OUR MISSION
YMCA of the Rockies puts Christian principles into practice through programs, staff, and facilities in an environment that builds a healthy spirit, mind, and body for all.

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WELCOME TO ESTES PARK CENTER!
There’s so much to do here! Enjoy a round of miniature golf, play a competitive round of gaga ball, create a work of art at our Craft and Design building, stop by the new addition to our playground, or learn something at the Dorsey Museum. Please stop by Sweet Memorial Program Building for all the information you need about activities and programs occurring while you’re here.

Waiting to check into your room? Stop by Sweet Memorial to participate in lawn games, activities, grab a snack and relax and play a board game or color, sign up for activities for your trip, or learn about hiking trails in Rocky Mountain National Park. We look forward to seeing you in Sweet!
### FACILITY SCHEDULES

**Requires sign up: [http://tinyurl.com/ymcaepc](http://tinyurl.com/ymcaepc) or at Sweet Memorial.**

After signing up for archery, drop by the outdoor archery range at **MAIN ARCHERY RANGE** on the following days for open shooting.

<table>
<thead>
<tr>
<th>Archery</th>
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### FACILITY & FITNESS SCHEDULES

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<th>Lap Swim</th>
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<td>Equipment can be checked out at Sweet Memorial Program Building or the Golf Shack.</td>
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<th>Yoga[]</th>
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<tr>
<th>Yoga for Kids</th>
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### ADVENTURE ACTIVITIES SCHEDULE

**Requires sign up: [http://tinyurl.com/ymcaepc](http://tinyurl.com/ymcaepc) or at Sweet Memorial before the activity begins.**

**Climbing Wall ages 5+; $12 per person**

<table>
<thead>
<tr>
<th>Climbing Wall</th>
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<th>Steve's Rope Course</th>
<th>July 28</th>
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**SPECIAL PROGRAMS**

**Friday, July 28th**

**RASPUTIN TO PUTIN**
10:00 - 11:00 AM  
LIBRARY
Take a journey through history with George and Eileen Stone. They will be discussing some of the details of their recent trip to Finland, Astoria and Russia.

**HELEN CURRIE FOSTER, AUTHOR TALK**
2:00 – 3:00 PM  
LIBRARY
Helen Currie Foster, author, will talk about her Texas Hill Country Mysteries, including her latest, Ghost Dagger. Foster lives north of Dripping Springs, Texas, supervised by three burros. She is deeply curious about human history and why, uninvited, the past keeps crashing the party!

**YOGA FOR KIDS**
5:00– 5:45 PM  
MUSEUM LAWN
Yoga for Kids, new this summer at the Y, introduces yoga to children through books, music and games in a fun and nurturing environment. The class is a creative way to help develop fine and gross motor skills, while improving strength, flexibility, coordination and body awareness. Appropriate for families with children 4-10.

**COMMUNITY FIRE**
6:30-8:00 PM  
MAIN FIRE RING
Everyone is welcome at the Main Fire Ring by the Administration building. This is an opportunity for people who don’t have a private fire ring to come and enjoy a fire with other guests at the YMCA. Feel free to bring S’mores.

**Saturday, July 29th**

**MULTI LEVEL YOGA CLASS**
8:30AM  
LEGETT YOUTH BUILDING
Join instructor Laura Collins for integral yoga with a vinyasa flair, suited for all levels. Class focuses on beginners yet more advanced postures are suggested for those who are able. Each class ends in deep relaxation. Bring a mat if you are able – limited number of mats available.

**YOGA FOR KIDS**
11:15 AM – 12:00 PM  
MUSEUM LAWN
Yoga for Kids, new this summer at the Y, introduces yoga to children through books, music and games in a fun and nurturing environment. The class is a creative way to help develop fine and gross motor skills, while improving strength, flexibility, coordination and body awareness. Appropriate for families with children 4-10.

**DINNER HAYRIDE**
5:00 PM  
JACKSON STABLES
$38 per person; ages 3 and under free  
Call Jackson Stables at ext. 1140 or ext. 1149 for reservations.

**COMMUNITY FIRE**
6:30-8:00 PM  
MAIN FIRE RING
Everyone is welcome at the Main Fire Ring by the Administration building. This is an opportunity for people who don’t have a private fire ring to come and enjoy a fire with other guests at the YMCA. Feel free to bring S’mores.

**SUMMERFEST CONCERT SERIES – 5280 A CAPELLA**
7:30 – 8:30 PM  
HEMPEL AUDITORIUM
Named one of the Top Vocal Groups in Denver, 5280 A Capella brings a burst of infections energy to the stage. They take their audiences on an entertaining journey over the landscape of American music with jaunts through: rock & roll, jazz, country, folk, soul, doo-wop, sixties, eighties, nineties, and pop hits from today. Their unique repertoire entertains audiences of all ages!

**Sunday, July 30th**

**FREE LOCALS DAY**
ALL DAY  
YMCA OF THE ROCKIES- ESTES PARK CENTER
Come to the YMCA of the Rockies for the day and get day pass fees waived. It will still be necessary to pay for Archery, Steve’s Rope Course, Climbing Wall, and crafts at Craft and Design center. Enjoy the amenities of the YMCA.

**MULTI LEVEL YOGA CLASS**
8:30 AM  
LEGETT YOUTH BUILDING
Join instructor Laura Collins for integral yoga with a vinyasa flair, suited for all levels. Class focuses
on beginners yet more advanced postures are suggested for those who are able. Each class ends in deep relaxation. Bring a mat if you are able – limited number of mats available.

YOGA FOR KIDS
11:00-11:45 AM MUSEUM LAWN
Yoga for Kids, new this summer at the Y, introduces yoga to children through books, music and games in a fun and nurturing environment. The class is a creative way to help develop fine and gross motor skills, while improving strength, flexibility, coordination and body awareness. Appropriate for families with children 4-10.

HIKERS' HUDDLE
7:00-8:15 PM HEMPEL AUDITORIUM
Learn about the YMCA of the Rockies hiking program! Our experienced hikemasters will provide details about upcoming hikes for the week – including pictures – and feature a short presentation on the history, ecology, and geology of Rocky Mountain National Park and its inhabitants.

Monday, July 31st
COFFEE ON THE PORCH
9:00 – 10:00 AM MAUDE JELLISON LIBRARY
Enjoy coffee, tea and goodies on the south porch of the Maude Jellison Library and find out how the library can enrich your YMCA mountain experience!

AMERICAN SONG MUSIC SERIES
2:00 – 3:00 PM LIBRARY
Join us at the Maude Jellison Library to hear a living room style performance of Songs of Our Western Heritage by Susan K. Dailey and Liz Masterson.

DRUM CIRCLE
7:00-8:00PM MAIN FIRE RING
As the sun sets, join local Nancy Bell at the Main fire ring to create great musical sounds with other guests. Talented and non-talented musicians are all welcome! The only requirement is that you must be able to bang on a drum or beat on an instrument and have a good time. Instruments provided, but feel free to bring your own if you find something that will work!

Tuesday, August 1st
PLEIN AIR LANDSCAPE PAINTING
8:15 - 11:45 AM LOWER PORCH OF LIBRARY
Focus on painting the mountains as seen from the YMCA. Instructor Susan Dailey will talk about composition, determining a focal point, atmospheric painting, creating the illusion of depth, creating a sense of light and general painting techniques. Her teaching approach includes demonstration and individual instruction. Cost of class is $72. This includes the instructional fee, a take home painting kit including 18 acrylic tube colors and instructional booklet. For ages 15 and up (or permission of instructor). To register for this class and purchase your supply kit, sign up in Sweet Memorial. Registration is limited to 8 participants and closes one hour before the class starts.

BREAKFAST AT THE MUSEUM
8:30 - 9:30 AM MUSEUM LAWN
All members and guests of the YMCA of the Rockies – YOU ARE INVITED! Please join us for a continental breakfast, prize drawings and fellowship in the front yard of the Museum on Tuesday mornings! Julie Watkins, President/CEO; Dave DeLuca, Estes Park Center Director; and other members of the YMCA of the Rockies’ Executive Leadership Team will be there to visit with you. We’ll be happy to answer YOUR questions and we hope you’ll take a few minutes to share your personal Y story with us! We will have a brief program to update you on news of our Association.

KIDS COLOR SKETCH CLASS- “LEARN TO DRAW SMALLER ANIMALS AND BIRDS”
2:30 – 3:45 PM LOWER PORCH OF LIBRARY
This class will cover the basics of drawing chipmunks, various squirrels and marmots, raccoons, beaver coyotes, wild cats, birds and other creatures found in the Rocky Mountain National Park and right here on the YMCA grounds! Learn from professional artist Susan K. Dailey about using “color blending” and “color gradation” techniques using crayons. Cost of class is $28. This includes the instructional fee, a take home color sketching kit with supplies and instructional booklet. This one hour and 15-minute class is limited to eight participants. Although targeted towards 3rd-6th graders, this workshop is open to older students and adults too! To register for this class and purchase your supply kit, sign up in the Sweet Memorial building.

