ACTIVITY GUIDE





LOST? CHECK OUT OUR PROPERTY MAP



PROGRAM FACILITY HOURS

6PM-8PM

5:30PM-9:30PM

8AM-6:30PM

12:30PM-5PM

6PM-8PM

5:30PM-9:30PM

8AM-6:30PM







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 x1104 to sign up.

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/

	FRI, JUN 20	SAT, JUN 21	SUN, JUN 22	MON, JUN 23	TUES, JUN 24	WED, JUN 25	THURS, JUN 26	
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 and more! Questions? Call us at x1104.						
	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	
BOONE FAMILY MOUNTAIN CENTER		, visit our nature c I in the National P			activities! Plus, fir	nd tons of informa	tion about hiking,	
	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	
LULA W. DORSEY MUSEUM Come by and learn about the history and creat Last admittance 30 minutes before closing. Q						vailable, no regist	ration required.	
	9AM-5PM	9AM-5PM	12PM-5PM	9AM-5PM	10AM-5PM	9AM-5PM	9AM-5PM	
MAUDE JELLISON	Grab a good book , cup of coffee, and get cozy . Questions? Call us at x1133.							
LIBRARY	9AM-7PM	9AM-7PM	1PM-5PM	9AM-7PM	9AM-7PM	9AM-7PM	9AM-7PM	
MOOTZ FAMILY CRAFT & DESIGN CENTER	Glass fusion mus	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.						
<u> </u>	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.							
	LAP SWIM 6:30AM-8:30AM OPEN SWIM 12:30PM-5PM	LAP SWIM 6:30AM-8:30AM OPEN SWIM 9AM-11:30AM	OPEN SWIM 12:30PM-5PM	LAP SWIM 6:30AM-8:30AM OPEN SWIM 12:30PM-5PM	LAP SWIM 6:30AM-8:30AM OPEN SWIM 12:30PM-5PM	LAP SWIM 6:30AM-8:30AM OPEN SWIM 12:30PM-5PM	LAP SWIM 6:30AM-8:30AM OPEN SWIM 12:30PM-5PM	



6PM-8PM

2:00PM-9:30PM

8AM-8:30PM



BOB ECKER

ROLLER RINK

CLUBHOUSE

DUNCAN FAMILY

Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104

5:30PM-9:30PM

8AM-6:30PM

6PM-8PM

2:00PM-9:30PM

8AM-8:30PM

Pick up sports equipment including mini golf clubs, pickleball paddles, kickballs and more.. Questions? Call us at x1104.

6PM-8PM

2:00PM-9:30PM

8AM-8:30PM

6PM-8PM

5:30PM-9:30PM

FAMILY PROGRAMS

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

FRIDAY, JUN 20

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

SATURDAY, JUN 21

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

12:30PM - Floor Hockey @ Roller Rink

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 - Woolv Worm Hunt @ Sweet

4:30PM - Critter Crafts @ Sweet

6:00PM - Bingo @ Sweet

7:00PM - Trivia @ Sweet

8:00PM - UNO Tournament @ Sweet

SUNDAY, JUN 22

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

12:30PM - Floor Hockey @ Roller Rink

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 23

8:00AM - Bird is the Word @ Sweet

9:15AM - Fire Ouest @ Sweet

10:15AM - Backyard Black Bears @ Sweet

10:30AM - Children's Story Time@ Library

10:30AM - Little Explorers @ Sweet

11:45AM - Knots @ Sweet

12:30PM - Floor Hockey @ Roller Rink

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

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!

TUESDAY, JUN 24

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

WEDNESDAY, JUN 25

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

12:30PM - Floor Hockey @ Roller Rink

1:00PM - Bugs, Bugs, Bugs @ 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

3:15PM - Creek Stompin' @ Dorsey Pond

3:45PM - Wooly Worm Hunt @ Sweet

4:30PM - Critter Crafts @ Sweet

6:00PM - Bingo @ Sweet 7:00PM - Trivia @ Sweet

THURSDAY, JUN 26

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

2:00PM - Soccer @ Sweet

2:15PM - Slime @ Sweet 3:45PM - Wooly Worm Hunt @ Sweet

4:30PM - Animals on the Move @ Sweet

4:30PM - Critter Crafts @ Sweet

6:00PM - Bingo @ Sweet

7:00PM - Trivia @ Sweet 8:00PM - UNO Tournament @ Sweet

PICKLEBALL LESSONS

THURSDAY, 12PM - 2PM

Drop in for pickleball lessons with Rick Nobles on our brand new courts! All abilities welcome, equipment and registration not required.

