Questions about activities during your stay? Call x1104. Kids under 13 must be accompanied by an adult.

PROGRAM FACILITY HOURS

SWEET MEMORIAL BUILDING
Open Daily 8AM – 9PM; 8/9 8AM – 5:30PM
The hub of the Programs Department, consider us your Activity Visitor Center. Come here to find out get a full schedule of activities, and plan out your fun! Make sure to check out our game room in the basement! Questions? Call us at x1104.

BOONE FAMILY MOUNTAIN CENTER
Open Daily 8:30AM – 8PM
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.

DUNCAN FAMILY CLUBHOUSE
Open Daily 8AM – 5:30PM
Located in between the tennis courts and mini golf. Check out mini golf clubs, tennis equipment, and other outdoor recreation equipment. Play basketball, volleyball, and horseshoes on our courts in the Administration Field.

MOOTZ FAMILY CRAFT & DESIGN CENTER
Prices range from $5-$85. Questions? Call us at x1132, Daily Open Studio Hours:

<table>
<thead>
<tr>
<th>GLAZED CERAMICS</th>
<th>ACRYLIC CERAMICS &amp; WOOD PRODUCTS</th>
<th>MOSAIC ART</th>
<th>TIE DYE</th>
<th>CANDLE MAKING</th>
<th>GLASS FUSION</th>
<th>SILK PAINTING</th>
<th>BEAD BAR</th>
<th>BASKET WEAVING</th>
</tr>
</thead>
</table>

LULA W. DORSEY MUSEUM
Questions? Call us at x1136. Last admittance 30 minutes before closing.

<table>
<thead>
<tr>
<th>Fri, Aug 4</th>
<th>Sat, Aug 5</th>
<th>Sun, Aug 6</th>
<th>Mon, Aug 7</th>
<th>Tues, Aug 8</th>
<th>Wed, Aug 9</th>
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MAUDE JELLISON LIBRARY
Questions? Call us at x1133.

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DORSEY SWIMMING POOL
Capacity may be restricted to as low as 20 people. Pool is closed during lightning storms. Call x1135 for space availability and weather conditions. 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. Pool will be cleared 5 minutes before posted closing time.

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<tr>
<td>LAP SWIM 5PM-6:30PM</td>
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<td>6:30PM-8:PM</td>
<td>LAP SWIM 5PM-6:30PM</td>
<td>OPEN SWIM 1PM-5PM</td>
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</table>

BOB ECKER ROLLER RINK
Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104

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<tr>
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Call 970-586-3341 ext. 1104 for more information.
RESERVATION REQUIRED
Must register in advance. Click [Here](#) or call Sweet Memorial at x1104. Refunds will not be given within 24-hours of a paid activity, unless the cancellation is due to weather.

OUTDOOR ARCHERY
Open Daily
Archery sessions allow beginners to learn the basics, while experienced archers get a chance to practice their skills. Open to ages 6 and up, $12 per person. Up to 12 per session. Meet at the Outdoor Archery Range.
Advanced registration is required. Click [Here](#) or call x1104 to check for availability!

NELSEN FAMILY INDOOR CLIMBING WALL
Open Daily
The indoor climbing wall is modeled to look and feel like real rock! Climb to the top of the 25-foot wall, or stay low to the ground on the bouldering wall. Open to ages 5 and older, $12 per person for an hour. There can be up to 8 people in each session. Meet at the Boone Family Mountain Center.
Advanced registration is required. Click [Here](#) or call x1104 to check for availability!

OUTDOOR CLIMBING WALL
Open Daily
The three-sided outdoor rock climbing tower at offer enough diversity and usability to suit the needs of beginner and intermediate rock climbers. Climbing shoes and harnesses are provided. Open to ages 5 and older, $12 per person for an hour.
Advanced registration is required. Click [Here](#) or call x1104 to check for availability!

OUTDOOR AXE THROWING
Open Daily
Come learn the basics of axe-throwing and have fun aiming for a bullseye! Open to ages 6 and up, $12 per person. Up to 12 per session. Meet at the Outdoor Axe-throwing Range.
Advanced registration is required. Click [Here](#) or call x1104 to check for availability!

