ACTIVITY GUIDE





LOST? CHECK OUT OUR PROPERTY 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 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/

PROGRAM FACILITY HOURS

	FRI, AUG 1	SAT, AUG 2	SUN, AUG 3	MON, AUG 4	TUES, AUG 5	WED, AUG 6	THURS, AUG 7
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, Last admittance 30 minutes before closing. Questions? Call us at x1136.				vailable, no regist	ration required.		
	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.						
LIBRARY	9AM-7PM	9AM-7PM	1PM-5PM	9AM-7PM	9AM-7PM	9AM-7PM	9AM-7PM
MOOTZ FAMILY CRAFT & DESIGN CENTER	Glass fusion must	Orop 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.					
	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 mir 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 Kids 7 and under must have an adult in the water. The water slide is open at the lifeguards' discretic					an adult in the bu	_	
	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-5PM 6PM-8PM	OPEN SWIM 12:30PM-5PM	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	LAP SWIM 6:30AM-8:30AM OPEN SWIM 12:30PM-5PM 6PM-8PM
BOB ECKER	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104						
ROLLER RINK	5:30PM-9:30PM	5:30PM-8:00PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM
DUNCAN FAMILY	Pick up sports equipment including mini golf clubs, pickleball paddles, kickballs and more Questions? Call us at x1104.						
CLUBHOUSE	8AM-6:30PM	8AM-6:30PM	8AM-6:30PM	8AM-6:30PM	8AM-6:30PM	8AM-6:30PM	8AM-6:30PM





FAMILY PROGRAMS

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

FRIDAY, AUG 1

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 - Kickball @ Sweet

2:00PM - 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 - Capture the Flag @ 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

SATURDAY, AUG 2

8:00AM - Bird is the Word @ Sweet

9:15AM - Fire Quest @ Sweet

10:15AM - Backvard 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 - Kickball @ 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 - Soccer @ Sweet

3:45PM - Wooly Worm Hunt @ Sweet

4:30PM - Critter Crafts @ Sweet

6:00PM - Bingo @ Sweet

7:00PM - Trivia @ Sweet

8:00PM - Family Game Night @ Sweet

SUNDAY, AUG 3

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 - Kickball @ 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

6:00PM - Bingo @ Sweet

7:00PM - Trivia @ Sweet

MONDAY, AUG 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 - Kickball @ Sweet

2:00PM - 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, AUG 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 - Kickball @ Sweet

2:00PM - Dig in the Dirt @ Sweet

2:00PM - Jr. Survival @ Sweet

2:00PM - Volleyball @ Sweet 2:15PM - Slime @ Sweet

3:00PM - Chalk Obstacle Course @Sweet

3:45PM - Wooly Worm Hunt @ Sweet

4:30PM - Critter Crafts @ Sweet

6:00PM - Bingo @ Sweet

7:00PM - Trivia @ Sweet

8:00PM - Family Game Night @ Sweet

WEDNESDAY, AUG 6

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 - Kickball @ 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

3:45PM - Wooly Worm Hunt @ Sweet

4:30PM - Critter Crafts @ Sweet

6:00PM - Bingo @ Sweet

THURSDAY, AUG 7

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 - Kickball @ Sweet

2:00PM - Jr. Survival @ Sweet 2:00PM - Volleyball @ 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

6:30PM - Kickball @ Sweet

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

PICKLEBALL LESSONS

THURSDAY, 12PM - 2PM

Drop in for pickleball lessons with Rick Nobles on our brand new courts! All abilities welcome, no registration.

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 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

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!

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.

GET GROOVY

SUNDAY, AUG 3

6PM - LINE DANCING

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

THURSDAY, AUG 7

7PM - SUMMERFEST CONCERT

Join us at the KATHIE MENNEL OUTDOOR AMPHITHEATER for our weekly Summerfest concert! Our featured artist is Dakota Blonde!



HISTORY PROGRAMS

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

MONDAY, AUG 4

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 EGG HUNT

Chill with the Dinos! Come to the museum lawn and hunt for dino eggs. Crack one open and see what species lies inside!

3PM - CANDLES, LIGHT & GAMES

Join us for an interactive lesson about the history of candle making. We will learn about the history, roll a candle, and play birthday and candle related games. Recommended ages 6+ TUESDAY, AUG 5

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, AUG 6

2PM - JOURNAL MAKING

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

THURSDAY, AUG 7

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 EGG HUNT

Chill with the Dinos! Come to the museum lawn and hunt for dino eggs. Crack one open and see what species lies inside!

