

# ACTIVITY GUIDE

FRIDAY, AUGUST 15- THURSDAY, AUGUST 21  
YMCA OF THE ROCKIES - ESTES PARK CENTER



Children under the age of 13 must be accompanied by an adult (18+) at all times.



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

[CLICK HERE](#)  
TO REGISTER  
FOR PROGRAMS



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/](https://ymcarockies.org/about-us/environmental-stewardship/)

## PROGRAM FACILITY HOURS

	FRI, AUG 15	SAT, AUG 16	SUN, AUG 17	MON, AUG 18	TUES, AUG 19	WED, AUG 20	THURS, AUG 21
<b>SWEET MEMORIAL</b>	Stop by to get a full schedule of activities, and plan out your fun! Check out our game room in the basement! Sign out board games, puzzles and more! Questions? Call us at x1104.						
	8AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM
<b>BOONE FAMILY MOUNTAIN CENTER</b>	Sign up for hikes, visit our nature center, or get info about our outdoor activities! Plus, find tons of information about hiking, both at the Y and in the National Park. Questions? Call x8402.						
	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM
<b>LULA W. DORSEY MUSEUM</b>	Come by and learn about the history and creation of YMCA of the Rockies. Guided tours available, no registration required. Last admittance 30 minutes before closing. Questions? Call us at x1136.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
<b>MAUDE JELLISON LIBRARY</b>	Grab a good book, cup of coffee, and get cozy. Questions? Call us at x1133.						
	9AM-7PM	9AM-7PM	1PM-5PM	9AM-7PM	9AM-7PM	9AM-7PM	9AM-7PM
<b>MOOTZ FAMILY CRAFT &amp; DESIGN CENTER</b>	Drop in crafts available everyday, prices and availability vary. Open crafting and craft classes available. Glazed ceramics and Glass fusion must be finished by 3:00pm to be ready for pick up at the next day. No new projects after 4:30PM, clean up at 4:45PM. Some crafts have age restrictions. Questions? Call us at x1132.						
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM
<b>DORSEY SWIMMING POOL</b>	Maximum capacity limits may apply. Pool is closed during lightning storms. Pool will be cleared 5 minutes before closing time. Call x1135 for space availability and weather conditions. Towels provided. OPEN SWIM - Swim time for all, come to play or swim laps! Kids 12 and under must have an adult in the building at all times. Kids 7 and under must have an adult in the water. The water slide is open at the lifeguards' discretion.						
	OPEN SWIM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-6PM	CLOSED	CLOSED	OPEN SWIM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-5PM
<b>BOB ECKER ROLLER RINK</b>	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104						
	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM
<b>DUNCAN FAMILY CLUBHOUSE</b>	Pick up sports equipment including mini golf clubs, pickleball paddles, kickballs and more.. Questions? Call us at x1104.						
	8AM-6:30PM	9AM-6PM	9AM-6PM	9AM-6PM	9AM-6PM	9AM-6PM	9AM-6PM



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 15

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 16

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Bird is the Word @ Sweet  
10:15AM - Knots @ Sweet  
10:30AM - Children's Story Time@ Library  
12:15PM - Fire Quest @ Sweet  
12:15PM - Basketball @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ Sweet  
1:15PM - Critter Crafts @ Sweet  
2:15PM - Kickball @ Sweet  
2:15PM - Make Ice Cream @ Sweet  
3:30PM - Animal Detective @ Sweet  
3:30PM - BINGO @ Sweet  
3:30PM - Wooly Worm Hunt @ Sweet  
4:00PM - Little Explorers @ Sweet  
8:00PM - Trivia @ Sweet

## SUNDAY, AUG 17

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Bird is the Word @ Sweet  
10:15AM - Knots @ Sweet  
12:15PM - Fire Quest @ Sweet  
12:15PM - Volleyball @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ Sweet  
1:15PM - Critter Crafts @ Sweet  
1:30PM - Survival @ Sweet  
2:15PM - Kickball @ Sweet  
2:15PM - Slime @ Sweet  
3:30PM - Animal Detective @ Sweet  
3:30PM - BINGO @ Sweet  
3:30PM - Wooly Worm Hunt @ Sweet  
4:00PM - Little Explorers @ Sweet  
6:30PM - Family Game Night @ Sweet  
8:00PM - Trivia @ Sweet

## MONDAY, AUG 18

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Bird is the Word @ Sweet  
10:15AM - Knots @ Sweet  
10:30AM - Children's Story Time@ Library  
12:15PM - Fire Quest @ Sweet  
12:15PM - Basketball @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ Sweet  
1:15PM - Critter Crafts @ Sweet  
1:30PM - Survival @ Sweet  
2:15PM - Kickball @ Sweet  
2:15PM - Make Ice Cream @ Sweet  
3:30PM - Animal Detective @ Sweet  
3:30PM - BINGO @ Sweet  
3:30PM - Wooly Worm Hunt @ Sweet  
4:00PM - Little Explorers @ Sweet  
8:00PM - Trivia @ Sweet