SCIENCE EXPERIMENTS – SLIME!
3:00 PM SWEET MEMORIAL
This was everyone’s favorite experiment last summer! Pick your color, then use glue, borax and water to
make your own unique slime that you can put in a baggie and take with you!

**POWER YOGA**
5:30 – 6:30 PM    LEGETT YOUTH BUILDING
Join instructor Laura Collins for Baptiste-style yoga, starting off vigorously with Sun A and Sun B, then moving into a specific set of sequences designed to awaken creativity. Suited for all abilities. Bring a mat if you have one. Limited mats available.

**Wednesday, August 2nd**

**PLEIN AIR LANDSCAPE PAINTING**
8:15 - 11:45 AM    LOWER PORCH OF LIBRARY
Focus on painting the mountains as seen from the YMCA. Instructor Susan Dailey will talk about composition, determining a focal point, atmospheric painting, creating the illusion of depth, creating a sense of light and general painting techniques. Her teaching approach includes demonstration and individual instruction. Cost of class is $72. This includes the instructional fee, a take home painting kit including 18 acrylic tube colors and instructional booklet. For ages 15 and up (or permission of instructor). To register for this class and purchase your supply kit, sign up in Sweet Memorial. Registration is limited to 8 participants and closes one hour before the class starts.

**KIDS COLOR SKETCH CLASS - "LEARN TO DRAW MOUNTAINS AND SUNSETS"**
2:00 – 3:15 PM    LOWER PORCH OF LIBRARY
Learn from professional artist Susan K. Dailey how to capture the beauty of the mountains and sky in crayon, using pastel blending and color gradation techniques! Learn to understand visual perspective, and how to translate that on paper. Cost of class is $27. This includes the instructional fee, a take home color sketching kit and instructional booklet. This one hour and 15 minute class is limited to 8 participants. Although targeted towards 3rd-6th graders, this workshop is open to older students and adults too! Adult assistance recommended with younger children). To register for this class and purchase your supply kit, come in to the Sweet Memorial building.

**COMMON CENTS FINANCIAL SEMINAR – RETIREMENT SAVINGS VEHICLES**
6:30 – 8:00 PM    LIBRARY
Marsha Yelick (Financial Consultant from the Estes Valley Library) will host this five part series to help you improve your own financial literacy. Attend any or all of the seminars. This week’s topic is Common Investment Types. Explore three categories: stocks, bonds and cash equivalents. Handout materials will be provided.

**COMMUNITY FIRE**
6:30- 8:00 PM    MAIN FIRE RING
Everyone is welcome at the Main Fire Ring by the Administration building. This is an opportunity for people who don’t have a private fire ring to come and enjoy a fire with other guests at the YMCA. Feel free to bring S’mores.

**FAMILY HAYRIDE**
7:00PM    JACKSON STABLES
$22 per person; ages 3 and under free
Call Jackson Stables at ext. 1140 or ext. 1149 for reservations.

**COWBOY BRAD**
7:00-8:00 PM    OUTDOOR AMPHITHEATER
Join local singer/songwriter/guitarist Cowboy Brad at the Outdoor Amphitheatre by Upper Cookout. Join in songs and fun for the whole family. In case of inclement weather, the program will move to the Upper Cookout pavilion.

**BURNING ISSUES LECTURE: “UNDERSTANDING RUSSIAN LEADERS: PUTIN”**
7:00- 9:00 PM    HEMPEL AUDITORIUM
Retired US Navy Captain, and intelligence officer Richard Life will examine events which culminated in Vladimir Putin being the current Russian strong man.

**Thursday, August 3rd**

**PRESIDENT THEODORE ROOSEVELT**
9:30-10:00AM    DORSEY MUSEUM
Hear a speech by President Theodore Roosevelt as he shares his passion for conservation of the west.

**CHAIR YOGA**
10:15 – 11:15 AM    MUSEUM LAWN
Join instructor Laura Collins for gentle seated yoga postures and simple mindfulness techniques you can do anywhere – at your desk, on an airplane or waiting in a line! She will also discuss the health benefits of yoga and provide simple, experiential ways to help eliminate stress and promote health in your life. Chairs and outdoor inspiration provided.
SCIENCE EXPERIMENTS - EARTHWORM RACES
3:00- 4:00 PM SWEET MEMORIAL
Come to Sweet Memorial for this fun activity with prizes for the winners! You get to learn fun facts about earthworms, and then pick your crawler and cheer it on as it tries to beat its competitors to the finish line.

STAFF TALENT SHOW
7:00- 8:30PM RUESCH AUDITORIUM
It is that time of year again! The Staff Talent Show is happening. The Programs Department is hosting the Staff Talent Show for all to see. This is an amazing opportunity to see all the talent that the staff has to offer. Come for an excellent performance by our amazing staff!

DAY PASS INFORMATION
Adults ages 13+ are $20/day
Children ages 6-12 are $10/day
Children younger than 5 are free

IRON THUMB
7:00 – 8:00 PM HYDE CHAPEL FIRE RING
The history of the Mountain Men, the first Americans to come to the Estes Park area in search of fur and adventure, performed by Iron Thumb at the Hyde Chapel Fire Ring. In case of inclement weather, meet at the Hempel Auditorium.

SUMMERFEST CONCERT SERIES – STRANGEBYRDS
7:30 – 8:30 PM HEMPEL AUDITORIUM
Living and working Boulder, Colorado, Strangebyrds are that area’s most popular folk duo. Their blue collar folk resonates with authenticity, meaningful lyrics and life affirming subject matter yet their performances are peppered with humor and storytelling. Cari Minor & Ray Smith became Strangebyrds in 2011, their first release Strangebyrds (2011) garnered a top ten local release (Boulder/ Denver) by the Marquee Music Magazine and their subsequent releases Migration (2013) and Devils & Desires (2015) garnered 4 out of 5 starts.

5 DAY BASKETBALL CAMP
Sweet Memorial

When: Monday, July 31st–Friday, August 4th, 10AM–11AM everyday
Where: Admin Field
Who: Ages 7 to 10
What: This free to guests and members 5 day basketball camp will allow participants to explore the different skills involved in basketball over a five day period. Skills that will be taught will include dribbling, passing, shooting, and footwork.

Basketball Camp requires you to sign up prior to the class. You can sign up at http://tinyurl.com/ymcaepc or in Sweet Memorial.
Quick Look at Free Family Programs

Key for Recommended ages:
◊ Under age 5  ○ Teens  ∞ Family  □ Adults

Friday, July 28th

9:00 AM Parachute Games ◊ @ Sweet Memorial
9:30 AM Archaeology Walk ∞ @ Museum
9:30 AM Animal Detectives ∞ @ Sweet Memorial
10:00 AM Little Explorers ◊ @ Sweet Memorial
10:00 AM Soccer ∞ @ Administration Field
10:30 AM Children’s Story Time ◊ @ Library
11:00 AM 4 Square ∞ @ Administration Field
11:00 AM Bugs ◊ @ Sweet Memorial
11:30 AM Pathfinder ∞ @ Sweet Memorial
12:00 PM Water Exploration ∞ @ Dorsey Lake
12:00 PM Kickball ∞ @ Administration Field
2:00 PM Family Adventure ∞ @ Sweet Memorial
2:00 PM Whiffle Ball ∞ @ Administration Field
2:00 PM Children’s Movie □ @ Library
2:00 PM Chess Club □ @ Library
2:30 PM Bear Talk ∞ @ Sweet Memorial
3:00 PM Geology ∞ @ Dorsey Lake
3:00 PM History on a Stick ∞ @ Admin
3:00 PM Knots ∞ @ Sweet Memorial
3:00 PM Gaga Ball ∞ @ Administration Field
3:30 PM Outdoor Living Skills ∞ @ Sweet Memorial
3:45 PM Bird Banding ∞ @ Sweet Memorial
4:00 PM Movement ◊ @ Sweet Memorial
4:30 PM Capture the Flag ∞ @ Administration Field
4:30 PM Orientation ∞ @ Museum Lawn
5:00 PM Yoga for Kids ∞ @ Museum Lawn
6:00 PM Community Fire ∞ @ Main Fire Ring
6:30 PM BINGO ∞ @ Sweet Memorial
6:30 PM Cards on Deck □ @ Library
7:00 PM Trivia □ @ Administration Field
8:00 PM Yoga for Kids ∞ @ Museum Lawn
8:30 PM Astronomy ∞ @ Sweet Memorial

Saturday, July 29th

8:30 AM Yoga ∞ @ Legett Youth Building
9:00 AM Parachute Games ◊ @ Sweet Memorial
9:30 AM A.A. Hyde History Walk ∞ @ Museum
9:30 AM Animal Detectives ∞ @ Sweet Memorial
10:00 AM Little Explorers ◊ @ Sweet Memorial
10:00 AM Soccer ∞ @ Administration Field
10:30 AM Children’s Story Time ◊ @ Library
11:00 AM 4 Square ∞ @ Administration Field
11:00 AM Bugs ◊ @ Sweet Memorial
11:15 AM Yoga for Kids ∞ @ Museum Lawn
11:30 AM Pathfinder ∞ @ Sweet Memorial
12:00 PM Water Exploration ∞ @ Dorsey Lake
12:00 PM Kickball ∞ @ Administration Field
2:00 PM Family Adventure ∞ @ Sweet Memorial
2:00 PM Whiffle Ball ∞ @ Administration Field
2:00 PM Children’s Movie ∞ @ Library
2:00 PM Chess Club □ @ Library
2:30 PM Bear Talk ∞ @ Sweet Memorial
2:30 PM Geology ∞ @ Dorsey Lake
3:00 PM History on a Stick ∞ @ Admin
3:00 PM Knots ∞ @ Sweet Memorial
3:00 PM Gaga Ball ∞ @ Administration Field
3:30 PM Outdoor Living Skills ∞ @ Sweet Memorial

