaeology Hike @ MS

8:30PM - Night Walk @ SWM

#### SATURDAY, MAY 31

9:00AM - Pilates @ YD

10:00AM - Archaeology Hike @ MS

1:00PM - Archaeology Hike @ MS

8:30PM - Night Walk @ SWM

#### SUNDAY, JUN 1

1:00PM - Doll Making @ MS

2:00PM - Doll Making @ MS

#### MONDAY, JUN 2

5:30PM - Vinyasa Flow Yoga @ YD

8:30PM - Night Walk @ SWM

#### TUESDAY, JUN 3

1:00PM - Doll Making @ MS

2:00PM - Doll Making @ MS

#### WEDNESDAY, JUN 4

9:00AM - Pilates @ YD

8:30PM - Night Walk @ SWM

#### THURSDAY, JUN 5

8:30PM - Night Walk @ SWM

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

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All programs below require registration prior to participation. Click [Here](#) or call x1104 to check availability and register.

## ADVENTURE ACTIVITIES

## REGISTRATION REQUIRED

### 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. People with known heart conditions or who are pregnant may not participate. Participants must be between 35 and 250 pounds. Open to participants taller than 4' 10", up to 12 people per session, **\$45/pp.**

### 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, **\$12/pp.**

### 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, **\$12/pp.**

### OUTDOOR CLIMBING WALL

Located at the Boone Family Mountain Center. Experience the thrill and challenge of scaling our 25-foot outdoor climbing wall tower. Open to ages 5 and older, up to 12 people per session, **\$12/pp.**

### 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 wall, or stay low to the ground on the bouldering wall. Open to ages 5 and older, up to 12 people per session, **\$12/pp.**

## GUIDED HIKING

## NO COST, REGISTRATION REQUIRED

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

	HIKE DESTINATION	MILES ROUND TRIP	ELEVATION GAIN	OVERALL GRADE	TERRAIN GRADE	TRANSPORT PROVIDED BY	HIKE MASTER
<b>FRIDAY, MAY 30</b>							
7:00AM-2:00PM	Estes Cone	6.5	2050'	E	D	Hiker	Dave M.
9:00AM-12:00PM	Moraine Park from the Y	3.0	400'	G	F	Not Required	Program Staff
2:00PM-6:00PM	Emerald Lake	3.6	713'	F	F	Hiker	Larry S.
<b>SATURDAY, MAY 31</b>							
7:00AM-2:00PM	Twin Sisters	7.6	2723	E	E	Hiker	Tammy F
9:00AM-12:00PM	Wind River Ramble	2.0	200'	H	G	Not Required	Wendy S.
<b>SUNDAY, JUN 1</b>							
9:00AM-12:00PM	Bible Point Sunday Hike	3.0	900'	F	E	Not Required	Program Staff
<b>MONDAY, JUN 2</b>							
9:00AM-3:30PM	Sprague Lake from the Y	7.0	1050'	F	F	Not Required	Karen A.
<b>TUESDAY, JUN 3</b>							
8:30AM-12:30PM	Y360	5.2	800'	F	F	Not Required	Tom D.
9:00AM-12:00PM	Orienteering Class	One hour of indoor learning followed by 1.5 miles of practice outside					Dave F.
1:00PM-6:00PM	Calypto Cascades	3.6	700'	G	F	Hiker	Program Staff
<b>WEDNESDAY, JUNE 4</b>							
7:30AM-12:00PM	Cub Lake	4.8	850'	F	F	Hiker	Tammy F.
9:00AM-12:00PM	Wind River Ramble	2.0	200'	H	G	Not Required	Larry S.
1:00PM-7:00PM	Bridal Veil Falls	6.6	1100'	F	E	Hiker	Karen A.
<b>THURSDAY, JUN 5</b>							
7:00AM-1:30PM	Fern Lake	7.5	1000'	F	F	Hiker	Tom D.
8:00AM-2:00PM	Moraine Park Loop	6.7	600'	F	F	Hiker	Tammy F.
9:00AM-1:00PM	Y360	5.2	800'	F	F	Not Required	Harvey H.

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.

# Sasquatch Fly Fishing Adventures

## Weekly Trips May 31<sup>st</sup> – June 6<sup>th</sup>



Saturday 31 <sup>st</sup>	Sunday 1 <sup>st</sup>	Monday 2 <sup>nd</sup>	Tuesday 3 <sup>rd</sup>	Wednesday 4 <sup>th</sup>	Thursday 5 <sup>th</sup>	Friday 6 <sup>th</sup>
		3/4 Trip to the National Park 7:00am – 2:30pm	3/4 Trip to the National Park 7:00am – 2:30pm	1/2 Day Trip 7:45am- 12:30pm	All Day Hike n Fish (amazing fishing!) 6:30am – 5:30pm	3/4 Trip to the National Park 7:00am – 2:30pm
1/2 Day Trip 7:45am – 12:30pm	1/2 Day Fly Fishing 7:45am -12:30pm	Family Fun Trip 8am -12pm	1/2 Day Trip 7:45am – 12:30pm Family Fun Trip 8am -12pm	Family Fun Trip 8am -12pm	1/2 Day Trip 7:45am- 12:30pm	Family Fun Trip 8am -12pm
Evening 1/2 Day 4:00pm – 9:00pm	Evening Experience <b>Cookout!</b> 4pm – 9pm	Family Fun <b>Cookout</b> 4:30pm – 9:00pm	Evening 1/2 Day 4:00pm – 9:00pm	Family Fun <b>Cookout</b> 4:30pm – 9:00pm	Family Fun <b>Cookout</b> 4:30pm – 9:00pm	Evening 1/2 Day 4:00pm – 9:00pm