JEWELRY CLASSES EVERYDAY
Must register in advance. Click [Here](#) or call Sweet Memorial at x1104. Refunds will not be given within 24-hours of a paid activity, unless the cancellation is due to weather.

10:00AM Elastic Necklaces and Bracelets
$8.00 per person – Ages 4+
Participants will learn how to string beads onto elastic pieces cut to their desired lengths for one necklace or two bracelets.

1:00PM Memory Wire Bracelets
$12.00 per person – Ages 10+
Learn how to work with shape holding memory wire and secure the ends of the wire with needle nose and flat nose pliers. Attendees will measure and cut the shape holding wire, string their selected beads, and secure the ends using their pliers.

2:30PM Pendant Earrings
$12.00 per person – Ages 10+
Learn the basics of creating straight pendants or circular pendants with chosen beads. Learn how to use pins or hoops to string beads and connect them to their earring posts.

3:30PM Beginner String Necklaces
$12.00 per person – Ages 10+
Learn the basics of using jewelry wire, crimp beads, lobster clasps, a crimping tool, and a wire cutter. Attendees will string their selected beads onto jewelry wire measured to their desired length. They will then secure the ends with crimp beads and lobster clasps using the crimping tool.

MUSEUM PROGRAMS
Registration Required. No Cost. Click [Here](#) or call Sweet Memorial at x1104.

HANNAH GOES WEST
10AM Wednesdays @ Museum
Hannah goes West explores the life of Hannah and her family as they make their new home on the eastern plains. Through story time and exploring the contents of the family’s trunk you’ll learn more about what it was like to be a settler in the American West.

ARCHEOLOGY WALK
SAT & MON – 10:30AM @ Museum
Ever wonder who lived here before we did? We will travel back in time to when a glacial river flowed through the valley and early peoples used rock shelters and animal hides for protection and warmth. This mile long hike will take you to an excavated rock shelter on property and provides an opportunity to explore the early people who lived in the region. Be sure to visit the museum to learn more.

Call 970-586-3341 ext. 1104 for more information.
**CHAPEL PROGRAMS**

**Friday, Aug 4**
1:00PM – Bible Study – Parables from the Fishing Hole – The Andy Griffith Show
The focus of this program is not the show itself but the values and morals demonstrated. Mayberry is about a lifestyle: loving your neighbor, training a child in the way he should go, and helping others in need. We will see how to bring those lessons into our lives. Meet at Dannen Library.

7:00PM – Movie Night – Apple Mortgage Cake
Join us for a showing of Apple Mortgage Cake at Hyde Chapel. A movie about a family with a strong matriarch overcoming adversity.

**Sunday, Aug 6**
10:00AM – Worship in The Rockies
Worship in the newly remodeled Hyde Chapel. Everyone is invited to join us for this great hour of worship!

7:00PM – Concert – Dan Holmes
Join us at Hyde Chapel. Dan is a guitar playing singer/songwriter that you don’t want to miss.

**Tuesday, Aug 8**
9:30AM – Worship Hike—Bible Point
Join us for a hike (approximately 2.5 miles round trip) to Bible Point where we will join in prayer and song. This is a strenuous hike and participants should wear good hiking shoes/boots, and bring water. Please meet at the gas fire pit outside of Hyde Chapel.

1:00PM – Bible Study – The Book of James
Many believe that because Martin Luther called James an “Epistle of Straw,” he wished to remove if from scripture. Too many believe that salvation is by faith alone. Today this has come to mean a get out of jail free card. Meet at Dannen Library.

**Wednesday, Aug 9**
9:00AM – Walkabout
Join Dave & Sybil and enjoy the beauty of God’s creation on the Y grounds. Hiking shoes and water are recommended. Meet at Hyde Chapel fire pit and return from walk by 11:15 am.

7:30PM – Campfire Worship Sing-a-long
Weather permitting at Hyde Chapel fire pit.

**Thursday, Aug 10**
1:00PM – Bible Study – In the Footsteps of the Savior
A streaming study by Max Lucado. We will follow Jesus through the Holy Land — Capernaum, Sea of Galilee, Mount of Beatitudes, Temple Steps, Garden Tomb, and Caesarea by the Sea. Let’s see “where Jesus walked” and ponder the promises he made. Meet at Dannen Library.

