

ACTIVITY GUIDE

FRIDAY, SEPT 12- THURSDAY, SEPT 18
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.

PROGRAM FACILITY HOURS

	FRI, SEPT 12	SAT, SEPT 13	SUN, SEPT 14	MON, SEPT 15	TUES, SEPT 16	WED, SEPT 17	THURS, SEPT 18
SWEET MEMORIAL	Stop by to get a full schedule of activities, and plan out your fun! Check out our game room in the basement! Sign out board games, puzzles and more! Questions? Call us at x1104.						
	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM
BOONE FAMILY MOUNTAIN CENTER	Sign up for hikes, visit our nature center, or get info about our outdoor activities! Plus, find tons of information about hiking, both at the Y and in the National Park. Questions? Call x8402.						
	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM
MOOTZ FAMILY CRAFT & DESIGN CENTER	Drop in crafts available everyday, prices and availability vary. Open crafting and craft classes available. Glazed ceramics and Glass fusion must be finished by 3:00pm to be ready for pick up at the next day. No new projects after 4:30PM, clean up at 4:45PM. Some crafts have age restrictions. Questions? Call us at x1132.						
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM
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	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	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-6PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 3:45PM-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	1PM-5PM	5:30PM-7:00PM	5:30PM-7:30PM	CLOSED	5:30PM-9:30PM
DUNCAN FAMILY CLUBHOUSE	Pick up sports equipment including mini golf clubs, pickleball paddles, kickballs and more.. Questions? Call us at x1104.						
	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
LONGHOUSE GYM	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-7:30PM	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, SEPT 12

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
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
7:00PM - Community Fire @ Sweet

SATURDAY, SEPT 13

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
1:15PM - Parachute Games @ Sweet
1:30PM - Survival @ Sweet
2:00PM - Gaga Ball @ 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, SEPT 14

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
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
7:00PM - Community Fire @ Sweet

MONDAY, SEPT 15

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
1:15PM - Parachute Games @ Sweet
1:30PM - Walk in the Woods @ Sweet
2:00PM - Gaga Ball @ 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

TUESDAY, SEPT 16

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
1:15PM - Critter Crafts @ Sweet
1:30PM - Survival @ Sweet
2:00PM - Kickball @ Sweet
2:15PM - Make Slime @ Sweet
4:30PM - Little Explorers @ Sweet

WEDNESDAY, SEPT 17

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
1:15PM - Parachute Games @ Sweet
1:30PM - Walk in the Woods @ Sweet
2:00PM - Gaga Ball @ The Clubhouse
3:00PM - BINGO @ Hempel Auditorium
3:15PM - Animal Detective @ Sweet
3:45PM - Wooly Worm Hunt @ Sweet
4:30PM - Little Explorers @ Sweet

THURSDAY, SEPT 18

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
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

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.

STRETCH AND RESTORE

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

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.

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.

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 for Well-Being, first come first served, mats provided.

FRIDAY, SEPT 12

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

SATURDAY, SEPT 13

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

SUNDAY, SEPT 14

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

MONDAY, SEPT 15

9:00AM Yoga Basics

WEDNESDAY, SEPT 17

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, SEPT 12

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

SATURDAY, SEPT 13

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

SUNDAY, SEPT 14

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

MONDAY, SEPT 15

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

TUESDAY, SEPT 16

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

WEDNESDAY, SEPT 17

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

THURSDAY, SEPT 18

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 12

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.

1PM - DOLL MAKING

Create your own doll and learn how homesteaders made dolls prior to modern technology. First come, first served, 12 participants 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 13

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. Please bring water. First come, first served, 20 hikers maximum.

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!

SUNDAY, SEPT 14

10AM - 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.

