

# ACTIVITY GUIDE

FRIDAY, SEPT 5- THURSDAY, SEPT 11  
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/](http://ymcarockies.org/about-us/environmental-stewardship/)

## PROGRAM FACILITY HOURS

	FRI, SEPT 5	SAT, SEPT 6	SUN, SEPT 7	MON, SEPT 8	TUES, SEPT 9	WED, SEPT 10	THURS, SEPT 11
<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.						
	8:30AM-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-5PM	9AM-5PM	1PM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
<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	OPEN SWIM 10AM-12PM 1PM-5PM	CLOSED	OPEN SWIM 10AM-12PM	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	7:30PM-9:30PM	CLOSED	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.						
	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM
<b>LONGHOUSE GYM</b>	Play basketball, volleyball, pickleball and more! Questions? Call us at x1104.						
	8:30AM-9:30PM	8:30AM-9:30PM	8:30AM-9:30PM	8:30AM-9:30PM	8:30AM-9:30PM	8:30AM-9:30PM	8:30AM-9:30PM



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 29

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:30AM - Knots @ Sweet  
10:30AM - Children's Storytime @ Library  
12:00PM - Basketball @ The Clubhouse  
12:15PM - Dig in the Dirt @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ The Clubhouse  
1:15PM - Critter Crafts @ Sweet  
1:30PM - Walk in the Woods @ Sweet  
2:00PM - Kickball @ The Clubhouse  
2:15PM - Make Slime @ Sweet  
3:00PM - BINGO @ Hempel Auditorium  
3:15PM - Bird is the Word @ Sweet  
3:45PM - Wooly Worm Hunt @ Sweet  
4:30PM - Little Explorers @ Sweet  
5:30PM - Trivia @ Sweet

## SATURDAY, AUG 30

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:30AM - Knots @ Sweet  
10:30AM - Children's Storytime @ Library  
12:00PM - Basketball @ The Clubhouse  
12:15PM - Dig in the Dirt @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ The Clubhouse  
1:15PM - Critter Crafts @ Sweet  
1:30PM - Survival @ Sweet  
2:00PM - Kickball @ The Clubhouse  
2:15PM - Make Ice Cream @ Sweet  
3:00PM - BINGO @ Hempel Auditorium  
3:15PM - Animal Detective @ Sweet  
3:45PM - Wooly Worm Hunt @ Sweet  
4:30PM - Little Explorers @ Sweet  
5:30PM - Trivia @ Sweet  
7:00PM - Family Game Night @ Sweet

## SUNDAY, AUG 31

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:30AM - Knots @ Sweet  
12:00PM - Volleyball @ The Clubhouse  
12:15PM - Dig in the Dirt @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ Sweet  
1:15PM - Critter Crafts @ Sweet  
1:30PM - Walk in the Woods @ Sweet  
2:00PM - Kickball @ Sweet  
2:15PM - Make Slime @ Sweet  
3:00PM - BINGO @ Hempel Auditorium  
3:15PM - Bird is the Word @ Sweet  
3:45PM - Wooly Worm Hunt @ Sweet  
4:30PM - Little Explorers @ Sweet  
5:30PM - Trivia @ Sweet

## MONDAY, SEPT 1

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:30AM - Knots @ Sweet  
10:30AM - Children's Storytime @ Library  
12:00PM - Basketball @ The Clubhouse  
12:15PM - Dig in the Dirt @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ The Clubhouse  
1:15PM - Critter Crafts @ Sweet  
1:30PM - Walk in the Woods @ Sweet  
2:00PM - Kickball @ The Clubhouse  
2:15PM - Make Ice Cream @ Sweet  
3:00PM - BINGO @ Hempel Auditorium  
3:15PM - Bird is the Word @ Sweet  
3:45PM - Wooly Worm Hunt @ Sweet  
4:30PM - Little Explorers @ Sweet  
5:30PM - Trivia @ Sweet

## TUESDAY, SEPT 2

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:30AM - Knots @ Sweet  
12:00PM - Volleyball @ The Clubhouse  
12:15PM - Dig in the Dirt @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ Sweet  
1:15PM - Critter Crafts @ Sweet  
1:30PM - Survival @ Sweet  
2:00PM - Kickball @ Sweet  
2:15PM - Make Slime @ Sweet  
4:30PM - Little Explorers @ Sweet  
5:30PM - Trivia @ Sweet  
7:00PM - Family Game Night @ Sweet