### Fly Shop Hours

7:30am – 5:00pm

Call us!  
970-586-3341  
X1153

### Trip Rates:

1/2 Day Trips: \$75.00

3/4 Day Trips: \$105.00

All Day Hike: \$145.00

Family Fun Trip: 11 & under \$45.00 / 12+ \$65.00

Family Fun Cookout: 11 & under \$50.00 / 12+ \$75.00

Evening Experience Cookout: \$85.00

### Trips Include Gear Rental and Flies

(a one day license or day pass may be required)

### Private Trips:

Available for small or large groups any day

**Call our desk for pricing.**

### WE HAVE RENTAL EQUIPMENT!

Fly Rod Rentals: \$20.00 / Wader Rentals: \$20.00

Combo (rod / waders): \$25.00

Spin Rod Rentals: \$5.00 / day (includes tackle)

**We Sell Worms!**

## Things To Know For Your Trip

- Trips are **all-inclusive!** (Includes all your gear and flies at no extra cost!)
- \* **NOTE:** A one-day license or day pass to our private lakes is required for ages 16+ on trips
- You must have someone **sign up** for our trips (call, email or stop by our desk - located at the YMCA of the Rockies located inside the Boone Family Mountain Center)
- Cookout Trips:** All cookout trips include a full dinner (chicken sausage, brats, hot dogs, beans, chips, and drinks) Non-fishers can attend to eat for just \$7.00 each
- AGE MINIMUM: Must be at least **12 years old** to attend a fly-fishing outing. **EXCEPTION:** Family Fun Trips are open to people of **ALL** ages! Those 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 to meet the minimum.
- What to bring:** extra clothing (pants, sweatshirt, and socks), raingear (poncho or waterproof jacket), sunscreen, polarized sunglasses, tip for the guide, and as needed - fishing license, water, snacks, possibly lunch / dinner (see desk).

Don't forget your polarized glasses!



We Sell Fishing Licenses!

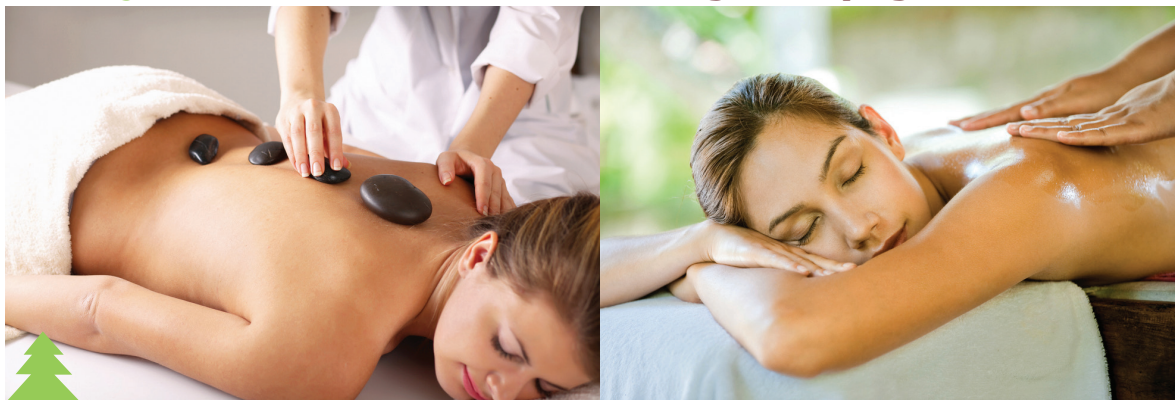


# MASSAGE THERAPY

Here at the YMCA!

Massage (Birch) Cabin - 5(C) on YMCA map  
Come by Birch Cabin and sign up on the porch  
(720) 218-1953 (text)

[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-6pm

## To schedule your appointment:

In person: easiest way if on campus - come by Birch Cabin where you will find a binder on the porch 24/7. Simply open the binder, select the day and time that you would like. Your appointment is confirmed by putting your name in the binder.

Text Laura: (720) 218-1953 include the days you'll be in Estes park, your full name, number and length of massages.

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

## Location:

Massage (Birch) Cabin is at the corner of Friendship Lane and Association Drive 5(C) on YMCA Map.

## Payment:

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

## Yoga classes:

- Weekly yoga classes: outlined in YMCA Activity Guide and free to guests, Y staff and volunteers
- Private Yoga classes: for groups and individuals. See [Homegrownyoga.com](http://Homegrownyoga.com) for pricing.

## NEW! Sound Bath with Wellness Meditation:

Mondays, 7:00 pm June 16 - August 18th, 2025.

Location is YMCA Yoga Pad.

\$30 per person.

Reserve by texting Laura at 720-218-1953 or email [laura@homegrownyoga.com](mailto:laura@homegrownyoga.com).

## 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

Foot Sugar Scrub: \$10

Body Brushing: \$15

Hot Stone: \$20

## Four pack/one hour: \$420

Complimentary aromatherapy with every massage.

## 48 hour cancellation policy or full charge.

**Watch for YMCA's newest building** - The Center for Wellbeing is opening the end of July. Massage services will be located there starting the end of July 2025.

**"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.