## TUESDAY, AUG 19

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Bird is the Word @ Sweet  
10:15AM - Knots @ Sweet  
10:30AM - Children's Story Time@ Library  
12:15PM - Fire Quest @ Sweet  
12:15PM - Volleyball @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ Sweet  
1:15PM - Critter Crafts @ Sweet  
1:30PM - Survival @ Sweet  
2:15PM - Kickball @ Sweet  
2:15PM - Slime @ Sweet  
3:30PM - Animal Detective @ Sweet  
3:30PM - BINGO @ Sweet  
3:30PM - Wooly Worm Hunt @ Sweet  
4:00PM - Little Explorers @ Sweet  
6:30PM - Family Game Night @ Sweet  
8:00PM - Trivia @ Sweet

## WEDNESDAY, AUG 20

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Bird is the Word @ Sweet  
10:15AM - Knots @ Sweet  
10:30AM - Children's Story Time@ Library  
12:15PM - Fire Quest @ Sweet  
12:15PM - Basketball @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ Sweet  
1:15PM - Critter Crafts @ Sweet  
1:30PM - Survival @ Sweet  
2:15PM - Kickball @ Sweet  
2:15PM - Make Ice Cream @ Sweet  
3:30PM - Animal Detective @ Sweet  
3:30PM - BINGO @ Sweet  
3:30PM - Wooly Worm Hunt @ Sweet  
4:00PM - Little Explorers @ Sweet  
8:00PM - Trivia @ Sweet

## THURSDAY, AUG 21

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Bird is the Word @ Sweet  
10:15AM - Knots @ Sweet  
10:30AM - Children's Story Time@ Library  
12:15PM - Fire Quest @ Sweet  
12:15PM - Volleyball @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ Sweet  
1:15PM - Critter Crafts @ Sweet  
1:30PM - Survival @ Sweet  
2:15PM - Kickball @ Sweet  
2:15PM - Slime @ Sweet  
3:30PM - Animal Detective @ Sweet  
3:30PM - BINGO @ Sweet  
3:30PM - Wooly Worm Hunt @ Sweet  
4:00PM - Little Explorers @ Sweet  
6:30PM - Family Game Night @ Sweet  
8:00PM - Trivia @ 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 FRI, SAT, 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.

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

## HISTORY PROGRAMS

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

### MONDAY, AUG 18

#### 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!

### WEDNESDAY, AUG 20

#### 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 21

#### 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!

#### 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 LAPSLEY

#### SATURDAY, AUG 16

##### 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 17

##### 1PM - LIVE PAINTING DEMO

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

#### MONDAY, AUG 18

##### 10:30AM - STORY TIME AND BOOKMARK MAKING

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

#### TUESDAY, AUG 19

##### 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 15

#### 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 Final Season"

### SUNDAY, AUG 17

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

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

#### 7:00PM CONCERT

Join us in Hyde Chapel for a performance by guitarist Chad Elliott.

### TUESDAY, AUG 19

#### 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 20

#### 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.

#### 7:30PM CAMPFIRE WORSHIP SING-A-LONG

Meet at Hyde Chapel Fire Pit.

### ADDITIONAL CHAPEL PROGRAMS

#### INTERACTIVE PRAYER TRAIL

Behind the Leggett 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.



## MINDFUL MOVEMENT

All programs meet at the Center of Wellbeing unless noted otherwise. First come, first served, mats provided, no registration required.

### FRIDAY, AUG 15

9:00AM - Slow Flow Yoga  
10:15AM - 30 Min Meditation  
5:30PM - Vinyasa Yoga

### SATURDAY, AUG 16

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

### SUNDAY, AUG 17

9:00AM - Yoga Flow  
3:00PM - Stretch and Restore

### MONDAY, AUG 18

8:30AM - Yoga

### WEDNESDAY, AUG 20

9:00AM - Pilates Fusion  
at the NEW Yoga Deck.

### THURSDAY, AUG 21

8:30AM - Yoga

### 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.

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.

### HITS OF THE 70'S MONDAY 7PM

Come enjoy an evening of classic hits from the 70s with Neal Whitlock on guitar and vocals. Relax and reminisce as Neal performs songs by Cat Stevens, Gordon Lightfoot, Glen Campbell, Johnny Cash, Jim Croce and more. Meet at Maude Jellison Library, no registration required.