2PM - JOURNAL MAKING

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

3PM - EMBROIDERY

Join us for a short lesson about the history of embroidery and practice stitching a design of your own. Recommended ages 8+

CABIN OPEN HOUSE

Stop by the Cotton Cabin on 8/5 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.

SPIRITUAL PROGRAMS

FRIDAY, AUG 1

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, "The Forge" SUNDAY, AUG 3

10:00AM WORSHIP IN THE ROCKIES

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

7:00PM GUITARIST DAN HOLMES

Meet at Hyde Chapel for an evening of song. **MONDAY, AUG 4**

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, AUG 5**

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, AUG 6**

10:00AM BIBLE STUDY

Join us in Dannen Library for "The New Testament You Never Knew." A study written by N.T. Wright and Michael Bird. Explore the context, purpose, and the Story of God.

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

Behind the Legett Christian Center. Walk the trail and encounter 5 interactive stations based on the prayer forms of Adoration, Confession, Thanksgiving, Supplication & 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 at 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.



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.

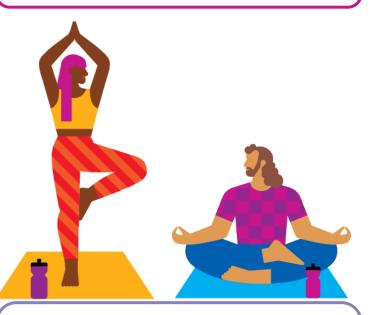
PUBLIC ART TOUR | WALK ABOUT THE Y HISTORY TOUR

POEMSHARE: OPEN MIC AUG 4 - 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.

ACCESSIBLE ENGER FAMILY NATURE TRAIL

The Enger Family Nature Trail is built with accessibility in mind. The trail starts at the Boone Mountain Center and makes a pet-friendly loop through the forest. Learn about the ecosystem, culture and history of the area through interpretive panels.



MEET POET TEOW LIM GOH WHAT TURNS ORDINARY PEOPLE INTO MONSTERS? AUG 2 - 7PM

Meet and Greet author/poet Teow Lim Goh. She will read from and discuss her epic poem Bitter Creek. Through the eyes of the struggling railroad workers, their families, and the corporation working them to the bone, Teow Lim Goh creates an ode to buried history that blends epic tradition with modern composition and astonishing empathy to ask the question, "What turns ordinary people into monsters?" Meets at Maude Jellison Library. No registration required.

ARTIST IN RESIDENCE: RAMONA LAPSLEY

SATURDAY, AUG 2

10AM - PRINTMAKING WORKSHOP REGISTRATION REQUIRED

Join artist in residence Ramona Lapsley who will instruct you on how to make beautiful prints using Styrofoam. Ages 6+, \$10 per person. Check in and payment collected at the CRAFT & DESIGN CENTER. **SUNDAY, AUG 3**

1PM - LIVE PAINTING DEMO

Stop by to watch Artist-in-Resident Ramona Lapsley create art live at the ADMINISTRATION building.

MONDAY, AUG 4

10:30AM - STORY TIME AND BOOKMARK MAKING

Join Ramona for a one of a kind story time at the LIBRARY! TUESDAY, AUG 5

7PM - ARTISTS JOURNEY

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

MINDFUL MOVEMENT

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

FRIDAY, AUG 1

9:00AM - Yoga Fusion

SATURDAY, AUG 2

9:00AM - Pilates Fusion 10:15AM - Family Fun Yoqa

SUNDAY, AUG 3

9:00AM - Family Yoga

3:00PM - Stretch and Restore

MONDAY, AUG 4

9:00AM - Pilates Fusion

5:30PM - Vinyasa Yoga

TUESDAY, AUG 5

9:00AM - Vinyasa Yoga

WEDNESDAY , AUG 6 9:00AM - Pilates Fusion

THURSDAY, AUG 7

9:00AM - Morning Mobility

FAMILY YOGA

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

MORNING MOBILITY

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

PILATES FUSION

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

VINYASA YOGA

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

WRITE YOUR STORY: A JOURNALING WORKSHOP WITH ANNA DAUGHERTY

THURSDAY AUG 7 - 7PM

Join award-winning author Anna Daugherty for an interactive journaling workshop exploring how writing can help you process real life and spark creativity. Anna shares her journey from journalist to fiction author and invites you to reflect on youur own story through guided prompts. Whether you are a seasoned writer or just looking for a quiet moment of self-reflecton, you will leave with simple tools you can use forever. No registration required. At MAUDE JELLISON LIBRARY.

