

ACTIVITY GUIDE

FRIDAY, OCT 3- THURSDAY, OCT 9
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.

FALL INTO OUTER SPACE

From September 26 to October 30, Estes Park Center transforms into a cosmic playground with themed crafts, immersive NASA -style training, astrophotography sessions, and special events like stargazing with a NASA astronaut and moon observation nights. Whether you're crafting celestial art, exploring the solar system on a scavenger hunt, or watching classic *Star Wars* films, there's something for every space enthusiast.

PROGRAM FACILITY HOURS

	FRI, OCT 3	SAT, OCT 4	SUN, OCT 5	MON, OCT 6	TUES, OCT 7	WED, OCT 8	THURS, OCT 9
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, mini golf clubs, sports equipment and more! Questions? Call us at x1104.						
	9AM-8PM	9AM-8PM	9AM-8PM	9AM-8PM	9AM-5PM	9AM-5PM	9AM-5PM
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
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 x 1132.						
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-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	CLOSED	CLOSED	CLOSED	9AM-5PM
MAUDE JELLISON LIBRARY	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
CENTER FOR WELL BEING	Take advantage of a quiet studio to enjoy independent yoga, meditation, or other spiritual practices during open hours. This welcoming space offers a quiet environment to restore balance, deepen mindfulness, and find peace.						
	11:30AM-3:00PM	11:30AM-3:00PM	11:30AM-3:00PM	11:30AM-3:00PM	11:30AM-3:00PM	11:30AM-3:00PM	11:30AM-3:00PM
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.						
	OPEN SWIM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 1PM-5PM	OPEN SWIM 1PM-5PM	OPEN SWIM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-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	7:30PM-9:30PM	5:30PM-9:30PM
LONGHOUSE GYM	Play basketball, volleyball, pickleball and more! Questions? Call us at x1104.						
	12PM-9:30PM	12PM-9:30PM	8:30AM-9:30PM	8:30AM-9:30PM	8:30AM-7PM	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. Meet at Sweet Memorial unless noted otherwise.

FRIDAY, OCT 3

9:00AM - Little Explorers @ Sweet
9:45AM - Animal Detective @ Sweet
11:00AM - Knots @ Sweet
1:00PM - Survival @ Sweet
1:15PM - Kickball @ Sweet
2:30PM - NASA Training @ Roller Rink
2:45PM - Solar System Slime @ Sweet
2:45PM - Wooly Worm Hunt @ Sweet
3:30PM - Fire Quest @ Sweet
3:45PM - Origami @ Sweet
4:00PM-Coffee Filter Solar Eclipse@Sweet
5:30PM - Campfire Sing-A-Long @ Sweet

SATURDAY, OCT 4

9:00AM - Little Explorers @ Sweet
9:45AM - Animal Detective @ Sweet
10:30AM - Children's Storytime @ Library
11:00AM - Knots @ Sweet
1:00PM - Survival @ Sweet
1:15PM - Kickball @ Sweet
2:30PM - NASA Training @ Roller Rink
2:45PM - Make Ice Cream @ Sweet
2:45PM - Wooly Worm Hunt @ Sweet
3:30PM - Fire Quest @ Sweet
3:45PM - Origami @ Sweet
4:00PM-Coffee Filter Solar Eclipse@Sweet
5:30PM - Community Fire @ Sweet

SUNDAY, OCT 5

9:00AM - Little Explorers @ Sweet
9:45AM - Animal Detective @ Sweet
11:00AM - Bird is the Word @ Sweet
1:00PM - Walk in the Woods @ Sweet
1:15PM - Gaga Ball@ Sweet
2:30PM - NASA Training @ Roller Rink
2:45PM - Solar System Slime @ Sweet
2:45PM - Parachute Games @ Sweet
3:30PM - Fire Quest @ Sweet
3:45PM - Origami @ Sweet
4:00PM-Coffee Filter Solar Eclipse@Sweet
5:30PM - BINGO @ Sweet

MONDAY, OCT 6

9:00AM - Little Explorers @ Sweet
9:45AM - Animal Detective @ Sweet
11:00AM - Knots @ Sweet
1:00PM - Survival @ Sweet
1:15PM - Kickball @ Sweet
2:30PM - NASA Training @ Roller Rink
2:45PM - Make Ice Cream @ Sweet
2:45PM - Wooly Worm Hunt @ Sweet
3:30PM - Fire Quest @ Sweet
4:00PM-Coffee Filter Solar Eclipse@Sweet

TUESDAY, OCT 7

9:00AM - Little Explorers @ Sweet
9:45AM - Animal Detective @ Sweet
11:00AM - Bird is the Word @ Sweet
1:00PM - Walk in the Woods @ Sweet
1:15PM - Gaga Ball@ Sweet
2:45PM - Solar System Slime @ Sweet
3:30PM - Fire Quest @ Sweet
4:00PM-Coffee Filter Solar Eclipse@Sweet

