

ACTIVITY GUIDE

FRIDAY, AUGUST 8- THURSDAY, AUGUST 14
YMCA OF THE ROCKIES - ESTES PARK CENTER



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

[CLICK HERE](#)
TO REGISTER
FOR PROGRAMS



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, AUG 8	SAT, AUG 9	SUN, AUG 10	MON, AUG 11	TUES, AUG 12	WED, AUG 13	THURS, AUG 14
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	OPEN SWIM 10AM-12PM 1:00PM-6PM	OPEN SWIM 10AM-12PM 1:00PM-5PM	OPEN SWIM 10AM-12PM 1:00PM-5PM	OPEN SWIM 10AM-12PM 1:00PM-5PM	OPEN SWIM 10AM-12PM 1:00PM-2:45PM	OPEN SWIM 10AM-12PM 1:00PM-5PM
BOB ECKER ROLLER RINK	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104						
	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	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, AUG 8

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
2:15PM - Make Ice Cream @ Sweet
2:45PM - Animal Detective @ Sweet
3:00PM - Parachute Games @ Sweet
3:15PM - Origami @ Sweet
3:15PM - Capture the Flag @ Sweet
3:45PM - Wooly Worm Hunt @ Sweet
4:30PM - Critter Crafts @ Sweet
6:00PM - Bingo @ Sweet
7:00PM - Trivia @ Sweet

SATURDAY, AUG 9

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
2:15PM - 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

SUNDAY, AUG 10

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 11

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 12

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

WEDNESDAY, AUG 13

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 14

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

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!

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 FRIDAY

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 970.586.334 x1104 for more info.

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

CABIN OPEN HOUSE

Stop by the Lazy A Cabin on 8/12 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 asheraman@ymcarockies.org.

HISTORY PROGRAMS

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

MONDAY, AUG 11

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!

TUESDAY, AUG 12

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 13

2PM - 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+

THURSDAY, AUG 14

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+



ARTIST IN RESIDENCE: RAMONA LAPSELEY

SATURDAY, AUG 9

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 10

1PM - LIVE PAINTING DEMO

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

MONDAY, AUG 11

10:30AM - STORY TIME AND BOOKMARK MAKING

Join Ramona for a one of a kind story time at the LIBRARY!

TUESDAY, AUG 12

7PM - ARTISTS JOURNEY

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

SPIRITUAL PROGRAMS

FRIDAY, AUG 8

10:00AM BIBLE STUDY

Join us in Danner 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 Girl who Believes in Miracles"

SUNDAY, AUG 10

10:00AM WORSHIP IN THE ROCKIES

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

MONDAY, AUG 11

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 12

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 13

10:00AM BIBLE STUDY

Join us in Danner 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 Danner 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 DANNER CHAPEL

Entrance located on the outside north-east corner of Hyde Chapel, open 24/7 for your prayer needs.

BEATITUDE STUDY TRAIL

Enjoy a mile hike while studying the beatitudes from Jesus' famous "Sermon on the Mount." Trailhead at Dorsey Lake

STORY WALK

Enjoy a children's book on a short walk equipped with reading stations. Begins on the walking path by the Hyde Chapel fire pit.



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

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

MINDFUL MOVEMENT

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

FRIDAY, AUG 8

9:00AM - Yoga Fusion

SATURDAY, AUG 9

9:00AM - Pilates Fusion

10:15AM - Family Fun Yoga

SUNDAY, AUG 10

9:00AM - Family Fun Yoga

3:00PM - Stretch and Restore

MONDAY, AUG 11

9:00AM - Pilates Fusion

5:30PM - Vinyasa Yoga

TUESDAY, AUG 12

9:00AM - Vinyasa Yoga

WEDNESDAY, AUG 13

9:00AM - Pilates Fusion

THURSDAY, AUG 14

9:00AM - Morning Mobility

FAMILY FUN YOGA

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

MORNING MOBILITY

Cindy is leading Yoga for beginners. This mobility-friendly class works for all levels.

VINYASA YOGA

Join Laura for this engaging yoga class for all abilities.