1PM - 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 15

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 16

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 17

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 18

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

SPIRITUAL PROGRAMS

SUNDAY, SEPT 14

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

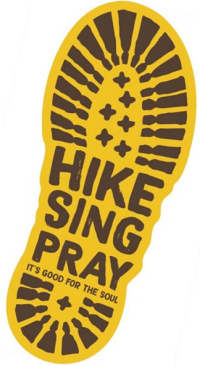
Entrance located on the outside northeast corner of Hyde Chapel, open 24/7 for your prayer needs.

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: KATE FITZPATRICK

SATURDAY, SEPT 13

10AM - \$10 - PAINTING WORKSHOP

Join artist in residence Kate Fitzpatrick at the CRAFT AND DESIGN CENTER for a magical wildlife painting workshop.

SUNDAY, SEPT 14

1PM - LIVE PAINTING AND ARTIST MARKET

See artist in residence Kate Fitzpatrick at the ADMIN BUILDING PORCH.

MONDAY, SEPT 15

10:30AM - STORY TIME

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

TUESDAY, SEPT 16

7PM - ARTISTS MEET AND GREET

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

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.



ADVENTURE ACTIVITIES

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, SEPT 12							
7:00AM-3:30PM	Finch Lake	10.8	2200'	E	F	Hiker	Jeff B.
8:00AM-1:00PM	Wigwam Tea Room	4.5	920'	F	E	Hiker	Tom S.
SATURDAY, SEPT 13							
6:00AM-3:00PM	Mount Ida	9.5	2860'	D	D	Hiker	Larry S.
7:00AM-2:00PM	Chapin Peak	4.4	1814'	E	E	Hiker	Beth S.
7:00AM-12:00PM	Lake Haiyaha	4.0	1050'	F	E	Hiker	Jeff B.
7:30AM-2:30PM	Lake Helene	6.4	1350'	F	F	Hiker	Tom S.
SUNDAY, SEPT 14							
7:30AM-2:30PM	Boulder Brook Loop	6.7	1300'	F	F	Hiker	Tom S.
8:00AM-1:30PM	Mills Lake	5.2	950'	F	F	Hiker	Larry S.
2:00PM-6:00PM	Paul Bunyan's Boot	2.7	900'	F	E	Hiker	Beth S.
MONDAY, SEPT 15							
7:30AM-2:30PM	MacGregor Falls	6.4	1220'	F	F	Hiker	Program Staff
8:00AM-12:45PM	Bear to Bierstadt Lake	4.8	675'	F	F	Hiker	Larry S.
9:00AM-12:00PM	Alberta Falls	1.8	270'	G	H	Hiker	Ginny K.
TUESDAY, SEPT 16							
7:30AM-3:30PM	Black Lake	9.5	1800'	E	E	Hiker	Tom S.
8:00AM-2:00PM	Bridal Veil Falls	6.6	1100'	F	E	Hiker	Beth S.
WEDNESDAY, SEPT 17							
7:30AM-1:30PM	Deer Mountain	6.0	1470'	F	F	Hiker	Beth S.
8:00AM-2:00PM	Upper Beaver Meadows	5.0	500'	G	F	Hiker	Jeff B.
5:00PM-7:00PM	Lily Lake Sunset	1.5	220	G	G	Hiker	Ginny K.
THURSDAY, SEPT 18							
7:30AM-2:00PM	Uncle Brent Lakes	5.5	1000'	F	E	Hiker	Tom D.
8:00AM-12:30PM	Emerald Lake	3.6	713'	F	F	Hiker	Larry S.

CAN YOU FIND THE GOLDEN NUGGETS?

Follow our hiking trails around the YMCA and keep a look out for the golden nuggets. These shiny, golden rocks will be hiding all around the property. Check out the Glacier Creek and Wind River trails. If you collect one, turn in at the Boone Family Mountain Center for a prize! One prize per person, please only collect one rock.

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.

WAIVERS REQUIRED FOR: CLIMBING, HIKING, AND ROPES COURSE

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





MASSAGE THERAPY

Here at the YMCA!

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

(970) 586-3341 Ext. 1111

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 for details.
- See 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

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.