WEDNESDAY, OCT 8

9:00AM - Little Explorers @ Sweet
9:45AM - Animal Detective @ Sweet
11:00AM - Knots @ Sweet
1:00PM - Survival @ Sweet
1:15PM - Kickball @ Sweet
2:30PM - NASA Training @ Roller Rink
2:45PM - Make Ice Cream @ Sweet
2:45PM - Parachute Games @ Sweet
3:15PM - Animal Detective @ Sweet
3:30PM - Fire Quest @ Sweet
4:00PM-Coffee Filter Solar Eclipse@Sweet

THURSDAY, OCT 9

9:00AM - Little Explorers @ Sweet
9:45AM - Animal Detective @ Sweet
11:00AM - Bird is the Word @ Sweet
1:00PM - Walk in the Woods @ Sweet
1:15PM - Gaga Ball@ Sweet
3:30PM - Fire Quest @ Sweet
4:00PM-Coffee Filter Solar Eclipse@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.

CARDBOARD SPACE CRAFT 6+

Make a rocket ready to launch, a friendly alien, a daring astronaut, or even a colorful planet.

CELESTIAL ORNAMENT 10+

In this workshop, you'll paint celestial designs - stars, moon, zodiac, galaxies, and constellations - onto smooth wood ornaments.

COMMUNITY FIRE

Drop in, bring your smores and enjoy the cozy times around the fire. Open to everyone, smores kits available for purchase \$6.

ELASTIC BRACELETS 4+

string beads onto elastic pieces cut to their desired lengths for one necklace or two bracelets.

FIRE QUEST

Fire can be a life-saving tool. Learn how to spark safe fires.

NASA TRAINING

Step into the shoes of an astronaut with space-themed challenges and activities! Practice teamwork, problem-solving, and imagination as you train for your own space mission.

SURVIVAL

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

UV RESIN SPACE PENDANT 10+

Design your own dazzling space themed pendant using UV resin! Create wearable work of art.

WALK IN THE WOODS

Take a leisurely hike around property to explore the trees, plants, and animals in our area!

WILDLIFE JAR LANTERNS 4+

create a cozy lantern that captures the magic of nature at night.

WOODLAND PINECONES 4+

Create your own forest inspired masterpiece using real pinecones.

LITTLE LEARNERS

FOR KIDS UNDER AGE 6

COFFEE FILTER SOLAR ECLIPSE

Color a coffee filter with markers, add water, and watch the colors blend into a bright "eclipse sky"!

LITTLE EXPLORERS

Explorers use their senses to observe and investigate the world.

WOOLY WORM HUNT

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

MINDFUL MOVEMENT

No cost, no registration. Meet at the Center of Well-Being, first come first served, mats provided.

FRIDAY, OCT 3

9:00AM - Vinyasa Yoga
10:15AM - 30 Min Meditation

SATURDAY, OCT 4

9:00AM - Pilates Fusion

SUNDAY, OCT 5

9:00AM - Yoga Flow
3:00pm - Spiritual Yoga Flow

WEDNESDAY, OCT 8

9:00AM - Pilates Fusion

CRAFT CLASSES

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

FRIDAY, OCT 3

10:00AM - \$10 -Elastic Jewelry Class
10:00AM - \$10 - Wildlife Jar Lantern
1:00PM - \$15 - Earrings Class
1:00PM - \$15 - UV Resin Space Pendant
2:30PM - \$15 - Bracelet Class
3:30PM - \$15 - Necklaces Class

SATURDAY, OCT 4

10:00AM - \$10 -Elastic Jewelry Class
10:00AM - \$5 - Fall Leaf Suncatcher
1:00PM - \$15 - Earrings Class
1:00PM - \$10 - Watercolor Class
2:30PM - \$15 - Bracelet Class
3:30PM - \$15 - Necklaces Class

SUNDAY, OCT 5

10:00AM - \$10 -Elastic Jewelry Class
10:00AM - \$5 - Block Printing
1:00PM - \$15 - Earrings Class
2:30PM - \$15 - Bracelet Class
3:30PM - \$15 - Necklaces Class

MONDAY, OCT 6

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

TUESDAY, OCT 7

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

WEDNESDAY, OCT 8

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

THURSDAY, OCT 9

10:00AM - \$10 - Elastic Jewelry Class
1:00PM - \$5 - Cardboard Space Craft
1:00PM - \$15 - Earrings Class
1:00PM - \$20 - Space Spray Painting
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, OCT 3

3PM – DINO EGG HUNT

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

SATURDAY, OCT 4

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 – 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. First come, first served, 20 hikers maximum.

THURSDAY, OCT 9

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.