STRETCH AND RESTORE

Stretch and Restore – Stretch out those tight muscles and gain flexibility with Janet! Then prepare to be pampered with some restorative yoga and deep relaxation.

PILATES FUSION

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

LIBRARY PROGRAMS

No cost, no registration. Programs meet at the Maude Jellison Library

SATURDAY, AUG 9

9AM - 7PM - NATIONAL BOOK LOVERS DAY

It's National Book Lovers Day! Drop by the Maude Jellison Library any time between 9 AM and 7 PM on Saturday, August 9 to enjoy any or all of our 12,000 books available for check out. Enter a drawing to win special prizes including a head lamp which is great for reading books in dark places! Take home a free book from our Give Away cart. Tell a librarian all about your favorite book. Choose your own Card Catalog book mark.

MONDAY, AUG 11

7:00PM - AMERICANA ROOTS LIVE CONCERT

Come enjoy the the foot-stompin Americana Roots music of the McDaileys with Special Guest Artists! This free concert will take place on the lawn.

THURSDAY, AUG 14

7PM - HUMMINGBIRD VIDEO AND DISCUSSION

Join Dave and Sybil Eberhart as they share their life-long love of hummingbirds. Actual hummingbird nests, an instructive video and Q&A time make up part of this evenings presentation.



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.

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!

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.

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!

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 x1 104 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 8 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 8 people per session, \$12/pp.

WAIVERS REQUIRED FOR: CLIMBING, HIKING, AND ROPES COURSE

Click [here](#), or scan the QR code to complete a 2025 Activity Waiver.



REGISTRATION REQUIRED

SOME PROGRAMS MAY FILL QUICKLY

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

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

CRAFT CLASSES

REGISTRATION REQUIRED

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

FRIDAY, AUG 8

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 9

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 10

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 11

10:00AM - \$10 - Elastic Jewelry Class
10:00AM - \$5 -YMCA Animal Collage
1:00PM - \$10 - Wildlife Jar Lanterns
1:00PM - \$15 - Earrings Class
2:30PM - \$15 - Bracelet Class
3:30PM - \$15 - Necklaces Class

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 13

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 14

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

PROGRAM DESCRIPTIONS

ARCHAEOLOGY HIKE

This 2 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, blend adventure with education!

MS - MUSEUM SM - SWEET MEMORIAL

FRIDAY, AUG 8

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

SATURDAY, AUG 9

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

SUNDAY, AUG 10

8:30PM - Night Hike @ SM

MONDAY, AUG 11

8:30PM - Night Hike @ SM

TUESDAY, AUG 12

8:30PM - Night Hike @ SM

WEDNESDAY, AUG 13

8:30PM - Night Hike @ SM

THURSDAY, AUG 14

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,

GUIDED HIKES

NO COST, REGISTRATION REQUIRED

Hikes are free for YMCA of the Rockies guests and members. Hikes start at the Boone Family Mountain Center. Activity waiver required. No call, no shows will incur a \$5 per person charge. Call x1311 to check in or cancel, at least 24 hours in advance, no later than 5 pm the day before. Hikers are responsible for entrance fees if trailheads require RMNP access. Timed entry permits not needed on YMCA Guided Hikes. A variety of circumstances may change the schedule of any hike. All equipment will be provided for guided hikes requiring specialized equipment. Please dress in layers and be prepared for snow and cold temperatures, especially for hikes higher than 8500' in elevation.

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

	HIKE DESTINATION	MILES ROUND TRIP	ELEVATION GAIN	OVERALL GRADE	TERRAIN GRADE	TRANSPORT PROVIDED BY	HIKE MASTER
FRIDAY, AUG 8							
4:30AM-3:00PM	Desolation Peaks	11.0	2309'	B	A	Hiker	Dave M. & Emily R.
5:30AM-3:00PM	Millner Pass to Chapin Pass	10.0	1430'	D	D	Hiker	Morgan H. & Tom D.
7:00AM-12:00PM	Ouzel Falls	5.5	1150'	F	F	Hiker	Jeff K.
8:30AM-2:00PM	Lake Haiyaha	4.0	1025'	F	E	Hiker	Program Staff
1:00PM-4:00PM	Glacier Creek Loop	2.2	300'	G	F	Not Required	Program Staff

WAIVERS REQUIRED FOR: CLIMBING, HIKING, AND ROPES COURSE

Click [here](#), or scan the QR code to complete a 2025 Activity Waiver.