### A LADY'S LIFE IN THE ROCKY MOUNTAINS THURSDAY 7PM - MAUDE JELLISON LIBRARY

Join local historian John Meissner as he shares new research on Isabellas Birds A Ladys Life in the Rocky Mountains . Front half of the the book written by someone different than the back half? Split personality? Ghost-writer? Stroke victim? Tried hard then gave up? Learn about Johns new research that will help answer these questions and more. No registration required. .

### 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.

## 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 and 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.**

#### 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.**

### 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 15

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

#### SATURDAY, AUG 16

10:00AM - \$10 - Elastic Jewelry Class  
1:00PM - \$15 - Earrings Class  
2:30PM - \$15 - Bracelet Class  
3:30PM - \$15 - Necklaces Class

#### SUNDAY, AUG 17

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 18

10:00AM - \$10 - Elastic Jewelry Class  
1:00PM - \$15 - Earrings Class  
2:30PM - \$15 - Bracelet Class  
3:30PM - \$15 - Necklaces Class

#### TUESDAY, AUG 19

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 20

10:00AM - \$10 - Elastic Jewelry Class  
1:00PM - \$15 - Earrings Class  
2:30PM - \$15 - Bracelet Class  
3:30PM - \$15 - Necklaces Class

#### THURSDAY, AUG 21

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

### DISCOVERY HIKES

### NO COST, REGISTRATION REQUIRED

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

MS - MUSEUM SM - SWEET MEMORIAL

#### FRIDAY, AUG 15

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

#### SATURDAY, AUG 16

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

### 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.



### DOLL MAKING 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.

WAIVERS REQUIRED FOR: CLIMBING, HIKING, AND ROPES COURSE

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





# 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 15							
6:30AM-4:30PM	Pear Lake	13.0	2800'	D	E	Hiker	Morgan H.
7:00AM-12:00PM	Cub Lake	4.8	850'	F	F	Hiker	Harvey H.
9:00AM-2:00PM	Sprague Lake from the Y	7.0	1050'	F	F	Not Required	Tom S.
1:00PM-4:00PM	Glacier Creek	2.2	300'	G	F	Not Required	Beth S.
SATURDAY, AUG 16							
5:30AM-3:00PM	Pool of Jade to Flattop Mountain	8.8	2800'	C	B	Hiker	Dave M. & Tom D.
7:00AM-12:00PM	Calypso Cascades	3.6	700'	G	F	Hiker	Karen A.
7:00AM-3:00PM	Sky Pond	8.6	2200'	E	E	Hiker	Jeff B.
7:30AM-1:00PM	Mills Lake	5.2	950'	F	F	Hiker	Beth S.
7:30AM-1:00PM	Tombstone Ridge	4.0	300'	F	E	Hiker	Tom S.
SUNDAY, AUG 17							
7:00AM-2:00PM	Odessa and Fern Lake Loop	9.8	1550'	E	E	Hiker	Karen A.
7:30AM-1:30PM	MacGregor Falls	6.4	1220'	F	F	Hiker	Tammy F.
8:30AM-1:00PM	Bear to Bierstadt	4.0	380'	G	F	Hiker	Tom S.
8:30AM-12:00PM	Jurassic Park	2.5	900'	F	E	Hiker	Beth S.
MONDAY, AUG 18							
7:00AM-2:00PM	Hollowell Park to Fern Lake TH	7.0	1400'	F	F	Hiker	Karen A.
7:15AM-1:15PM	Ouzel Falls	5.5	1150'	F	F	Hiker	Jeff B.
9:00AM-2:00PM	Dream Lake	2.2	500'	G	F	Hiker	Larry S.
TUESDAY, AUG 19							
7:00AM-2:30PM	Odessa Lake	8.4	1550'	E	E	Hiker	Beth S.
7:00AM-2:30PM	Chickaree Lake	5.3	480'	F	E	Hiker	Tom D.
7:30AM-1:00PM	Beaver Meadows Loop	3.5	450'	G	F	Hiker	Tom S.
9:00AM-12:00PM	Orienteering Class - 11yrs+	One hour of indoor learning followed by 1.5 miles of practice outside					Dave F.
WEDNESDAY, AUG 20							
7:00AM-2:30PM	Finch Lake	10.8	750'	E	F	Hiker	Karen A.
7:30AM-2:00PM	Lake Helene	6.4	1350'	F	F	Hiker	Jeff B.
9:00AM-12:00PM	Moraine Park from the Y	3.0	400'	G	F	Not Required	Beth S.
THURSDAY, AUG 21							
6:30AM-2:00PM	Boulder Brook Loop	6.7	1300'	F	F	Hiker	Karen A.
7:00AM-12:00PM	Mill Creek Loop	4.3	750'	F	E	Hiker	Tom D.
7:00AM-3:00PM	Ptarmigan Tarns	7.3	1760'	E	D	Hiker	Larry S.