3PM – EMBROIDERY

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

SPIRITUAL PROGRAMS

SUNDAY, OCT 5

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.



ARTIST IN RESIDENCE: LORRAINE DANZO

<https://lorraine-danzo.pixels.com/>

Lorraine Danzo is a Colorado Springs-based painter whose bold, expressive landscapes and animal portraits celebrate the vibrant spirit of the natural world. Trained at Pratt Institute and formerly a professor in New York and New Jersey, she brings a rich foundation in art disciplines to her intuitive, gestural work—layered with color, emotion, and texture. Represented by galleries in Colorado and the Southwest, Lorraine continues to explore both realism and abstraction as a way to connect viewers with the beauty and vitality she sees in the world around her.

SATURDAY, OCT 4

10AM – \$5 – ASPEN AND MOUNTAIN COLLAGES—REGISTRATION REQUIRED

Join artist in residence Lorraine Danzo at the CRAFT AND DESIGN CENTER to capture the beauty of Colorado's fall season by layering papers, textures, and colors to create collages of golden aspens and mountain landscapes.

SUNDAY, OCT 5

1PM – LIVE PAINTING AND ARTIST MARKET

See artist in residence Lorraine Danzo bring a bear to life on canvas at the ADMIN BUILDING PORCH.

MONDAY, OCT 6

10:30AM – STORY TIME

Join Lorraine for a one of a kind story time followed by a hands-on collage bookmark craft at the MAUDE JELLISON LIBRARY!

TUESDAY, OCT 7

7PM – ARTISTS MEET AND GREET

Meet Artist in Residence, Lorraine Danzo. See her artwork and learn about her journey at the MAUDE JELLISON



ADVENTURE ACTIVITIES

REGISTRATION REQUIRED. Refunds for lightning or cancellations made 24 hours in advance.

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.

WAIVERS REQUIRED FOR: CLIMBING, HIKING, AND ROPES COURSE

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



GUIDED HIKES

REGISTRATION REQUIRED. No cost; No call, no shows will incur a \$5 per person charge.

Hikes are free for YMCA of the Rockies guests and members. Hikes start at the Boone Family Mountain Center. Activity waiver required. 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 trail-heads 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, OCT 3							
7:30AM-1:00PM	Mills Lake	5.2	950'	F	F	Hiker	Tammy F.
9:00AM-11:30AM	Glacier Creek Loop	2.2	300'	G	F	Hiker	Larry S.
9:00AM-12:00PM	Moraine Park Loop	3.3	400'	G	F	Hiker	Wendy S.
SATURDAY, OCT 4							
7:30AM-2:00PM	Lake Helene	6.4	1350'	F	F	Hiker	Tammy F.
8:30AM-11:30AM	Dream Lake	2.2	500'	G	F	Hiker	Larry S.
SUNDAY, OCT 5							
7:45AM-1:30PM	Deer Mountain	6.0	1470'	F	F	Hiker	Larry S.
8:00AM-12:30PM	Arch Rocks and the Pool	4.0	245'	G	F	Hiker	Wendy S.
MONDAY, OCT 6							
8:30AM-12:30PM	Y360	5.2	800'	F	F	Hiker	Wendy S.
TUESDAY, SEPT 30							
8:00AM-12:00PM	Gem Lake	3.5	1460'	F	F	Hiker	Larry S.

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.

ADVENTURE GEAR AVAILABLE!

Forgot your boots? No worries, stop by the Boone Family Mountain Center to rent gear for the whole family. We have boots, microspikes, backpacks, trekking poles and more. Call x8402 for pricing and availability.

STAR WARS: EPOSODE V: A NEW HOPE

FRIDAY - 6PM

HEMPLE AUDITORIUM

The adventure continues in this "Star Wars" sequel. Luke Skywalker, Han Solo, Princess Leia and Chewbacca face attack by the Imperial forces and its AT-AT walkers on the ice planet Hoth. While Han and Leia escape in the Millennium Falcon, Luke travels to Dagobah in search of Yoda. Only with the Jedi master's help will Luke survive when the dark side of the Force beckons him into the ultimate duel with Darth Vader.



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!

WAIVERS REQUIRED FOR: CLIMBING, HIKING, AND ROPES COURSE

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



FALL INTO OUTER SPACE PROGRAMS

SEPTEMBER 26– OCTOBER 30

ESTES PARK CENTER



YMCA
OF THE
ROCKIES

SPECIAL EDITION
GLOW-IN-THE-DARK
T-SHIRTS AVAILABLE IN THE
GIFT SHOP!



Crafts!

Sign Up required. At the Mootz Family Craft and Design Center

Themed crafts all month long, such as Space Themed Block Printing, Space UV Resin Pendants, Celestial Painting Wood Ornaments, Space Rock Painting, Space Spray Painting, Cardboard Space Crafts, and many themed jewelry classes!