GUIDED HIKES CONTINUED

NO COST, REGISTRATION REQUIRED

	HIKE DESTINATION	MILES ROUND TRIP	ELEVATION GAIN	OVERALL GRADE	TERRAIN GRADE	TRANSPORT PROVIDED BY	HIKE MASTER
SATURDAY, AUG 9							
7:00AM-3:30PM	Chasm Lake	8.6	2560'	D	D	Hiker	Harvey H.
7:00AM-1:30PM	Mills Lake	5.2	950'	F	F	Hiker	Kae M.
7:00AM-2:00PM	Odessa Lake	8.4	2040'	E	E	Hiker	Morgan H.
8:00AM-12:00PM	Gem Lake	3.5	1460'	F	E	Hiker	Larry S.
9:00AM-12:00PM	Moraine Park from the Y	3.0	400'	G	F	Not Required	Tammy F.
SUNDAY, AUG 10							
6:00AM-12:00	Embryo Lake	7.3	1620'	E	E	Hiker	Tom D.
7:00AM-1:00PM	Fall River Headwaters	3.5	680'	F	E	Hiker	Tammy F.
7:00AM-1:30PM	Lake Haiyaha	4.0	1025'	F	E	Hiker	Karen A.
8:00AM-12:00PM	Y360	5.2	800'	F	F	Not Required	Morgan H.
5:30PM-7:30PM	Sprague Lake Sunset Hike	1.0	30'	H	G	Hiker	Ginny K.
MONDAY, AUG 11							
6:00AM-2:30PM	Black Lake	9.5	1800'	E	E	Hiker	Jeff B.
6:30AM-3:00PM	Pool of Jade	6.0	2270'	D	C	Hiker	Mike M.
8:00AM-2:00PM	Bear Lake to YMCA	7.4	183'	F	F	YMCA Mini Bus	Karen A.
9:00AM-12:00PM	Glacier Creek Loop	2.2	300'	G	F	Not Required	Cathy C.
TUESDAY, AUG 12							
6:30AM-4:30AM	Jackstraw Mountain Adventure Hike	8.5	2600'	D	C	Hiker	Tom D.
7:00AM-2:30PM	Ypsilon Lake	9.1	2680'	E	F	Hiker	Karen A.
7:30AM-1:30PM	Forest Canyon Headwaters	5.0	700'	E	E	Hiker	Harvey H.
8:00AM-1:30PM	Lake Helene	6.4	1350'	F	F	Hiker	Jeff B.
8:00AM-12:00PM	Y360	5.2	800'	F	F	Not Required	Kae M.
9:00AM-12:00PM	Orienteering Class - 11yrs+	One hour of indoor learning followed by 1.5 miles of practice outside					Dave F.
WEDNESDAY, AUG 13							
5:30AM-4:00PM	Flattop, Hallets, Otis Peaks	12.6	3700'	C	D	Hiker	Morgan H. & Mike M.
6:00AM-2:00PM	Sky Pond	8.6	2200'	E	E	Hiker	Kae M.
7:00AM-1:00PM	Ouzel Falls	5.5	1150'	F	F	Hiker	Emily R.
1:00PM-4:00PM	Glacier Creek Loop	2.2	300'	G	F	Not Required	Beth S.
5:30PM-7:30PM	Lily Lake Sunset Hike	1.5	220'	G	G	Hiker	Ginny K.
THURSDAY, AUG 14							
6:00AM-5:00PM	Thunder, Lightning, and Estes Cone	12.0	4000'	C	C	Hiker	Steve J. & Dave M.
6:30AM-3:30PM	Shelf and Solitude Lake	8.8	2500'	D	C	Hiker	Emily R. & Tom D.
7:30AM-1:30PM	Deer Mountain	6.0	1470'	F	F	Hiker	Jeff B.
8:00AM-12:00PM	Y360	5.2	800'	F	F	Not Required	Kae M.