## WEDNESDAY, SEPT 3

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:30AM - Knots @ Sweet  
12:00PM - Basketball @ The Clubhouse  
12:15PM - Dig in the Dirt @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ The Clubhouse  
1:15PM - Critter Crafts @ Sweet  
1:30PM - Walk in the Woods @ Sweet  
2:00PM - Kickball @ The Clubhouse  
3:00PM - BINGO @ Hempel Auditorium  
3:15PM - Animal Detective @ Sweet  
3:45PM - Wooly Worm Hunt @ Sweet  
4:30PM - Little Explorers @ Sweet  
5:30PM - Trivia @ Sweet  
7:00PM - Family Game Night @ Sweet

## THURSDAY, SEPT 4

8:30AM - Bugs, Bugs, Bugs @ Sweet  
9:15AM - Fire Quest @ Sweet  
10:30AM - Knots @ Sweet  
12:00PM - Volleyball @ The Clubhouse  
12:15PM - Dig in the Dirt @ Sweet  
12:30PM - Parachute Games @ Sweet  
1:15PM - Gaga Ball @ The Clubhouse  
1:15PM - Critter Crafts @ Sweet  
1:30PM - Survival @ Sweet  
2:00PM - Kickball @ The Clubhouse  
2:15PM - Make Ice Cream @ Sweet  
4:30PM - Little Explorers @ Sweet  
5:30PM - Trivia @ Sweet  
7:00PM - Family Game Night @ 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.

### BIRD IS THE WORD

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

### 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.

### 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

### 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.

### 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!

## PICKLEBALL LESSONS

### THURSDAY, 12PM - 2PM

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

## CRAFT CLASSES

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

### FRIDAY, SEPT 5

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

### SATURDAY, SEPT 6

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

### SUNDAY, SEPT 7

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

### MONDAY, SEPT 8

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

### TUESDAY, SEPT 9

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

### WEDNESDAY, SEPT 10

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

### THURSDAY, SEPT 11

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

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, Programs meet at Dorsey Museum.

### FRIDAY, SEPT 5

#### 10AM - 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. First come, first served, 20 hikers maximum.

#### 3PM - 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!

### SATURDAY, SEPT 6

#### 10AM - 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. First come, first served, 20 hikers maximum.

### SUNDAY, SEPT 7

#### 1PM - DOLL MAKING

Create your own doll and learn how homesteaders made dolls prior to modern technology. First come, first served, 12 participants maximum.

#### 2PM - DOLL MAKING

Create your own doll and learn how homesteaders made dolls prior to modern technology. First come, first served, 12 participants maximum.

### MONDAY, SEPT 8

#### 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, SEPT 9

#### 1PM - DOLL MAKING

Create your own doll and learn how homesteaders made dolls prior to modern technology. First come, first served, 12 participants maximum.

### WEDNESDAY, SEPT 10

#### 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, SEPT 11

#### 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! 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: JULISSA CONTRERAS

#### SATURDAY, SEPT 6

##### 10AM - SUPERHERO ORIGIN STORY

Join artist in residence Julissa Contreras at the MAUDE JELLISON LIBRARY for a family story time workshop.

#### SUNDAY, SEPT 7

##### 1PM - A WALK ON THE WILD SIDE

Join artist in residence Julissa Contreras at the KATHIE MENNEL AMPITHEATER for a family friendly workshop.

#### MONDAY, SEPT 8

##### 10:30AM - STORY TIME

Join Julissa for a one of a kind story time at the MAUDE JELLISON LIBRARY!

#### TUESDAY, SEPT 9

##### 7PM - ARTISTS JOURNEY

Come meet Artist in Residence, Julissa Contreras. See her artwork and learn about her journey at the MAUDE JELLISON LIBRARY.