Sunday, July 30th

8:30 AM Yoga ∞ @ Legett Youth Building
9:00 AM Balls ◊ @ Sweet Memorial
9:30 AM Animal Detectives ∞ @ Sweet Memorial
10:00 AM Little Explorers ◊ @ Sweet Memorial
10:00 AM Volleyball ∞ @ Administration Field
11:00 AM Parachute Games ◊ @ Sweet Memorial
11:00 AM Gaga Ball ∞ @ Administration Field
11:00 AM Yoga for Kids ∞ @ Museum Lawn
11:30 AM Pathfinder ∞ @ Sweet Memorial
12:00 PM Water Exploration ∞ @ Dorsey Lake
12:00 PM Frisket ∞ @ Administration Field
12:30 PM Walk About the Y □ @ Museum
2:00 PM Family Adventure ∞ @ Sweet Memorial
2:00 PM Predator Talk ∞ @ Sweet Memorial
2:00 PM Basketball ∞ @ Administration Field
2:30 PM Forest Ecology ∞ @ Sweet Memorial
2:30 PM Knots ∞ @ Sweet Memorial
3:00 PM SPUD ∞ @ Administration Field
3:00 PM History on a Stick ◊ @ Admin
3:30 PM Outdoor Living Skills ◊ @ Sweet Memorial
4:00 PM Bugs ◊ @ Sweet Memorial
4:30 PM Capture the Flag ◊ @ Sweet Memorial
4:30 PM Orientation ◊ @ Admin Front Porch
5:00 PM Fire Building ◊ @ Sweet Memorial
6:30 PM BINGO ◊ @ Sweet Memorial
7:30 PM Pictionary ◊ @ Sweet Memorial

**Monday, July 31st**

9:00 AM Parachute Games ◊ @ Sweet Memorial
9:30 AM Animal Detectives ◊ @ Sweet Memorial
9:30 AM AA Hyde History Walk ◊ @ Museum
10:00 AM Little Explorers ◊ @ Sweet Memorial
10:00 AM Soccer ◊ @ Administration Field
10:30 AM Children’s Story Time ◊ @ Library
11:00 AM 4 Square ◊ @ Administration Field
11:00 AM Bugs ◊ @ Sweet Memorial
11:30 AM Pathfinder ◊ @ Sweet Memorial
12:00 PM Water Exploration ◊ @ Dorsey Lake
12:00 PM Kickball ◊ @ Administration Field
2:00 PM Family Adventure ◊ @ Administration Field
2:00 PM Predator Talk ◊ @ Sweet Memorial
2:00 PM Basketball ◊ @ Administration Field
2:30 PM Forest Ecology ◊ @ Sweet Memorial
5:00 PM Fire Building ◊ @ Sweet Memorial
6:30 PM BINGO ◊ @ Sweet Memorial
7:30 PM Pictionary ◊ @ Sweet Memorial

**Tuesday, August 1st**

8:30 AM Breakfast at the Museum ◊ @ Museum
9:00 AM Balls ◊ @ Sweet Memorial
9:30 AM Animal Detectives ◊ @ Sweet Memorial
10:00 AM Little Explorers ◊ @ Sweet Memorial
10:00 AM Volleyball ◊ @ Administration Field
10:30 AM Children’s Storytime ◊ @ Library
11:00 AM Parachute Games ◊ @ Sweet Memorial
11:00 AM Gaga Ball ◊ @ Administration Field
11:30 AM Pathfinder ◊ @ Sweet Memorial
12:00 PM Water Exploration ◊ @ Dorsey Lake
12:00 PM Frisket ◊ @ Administration Field
2:00 PM Family Adventure ◊ @ Administration Field
2:00 PM Predator Talk ◊ @ Sweet Memorial
2:00 PM Basketball ◊ @ Administration Field
2:30 PM Forest Ecology ◊ @ Sweet Memorial
2:30 PM Knots ◊ @ Sweet Memorial
3:00 PM Science Experiments ◊ @ Sweet Memorial
3:00 PM SPUD ◊ @ Administration Field
3:00 PM Let’s Go To Camp ◊ @ Museum
3:30 PM Outdoor Living Skills ◊ @ Sweet Memorial
4:00 PM Bugs ◊ @ Sweet Memorial
4:30 PM Capture the Flag ◊ @ Sweet Memorial
4:30 PM Orientation ◊ @ Admin Front Porch
5:00 PM Fire Building ◊ @ Sweet Memorial
5:30 PM Power Yoga ◊ @ Legett Youth Building
6:30 PM BINGO ◊ @ Sweet Memorial
7:00 PM Bedtime Stories for Preschoolers ◊ @ Library
7:30 PM Pictionary ◊ @ Sweet Memorial

**Wednesday, August 2nd**

8:30 AM Breakfast at the Museum ◊ @ Museum
9:00 AM Parachute Games ◊ @ Sweet Memorial
9:30 AM Archeology Walk ◊ @ Museum
9:30 AM Animal Detectives ◊ @ Sweet Memorial
9:30 AM Story Time for the Very Young ◊ @ Maude Jellison Library
10:00 AM Bible Story Time ◊ @ Maude Jellison Library
10:00 AM Little Explorers ◊ @ Sweet Memorial
10:00 AM Soccer ◊ @ Administration Field
10:30 AM Children’s Story Time (3/4 year olds) ◊ @ Maude Jellison Library
11:00 AM 4 Square ◊ @ Administration Field
11:00 AM Bugs ◊ @ Sweet Memorial
11:30 AM Pathfinder ◊ @ Sweet Memorial
12:00 PM Water Exploration ◊ @ Dorsey Lake
12:00 PM Kickball ◊ @ Administration Field
2:00 PM Family Adventure ◊ @ Sweet Memorial
2:00 PM Whiffle Ball ◊ @ Administration Field
2:30 PM Bear Talk ◊ @ Sweet Memorial
2:30 PM Geology ◊ @ Administration Field
3:00 PM Knots ◊ @ Sweet Memorial
3:00 PM How Scotch & Tiddly Winks ◊ @ Museum
3:30 PM Outdoor Living Skills ◊ @ Sweet Memorial
BOLD & GOLD: TEEN BACKPACKING TRIP

Join us for a 4-night, 5-day backpacking trip, designed for teens ages 13-15 years old in the Colorado wilderness. Dates July 31- August 4.

“BOLD & GOLD”, (boys and girls outdoor leadership development), and it offers teens the opportunity to discover their strengths while enjoying the great outdoors. Participants will return from their BOLD & GOLD experience knowing that the confidence, strength, and friendships they developed will help them take on any challenge on the trail, in the classroom, or back home in their communities.

This program works to remove cultural and social barriers and focus on acceptance and community awareness. Teens will also learn to cook their own meals, set up their own tents, and learn how to use water purification systems when out in the wilderness. The staff is extensively trained, the activities are carefully designed for maximum results, and the location is right next to the Rocky Mountain National Park.

Give your teen the time of a lifetime and sign them up today by visiting: https://ymcarockiesboldgold.campbrainregistration.com/
GET OUTDOORS

Join instructors on outdoor adventures learning about the local environment, our flora and fauna, and outdoor skills. Try out the following classes:

- **Animal Detective (1hr30min)**
  Learn about local animals and how to identify them. Participate in hands-on activities that utilize your senses and field observation skills. Be prepared to go on a family friendly walk! Meet in Sweet Memorial building.

- **Astronomy (2hr)**
  Get closer looks of the night skies through our telescopes. Observe a variety of celestial objects, including the moon and planets, constellations, double stars, globular clusters, galaxies and more. Learn to identify a dozen constellations and their brightest stars. On cloudy nights we will offer an alternative indoor program that is both educational and entertaining. Remember to dress warmly for our cool Rocky Mountain evenings, and bring binoculars if you have them! Meet in Sweet Memorial Building. **Sign-Ups Required. Ages 10 and older.**

- **Bear Talk (30min)**
  Learn about one of the Rocky Mountains’ most fascinating animals, the black bear. Take a look into the daily life of a bear and how they’re preparing for winter now! Meet in Sweet Memorial.

- **Bird Banding (1hr30min)**
  Watch Scott Rashid, licensed bird bander, “net” different species of birds that come to Colorado in summer. Meet inside the Sweet Memorial Building.

- **Fire Building (1hr)**
  Learn how to use various methods and tools to create fire to help survive in the wild. Meet inside Sweet Memorial Building.

- **Forest Ecology (1hr30min)**
  Enjoy a walk around property and learn about producers and consumers, local trees and plants, and the complex relationships in montane forests. Meet inside Sweet Memorial Building.