ROCKY MOUNTAIN NATIONAL PARK

Do you have questions about timed entry permits, road conditions, or entrance fees? Click here to visit the Rocky Mountain National Park website, or call 970.586.1206 to reach their info office!

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.

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

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 PROGRAM DESCRIPTIONS

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

FRIDAY, AUG 1

10:00AM - \$10 - Tea Party Hats 10:00AM - \$10 -Elastic Jewelry Class 1:00PM \$5- Cardboard Animal Craft 1:00PM - \$15 - Earrings Class

2:30PM - \$15 - Bracelet Class 3:30PM - \$15 - Necklaces Class

SATURDAY, AUG 2

10:00AM - \$10 -Elastic Jewelry Class 1:00PM - \$5 - Woodland Pinecones

1:00PM - \$15 - Earrings Class 2:30PM - \$15 - Bracelet Class

3:30PM - \$15 - Necklaces Class

SUNDAY, AUG 3

10:00AM - \$10 -Elastic Jewelry Class 10:00AM \$5- Cardboard Animal Craft 1:00PM - \$15 - UV Resin Pendants 1:00PM - \$15 - Earrings Class 2:30PM - \$15 - Bracelet Class

3:30PM - \$15 - Necklaces Class

MONDAY. AUG 4

10:00AM - \$10 -Elastic Jewelry Class 1:00PM - \$10 - Wildlife Jar Lanterns

1:00PM - \$15 - Earrings Class 2:30PM - \$15 - Bracelet Class

3:30PM - \$15 - Necklaces Class

TUESDAY, AUG 5

10:00AM - \$10 -Elastic Jewelry Class 10:00AM - \$5 - Woodland Pinecones

1:00PM - \$15 - UV Resin Pendants 1:00PM - \$15 - Earrings Class

2:30PM - \$15 - Bracelet Class 3:30PM - \$15 - Necklaces Class

WEDNESDAY, AUG 6

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

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

1:00PM - \$5 - YMCA Animal Collage 1:00PM - \$15 - Earrings Class

2:30PM - \$15 - Bracelet Class 3:30PM - \$15 - Necklaces Class

THURSDAY, AUG 7

10:00AM -\$10 - Elastic Jewelry Class 10:00AM - \$15 - UV Resin Pendants

1:00PM - \$10 - Wildlife Jar Lanterns

1:00PM - \$15 - Earrings Class 2:30PM - \$15 - Bracelet Class

3:30PM - \$15 - Necklaces Class

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 (4+)

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 and decorate your own hat at the Craft and Design Center then stroll 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!

FRIDAY, AUG 1

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

SATURDAY, AUG 2

10:00AM - Archaeology Hike @ MS 1:00PM - Archaeology Hike @ MS

8:30PM - Night Hike @ SM

SUNDAY, AUG 3

8:30PM - Night Hike @ SM

MONDAY, AUG 4

8:30PM - Night Hike @ SM **TUESDAY, AUG 5**

8:30PM - Night Hike @ SM

WEDNESDAY, AUG 6

8:30PM - Night Hike @ SM

THURSDAY, AUG 7

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

SOME PROGRAMS MAY FILL OUICKLY

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. 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.