FAMILY FUN ANIMAL DETECTIVE

PROGRAM

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.

DESCRIPTIONS

BACKYARD BLACK BEARS

Discover the fascinating world of black bears and learn to live in harmony with these magnificent animals.

BIRD IS THE WORD

Come learn about fall birds in our area and make a bird feeder.

CREEK STOMPIN

Learn about our local waterways and ways to know they are clean.

DIG IN THE DIRT

Check out our mock archaeological site, dig for treasures and tell the stories of the past.

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

ICE CREAM

Check out the science behind homemade ice cream and make your own. SLIME

Check out the science behind slime and make your very own.

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

SURVIVAL

TOWER POWER Learn how structures get their

strength and construct our own. WALK IN THE WOODS

Take a leisurely hike around property to explore the trees, plants, and animals in our area!

WHAT ABOUT WOLVES

FOR KIDS UNDER AGE 6

Discover the new beginnings of the

Grey Wolves in our area! LITTLE LEARNERS

ANIMALS ON THE MOVE Listen to music and use scarves to show us how animals move on the go.

BUGS, BUGS, BUGS Join us on a hunt to find out what

makes a bug a bug! **CRITTER CRAFTS**

Create a critter and join in on the fun. LITTLE EXPLORERS

Explorers use their senses to observe and investigate the world.

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

PARACHUTE GAMES Rise and fall with our big parachute as

the billowing parachute.

WOOLY WORM HUNT Learn about camouflage while you look

for the infamous wooly worms!

we play games on, under, and around

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.

PEAK PERFORMERS

MONDAY, JUN 23

7PM - POEMSHARE

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. **WEDNESDAY, JUN 25**

7PM - COWBOY BRAD SING-A-LONG

Join local singer/songwriter/guitarist Cowboy Brad at the KATHIE MENNEL OUTDOOR AMPHITHEATER for songs and fun for the whole family! Please call Sweet Memorial (ext. 1104) in case of inclement weather .

THURSDAY, JUN 26

7PM - SUMMERFEST CONCERT

Join us at the KATHIE MENNEL OUTDOOR AMPHITHEATER for our weekly Summerfest concert! Our featured artist is, Justin Roth.

HISTORY PROGRAMS

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

FRIDAY, JUN 20

2PM - BEHIND THE ARCHIVE

Join us for a special program 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 entail. **SATURDAY, JUN 21**

3PM - 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 23

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 **TUESDAY, JUN 24**

8:30AM - BREAKFAST AT THE MUSEUM

Learn about new projects, share in fellowship, and ask questions answered by Julie Watkins, CEO; Shannon Jones, Estes Park Center General Manager, and other members of the Association Leadership Team. Free light breakfast included with the presentation.

WEDNESDAY, JUN 25 2PM - JOURNALING

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

3PM - STAFF ALUMNI GATHERING

Drop by the museum to meet other staff alumni. Share stories and reminisce about your time as a staff member at YMCA of the Rockies.

THURSDAY, JUN 26

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.

10AM - PRESIDENT THEODORE ROOSEVELT

Meet the 26th president of the United States, Theodore Roosevelt, and listen as he shares his passion for the conservation of the West. Includes Q&A time with Teddy. Bully, Bully!

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.

2PM - JOURNALING

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

SPIRITUAL PROGRAMS

FRIDAY, JUNE 20

10:00AM BIBLE STUDY

Join us in Dannen Library 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, "Unstoppable" SUNDAY, JUN 22

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 an evening of song and joy MONDAY, JUN 23

5:00PM ADVENTURE MINISTRY ARCHERY

Meet at the Main Archery Range and join our staff for some Archery lessons, then enjoy a short devotion connecting Biblical truths to the Archery experience. Limited to 15 participants, age 6 and older. To sign up, call Sweet Memorial, x1104. TUESDAY, JUN 24

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 fire outside of Hyde Chapel. **WEDNESDAY, JUN 25**

10:00AM BIBLE STUDY

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

5:00PM ADVENTURE MINISTRY ARCHERY

Meet at the Main Archery Range and join our staff for some Archery lessons, then enjoy a short devotion connecting Biblical truths to the Archery experience. Limited to 15 participants, age 6 and older. To sign up, call Sweet Memorial, x1104.