- **Geology (1hr)**
  Have a fun, exciting time learning about different kinds of rocks and minerals. Enjoy a scavenger hunt around Dorsey Lake to find certain rocks. Meet at Dorsey Lake.

- **Knots (1hr)**
  Knot tying is an essential backcountry skill. Learn a half hitch, bowline, and more useful knots! Meet inside Sweet Memorial Building.

- **Outdoor Living Skills (1hr30min)**
  Learn the importance of staying safe in the backcountry, what to do if you find yourself lost, and an introduction to how to build a shelter. Be prepared to be outdoors for the duration of this class. Meet inside Sweet Memorial Building.

- **Pathfinders (1hr30min)**
  Learn basic orienteering skills through following a bearing and learning about maps and compasses. This is an entry level class, take the orienteering guided hike for more advanced lessons. Meet inside Sweet Memorial Building.

- **Predator Talk (30min)**
  The predator and prey relationship is essential to a healthy montane ecosystem. Learn about predators in the area and how they affect prey, like elk. Meet inside Sweet Memorial Building.

- **Water Exploration (1hr)**
  Learn about macroinvertebrates, healthy waterways, and the importance of riparian areas for a healthy environment. Get ready to explore near water and get a little wet and dirty! Meet at Dorsey Lake.

LITTLE LEARNERS

For families with children 5 and under. Get the little ones outside to enjoy these activities:

- **Ball Play (30min)**
  Simple as it sounds- enjoy some free play with many different balls. Meet inside the Sweet Memorial Building.

- **Bedtime Stories for Preschoolers (1hr)**
  Preschoolers: Come as you are! You may wear pajamas (no blankets please) and listen to funny animal stories. Bring your parents and join us at the Maude Jellison Youth Library by entering the library through the lower level door.

- **Bible Story Time (30min)**
  Hear timeless Bible Stories and sing traditional Bible Songs with Linda at the Maude Jellison Youth Library.
• Bugs, Bugs, Bugs (30min)
Learn all about bugs! Learn about their body, metamorphosis, and other fun bug facts! Meet at Sweet Memorial Building.

• Little Explorers (Nature Walk) (30min)
Ready for a walk in the woods? Join our instructor on a very short nature walk through the woods. Children will have the opportunity to explore their surroundings and may get a little dirty! Meet inside Sweet Memorial Building.

• Movement (30min)
Wind, trees, animals, as well as other elements in nature all have movement. Join our instructor as they discuss the different movements and teach children how to move like a mountain lion, sway like a tree, or fly like a bird. Meet inside Sweet Memorial Building.

• Parachute Games (30min)
Rise and fall with our big parachute as we play games on, under, and around the billowing parachute! Meet at Sweet Memorial Building.

• Story Time (1hr)
Act like a weasel and POP by Maude Jellison Youth Library for stories about nature and animals. Wednesdays are especially for 3 and 4 year olds.

• Story Time for the Very Young (up to 24 months) (30min)
Peekaboo! Where’s Baby? Join us at the Maude Jellison Youth Library to explore our world by playing, singing and reading stories.

FAMILY FUN

Get the entire family together for these fun experiences:

• BINGO (1hr)
Join other guests for an hour of fun! B-I-N-G-O! Meet at Sweet Memorial Building.

• Children’s Movie (2hr)
Enjoy a Disney Classic movie shown at the Maude Jellison Youth Library.

• Family Adventure (Team Building) (1hr)
Work as a team to achieve a common goal and accomplish puzzles together. Be ready to work on your teambuilding skills! Meet at Sweet Memorial Building.

• History on a Stick (2hr)
Drop in activity including games, storytelling and more. Activities change weekly! Look for History on a Stick in the Administration Building or on the Administration Porch.

• Hop Scotch & Tiddly Winks (1hr)
Drop in fun for the whole family! Leave the technology at the door and discover games from bygone times. Indoor and outdoor activities. Come rain or shine. Meet at the Dorsey Museum.

• Let’s Go To Camp (1hr)
Discover what it was like to be at the YMCA camp in the 1950s. Explore camp games, see the different things children packed in their suitcase, and compare your trip to a trip 60 years ago. Visit a cabin that hasn’t changed since 1954. Meet at the Dorsey Museum.

• Pictionary (1hr)
Enjoy a fun game of Pictionary with other guests! Fun for the entire family and suitable for all ages. Meet at Sweet Memorial Building.

• Trivia (1hr)
Compete with other guests in a game of trivia. Bring a team of four or create one when you get here. Fun for the entire family and suitable for all ages. Meet at Sweet Memorial Building.

ADULT

Designed with adults in mind:

• AA Hyde History Walk (1hr30min)
Explore the history of family camp and conferences at the YMCA of the Rockies through the work of A.A. Hyde, founder of the Mentholatum Company and supporter of the YMCA. Discover how leaders like Hyde created a foundation for the YMCA of the Rockies on the principles of healthy mind, body and spirit on this mile long walk. Meet at the Museum.

• Archaeology Walk (1hr30min)
Ever wonder who lived here before Y camp? Travel back in time to when a glacial river flowed through the valley and homes were made of rock shelters and animal hides. This mile long hike will provide an opportunity to explore prehistoric life in the region. A visit at the Museum before your walk will set the stage for adventure. Meet at the Dorsey Museum.

• Cards on Deck (1hr)
Join other guests and staff to play various card games at Maude Jellison library. Learn some new ones or bring some of your favorites to share with other players.

• Chess Club (1hr)
Whether you’re a beginner or a skilled player, join others interested in this classic mind game. Just show
up at Maude Jellison Library to see who else share your love of chess.

- **Walk about the Y (1hr30min)**
  Quarter-mile stroll. Explore the architectural and social history of the YMCA of the Rockies’ main campus. Discover the “who” behind the names on buildings and enjoy sculptures on the main promenade. Meet at the Dorsey Museum.

**FITNESS**

Looking to workout while you’re here?

- **Multi-Level Yoga (1hr)**
  Join instructor Laura Collins for integral yoga with a vinyasa flair, suited for all levels. Class focuses on beginners yet more advanced postures are suggested for those who are able. Each class ends in a deep relaxation. Mats are available. Meet at Legett Youth Building.

- **Chair Yoga (1hr)**
  Join instructor Laura Collins for gentle seated yoga postures and simple mindfulness techniques you can do anywhere – at your desk, on an airplane or waiting in a line! She will also discuss the health benefits of yoga and provide simple experiential ways to help eliminate stress and promote health in your life. Chairs and outdoor inspiration provided. Meet at Museum lawn.

- **Power Yoga (1hr)**
  Join instructor Laura Collins for Baptiste-style yoga, starting off vigorously with Sun A and Sun B, then moving into a specific set of sequences designed to awaken creativity. Suited for all levels. Meet at Legett Youth Building.

- **Yoga for Kids (45min)**
  Yoga for Kids, new this summer at the Y, introduces yoga to children through books, music and games in a fun and nurturing environment. The class is a creative way to develop fine and gross motor skills, while improving strength, flexibility, coordination and body awareness. Appropriate for families with children 4-10. Meet at Museum lawn.

- **Boot Camp (1hr)**
  High intensity interval training workouts that include strength training and cardio. Workouts can be modified to fit all fitness levels. Come for some fun and fellowship as well as a great workout! Meet at the Mini Golf Clubhouse.

- **Water Exercise (1hr30min)**
  Enjoy a low impact water exercise class in our heated indoor pool. Exercises are done in 4-5 feet of water, with the option of moving to the deep end. Meet at Dorsey Swimming Pool.

- **Hydr02ga (1hr30min)**
  Hydro2ga is a holistic therapeutic no-impact deep water exercise that is challenging, strengthening, toning, aerobic, relaxing, and balancing for the emotional, physical, and mental body. Meet at Dorsey Swimming Pool.

- **Capture the Flag (1hr)**
  How good can you hide, sneak, run and chase in the classic camp game to retrieve your flag from the other team’s side. Come find out! Enjoy a family friendly game of capture the flag. Meet inside Sweet Memorial Building.

- **Frisket (1hr)**
  This exciting game combines Basketball and Ultimate Frisbee in a thrilling competition. Meet at Admin fields.

- **Gaga Ball (1hr)**
  Played with a rubber ball, this game combines the skills of dodging, striking, running, jumping, while trying to hit opponents below the knees. Meet at Gaga pits by Administration building.

- **SPUD (1hr)**
  Players try to eliminate each other by catching and throwing an inflated and generally soft ball. Fun for the whole family. Meet at Admin fields.

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**Questions about Rocky Mountain National Park?**

Check-out this link:  
[https://www.nps.gov/romo/index.htm](https://www.nps.gov/romo/index.htm)

**National Park Pass Fees:**
- **Day Pass:** $20
- **Week Pass:** $30
- **Rocky Mountain National Park Annual:** $60
- **Rocky Mountain National Park & Indian Peaks Wilderness:** $70
- **National Parks Annual Pass:** $80

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**Want to join our team of enthusiastic staff?**

Join our community of staff for seasonal employment opportunities.