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



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

Difficulty: A=Diffic	tult B=Demanding Plus C=Demanding L HIKE DESTINATION	MILES ROUND TRIP	ELEVATION GAIN			TRANSPORT PROVIDED BY	HIKE MASTER
FRIDAY, AUG 1							
2:00AM-5:30PM	Longs Peak via Clarks Arrow	15.0	5450′	Α	Α	Hiker	Morgan H. & Steve J.
7:00AM-12:00PM	Cub Lake	4.8	850′	F	F	Hiker	Bill B.
8:00AM-2:00PM	West Creek Falls	5.0	1760′	F	E	Not Required	Kae M.
1:00PM-4:00PM	Glacier Creek Loop	2.2	300′	G	F	Not Required	Jeff K.
SATURDAY, AUG 2							
6:30AM-1:30PM	Fern Falls	5.5	1000′	F	F	Hiker	Larry S.
7:00AM-1:30PM	Circle of Lakes	7.0	1350′	F	F	Hiker	Morgan H.
7:00AM-2:00PM	Odessa Lake	8.4	2040′	E	Е	Hiker	Kae M.
9:00AM-12:00PM	Moraine Park from the Y	3.0	400′	G	F	Not Required	Tammy F.
SUNDAY, AUG 3							
7:00AM-2:00PM	Twin Sisters	7.6	2723′	E	E	Hiker	Larry S. & Emily R.
7:00AM-3:00PM	Timberline Falls	7.8	1300′	F	E	Hiker	Karen A.
7:30AM-4:00PM	Cub Lake from the Y	10.3	1600′	F	F	Hiker	Harvey H.
8:00AM-12:00PM	Y360	5.2	800′	F	F	Not Required	Kae M.
MONDAY, AUG 4							
7:30AM-1:00PM	Deer Mountain	6.0	1470′	F	F	Hiker	Larry S.
9:00AM-12:00PM	Glacier Creek Loop	2.2	300′	G	F	Not Required	Emily R.
5:30PM-7:30PM	Lily Lake Evening Hike	1.5	220′	G	G	Hiker	Ginny K.
TUESDAY, AUG 5							
3:00AM-4:30PM	Ouzel and Ogalalla Peaks	19.5	4638′	Α	В	Hiker	Dave M. & Emily R.
5:00AM-3:00PM	Fay Lakes	12.3	3200′	D	E	Hiker	Kae M.
6:00AM-2:00PM	Twin Lakes	7.7	1600′	E	D	Hiker	Tom D.
7:00AM-4:00PM	Odessa & Fern Lakes Loop	9.8	1550′	E	Е	Hiker	Karen A.
8:00AM-12:00PM	Y360	5.2	800′	F	F	Not Required	Bill B.
9:00AM-12:00PM	Orienteering Class - 11yrs+	One hour of in	door learning f	ollowed by	1.5 miles of	practice outside	Dave F.
WEDNESDAY, AUG	6						
6:30AM-2:00PM	Chasm Lake	8.6	2560′	D	D	Hiker	Kae M. & Karen A.
8:30AM-2:00PM	Emerald Lake	3.6	713′	F	F	Hiker	Jim D. & Morgan H.
9:00AM-12:00PM	Moraine Park History	3.0	400′	G	F	Not Required	Larry S.
1:00PM-4:00PM	Glacier Creek Loop	2.2	300′	G	F	Not Required	Jeff K.
THURSDAY, AUG 7							
6:00AM-2:00PM	Mount Ida	9.5	2860′	D	D	Hiker	Emily R. & Harvey H.
6:30AM-2:00PM	Tombstone Ridge	4.0	300′	F	Е	Hiker	Larry S.
7:30AM-1:00PM	Boulder Brook Loop	6.7	1300′	F	F	Hiker	Kae M. & Karen A.
8:00AM-12:00PM	Y360	5.2	800′	F	F	Not Required	Larry S.

Sasquatch Fly Fishing Adventures

Weekly Trip August 2nd - August 8th



Saturday 2 nd	Sunday 3 rd	Monday 4 th	Tuesday 5 th	Wednesday 6 th	Thursday 7 th	Friday 8 th
		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 Backcountry	All Day Hike n Fish (amazing fishing!) 6:30am – 6:00pm	3/4 Trip to the National Park 7:00am – 2:30pm
			1/2 Day Trip 7:45am - 12:30pm	Belly Boating 7:00am – 3:30pm	Evening 1/2 Day 4:00pm – 9:00pm	7.00am – 2.00pm
1/2 Day Trip	1/2 Day Fly Fishing	Family Fun Trip	Family Fun Trip	Family Fun Trip	1/2 Day Trip	Family Fun Trip
7:45am - 12:30pm	7:45am -12:30pm	8am -12pm	8am -12pm	8am -12pm	7:45am- 12:30pm	8am -12pm
Evening 1/2 Day	Evening Experience	Family Fun Cookout	Evening 1/2 Day	Family Fun	Family Fun	Evening 1/2 Day
4:00pm - 9:00pm	Cookout!	4:30pm – 9:00pm	4:00pm - 9:00pm	Cookout	Cookout	4:00pm – 9:00pm
	4pm – 9pm			4:30pm - 9:00pm	4:30pm - 9:00pm	

Trip Rates:

Fly Shop Hours

7:30am – 5:00pm

Call us! 970-586-3341 **X1153** ½ Day Trips: \$75.00 ¾ 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

Backcountry Belly Boating: \$145.00

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 d**esk 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.