

ACTIVITY GUIDE

FRIDAY, JUNE 27– THURSDAY, JULY 3
YMCA OF THE ROCKIES – ESTES PARK CENTER



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

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



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.

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, JUN 27	SAT, JUN 28	SUN, JUN 29	MON, JUN 30	TUES, JUL 1	WED, JUL 2	THURS, JUL 3
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	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
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	12PM-5PM	9AM-5PM	10AM-5PM	9AM-5PM	9AM-5PM
MAUDE JELLISON LIBRARY	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
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	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 6PM-8PM	LAP SWIM 6:30AM-8:30AM OPEN SWIM 9AM-11:30AM 12:30PM-2:45PM 6PM-8PM	OPEN SWIM 12:30PM-5PM	LAP SWIM 6:30AM-8:30AM OPEN SWIM 12:30PM-2:45PM 6PM-8PM	LAP SWIM 6:30AM-8:30AM OPEN SWIM 12:30PM-5PM 6PM-8PM	LAP SWIM 6:30AM-8:30AM OPEN SWIM 12:30PM-5PM 6PM-8PM	LAP SWIM 6:30AM-8:30AM OPEN SWIM 12:30PM-5PM 6PM-8PM
BOB ECKER ROLLER RINK	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104						
	5:30PM-9:30PM	5:30PM-8:00PM	5:30PM-8:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM
DUNCAN FAMILY CLUBHOUSE	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, JUN 27

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 - Chalk Obstacle Course @Sweet
3:15PM - Origami @ Sweet
3:15PM - Capture the Flag @ Sweet
3:45PM - Wooly Worm Hunt @ Sweet
4:30PM - Critter Crafts @ Sweet
6:00PM - Bingo @ Sweet
7:00PM - Trivia @ Sweet

SATURDAY, JUN 28

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
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
8:00PM - UNO Tournament @ Sweet

SUNDAY, JUN 29

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

MONDAY, JUN 30

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, JUL 1

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
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 - 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, JUL 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
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 - Capture the Flag @ 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, JUL 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 - 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

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.

PROGRAM DESCRIPTIONS

FAMILY FUN

ANIMAL DETECTIVE

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 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 QUEST

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.

SURVIVAL

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

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

Discover the new beginnings of the Grey Wolves in our area!

LITTLE LEARNERS

FOR KIDS UNDER AGE 6

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 we play games on, under, and around the billowing parachute.

WOOLY WORM HUNT

Learn about camouflage while you look for the infamous wooly worms!



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!

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

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PEAK PERFORMERS

MONDAY, JUN 30

7PM - WES BERSETH CONCERT

Join us for an evening of music at the MAUDE JELLISON LIBRARY. Don't miss this musical performance for the whole family: Wes Berseth of Denver on guitar and harmonica. **WEDNESDAY, JUL 2**

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, JUL 3

7PM - SUMMERFEST CONCERT

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

HISTORY PROGRAMS

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

SATURDAY, JUN 28

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 30

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, JUL 1

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, JUL 2

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, JUL 3

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!

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.

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 27

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, "My Penguin Friend"

SUNDAY, JUN 29

10:00AM WORSHIP IN THE ROCKIES

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

MONDAY, JUN 30

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, JUL 1

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, JUL 2

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-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 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.

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

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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 [here](#) to check availability and make a reservation.



ARTIST IN RESIDENCE: TAMMIE DICKERSON

SATDAY, JUN 28

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 multi-media sketch book in this class. Please arrive 15 minutes early for payment and check in at the CRAFT & DESIGN CENTER.

SUNDAY, JUN 29

1PM – LIVE PAINTING DEMO

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

MONDAY, JUN 30

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, JUL 1

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 27

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 29

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 Grace Cabin on 7/1 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, 27 mat limit, no registration required.

FRIDAY, JUN 27

9:00AM – Yoga Fusion & Stretch

SATURDAY, JUN 28

9:00AM – Pilates Fusion

SUNDAY, JUN 29

9:00AM – Family Yoga

WEDNESDAY, JUL 2

9:00AM – Pilates Fusion

THURSDAY, JUL 3

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

REGISTRATION REQUIRED

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

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.

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REGISTRATION REQUIRED

SOME PROGRAMS MAY FILL QUICKLY

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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 27

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

SATURDAY, JUN 28

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

SUNDAY, JUN 29

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

MONDAY, JUN 30

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

TUESDAY, JUL 1

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

WEDNESDAY, JUL 2

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

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

THURSDAY, JUL 3

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

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

PROGRAM DESCRIPTIONS

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 water. 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 HIKE

Join our nocturnal friends in the woods as we explore our world after dark. Hike without light to use your 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.