7:00PM – Vespers Communion Service
Weather permitting at Sara Smith Outdoor Chapel.

**Friday, Aug 11**
1:00PM – Bible Study – Parables from the Fishing Hole – The Andy Griffith Show
The focus of this program is not the show itself but the values and morals demonstrated. Mayberry is about a lifestyle: loving your neighbor, training a child in the way he should go, and helping others in need. We will see how to bring those lessons into our lives. Meet at Dannen Library.

7:00PM – Movie Night – Tulsa
Join us for a showing of Tulsa at Hyde Chapel. “ A desperate Marine biker’s life is turned upside-down when he is united with the sassy 9-year-old daughter he never knew existed.

**ADDITIONAL CHAPEL PROGRAMS**

**INTERACTIVE PRAYER TRAIL**
Located behind the Legett Christian Center. Walk the trail and encounter 5 interactive stations 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**
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.

**BIBLE POINT TRAIL**
Along the trail you will encounter selected Psalms that sing to the glory of God revealed in nature. If you need help finding the trail, pick up a map in the Mountain Center.
Friday, Aug 4
12:30PM – Artist in Residence: Ben and Melisa Panter
Drop in anytime between 12:30 and 2 to make a sunprint to celebrate your time at the YMCA of the Rockies. Sunprints are bright blue, with white silhouettes of whatever objects you find to use for your design: leaves, flowers, or twigs. Guest artist Ben Panter will also have some photo negatives of the Rockies that you can use in your artwork. Meet at the Craft Shop.

Saturday, Aug 5
9:00AM – Vinyasa Flow Yoga
Meet at the Legett Youth Building. Join Instructor Laura Collins for an all-levels integral yoga class with a vinyasa flair. Class focuses on beginners with more advanced postures suggested for those who are able. Each class ends in a deep relaxation. Mats available.

Sunday, Aug 6
10:00AM – Hike with a Ranger
Meet at the Boone Family Mountain Center for a short walk with a ranger from Rocky Mountain National Park. Learn about local flora and fauna as well as the history of the national park! No registration required.

Monday, Aug 7
6:00PM – Drum Circle
Join local Nancy Bell at the Kathie Mennel Amphitheater to create 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 you think will work!

7:00PM – The McDailey’s: Bluegrass/Americana Trio!
Enjoy a free live concert of Bluegrass/Americana Roots Music performed by the McDailey’s featuring special guest musicians in the beautiful setting on the north lawn of the Library.

Tuesday, Aug 8
8:30AM – Breakfast at the Museum
Join us for continental breakfast on the front lawn of the Lula W. Dorsey Museum. Come learn about exciting new projects, share in fellowship and have your questions answered by members of the Association Leadership team. There will be prize drawings. No registration required.

9:00AM – Zumba with Kelly
Join Kelly Mann for a full body dance workout. Zumba encourages cardio through dance. Have fun moving with the mountains as a backdrop. Meet at the Outdoor Basketball Courts.

5:30PM – Family Cookout and Campfire
Meet at Upper Cookout at 5:30 PM to enjoy a delicious cookout. At 6:30 PM, we will begin a family-friendly campfire program with songs, skits, and games! Prices: Adults (13+ years old) $20, Children (6-12 years old) $15, Kiddos 5 and under are free. Must register at least 24 hours in advance!

5:30PM – Vinyasa Flow Yoga
Meet at the Legett Youth Building. Join Instructor Laura Collins for an all-levels integral yoga class with a vinyasa flair. Each class ends in a deep relaxation. Mats available.

Wednesday, Aug 9
9:00AM – Morning Movement at the Museum
Join us for 40 minutes of lengthening and core strengthening on the back lawn of the Lula W. Dorsey Museum with a certified Pilates instructor. Limited mats are available so bring your own if you have one, as well as water to stay hydrated.

7:00PM – Cowboy Brad Sing-a-long
Join local singer/songwriter/guitarist Cowboy Brad at the Kathie Mennel Outdoor Amphitheater by the Mountain Center for songs and fun for the whole family! Please call Sweet Memorial (ext. 1104) in case of inclement weather.