6:30PM VESPERS COMMUNION SERVICE

Meet at Dannen Chapel.

7:30PM CAMPFIRE WORSHIP SING-A-LONGMeet 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 Inter-

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 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 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.



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.

CAMPFIRES

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



ARTIST IN RESIDENCE: TAMMIE DICKERSON SATDAY, JUN 21

1PM - NATURE JOURNAL WORKSHOP REGISTRATION REQUIRED

In this workshop, you will explore nature journaling with our Artist in Residence, Tammie Dickerson! You will be receiving a mulit-media sketch book in this class. Please arrive 15 minutes early for payment and check in at the CRAFT & DESIGN CENTER.

SUNDAY, JUN 22

1PM - LIVE PAINTING DEMO

here to check availability and make

a reservation.

Stop by to watch Artist-in-Resident Tammie Dickerson as she captures a moment live at the ADMINISTRATION building.

MONDAY, JUN 23

10:30AM - STORY TIME AND BOOKMARK MAKING

Join Tammie Dickerson for a story and make bookmarks with Artist in Residence, Tammie Dickerson at the LIBRARY!

TUESDAY, JUN 24

7PM - ARTISTS JOURNEY

Come meet Artist in Residence, Tammy Dickerson. See her artwork and learn about her journey at the LIBRARY.

GET GROOVY

FRIDAY, JUN 20

9AM - DANCE CARDIO

Join local instructor, Kelly Mann at the OUTDOOR BASKETBALL COURTS for songs and fun for the whole family, with a backdrop of Mt Ypsilon. **SUNDAY.JUN 22**

6PM - LINE DANCING

Join Line Dancing Expert Jan Tenzer in this classic, boot-stomping activity for all ages. Meet at JELLISON YOUTH BUILDING. Closed-toed shoes preferred.

CABIN OPEN HOUSE

Stop by the Stay Awhile Cabin on 6/24 anytime between 2PM and 4PM!

EVER THOUGHT ABOUT ADOPTING A CABIN?

Come to a Cabin Open House and hear more behind this meaningful tradition. Step inside a guest cabin, meet our team, and learn how you can ensure families continue making memories here for years to come. Light refreshments served. Want a private tour instead? Contact Andrea Sherman at asherman@ymcarockies.org.

BIRD BANDING: OUR LOCAL BIRDS

MON, WED, FRI 4PM-6PM

Join us at the Bird Blind on the corner of Mineral Rd to see local bird expert Scott Rashid catch, band and release birds onsite at the YMCA.

MINDFUL MOVEMENT

All programs meet at the NEW Yoga Deck, behind Upper Cookout. First come first serve, 18 mat limit, no registration required.

FRIDAY, JUN 20

9:00AM - Yoga Fusion & Stretch SATURDAY, JUN 21

9:00AM - Pilates Fusion

SUNDAY, JUN 22

9:00AM - Family Yoga

MONDAY, JUN 23 9:00AM - Pilates Fusion

5:30PM - Vinyasa Yoga

WEDNESDAY, JUN 25

9:00AM - Pilates Fusion

THURSDAY, JUN 26

9:00AM - Morning Mobility

FAMILY YOGA

This all-ages yoga class, led by Linda Rush, is a fun and active way to experience the outdoors! Bring the whole family. Mats provided. On the new YOGA DECK.

MORNING MOBILITY

Cindy Haines is leading Yoga for beginners. This mobility-friendly class works for all ages. On the new YOGA DECK.

PILATES FUSION

Join Denise Woodard for an all-levels Pilates class at the new YOGA DECK.

VINYASA YOGA

Join Laura for this engaging yoga class for all abilities. Mats provided. Set among the trees on the new YOGA DECK.

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.

ADVENTURE ACTIVITIES

NEW! AERIAL CHALLENGE COURSE

Check in 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

Check in at the Boone Family Mountain Center. Experience the thrill and challenge of scaling our 25-foot outdoor climbing wall tower.

climbing wall tower. Open to ages 5 and older, up to 12 people per session, \$12/pp.

REGISTRATION REQUIRED

NELSEN FAMILY INDOOR CLIMBING WALL

Check in 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.

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.