DISCOVERY HIKES

NO COST, REGISTRATION REQUIRED

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

MS - MUSEUM SM - SWEET MEMORIAL

FRIDAY, JUN 27

10:00AM - Archaeology Hike @ MS
8:30PM - Night Hike @ SM

SATURDAY, JUN 28

10:00AM - Archaeology Hike @ MS
1:00PM - Archaeology Hike @ MS
8:30PM - Night Hike @ SM

SUNDAY, JUN 29

8:30PM - Night Hike @ SM

MONDAY, JUN 30

8:30PM - Night Hike @ SM

TUESDAY, JUL 1

8:30PM - Night Hike @ SM

WEDNESDAY, JUL 2

8:30PM - Night Hike @ SM

THURSDAY, JUL 3

8:30PM - Night Hike @ SM

DOLL MAKING

REGISTRATION REQUIRED - 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, JUN 27							
5:00AM-4:00PM	The Spearhead - Prerequisite Required	13.2	3395'	B	A	Hiker	Morgan H. & Dave M.
6:45AM-1:15PM	Fern Lake	7.5	1750'	F	F	Hiker	Tammy F.
7:00AM-1:00PM	Ouzel Falls	5.5	1150'	F	F	Hiker	Kae M.
9:00AM-12:00PM	Moraine Park from the Y	3.0	400'	G	F	Not Required	Harvey H.
12:00PM-6:00PM	Bridal Veil Falls	6.6	1100'	F	E	Hiker	Bill B.
SATURDAY, JUN 28							
6:00AM-2:00PM	Flattop Mountain	9.0	3000'	D	F	Hiker	Larry S. & Kae M.
6:45AM-1:00PM	Ouzel Falls	5.5	1150'	F	F	Hiker	Bill B.
7:00AM-2:00PM	Twin Sisters Mountain	7.6	2723'	E	E	Hiker	Steve J.

	HIKE DESTINATION	MILES ROUND TRIP	ELEVATION GAIN	OVERALL GRADE	TERRAIN GRADE	TRANSPORT PROVIDED BY	HIKE MASTER
SATURDAY, JUN 28 CONTINUED							
9:00AM-12:00PM	Wind River Ramble	2.0	200'	H	G	Not Required	Tammy F.
1:00PM-5:00PM	Dream Lake	2.2	500'	G	F	Hiker	Chloe D. & Megan N.
SUNDAY, JUN 29							
7:00AM-12:00PM	Fern Falls	5.5	1000'	F	F	Hiker	Karen A.
8:30AM-1:30PM	Lake Haiyaha	4.0	1025'	F	E	Hiker	Emily R.
5:30PM-7:30PM	Lily Lake Sunset Hike	1.5	220'	G	G	Hiker	Ginny K. & Harvey H.
MONDAY, JUN 30							
6:00AM-5:00PM	Crystal Lake	15.5	3340'	C	D	Hiker	Emily R. & Steve J.
6:00AM-2:00PM	Sky Pond	8.6	2200'	E	E	Hiker	Dave M.
6:30AM-11:00AM	Rabbit Ears - Off Trail	3.2	300	F	E	Hiker	Program Staff
7:00AM-12:30PM	Calypso Cascades	3.6	670'	G	F	Hiker	Bill B.
8:30PM-3:30PM	Boulder Brook Loop	6.7	1300'	F	F	Hiker	Karen A.
8:30AM-1:30PM	Sprague Lake from Mountainside Dr,	4.0	200'	G	F	Hiker	Larry S.
9:00AM-12:00PM	Moraine Park from the Y	3.0	400'	G	F	Not Required	Harvey H.
TUESDAY, JUL 1							
6:30AM-3:30PM	Lumpy Ridge Loop	11.0	2900'	D	D	Hiker	Harvey H.
6:45AM-2:00PM	Estes Cone	6.5	2050'	E	D	Hiker	Tammy F.
7:00AM-11:30PM	Cub Lake	4.8	850'	F	F	Hiker	Karen A. & Larry S.
8:00AM-12:00PM	Y360	5.2	800'	F	F	Not Required	Bill B.
8:30AM-2:00PM	Mills Lake	5.2	950'	F	F	Hiker	Kae M.
9:00AM-12:00PM	Orienteering Class - 11yrs+	One hour of indoor learning followed by 1.5 miles of practice outside					Dave F.
1:00PM-4:00PM	Alluvial Fan	2.0	500'	G	F	Hiker	Emily R.
WEDNESDAY, JUL 2							
4:00AM-4:30PM	Chasm View	13.0	4250	B	C	Hiker	Morgan H. & Keith H.
7:00AM-2:30PM	Ypsilon Lake	9.1	2680'	E	F	Hiker	Ethan R.
8:00AM-1:30PM	Giant Track Mountain	4.1	1250'	F	E	Hiker	Program Staff
8:30AM-2:30PM	Bridal Veil Falls	6.6	1100'	F	E	Hiker	Kae M.
8:30AM-2:00PM	Wednesday Wildflower Walk	Join for a journey to see where the wildflowers are.				Hiker	Ginny K.
9:00AM-12:00PM	Moraine Park from the Y	3.0	400'	G	F	Not Required	Larry S.
1:00PM-5:00PM	Dream Lake	2.2	500'	G	F	Hiker	Emily R.
THURSDAY, JUL 3							
6::30AM-12:00PM	Fern Falls	5.5	1000'	F	F	Hiker	Bill B.
6:30AM-3:00PM	Sandbeach Lake	9.4	2010'	E	F	Hiker	Emily R.
6:45AM-1:00PM	Ouzel Falls	5.5	1150'	F	F	Hiker	Karen A.
7:00AM-4:30PM	Battle Mountain Ramble - Off Trail	10.0	2750'	D	E	Hiker	Tom D.
8:00AM-12:00PM	Y360	5.2	800'	F	F	Not Required	Mike M.
8:30AM-1:30PM	The Loch	5.0	1200'	F	F	Hiker	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 June 27th – July 4th