Inspired by nature. Motivated by fun.

Apply online at  
[www.ymcarockies.org/work/seasonal-employment](http://www.ymcarockies.org/work/seasonal-employment)
Equipment Check-Out & Rentals

Check out or rent a variety of equipment at Sweet Memorial. We have equipment for hiking, your next pick-up game, or a relaxing yard game.

Equipment Check-Out:
- Balls – Baseballs (& bats), Basketball, Football (& flags), Rubber Balls, Soccer, Volleyball
- Bases
- Croquet
- Horseshoes
- Disc Golf Discs ($10 deposit per disc)
- Puzzles, Board Games, and Card Games
- Frisbees

Hiking Rentals (payable by credit card or room charge):
- Daypacks - $5
- Trekking Poles - $5
- Child Hiking Carriers - $10
- Strollers - $5
- Snow Shoes - $10
- Microspikes - $10
- LOWA Boot Demos – FREE! (With drivers’ license or credit card information)

Mountain Bike Rentals:
Visit the Bike Shed behind Sweet Memorial Building to rent your bikes today! Adult and Youth Sizes available. Bike rental includes a helmet. The hours for the shed are 8:00am- 4:30pm.
- Mountain Bike Rental Fees (Trek Marlin)
  - Full Day (9am-4:30pm) $20
  - 4 hours $15
  - Overnight (4pm-9am) $12
- Specialty Bike Rental Fees (Fat Tire)
  - Full Day (9am-4:30pm) $60
  - 4 hours $40
  - 1 hour $20

Hiking Program – Guided Hike Schedule

Requires sign up: http://tinyurl.com/ymcaepc or at Sweet Memorial.

A variety of circumstances may change the schedule of any hike. It is imperative that all hikers check in at the Sweet Memorial hiking desk no later than 5pm the day before the hike. Please bring your Y lodge room number or cabin name at that time.

Friday July 28th

<table>
<thead>
<tr>
<th>Time</th>
<th>Hike</th>
<th>Miles (RT)</th>
<th>Grade</th>
<th>Elev. Gain</th>
<th>High Point</th>
<th>Drive Time</th>
<th>Hikemaster</th>
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</thead>
<tbody>
<tr>
<td>2:30am–5:30pm</td>
<td>Mount Alice</td>
<td>18</td>
<td>A</td>
<td>4810’</td>
<td>13310’</td>
<td>Short</td>
<td>Devon &amp; Ritchie</td>
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<td></td>
<td>Rigorous loop hike via Lion Lakes to Hourglass Ridge &amp; rock slabs on NE face of Alice to the summit. Then south along Continental Divide to Boulder-Grand Pass and return via Thunder Lake to Wild Basin RS. HELMETS ARE REQUIRED AND FURNISHED BY THE YMCA ON THIS HIKE.</td>
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<td>5:00am–4:30pm</td>
<td>Mount Ida and the Gorge</td>
<td>15</td>
<td>B</td>
<td>4750’</td>
<td>12890’</td>
<td>Moderate</td>
<td>Wendy &amp; Tom</td>
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<td>Lakes</td>
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<td>Extended tundra exploration from Milner Pass on the way to Mount Ida, then down to the beautiful and remote Gorge Lakes. Involves extended tundra &amp; some steep rock scrambling. HELMETS ARE REQUIRED AND FURNISHED BY THE YMCA ON THIS HIKE.</td>
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<td>6:00am–3:30pm</td>
<td>Dorothy Lake</td>
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<td>E</td>
<td>1940’</td>
<td>12061’</td>
<td>Moderate</td>
<td>Dave G</td>
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<td>Glorious hike up the old mining road past 4th of July Mine to the highest lake in Indian Peaks. The hike starts near 10,000 ft and climbs steadily to Arapaho Pass and Lake Dorothy. The trail is well-maintained and famous for abundant variety and number of wildflowers. And from the passes at the top (Arapaho and Caribou), you can see all the way to Lake Granby. This is a very rewarding hike that we offer rarely due to USFS permit restrictions.</td>
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<tr>
<td>7:00am–3:00pm</td>
<td>Chasm Lake</td>
<td>8.6</td>
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<td>2560’</td>
<td>11780’</td>
<td>Moderate</td>
<td>Clyde</td>
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<td></td>
<td>Beautiful alpine tarn in the deep cirque between the towering east face of Longs Peak &amp; Mt. Lady Washington. Contouring the slope above Peacock Pool and Columbine Falls makes some people nervous. Also, there is a short stretch of 2nd class rock scrambling up the last 150 yards to the lake.</td>
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Saturday July 29th

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<tr>
<td>Gemstones</td>
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<td>1500’</td>
<td>8940’</td>
<td>Short</td>
<td>Donovan</td>
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<td>Bluebird Lake</td>
<td>12.7</td>
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<td>2800’</td>
<td>10978’</td>
<td>Short</td>
<td>Devon</td>
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<tr>
<td>Moraine Park Nature Walk</td>
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<td>400’</td>
<td>8400’</td>
<td>N/A</td>
<td>Susan</td>
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<tr>
<td>Onahu-Tonahutu Loop</td>
<td>8.5</td>
<td>D</td>
<td>2150’</td>
<td>11390’</td>
<td>Short</td>
<td>Laura</td>
</tr>
<tr>
<td>Forest Canyon Tarns</td>
<td>5</td>
<td>E</td>
<td>700’</td>
<td>11900’</td>
<td>Moderate</td>
<td>John</td>
</tr>
<tr>
<td>Ypsilon Lake</td>
<td>9.1</td>
<td>E</td>
<td>2680’</td>
<td>10760’</td>
<td>Short</td>
<td>John</td>
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<tr>
<td>Dream Lake Dinner Hike</td>
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<td>G</td>
<td>425’</td>
<td>9900’</td>
<td>Short</td>
<td>Scott</td>
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<tr>
<td>Thatchtop Mountain</td>
<td>8.6</td>
<td>C</td>
<td>3565’</td>
<td>12686’</td>
<td>Short</td>
<td>Scott</td>
</tr>
<tr>
<td>Ypsilon Lake</td>
<td>9.1</td>
<td>E</td>
<td>2680’</td>
<td>10760’</td>
<td>Short</td>
<td>John</td>
</tr>
<tr>
<td>Lake Helene</td>
<td>6.4</td>
<td>F</td>
<td>1215’</td>
<td>10580’</td>
<td>Short</td>
<td>Dave F</td>
</tr>
</tbody>
</table>
We will begin from the Summit and hike to the historic Wigwam Tea Room, site of the first female Estes Valley homesteader, then on to the Baldpate Inn for a Dutch treat lunch. After lunch, we will trace our steps back to the Y. Bring $16.95 for the famous Baldpate soup & salad lunch buffet ($12 one-time thru) + extra for pie—if you’re not too full—and tip.

Learn about the YMCA of the Rockies hiking program! Our trained hikemasters will provide details about upcoming hikes for the week—including pictures—and feature a short presentation on the history, ecology, and geology of Rocky Mountain National Park and its inhabitants. Held in Hempel Auditorium.

**Monday July 31st**

<table>
<thead>
<tr>
<th>Hike</th>
<th>Miles (RT)</th>
<th>Grade</th>
<th>Elev. Gain</th>
<th>High Point</th>
<th>Drive Time</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am- 4:00pm Frozen Lake</td>
<td>12</td>
<td>C</td>
<td>2640'</td>
<td>11600'</td>
<td>Short</td>
<td>Tom</td>
</tr>
<tr>
<td>Scramble up the cascades above Black Lake to this rocky tarn hidden in a wonderland of rock shelves &amp; grottos in upper Glacier Gorge. Be prepared in case of cold and windy conditions (as mountain weather can change rapidly).</td>
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</tr>
<tr>
<td>6:30am- 4:30pm Granite Falls</td>
<td>10.4</td>
<td>E</td>
<td>1284'</td>
<td>9840'</td>
<td>Long</td>
<td>Pat</td>
</tr>
<tr>
<td>Woodland trail past an old homestead in “Big Meadow” to the magnificent cascade over rock shelves. An early start time will increase our chances of seeing moose and other wildlife.</td>
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<tr>
<td>7:15am- 1:45pm Glacier Knobs</td>
<td>5.6</td>
<td>E</td>
<td>1600'</td>
<td>10300'</td>
<td>Short</td>
<td>Devon</td>
</tr>
<tr>
<td>Fun, off-trail, rock scramble to one or more of the granite domes, called “Glacier Knobs”, overlooking Glacier Gorge. We will choose the particular knobs, based on the skills and interests of the group. In any case, the hike will involve bushwhacking and some amount of scrambling to get to the top of each knob.</td>
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</tr>
<tr>
<td>7:30am- 11:00am Bear Lake to Hollowell Park</td>
<td>4.4</td>
<td>F</td>
<td>343’</td>
<td>9765’</td>
<td>Short</td>
<td>Laura</td>
</tr>
<tr>
<td>Close the loop by parking cars at Park-N-Ride, ride the shuttle bus to Bear Lake, and take the Moraine Park shuttle bus from Hollowell Park back to Park-N-Ride at the end.</td>
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</tr>
<tr>
<td>7:45am- 1:45pm Serendipity Pond and The Loch</td>
<td>6</td>
<td>F</td>
<td>1270’</td>
<td>10180’</td>
<td>Short</td>
<td>Dave F</td>
</tr>
<tr>
<td>This hike leads us off trail to a pristine, little-known, hidden pond east of The Loch, nestled in Loch Vale above Alberta Falls. We will stop to admire The Loch on our return on trail.</td>
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<tr>
<td>9:00am- 12:00pm Orienteering: Challenger Course</td>
<td>3</td>
<td>H</td>
<td>100’</td>
<td>8100’</td>
<td>Short</td>
<td>Wendy</td>
</tr>
<tr>
<td>Join Wendy for a fun filled morning finding your way around one of the Y’s Challenger courses with a map and compass. All materials and instruction provided.</td>
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**Tuesday August 1st**