FAMILY COOKOUT AND CAMPFIRE REGISTRATION REQUIRED

Every Tuesday meet at UPPER COOKOUT at 5:30 PM to enjoy a

delicious dinner grilled up by our Food Service team. At 6:30 PM, 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

This mile long hike will take you to an excavated rock shelter on prop-

erty and provides an opportunity to learn about the early people who

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

Join our nocturnal friends in the woods and explore our world after

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 Muse-

ROCKY MOUNTAIN WILDFLOWER WORKSHOP

REGISTRATION REOUIRED - JUNE 21-23

Join our team on a 3 day nature workshop! Come and share in

the joy of wildflower discovery and locate and learn about

wildflowers of RMNP in their natural settings, \$195/person.

dark. Hike without light and your senses! Meet at SWEET MEMORIAL.

lived in the region. Please bring water. Meet at DORSEY MUSEUM.

PROGRAM DESCRIPTIONS

ARCHAEOLOGY HIKE

ELASTIC JEWELRY CLASS

um to enjoy tea on the lawn.

TEA PARTY HATS

lengths for one necklace or two bracelets.

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, JUN 20

10:00AM - \$10 - Elastic Jewelry Class 10:00AM - \$10 - Tea Party Hats

SATURDAY, JUN 21

10:00AM - \$10 - Elastic Jewelry Class SUNDAY, JUN 22

10:00AM - \$10 - Elastic Jewelry Class MONDAY, JUN 23

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

10:00AM - \$10 - Elastic Jewelry Class **WEDNESDAY , JUN 25**

10:00AM - \$10 - Elastic Jewelry Class 10:00AM - \$10 - Tea Party Hats

THURSDAY, JUN 26

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

DISCOVERY HIKES

NO COST, REGISTRATION REQUIRED

Bring history and mystery to life, blending adventure with education!

MS - MUSEUM SM - SWEET MEMORIAL

FRIDAY, JUN 20

10:00AM - Archaeology Hike @ MS

8:30PM - Night Hike @ SM

SATURDAY, JUN 21

10:00AM - Archaeology Hike @ MS

1:00PM - Archaeology Hike @ MS

8:30PM - Night Hike @ SM SUNDAY, JUN 22

8:30PM - Night Hike @ SM

8:30PM - Night Hike @ SM

TUESDAY, JUN 24

8:30PM - Night Hike @ SM

WEDNESDAY, JUN 25

8:30PM - Night Hike @ SM THURSDAY, JUN 26

8:30PM - Night Hike @ SM

DOLL MAKING

REGISTRATION REQUIRED - SUN & TUES; 1PM & 2PM

Join us at the museum to create your own doll and learn how homesteaders made dolls prior to modern technology. 1 hour , no cost, registration required.

GUIDED HIKES

NO COST, REGISTRATION REQUIRED

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. Some difficult hikes require completion of a prerequisite hike of similar difficulty. 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
FRIDAY, JUNE 13	FRIDAY, JUNE 13						
5:30AM-4:00PM	Keyhole	12.8	3720	С	D	Hiker	Dave M. & Keith H.
6:45AM-1:30PM	Fern Lake	7.5	1750′	F	F	Hiker	Chloe D.
7:00AM-11:30AM	Arch Rocks and The Pool	6.5	500′	G	F	Hiker	Morgan H.
7:00AM-3:30PM	Finch Lake	10.8	2200′	E	F	Hiker	Tammy F.
8:30AM-2:30PM	West Creek Falls	5.0	1760′	F	E	Hiker	Kae M.
9:00AM-12:00PM	Moraine Park from the Y	3.0	400′	G	F	Not Required	Bill B.
1:00PM-5:00PM	Dream Lake	2.2	500′	G	F	Hiker	Larry S.

Click here to register or call 970.586.3341x1104 for more info.