Family Programs

No Sign Up Required. See the Activity Guide for full details.

- **NASA Training (Immersive Team Challenge)** Meet with Mission Control as you navigate a zero-gravity agility course, meteor avoidance drill, and spacewalk balance test. Practice spacecraft repair scenarios, satellite assembly, and code transmission, before your graduation as a Junior Astronaut.
- **Coffee Filter Solar Eclipse**
- **Solar System Slime**
- **Cosmic Bingo**
- **Outer Space Sensory Bin**
- **Origami**

Library

Make an Outer Space Bookmark. Plus explore the large selection of books about space!

Solar Scavenger Hunt

Pick up your Guide to the Solar System at the Boone Family Mountain Center (a.k.a. the sun). Set off on a journey all across all 8 planets (sorry Pluto!) as you navigate along a similar scale on the YMCA property. This self-guided, interactive scavenger hunt covers about 3 miles round trip, making it a fun hike with a cosmic twist. Available all month long!

SPECIAL EVENTS:

Every Friday: Watch one of the 6 original Star Wars Movies in Hempel Auditorium at 6 pm.

Saturday, September 27: Astronaut Loren Shriver @ Hempel from 7–8 pm.

Join veteran NASA astronaut Loren Shriver as he shares his remarkable experiences from piloting commanding Space Shuttle missions. A retired Air Force Colonel, Shriver flew aboard Discovery and Atlantis, contributing to pioneering satellite deployments and critical Department of Defense missions.

Saturday, October 4: International Observe the Moon Night @ Legett Youth 7:30–8:30

Join Rocky Mountain National Park Ranger Danielle York as we celebrate with NASA and Lunar Lovers from around the world. Look at the moon through a telescope and learn about its unique features.

Saturday, October 18: Astrophotography @ Legett Youth 7:30–8:30 \$10/family

Use provided cameras and equipment to take photos of the night sky! Maggie Martin, a former teacher turned astrophotography instructor and photographer, will provide instruction as well as information about the stars and the night sky. At the end of the lesson, take home your photos! Sign up required.





MASSAGE THERAPY

Here at the YMCA!

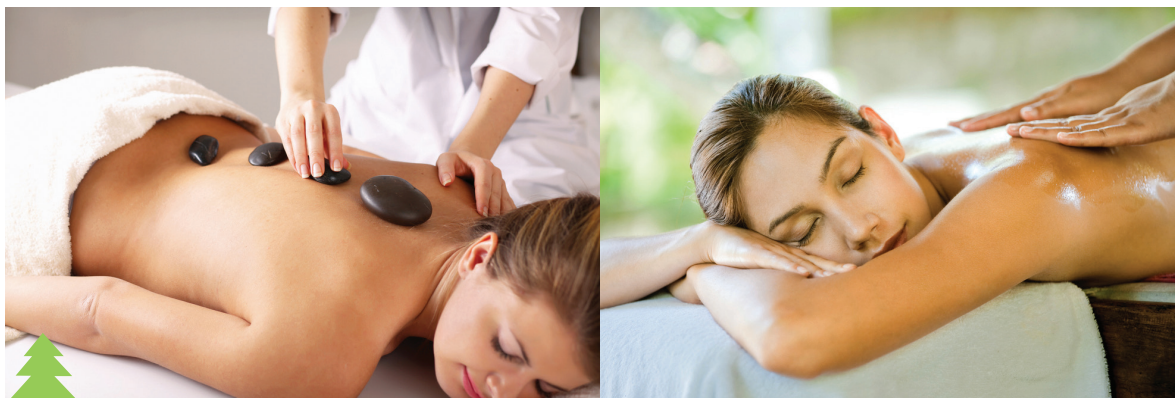


Book Now - Online!

Open daily 9am-5pm

(720) 218-1953 - Text!

www.homegrownyoga.com



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 of the Rockies, Estes Park Center. 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:

Online: scan QR code or homegrownyoga.com

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

Text: (720) 218-1953 and provide your name, days you're in town and length of massage you want.

Location:

Massage services are centrally located at the Y in the Center for Well-Being (CFWB) 4D on Y map. Behind the pool, next to the museum.

Yoga classes:

- Private yoga classes available for conferences, weddings and gatherings. See homegrownyoga.com for details.
- See homegrownyoga.com for current schedule and YMCA Activity guide.

NEW! Sound Bath with Wellness Meditation:

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

Visit homegrownyoga.com for more information and to schedule.

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

Hikers Feet Heaven: \$20

Foot Sugar Scrub: \$10

Hot Stone: \$20

Body Brushing: \$15

Four pack/one hour: \$420

Payment:

- Use credit card used to book online.
- Any credit or debit card, Google/Apple Pay.
- No insurance reimbursement.
- 48 hour cancellation policy or full charge.

"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.