WAIVERS REQUIRED FOR: CLIMBING, HIKING, AND ROPES COURSE

Click [here](#), or scan the QR code to complete a 2025 Activity Waiver.



ARTS AT ALTITUDE MUSIC FEST

featuring

The Cleveland Pops Ensemble

August 9–16, 2025
YMCA of the Rockies
Estes Park Center

Free concerts all week, plus a few
special ticketed events



**Saturday
August 9** Rock N Roll & Beyond 🕒 7:00 PM | Hempel
Auditorium
🎫 \$15 – Advance tickets required
[Buy Tickets »](#)

**Monday
August 11** Mardi Gras in August 🕒 6:30 PM | Dick Hall
🎫 \$10 – Advance tickets required
[Buy Tickets »](#)

**Tuesday
August 12** Open Mic Night 🕒 7:00 PM | Hyde Chapel
🎵 FREE – Sign-up encouraged
[More Info »](#)

**Friday
August 15** BBQ & Line Dancing 🕒 6:00 PM | Upper
Cookout Area
🎫 \$20 – Advance tickets required
[Buy Tickets »](#)

**Saturday
August 16** Best of Broadway 🕒 7:00 PM | Ruesch Auditorium
🎫 \$25 – Advance tickets required
A dazzling performance of Broadway favorites featuring
this year's vocal contest winner! [Buy Tickets »](#)



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"

Sasquatch Fly Fishing Adventures

Weekly Trips August 8th - August 15th



Friday 8 th	Saturday 9 th	Sunday 10 th	Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 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	Backcountry Belly Boating 7:00am – 3:30pm	All Day Hike n Fish (amazing fishing!) 6:30am – 6:00pm	3/4 Trip to the National Park 7:00am – 2:30pm
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:

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!

ON CAMPUS THIRD PARTY CONCESSIONAIRES

JACKSON STABLES, INC.

(970) 586-3341 x1140 or x1149 7:15AM - 6:00PM



JACKSON STABLES, INC., YMCA of the Rockies Livery, is authorized by the National Park Service, Department of the Interior to serve the public in Rocky Mountain National Park. All the horseback rides are guided trail rides into RMNP, and on YMCA property. Reservations are recommended - call ext. 1140 or 1149 during office hours ONLY. Below you will find a brief description of the rides we offer. **We REQUIRE children age 6 and up to ride their own horse and the weight limit for an individual is 230 pounds.**

RATES: (per person)

\$80 1 hour ride
\$120 2 hour ride
\$160 3 hour ride
\$200 4 hour ride
\$240 5 hour ride

YMCA Charges to Room
may be accepted.

MONDAY

8:00am 2 hr. Moraine Park
8:20am 2 hr. Moraine Park
8:40am 1 hr. Glacier Basin
9:00am 1 hr. Deer Meadows
10:30am 1 hr. Deer Meadows
1:00pm 2 hr. Moraine Park
1:40pm 3 hr. East Portal
2:00pm 1 hr. Glacier Basin
3:30pm 2 hr. Moraine Park
4:00pm 1 hr. Deer Meadows

WEDNESDAY

8:00am 2 hr. Emerald Mountain
8:40am 3 hr. Beaver Meadows
9:00am 1 hr. Glacier Basin
10:30am 1 hr. Deer Meadows
1:00pm 2 hr. Emerald Mountain
1:20pm 2 hr. Moraine Park
1:40pm 1 hr. Deer Meadows
2:00pm 1 hr. Glacier Basin
3:30pm 2 hr. Moraine Park
4:00pm 1 hr. Glacier Basin