## SPIRITUAL PROGRAMS

### SUNDAY, SEPT 7

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

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

#### 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.



## MINDFUL MOVEMENT

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

### FRIDAY, SEPT 5

9:00AM - Slow Flow Yoga

10:15AM - 30 Min Meditation

5:30PM - Vinyasa Yoga

### SATURDAY, SEPT 6

9:00AM - Pilates Fusion

10:15AM - Family Fun Yoga

### SUNDAY, SEPT 7

9:00AM - Yoga Flow

3:00PM - Stretch and Restore

### MONDAY, SEPT 8

8:30AM Yoga Basics

### WEDNESDAY, SEPT 10

9:00AM - Pilates Fusion

### 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.

### 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 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.

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.**

## 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, SEPT 5							
7:00AM-11:00AM	Emerald Lake	3.6	713'	F	F	Hiker	Jeff B.
7:30AM-3:00PM	Circle of Lakes	7.0	1350'	F	F	Hiker	Tom S.
7:30AM-12:30PM	Mill Creek Loop	4.3	750'	F	E	Hiker	Tom D.
SATURDAY, SEPT 6							
7:00AM-4:00PM	Bluebird Lake	12.7	3050'	D	E	Hiker	Larry S.
7:15AM-2:15PM	Estes Cone	6.5	2050'	E	D	Hiker	Jeff B.
7:15AM-1:15PM	Fall River Headwaters	3.5	680'	F	E	Hiker	Beth S.
7:30AM-2:00PM	Lake Haiyaha	4.0	1025	F	E	Hiker	Tom S.
8:30AM-12:30PM	Sprague Lake from Mountainside Dr	4.0	200'	G	F	Hiker	Wendy S.
SUNDAY, SEPT 7							
7:30AM-1:30PM	Forest Canyon Tarns	5.0	700'	E	E	Hiker	Tammy F.
7:45AM-1:45PM	Deer Mountain	6.0	1470'	F	F	Hiker	Larry S.
6:00PM-10:00PM	Full Moon Sprague Lake from the Y	7.0	1050'	F	F	Not Required	Tom S.
MONDAY, SEPT 8							
9:00AM-5:30PM	Cub Lake from the Y	10.3	1600'	F	F	Not Required	Jeff B.
9:00AM-11:30AM	Lily Lake Nature Walk	1.5	220'	G	G	Hiker	Larry S.
TUESDAY, SEPT 9							
7:30AM-2:00PM	Forest Canyon Tarns	5.0	700'	E	E	Hiker	Beth S.
7:30AM-1:30PM	Mills Lake	5.2	950'	F	F	Hiker	Tom S.
WEDNESDAY, SEPT 10							
7:15AM-2:15PM	Ouzel Falls	5.5	1150'	F	F	Hiker	Jeff B.
7:30AM-1:00PM	Serendipity Pond and the Loch	6.0	1270'	F	E	Hiker	Beth S.
9:00AM-12:00PM	Alberta Falls Foliage Hike	1.8	270'	G	F	Hiker	Ginny K.
THURSDAY, SEPT 11							
7:30AM-3:30PM	Twin Lakes	7.7	1600'	E	D	Hiker	Larry S.
9:00AM-1:30PM	Mill Creek Loop	4.3	750'	F	E	Hiker	Tammy F.
5:00PM-7:00PM	Bear Lake Sunset	0.75	75'	H	H	Hiker	Ginny K.

# Sasquatch Fly Fishing Adventures

Weekly Trips Sept 5<sup>th</sup> – Sept 12<sup>th</sup>



Friday 5 <sup>th</sup>	Saturday 6 <sup>th</sup>	Sunday 7 <sup>th</sup>	Monday 8 <sup>th</sup>	Tuesday 9 <sup>th</sup>	Wednesday 10 <sup>th</sup>	Thursday 11 <sup>th</sup>	Friday 12 <sup>th</sup>
	1/2 Day Trip 7:45am – 12:30pm	1/2 Day Fly Fishing 7:45am – 12:30pm	3/4 Trip to the National Park 7:00am – 2:30pm	Family Fun Trip 8am -12pm	Family Fun Trip 8am -12pm	All Day Hike n Fish (amazing fishing!) 6:30am – 6:00pm	1/2 Day Fly Fishing 7:45am - 12:30pm
Family Fun Trip 8am -12pm			Family Fun Trip 8am -12pm				
Evening 1/2 Day 4:00pm – 9:00pm	Evening 1/2 Day 4:00pm – 9:00pm	Family Fun Cookout 4:00pm– 8:30pm		Evening 1/2 Day 4:00pm – 9:00pm		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

## 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 – 2:00pm

Call us!  
970-586-3341 X1153

Email:  
Sasquatchflyfishing@gmail.com

## 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:**  
**(per person)**     **\$80**   **1 hour ride**  
                      **\$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.