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<th>Hike</th>
<th>Miles (RT)</th>
<th>Grade</th>
<th>Elev. Gain</th>
<th>High Point</th>
<th>Drive Time</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00am- 4:30pm Lake of the Clouds</td>
<td>14.6</td>
<td>C</td>
<td>2850’</td>
<td>11450’</td>
<td>Moderate</td>
<td>Matt</td>
</tr>
<tr>
<td>Cross the Grand Ditch &amp; hike up Hitchens Gulch to this remote, alpine tarn, nestled in the spectacular cirque between Cirrus &amp; Howard Peaks in the Never Summer Range. Involves scrambling over rock shelves &amp; steep scree.</td>
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</tr>
<tr>
<td>6:00am- 11:30am Lake Isabelle</td>
<td>4.6</td>
<td>F</td>
<td>397’</td>
<td>10868’</td>
<td>Moderate</td>
<td>John</td>
</tr>
<tr>
<td>Come enjoy multitudes of wildflowers—especially chiming bells—around this beautiful, high alpine lake in the Indian Peaks Wilderness Area, surrounded by wetlands &amp; old-growth forest. You will cross several small falls along the way. Breathtaking!</td>
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<tr>
<td>6:30am- 4:30pm St. Vrain Mountain</td>
<td>9.9</td>
<td>D</td>
<td>3420’</td>
<td>12162’</td>
<td>Short</td>
<td>Dave M.</td>
</tr>
<tr>
<td>Scenic USFS trail above the old Rock Creek Ski area and tundra walk to the prominent, high summit in northeast Indian Peaks Wilderness Area. Offers great views of the Saint Vrain Glaciers and southern RMNP, including Elk Tooth &amp; Ogallala Peaks, &amp; Mount Copeland.</td>
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### Wednesday August 2nd

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<th>Time</th>
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<th>High Point</th>
<th>Drive Time</th>
<th>Hikemaster</th>
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</thead>
<tbody>
<tr>
<td>6:00am-4:00pm</td>
<td>Spectacle Lakes</td>
<td>11.5</td>
<td>C</td>
<td>3450’</td>
<td>11360’</td>
<td>Short</td>
<td>Devon</td>
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<tr>
<td></td>
<td>Scramble up the cascading stream to the two spectacular, alpine tarns hidden in the deep cirque on the east face of Mount Ypsilon. Portions of the last half mile, above Lake Ypsilon, require hand over hand scrambling, occasional vertical exposure, and some physical agility. HELMETS ARE REQUIRED AND FURNISHED BY THE YMCA ON THIS HIKE.</td>
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<tr>
<td>6:15am-4:45pm</td>
<td>Devils Thumb Lake</td>
<td>10.5</td>
<td>E</td>
<td>2738’</td>
<td>11140’</td>
<td>Long</td>
<td>Donovan</td>
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<tr>
<td></td>
<td>Magical hike through woods, meadows, and flowers to three lakes below the famous pinnacle in south Indian Peaks.</td>
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<tr>
<td>6:45am-2:45pm</td>
<td>Flattop</td>
<td>9</td>
<td>D</td>
<td>2849’</td>
<td>12323’</td>
<td>Short</td>
<td>John</td>
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<tr>
<td></td>
<td>Historic trail to the Continental Divide (12324’) with magnificent views down Fern-Odessa Gorge and Tyndall Glacier. Be prepared for the high, alpine weather conditions that could include wind, cold, and thunderstorms (temperatures on the summit are typically 15 deg F cooler than at the YMCA).</td>
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<tr>
<td>7:00am-10:30am</td>
<td>Bear to Bierstadt Lake Trailhead</td>
<td>4.8</td>
<td>F</td>
<td>675’</td>
<td>9766’</td>
<td>Short</td>
<td>Mike</td>
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<tr>
<td></td>
<td>From the Bear Lake trailhead, hike a gentle trail up to Bierstadt, a lake seeped in history, then take the switchbacks down to the Bierstadt trailhead, seeing wide open mountain vistas along the way.</td>
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<tr>
<td>8:00am-1:30pm</td>
<td>Cub Lake &amp; The Pool Circuit</td>
<td>6.3</td>
<td>F</td>
<td>675’</td>
<td>8620’</td>
<td>Short</td>
<td>Clyde</td>
</tr>
<tr>
<td></td>
<td>Loop hike past aspen woods &amp; beaver ponds to Cub Lake, The Pool, &amp; Arch Rocks.</td>
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### Thursday August 3rd

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<thead>
<tr>
<th>Time</th>
<th>Hike</th>
<th>Miles (RT)</th>
<th>Grade</th>
<th>Elev. Gain</th>
<th>High Point</th>
<th>Drive Time</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00am-5:00pm</td>
<td>Beaver’s Nose</td>
<td>13.2</td>
<td>A</td>
<td>6080’</td>
<td>14060’</td>
<td>Short</td>
<td>Tom &amp; Dave M.</td>
</tr>
<tr>
<td></td>
<td>Rigorous climb via the Loft Couloir and the Meeker Ledges Route to the Loft and on up to the Beaver’s Nose, the “other 14er” in RMNP. Significant exposure to vertical drops on upper sections. Hikers must complete prerequisite hikes. Terrain grade=A. HELMETS REQUIRED AND FURNISHED BY THE YMCA ON THIS HIKE.</td>
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<tr>
<td>6:00am-4:30pm</td>
<td>Jackstraw Mountain</td>
<td>10.5</td>
<td>D</td>
<td>3300’</td>
<td>11704’</td>
<td>Moderate</td>
<td>Matt</td>
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<tr>
<td></td>
<td>Woodland trail from Kawaneche Valley spiraling to a summit with awesome views of the Never Summer Range.</td>
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<tr>
<td>6:30am-1:30pm</td>
<td>Mitchell and Blue Lakes</td>
<td>4.8</td>
<td>F</td>
<td>860’</td>
<td>11320’</td>
<td>Moderate</td>
<td>Wendy</td>
</tr>
<tr>
<td></td>
<td>This is a long but rewarding drive to the beautiful Indian Peaks Wilderness Area with Mt. Toll rising majestically above Blue Lake. The wildflowers, waterfalls, and lakes are unequalled anywhere. Please be sure to indicate if you can drive and write your license number in the space provided. If you are a passenger, please be prepared to reimburse the drivers by chipping in on the gasoline expense. Thanks.</td>
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<tr>
<td>Time</td>
<td>Activity</td>
<td>Difficulty</td>
<td>Start Elevation</td>
<td>End Elevation</td>
<td>Distance</td>
<td>Hike Difficulty</td>
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<tr>
<td>7:00am-3:00pm</td>
<td>Odessa and Fern Lakes</td>
<td>9.8</td>
<td>E</td>
<td>1215'</td>
<td>10020'</td>
<td>Short</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Starts at Bear Lake, climbs moderately around the side of Flattop, then drops into the stunning Odessa Gorge and is downhill after that. So, there is an uphill climb of 1215 feet and a loss of more than 2000 feet. Requires car or bus shuttle.</td>
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<td></td>
<td></td>
<td>Pat</td>
<td></td>
</tr>
<tr>
<td>9:00am-12:00pm</td>
<td>Lily Lake Nature Walk</td>
<td>1.5</td>
<td>G</td>
<td>100'</td>
<td>8880'</td>
<td>Short</td>
<td></td>
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<td></td>
<td>Enjoyable walk around one of the prettiest lakes in RMNP. Stop and enjoy your lunch while taking in the beautiful view.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dave G.</td>
<td></td>
</tr>
<tr>
<td>1:00pm-4:00pm</td>
<td>Leave it to Beaver</td>
<td>1.5</td>
<td>H</td>
<td>100'</td>
<td>8050'</td>
<td>N/A</td>
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<tr>
<td></td>
<td>The beavers sure have been busy here on the YMCA of the Rockies property. Discover how these amazing creatures shape the world around them.</td>
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<td></td>
<td>Donovan</td>
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</tbody>
</table>

**Day Camp**

3 year olds to 18 year olds

Monday through Friday

8:15am — 3:15pm

June 5th — August 18th

**ONLY $32/DAY**

Contact us at:
970.586.3341 ext. 1280
ymcarockies.org/summer-day-camp
YMCA OF THE ROCKIES CHAPEL MINISTRY

SCHEDULE OF ACTIVITIES: Friday July 28 – Thursday August 3

“Through faith based programs and activities, the YMCA of the Rockies Chapel Ministry seeks to create a culture that is spiritually engaging, safe, and respectful of all.”