# 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 »](#)

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

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

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

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**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 »](#)

# Sasquatch Fly Fishing Adventures

Weekly Trip August 16<sup>th</sup> – August 22<sup>nd</sup>



Saturday 16 <sup>th</sup>	Sunday 17 <sup>th</sup>	Monday 18 <sup>th</sup>	Tuesday 19 <sup>th</sup>	Wednesday 20 <sup>th</sup>	Thursday 21 <sup>st</sup>	Friday 22 <sup>nd</sup>
		3/4 Trip to the National Park 7:00am – 2:30pm	3/4 Trip to the National Park 7:00am – 2:30pm	<b>Backcountry Belly Boating</b> 7:00am – 3:30pm	All Day Hike n Fish (amazing fishing!) 6:30am – 6:00pm	
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	<b>Evening Experience Cookout!</b> 4pm – 9pm	Family Fun <b>Cookout</b> 4:00pm-8:30pm	Evening 1/2 Day 4:00pm – 9:00pm	Family Fun <b>Cookout</b> 4:00pm-8:30pm	Family Fun <b>Cookout</b> 4:00pm-8:30pm	Evening 1/2 Day 4:00pm – 9:00pm

## 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

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 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!**

## **Fly Shop Hours**

7:30am – 5:00pm

Call us!  
970-586-3341  
X1153

## 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!

Center for Wellbeing (CFWB) (4D) on Y map

(970) 586-3341 Ext. 1111

[www.homegrownyoga.com](http://www.homegrownyoga.com)

NEW  
location  
now open!



*Relax | Release | Rest | Renew*

Experience state-of-the-art yoga and massage services at Homegrown, where professionally appointed, fully equipped facilities are nestled within a new environmentally friendly building at the YMCA. With every session and class designed to leave you feeling amazing, you just won't want to leave!

#### Hours of operation:

Daily 9am-5pm

#### Book now:

In person: Stop by CFWB reception desk 4D on Y Map.

Call: (970)586-3341 Ext. 1111 and leave a detailed message of your name, days you're in town, length of massage you want, and phone number.

#### 48 hour cancellation policy or full charge.

Online booking coming soon!

#### Location:

NEW at the YMCA! Center for Wellbeing - 4D on Y Map. Next to Museum and behind Arts and Design Center.

#### Yoga classes:

- Private yoga classes available for conferences, weddings and gatherings. See [homegrownyoga.com](http://homegrownyoga.com) for details.
- See [homegrownyoga.com](http://homegrownyoga.com) for current schedule and YMCA Activity guide.

#### NEW! Sound Bath with Wellness Meditation:

\$30 / 60 min. Bring blanket & pillow.

Tuesdays 7pm @ CFWB. Call Ext 1111 to register.

A sound bath is a meditative experience – Laura plays sacred instruments like crystal singing bowls, chimes and a harmonium. Comfortably lying down, participants are bathed in vibrations. The frequencies help to calm the nervous system, promote deep relaxation, and support emotional and energetic balance. A lovely vibe!

#### 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:

Aromatherapy and warm towel treatment included.

Deep Tissue: Included

Foot Sugar Scrub: \$10

Body Brushing: \$15

**Four pack/one hour: \$420**

Hikers Feet Heaven: \$20

Hot Stone: \$20

#### Payment:

- Credit/debit card, Google/Apple pay payments only at time of service.
- No insurance reimbursement.
- Online scheduling and payment coming soon!



[homegrownyoga.com](http://homegrownyoga.com)

Visit for Yoga details and schedule.

**"Helping people be their best"**



**JACKSON STABLES, INC.**  
**FALL August 16 – October 26, 2025**

**Estes Park Center**  
**YMCA of the ROCKIES LIVERY**

**LIVERY OFFICE HOURS:**

Daily- 7:30 am-5:30 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

Deer Meadows/Glacier Basin  
Moraine Park/Emerald Mountain  
Beaver Meadows/Cub Canyon/East Portal/Mill Creek  
Wind River (Call for availability)



**SUNDAY**

8:00am 2 hr. Emerald Mountain  
8:40am 3 hr. East Portal  
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 1 hr. Glacier Basin

**MONDAY**

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

**TUESDAY**

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 1 hr. Deer Meadows  
2:00pm 1 hr. Glacier Basin  
3:30pm 1 hr. Deer Meadows

**WEDNESDAY**

CLOSED

**THURSDAY**

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

**FRIDAY**

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

**SATURDAY**

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. Cub Canyon  
2:00pm 1 hr. Deer Meadows  
3:30pm 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. Please 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 family 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, EAST PORTAL, CUB CANYON 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 half way through the ride nestled along Wind River.

**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.