GUIDED HIKES C	JIDED HIKES CONTINUED NO COST, REGISTRATION						
	HIKE DESTINATION	MILES ROUND TRIP	ELEVATION GAIN	OVERALL GRADE	TERRAIN GRADE	TRANSPORT PROVIDED BY	HIKE MASTER
SATURDAY, JUN 21							
6:30AM-4:00PM L	Lawn Lake-Prerequisite Needed	12.6	2570′	D	F	Hiker	Steve J. & Morgan H.
7:00AM-2:00PM T	Twin Sisters	7.6	2723′	Е	Е	Hiker	Tammy F. & Chloe D.
7:15AM-4:15PM C	Onahu– Tonahutu Loop	8.4	1490′	F	F	Hiker	Tom D.
7:30AM-12:00PM A	Arch Rocks and The Pool	3.5	245′	G	F	Hiker	Bill B.
9:00AM-12:00PM V	Wind River Ramble	2.0	200′	Н	G	Not Required	Harvey H.
1:00PM-6:30PM	Mills Lake	5.2	850′	F	F	Hiker	Kae M.
SUNDAY, JUN 22							
5:30AM-3:30PM F	Flattop & Hallets - Prerequisite Needed	10.0	3238′	С	D	Hiker	Emily R. & Dave M.
7:30AM-1:30PM	Deer Mountain	6.0	1470′	F	F	Hiker	Larry S.
8:00AM-11:00AM E	Euginia Mine	3.0	500′	G	F	Hiker	Morgan H.
9:00AM-12:00PM E	Bible Point Sunday Hike	3.0	600′	F	G	Not Required	Karen A.
MONDAY, JUN 23							
7:15AM-3:15PM C	Chasm Lake - Prerequisite Needed	8.6	2560′	D	D	Hiker	Sam M.
7:30AM-12:00PM C	Calypso Cascades	3.6	670′	G	F	Hiker	Wendy M.
7:30PM-1:30PM	Mills Lake	5.2	850′	F	F	Hiker	Karen A.
7:00PM-1:30PM C	Cub-Fern Ridge to Cub Lake Off Trail	5.0	1000′	Е	D	Hiker	Tom D.
8:30AM-1:30PM S	Sprague Lake from the Y	7.0	720′	F	F	Not Required	Emily R.
TUESDAY, JUN 24							
7:00AM-3:00PM S	Sky Pond	8.4	1930′	E	E	Hiker	Emily R.
8:00AM-1:30PM G	Giant Track Mountain	3.0	1050′	F	D	Hiker	Larry S.
8:30AM-12:30PM Y	Y360	5.2	800′	F	F	Not Required	Chloe D.
9:00AM-12:00PM	Moraine Park from the Y	3.0	400′	G	F	Not Required	Karen A.
9:00AM-12:00PM C	Orienteering Class	One hour of inc	door learning f	ollowed by	1.5 miles of	practice outside	Dave F.
1:00PM-6:00PM L	Lake Haiyaha	4.0	745′	F	E	Hiker	Bill B.
WEDNESDAY, JUN 2	5						
6:30AM-3:30PM L	Lumpy Ridge Loop-Prerequisite Needed	11.0	2990′	D	D	Hiker	Steve J.
7:00AM-12:00PM C	Cub Lake	4.8	610′	F	F	Hiker	Morgan H.
8:30AM-1:30PM S	Sprague Lake from the Y	7.0	720′	F	F	Not Required	Chloe D.
8:30AM-2:00PM V	Wednesday Wildflower Walk	Join for a journ	ey to see whe	re the wildfl	owers are.	Hiker	Ginny K.
9:00AM-12:00PM G	Glacier Creek	2.2	300′	G	F	Not Required	Karen A.
12:00PM-6:00PM V	West Creek Falls	5.0	1760′	F	E	Hiker	Larry S.
THURSDAY, JUN 26							
6:00AM-3:00PM	Mount Ida– Prerequisite Needed	9.5	2860′	D	D	Hiker	Chloe D & Kae M.
6:30AM-1:30PM C	Circle of Lakes	8.0	850′	F	F	Hiker	Wendy M.
6:45AM-12:00PM T	The Loch	5.0	146′	F	F	Hiker	Bill B.
7:00AM-4:30PM T	Thunder Lake	13.2	2420′	E	F	Hiker	Emily R.
8:30AM-12:30PM Y	Y360	5.2	800′	F	F	Not Required	Larry S.

Sasquatch Fly Fishing Adventures Weekly Trips June 21st – June 27th



Friday 20 th	Saturday 21st	Sunday 22 nd	Monday 23 rd	Tuesday 24 th	Wednesday 25 th	Thursday 26 th	Friday 27 th
3/4 Trip to the National Park 7:00am – 2:30pm			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	1/2 Day Trip 7:45am- 12:30pm	All Day Hike n Fish (amazing fishing!) 6:30am – 6:00pm	Backcountr y Belly Boating 7:00am – 3:30pm
Family Fun Trip 8am -12pm	1/2 Day Trip 7:45am – 12:30pm	1/2 Day Fly Fishing 7:45am - 12:30pm	Family Fun Trip 8am -12pm	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 1/2 Day 4:00pm – 9:00pm	Evening Experience Cookout! 4pm – 9pm	Family Fun Cookout 4:30pm – 9:00pm	Evening 1/2 Day 4:00pm – 9:00pm	Family Fun Cookout 4:30pm – 9:00pm	Family Fun Cookout 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**

Email: Sasquatchflyfishing @gmail.com

Trip Rates:

½ 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 EQUIPTMENT!