24/7 Prayer Chapel – Need a quiet place to pray, reflect, or meditate? Dannen Chapel, entrance located on the outside northeast corner of Hyde Chapel, is open 24/7 for your prayer needs. When the chapel is being used for a special event, group, or wedding, a notice will be posted and it will not be available to the public.

Interactive Prayer Trail – Located behind the Legett Christian Center. Walk the trail and encounter 5 interactive stations that will engage you in active prayer. The stations are based on the prayer forms of Adoration, Confession, Thanksgiving, Supplication, and Intercession. All ages will find this a fun and meaningful way to pray!

Labyrinth – A Labyrinth is a spiritual tool, a path of prayer, a walking meditation. Our Labyrinth is designed out of stones and located behind the Museum. Brochures about the Labyrinth and how to walk the Labyrinth are located at the starting point. Take some time to walk the Labyrinth and enjoy a time of peace and prayer!

Lawn Games – Located on the west side of Hyde Chapel, there is a storage shed full of lawn games for your enjoyment! Feel free to play these games on the Hyde Chapel lawn anytime you wish! Games include bocce ball, ladder golf, yard darts, toss across, corn hole, bubbles, sidewalk chalk, and the ever-impressive JUMBO Connect 4! Please return games to storage bin when finished.

Friday, July 28: 7:00 PM MOVIE NIGHT IN HYDE CHAPEL – Showing “Hidden Figures” Rated PG, running time 2 hrs. 7 minutes.

Sunday, July 30: 10:00 AM WORSHIP IN THE ROCKIES – Guests and staff are invited to a great hour of worship in Hyde Chapel for people of all denominations and people of all ages. Today we welcome guest musician Michael Davis. Worship begins with an old-fashioned “Hymn Sing,” followed by praise and worship, prayer, scripture reading, message, and concludes with communion. Dress is always mountain casual and weather appropriate. Come early and enjoy coffee, hot chocolate and tea, and breakfast pastries as we fellowship together before worship! Individuals, couples, families and groups are always welcome to Worship in the Rockies as we seek to make this your “church home away from home.”

Sunday, July 30: 4:30-5:30 PM BIBLE STUDY – “Journey into Discipleship” by Tommy Higle. In this interactive study, we will journey into a closer relationship with our Lord Jesus Christ as we learn what it really means to be His disciple. Not only will we get into the Word of God and come to a greater understanding of who Jesus is, but we will also take what we have learned and apply it in our lives. Hope you join us on this important journey! Brian Strasbaugh, Chaplain Assistant, will be leading this class in the Dannen Library in the basement of the Legett Christian Center.

Sunday, July 30: 7:00 PM MICHAEL DAVIS CONCERT – While only 26 years old, violinist Michael W. Davis was named Concertmaster of the prestigious Louisville Orchestra, thrilling audiences for 30 years until his retirement from that position in 2015. Captivated at an early age by the beauty of the violin, Michael, a native of Albertville, Alabama, began studying music at age 7. As a 16 year old he was winner of the state’s MTNA Competition and named “Most Outstanding String Player”. He is a graduate of the world renowned Jacobs School of Music at Indiana University where he was awarded Bachelor and Master of Music degrees with distinction. Studying with James Buswell at Indiana University, he also served as an Associate Instructor of Violin there while doing his graduate work. Featured in numerous chamber music and orchestral recordings, Michael also has two solo albums, Emmanuel and Amazing Grace. Emmanuel (a fantasia on hymnody for solo violin and orchestra) was composed for Michael by Kurt Kaiser and was recorded in Dvorak Hall with the City of Prague Philharmonic in the Czech Republic. The album Amazing Grace features Michael’s own arrangement of that beloved hymn for solo violin as heard at the “Billy Graham Crusade” in Louisville, KY. A very active performer, he has given concerts in Carnegie Hall, Lincoln Center and the Kennedy Center. In addition to these and other U.S. performances, he has concertized in both Europe and Asia. Participation in the Grand Teton Music Festival, Spoleto Festival, Credo and the Gerhart Chamber Music Festival (where he is Artistic Director) highlight just a few of his summer activities. Along with his tenure as Concertmaster of the Louisville Orchestra, Michael has also been a member of the Pittsburgh Symphony Orchestra. In addition, he has served on the violin faculties at the University of Louisville, Campbellsville University and Southern Baptist Theological Seminary. He and his family currently reside in the beautiful Rocky Mountains of Colorado where Michael enjoys his passion for fly fishing Concert held in Hyde Chapel.
Tuesday, August 1: 1:00 PM BIBLE STUDY – Mere Christianity – In this eight-session video group study, you will discover why Mere Christianity by C.S. Lewis is one of the most read and beloved Christian books of all time. But seventy years later from when it was first delivered on radio, what relevance does it have to our world today? Host Eric Metaxas and a variety of Christian leaders including Philip Yancey, Alister McGrath, Devin Brown, Paul McCusker, Douglas Gresham, and others; help us understand the timeless message of C. S. Lewis in fresh ways for a new generation. Study led by Chaplain’s Assistant Dick Thompson in the Dannen Library in the basement of the Legett Christian Center.

Wednesday, August 2: 10:00 AM – PRAYING THE SCRIPTURES with LECTIO DIVINA. Take time to quiet your mind and open your heart to an encounter with the Word of God. In Lectio Divina, the reading of a short Scripture passage and meditation on a word or phrase engages both mind and heart in an intimate conversation with God. Our attitude becomes ”Speak, Lord, your servant is listening,“ rather than ”Listen, Lord, your servant is speaking.” We’ll meet on Wednesday morning at 10 am in Dannen Library in the basement of the Legett Christian Center for an hour to 75 minutes. All are welcome!

Wednesday, August 2: 12:00 PM PRAYER MEETING – Every Wednesday we host a 30 minute prayer meeting for all staff and guests. We begin with a short reflective reading of scripture, followed by the sharing of prayer requests and then prayer. All are welcome! We meet in Ponder Chapel.

Wednesday, August 2: 8:30-9:00 PM CAMPFIRE WORSHIP SING-A-LONG – Join Chaplain Greg Bunton at the gas fire ring outside of Hyde Chapel for fellowship and worship. Come ready to sing some old church camp favorites, hymns, and some new praise and worship songs. Weather Permitting.

Thursday, August 3: 1:00 PM BIBLE STUDY – ENCOUNTERS WITH JESUS. In his book, Tim Keller says, “The people who met Jesus Christ in person faced the same big life questions we face today. Like most of us, the answers handed down to them didn’t seem to work in the real world. But when they met Jesus, things immediately started to change for them. It seems he not only had the answers — he was the answer. In Encounters with Jesus, Timothy Keller shows how the central events and meetings in Jesus’ life can change our own lives forever.” Barb Thompson, Chaplain Assistant, will be leading this class in the Dannen Library in the basement of the Legett Christian Center.

Thursday, August 3: 7:00 PM VESPERS EVENING COMMUNION SERVICE at Sara Smith Outdoor Chapel. Join the Chapel Ministry for this 30-45 minute outdoor evening communion service. What better place to worship God and give praise for all the creation that surrounds us than at Sara Smith Outdoor Chapel located on the way to the Jackson Stables. If inclement weather, service will be held at the Ponder Chapel inside the Legett Christian Center.

QUESTIONS: Contact Chaplain Greg Bunton at ext. 1012 or the Chapel office at ext. 1077
**JACKSON STABLES, INC.**  
**SUMMER 2017**  
**LIVERY OFFICE HOURS:**  
Daily - 7:15 am - 6:00 pm  
Phone - (970) 586-3341, ext. 1140 or 1149  
(Dial only the ext. if on grounds)  
**RATES:**  
(per person)  
$45  1 hour ride  
$60  2 hour ride  
$80  3 hour ride  
$95  4 hour ride  
$110  5 hour ride  
$180  All Day ride  
**Deer Meadows/Glacier Basin**  
**Moraine Park/Emerald Mtn.**  
**Cub Canyon/Beaver Meadows/East Portal/Mill Creek**  
**Wind River**  
**Bierstadt Lake**  
**Fern-Odessa**  
****A portion of your RMNP ride fee is being used for horse trail maintenance.**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>SATURDAY</th>
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<td>FAMILY HAYRIDE</td>
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**FRIDAY**  
8:00am 2 hr. Emerald Mountain  
8:40am 3 hr. Cub Canyon  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Glacier Basin  
1:00pm 2 hr. Moraine Park  
1:40pm 3 hr. Mill Creek  
2:00pm 1 hr. Deer Meadows  
3:30pm 2 hr. Moraine Park  
3:45pm 1 hr. Glacier Basin  
4:15pm 1 hr. Deer Meadows  

**SATURDAY**  
7:40am 5 hr. Bierstadt Lake  
8:00am 2 hr. Moraine Park  
8:40am 3 hr. Beaver Meadows  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Glacier Basin  
10:45am 1 hr. Deer Meadows  
12:45pm 1 hr. Deer Meadows  
1:00pm 2 hr. Moraine Park  
1:40pm 3 hr. East Portal  
2:00pm 1 hr. Deer Meadows  
3:30pm 2 hr. Moraine Park  
3:45pm 1 hr. Glacier Basin  
4:15pm 1 hr. Deer Meadows  

**ADVANCED RESERVATIONS ARE RECOMMENDED**  
*Family hayrides with marshmallow roasts are offered during the week. Please call for dates and times.*  
*Group rates available with advanced contract and deposit for horseback riding with 18 or more riders.*  

**Breakfast Rides are available for groups with a minimum of 25 people to a maximum of 50 people.**  
**RESERVATIONS REQUIRED.**

**YMCA charges to room may be accepted**

**Wiener Roast**  
$38.00 per person
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 of the horseback rides are guided trail rides into RMNP, and on YMCA property. Reservations are required – 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.