FRIDAY

8:00am 2 hr. Moraine Park
8:40am 3 hr. East Portal
9:00am 1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm 2 hr. Emerald Mountain
1:40pm 1 hr. Deer Meadows
2:00pm 1 hr. Glacier Basin
3:30pm 2 hr. Moraine Park
4:00pm 1 hr. Deer Meadows

SUNDAY

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

TUESDAY

7:40am 4 hr. Wind River
8:00am 2 hr. Moraine Park
8:40am 3 hr. Cub Canyon
9:00am 1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm 2 hr. Emerald Mountain
1:40pm 3 hr. Mill Creek
2:00pm 1 hr. Deer Meadows
3:30pm 2 hr. Moraine Park
4:00pm 1 hr. Glacier Basin

THURSDAY

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

SATURDAY

7:40am 5 hr. Bierstadt Lake
8:00am 2 hr. Moraine Park
8:20am 2 hr. Moraine Park
8:40am 1 hr. Deer Meadows
9:00am 1 hr. Glacier Basin
10:30am 1 hr. Deer Meadows
1:00pm 2 hr. Emerald Mountain
1:40pm 3 hr. Cub Canyon
2:00pm 1 hr. Deer Meadows
3:30pm 2 hr. Moraine Park
4:00pm 1 hr. Glacier Basin



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

HORSE RIDING TRAIL INFORMATION

PONY RIDES: The livery is proud to offer the "Minnie Mouse Pony Trail."

Reservations are recommended and are for children 5 years old and younger. There is a 50 lb. weight limit for the ponies. Sign up by phone or in the Livery Office. Cost: \$30.00 per child. Available times: Daily: 8:30am-11:30am/1:00-4:30pm.

DEER MEADOWS: A 1-hour trail ride that follows Glacier Creek to the Wind River area. We consider this a beginner level ride, appropriate for children and first-time riders.

GLACIER BASIN: This 1-hour trail ride heads west along mildly steep terrain, up Glacier Basin. This ride does some climbing, while looking down on Glacier Creek and a small waterfall. The ride offers spectacular views of the Front Range, including Longs Peak, at the top. This trail is appropriate for riders of all ages.

MORaine PARK: This 2-hour ride, our most popular, takes you across bridges over Glacier Creek and the Big Thompson River into Moraine Park—a glacial moraine full of wildflowers and views of the Continental Divide. Wildlife is frequently observed and makes this even a more pleasurable ride. This ride is designed to include some trotting, but it is not guaranteed.

EMERALD MOUNTAIN: This 2-hour loop begins on the Glacier Basin Trail and takes you through beautiful aspens while leading you around Emerald Mountain. Travel past the East Portal of the Adams Tunnel before returning along the Aspenbrook Trail. This ride includes many terrains and a variety of views. This ride is designed to include some trotting, but it is not guaranteed.

3-HOUR RIDE TO BEAVER MEADOWS, CUB CANYON, EAST PORTAL or MILL

CREEK: A true horseback riding experience! These rides take you deeper into the aesthetic and scenic values offered in RMNP, each providing a different view of forests, meadows, wildflowers, rivers and the Continental Divide. These rides offer a better opportunity to spot the many varieties of wildlife, and a short rest break is provided about half-way through. These longer rides are designed to include some trotting, but it is not guaranteed.

4-HOUR RIDE TO WIND RIVER: This trip takes you climbing west along Glacier Basin, then heads south along Wind River where the wildflowers are abundant. There is a short rest break about halfway through the ride nestled along Wind River.

5-HOUR RIDE TO BIERSTADT LAKE: This ride makes a continuous loop beginning in the lower Mill Creek area, on the way to the summit of the Bierstadt Lake shores and returns through Glacier Basin. Expect fantastic views of Longs Peak and a variety of sceneries not seen from our other rides. (This ride is not designed for first time riders.)

HAYRIDES: Private and Open horse-drawn hayrides are available throughout the summer. Cost is \$30.00 per person. Kids 3 years old and under are free. Each hayride lasts approximately 1½ hours and includes a campfire and marshmallow roast. A family favorite! Call the YMCA Livery (ext. 1140) for scheduling and additional information. Group rates are available with advanced contract and deposit.