Friday 27 th	Saturday 28 th	Sunday 29 th	Monday 30 th	Tuesday 1 st	Wednesday 2 nd	Thursday 3 rd	Friday 4 th
Backcountry Belly Boating 7:00am – 3:30pm			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 Backcountry Belly Boating 7:00am – 3:30pm	All Day Hike n Fish (amazing fishing!) 6:30am – 6:00pm	Happy 4th of July! Shop Closes at 12:00pm Today!
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	

Fly Shop Hours

7:30am – 5:00pm

Call us!
970-586-3341 X1153

Email:
Sasquatchflyfishing@gmail.com

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!

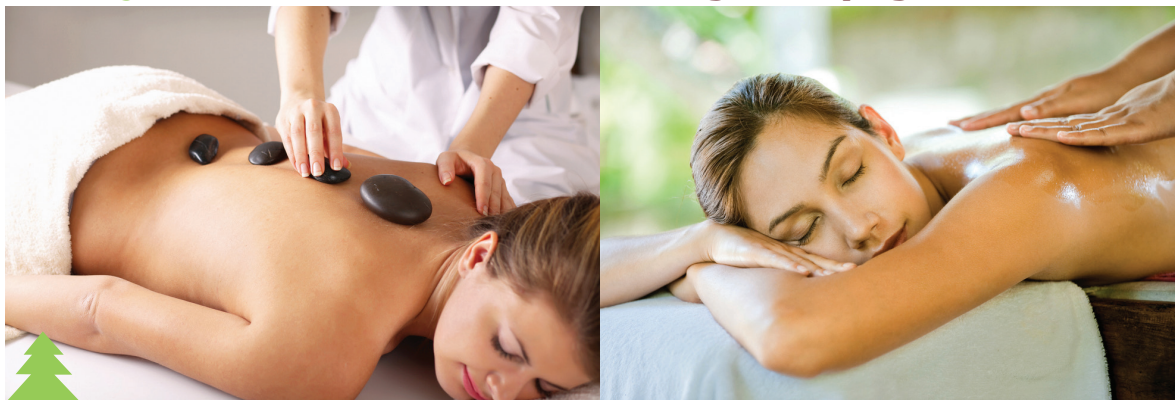


MASSAGE THERAPY

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



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

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"

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
(per person) \$120 2 hour ride
 \$160 3 hour ride
 \$200 4 hour ride
 \$240 5 hour ride

Deer Meadows/Glacier Basin
Moraine Park /Emerald Mtn.
Beaver Meadows/East Portal/Mill Creek
Wind River
Bierstadt Lake



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

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

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

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

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

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

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.

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 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.