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: $20.00 per child. Available times: Daily: 8:30am–11:25am/1:00–4:45pm.

*Please note: Day Camp children use the Pony Trail between 9:30–11:00 a.m. on Tuesdays and Thursdays, mid-June through mid-August. This is usually a very busy time.

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.

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.

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

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

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

ALL-DAY RIDE: This ride is designed for the seasoned horseback rider and takes you further into the rugged back country of RMNP. The destination varies depending on the time of year and trails that are open, or closed, due to impassable snow conditions. However, the ride does promise to be the highest altitude obtainable, providing the grandest of scenic mountain views.

HAYRIDES: Private and Open horse-drawn hayrides are available throughout the summer. Cost is $22.00 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.
# Sasquatch Fly Fishing Adventures

## Weekly Trips July 28th – Aug 4th

<table>
<thead>
<tr>
<th>Friday 28th</th>
<th>Saturday 29th</th>
<th>Sunday 30th</th>
<th>Monday 31st</th>
<th>Tuesday 1st</th>
<th>Wednesday 2nd</th>
<th>Thursday 3rd</th>
<th>Friday 4th</th>
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<tr>
<td>Family Fun Trip 8:30am – 12:30pm</td>
<td>3/4 Trip 7:30 - 3:00</td>
<td>No Trips</td>
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<td>Family Fun Trip 8:30am – 12:30pm</td>
<td>Family Fun Trip 8:30am – 12:30pm</td>
<td>All Day Hike n Fishl (amazing fishing) 6:30am – 6:00pm</td>
<td>Family Fun Trip 8:30am – 12:30pm</td>
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<td>3/4 Trip 7:30 - 3:00</td>
<td>No Trips But see desk for info!</td>
<td>No Trips But see desk for info!</td>
<td>Evening Backcountry Belly Boating 3:30-9:30</td>
<td>Backcountry Belly Boating 7:30 - 4:00</td>
<td>1/2 Day Trip 8:00am – 12:30pm</td>
<td>3/4 Trip 7:30 - 3:00</td>
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<tr>
<td>1/2 Day With Ben 8:00-12:00</td>
<td>No Trips But see desk for info!</td>
<td>1/2 Day 8:00-12:30</td>
<td>¼ Day Poudre River 7:30-3:00</td>
<td>Bass Lakes Cookout 3:00pm – 9:30pm</td>
<td>Evening Belly Boating Poudre Lake 3:30-9:30</td>
<td>1/2 Day With Ben 8:00-12:00</td>
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<tr>
<td>Family Fun Cookout 4:30 – 8:30</td>
<td>Family Fun Cookout 4:30 – 8:30</td>
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**Trip Rates:**
- ½ Day Trips: **$55.00**
- ¾ Day Trips: **$75.00**
- All Day Hike: **$95.00**
- Family Fun Trip: 15 & under **$35.00** / 16+ **$50.00**
- Family Fun Cookout: 15 & under **$40.00** / 16+ **$55.00**
- Private Bass Lakes: 15 and under **$55.00** / 16+ **$119.00**
- Belly Boat: Drive To **$95.00** / Backcountry **$125.00**
- Fish N Golf: (all inclusive!) **$119.00**

**Trips Include Gear Rental and Flies!** (a one day license may be required) **Private Trips:**
- Available for small or large groups any day! Stop by our desk for pricing!

**WE HAVE RENTAL EQUIPMENT!**
- Fly Rod Rentals: **$15.00**
- Wader Rentals: **$15.00**
- Combo: **$25.00**
- Spin Rod Rentals: **$5.00 / day** (includes tackle!)

## Things To Know For Your Trip

- Trips are all inclusive! (includes all gear and flies)
- You must have someone sign up for our trips (Desk is located inside the Sweet Memorial Building)
- Most trips have a **minimum (2 people) and a maximum (varies)** number of participants.
- AGE MINIMUM: Must be at least 12 years old to attend a fly fishing outing. **(Exception – Bass Trips & Family Fishing Trips are open to ALL AGES)**
- A Colorado fishing license is **included** in your trip!
- **We carpool on all trips!** Reminder, trips that go into RMNP require a parks pass (if you are driving your vehicle please plan accordingly)
- **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).
You’ve always wanted to raft? We hear that all the time – let’s turn that wish into the highlight of your vacation! There’s lots of water and splash early in the rafting season, then it slows down some by August. Our trips are designed for both first-time and experienced rafters, and are great for the whole family. We can take kids as young as 7, if they also weigh at least 50 pounds. Our family trips aren’t quite like the movies. Our professional guides ensure that both the first time and experienced rafter have fun. They surpass state requirements with training in first aid, CPR and river rescue techniques. Each trip starts with a rafting orientation and safety presentation. Our safety record is one of the best in the state. We are fully insured and licensed by the state of Colorado. Non-swimmers are welcome.

**Colorado River Scenic Full Day Trip** This trip offers the vast views you expect in Colorado. See wildlife, Rocky Mountain National Park, Trail Ridge Road, the continental divide, the western slope and the Colorado River – all in the same day! (Dad, you know you’d like to see the scenery too. Relax – we’ll drive for you.) This trip on the Colorado offers a milder whitewater trip. We raft a 12-mile stretch of scenic float water, paddle through some class II and III rapids, float by natural hot springs, bald eagle nests, red rock canyon walls – it’s spectacular. We are on the water 4–5 hours and stop for a riverside picnic lunch when you get hungry (includes homemade bread and dessert – need we say more?). $115 includes transportation, equipment and picnic lunch. You can easily spend that much just for a tour of Trail Ridge Road.

**Cache La Poudre Half Day Trip** – 6:30am (M–F), 9:15am and 12:15pm (M–Sat)
You don’t have a whole day to raft? This trip takes you to the only Wild and Scenic designated river in Colorado. This is a rapids trip, but we take families and first-timers daily. We’ll drive you down the Big Thompson River Canyon on the way to the river. It was devastated by the flood in 2013 so there’s a lot to see along the way. Can’t pronounce it? Just say “Poo-der” – we’ll know what you mean. $70 includes transportation and rafting equipment.

**DO IT!** Book online at rapidtransitrafting.com or call us at 970–577–7238.
Homegrown Yoga & Massage offers state-of-the-art massage therapy services in a serene mountain cabin located conveniently on the grounds of the YMCA of the Rockies up the hill from the Arts and Design Center.

For more information or to schedule your appointment:
STOP BY: Oak Cabin on Friendship Lane
If the Licensed Massage Therapists are in a session or not there, you can find a green schedule binder 24 hours a day, seven days a week on the porch where you can conveniently select an available time and day that works for you. By putting your name in the binder you are confirmed.

CALL: (970) 586-3341 ext 4101 or just ext 4101

HOURS OF OPERATION: May 13 through September 31 - open daily 9am-6pm. (Open some evenings July 17- August 12)
October: open daily except Tuesday & Wednesday
All forms of payment taken. Cash, check and room charge preferred.
24 hour cancellation policy. No insurance reimbursement.

Pricing:

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<tr>
<td>30 min</td>
<td>$45</td>
<td>(perfect for achy feet or a great neck and back massage)</td>
</tr>
<tr>
<td>60 min</td>
<td>$80</td>
<td>(perfect for full body massage focusing on relaxation and health promotion)</td>
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<td>90 min</td>
<td>$115</td>
<td>(allows additional time to focus on a certain pain issue)</td>
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<tr>
<td>120 min</td>
<td>$150</td>
<td>(allows time for multiple modalities and an in-depth full body massage)</td>
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No time add ons:
- Deep tissue: $5
- Hot stone: $15
- Fruit Refresh: $10
- Foot sugar scrub: $10
- Hikers feet heaven: $10
- Four pack/one hour: $300

Complimentary warm towel treatment and aromatherapy on every massage.

“helping people be their best”
Picture Yourself In The Rockies!

"Portraits on your wall at home and office"

We are located next to the Wind River Lodge.

Since 1983, Photos by Dill has photographed over 6,000 families and groups of all sizes visiting the YMCA of the Rockies.

Memorable portraits taken in the beautiful mountains at the YMCA of the Rockies!

Our trained professional photographers will go the extra mile to make your portrait session fun.

www.photosbydill.com
970.586.8736
By Appointment Only