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 <u>minimum (2 people) and a maximum (varies)</u> 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, <u>and as needed</u> - fishing license, water, snacks, possibly lunch / dinner (see desk).

VISA MasterCard



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



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 (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 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.

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.

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"

JACKSON STABLES, INC. SUMMER May 3 – August 15, 2025

Estes Park Center YMCA of the ROCKIES LIVERY

LIVERY OFFICE HOURS:

Daily- 7:15 am-6:00 pm

Phone- (970) 586-3341, ext. 1140 or 1149 (Dial only the ext. if on grounds)

RATES:	\$80	1 hour ride	Deer Meadows/Glacier Basin
(per person)	\$120	2 hour ride	Moraine Park /Emerald Mtn.

\$160 3 hour ride Beaver Meadows/East Portal/Mill Creek

\$200 4 hour ride Wind River \$240 5 hour ride Bierstadt Lake



<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>
8:00am 2 hr. Emerald Mountain	8:00am 2 hr. Moraine Park	7:40am 4 hr. Wind River
8:40am 3 hr. Beaver Meadows	8:20am 2 hr. Moraine Park	8:00am 2 hr. Moraine Park
9:00am 1 hr. Deer Meadows	8:40am 1 hr. Glacier Basin	8:40am 3 hr. Cub Canyon
10:30am 1 hr. Glacier Basin	9:00am 1 hr. Deer Meadows	9:00am 1 hr. Deer Meadows
1:00pm 2 hr. Moraine Park	10:30am 1 hr. Deer Meadows	10:30am 1 hr. Glacier Basin
1:40pm 3 hr. Mill Creek	1:00pm 2 hr. Moraine Park	1:00pm 2 hr. Emerald Mountain
2:00pm 1 hr. Deer Meadows	1:40pm 3 hr. East Portal	1:40pm 3 hr. Mill Creek
3:30pm 2 hr. Moraine Park	2:00pm 1 hr. Glacier Basin	2:00pm 1 hr. Deer Meadows
4:00 pm 1 hr. Glacier Basin	3:30pm 2 hr. Moraine Park	3:30pm 2 hr. Moraine Park
	4:00pm 1 hr. Deer Meadows	4:00pm 1 hr. Glacier Basin

WEDNESDAY	THURSDAY	FRIDAY
8:00am 2 hr. Emerald Mountain	8:00am 2 hr. Emerald Mountain	8:00am 2 hr. Moraine Park
8:40am 3 hr. Beaver Meadows	8:40am 3 hr. Mill Creek	8:40am 3 hr. East Portal
9:00am 1 hr. Glacier Basin	9:00am 1 hr. Deer Meadows	9:00am 1 hr. Deer Meadows
10:30am 1 hr. Deer Meadows	10:30am 1 hr. Glacier Basin	10:30am 1 hr. Glacier Basin
1:00pm 2 hr. Emerald Mountain	1:00pm 2 hr. Moraine Park	1:00pm 2 hr. Emerald Mountain
1:20pm 2 hr. Moraine Park	1:40pm 3 hr. Beaver Meadows	1:40pm 1 hr. Deer Meadows
1:40pm 1 hr. Deer Meadows	2:00pm 1 hr. Deer Meadows	2:00pm 1 hr. Glacier Basin
2:00pm 1 hr. Glacier Basin	3:30pm 2 hr. Moraine Park	3:30pm 2 hr. Moraine Park
3:30pm 2 hr. Moraine Park	4:00pm 1 hr. Glacier Basin	4:00pm 1 hr. Deer Meadows
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

The weight limit for an individual horseback rider is 230 pounds.

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

PLEASE CALL FOR RESERVATIONS

YMCA charges to room may be accepted



HORSE RIDING TRAIL INFORMATION

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.

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.

<u>DEER MEADOWS</u>: 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 grand views of the Continental Divide. Wildlife is almost always a certainty to be 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. The trail travels past the East Portal of the Adams Tunnel before returning along the Aspenbrook Trail. This ride includes many terrains and a variety of views. 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 scenery 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.