Thursdays, July 27
7:00PM – Great Blue Duo
Join us at Kathie Mennel Outdoor Amphitheater to enjoy a performer from our Summerfest Concert Series. Great Blue is a musical duo using two voices, guitar, and mandolin to weave a fabric of eclectic tunes that warm the heart and feed the soul. Their harmonies are carefully delivered to emphasize the meaningful lyrics in their tunes.

Call 970-586-3341 ext. 1104 for more information.
GUIDED HIKING

REGISTRATION REQUIRED CALL x1311

Hiking RENTALS
Equipment available at the Boone Family Mountain Center. Prices per day. Call x8402 for more info.
- Hiking Poles $5
- Day Pack $5
- Kid Carrier $10
- Stroller $5
- Microspikes $10
- Snowshoes $10

Requires sign up: Call the Boone Family Mountain Center at x1311. All hikes are free for YMCA of the Rockies guests and members. All no call, no shows for YMCA guided hikes will incur a $5 per person charge. Please contact the hiking desk at x1311 to cancel your reservation, at least 24 hours in advance, in order for your spot to be taken by another guest and no charge will be applied.

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

**Hike Difficulty**
A=Most Difficult B=Very Demanding C=Demanding D=Strenuous E=Moderate Plus F=Moderate G=Easy H=Easiest

**Prerequisites:** To meet the prerequisite for an A, B, C, and D hike, a hiker must have completed without difficulty a YMCA of the Rockies (hikemaster-led) hike of no more than two grades lower within two weeks before the hike. This means a C hike is the prerequisite for an A hike (some A hikes may require additional hiker scrutiny due to their high level of physical demand); a D hike is the prerequisite for a B hike, etc.

All equipment will be provided for guided hikes requiring specialized snow equipment, such as snowshoes or microspikes. Please dress in layers and be prepared for snow and cold temperatures, especially for hikes higher than 8500’ in elevation.

<table>
<thead>
<tr>
<th>FRIDAY, AUG 4</th>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30AM-4:30PM</td>
<td>Jackstraw Mountain Adventure</td>
<td>8.5</td>
<td>D</td>
<td>C</td>
<td>2600’</td>
<td>Josh W.</td>
</tr>
<tr>
<td>7:00AM-4:00PM</td>
<td>Emerald Lake Overlook</td>
<td>5.5</td>
<td>E</td>
<td>E</td>
<td>1800’</td>
<td>Wendy M.</td>
</tr>
<tr>
<td>7:15AM-2:00PM</td>
<td>Chapin Peak</td>
<td>5.0</td>
<td>E</td>
<td>E</td>
<td>1800’</td>
<td>Larry S.</td>
</tr>
<tr>
<td>7:30AM-1:00PM</td>
<td>Mills Lake</td>
<td>5.2</td>
<td>F</td>
<td>F</td>
<td>850’</td>
<td>John S. &amp; Aben K.</td>
</tr>
<tr>
<td>1:00PM-3:30PM</td>
<td>Glacier Creek Loop</td>
<td>2.2</td>
<td>G</td>
<td>F</td>
<td>300</td>
<td>Payton C.</td>
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**SATURDAY, AUG 5**

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<tr>
<th>Hike</th>
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<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
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</thead>
<tbody>
<tr>
<td>6:30AM-4:00PM</td>
<td>Bluebird Lake</td>
<td>12.7</td>
<td>D</td>
<td>E</td>
<td>2800’</td>
</tr>
<tr>
<td>7:00AM-12:30PM</td>
<td>Loch and Serendipity Pond</td>
<td>6.0</td>
<td>F</td>
<td>E</td>
<td>1300’</td>
</tr>
<tr>
<td>7:30AM-1:00PM</td>
<td>Iceberg Lake from Willow Park</td>
<td>4.0</td>
<td>E</td>
<td>D</td>
<td>1300’</td>
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**SUNDAY, AUG 6**

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<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30AM-4:00PM</td>
<td>Red Mountain</td>
<td>11.0</td>
<td>C</td>
<td>C</td>
<td>2600’</td>
</tr>
<tr>
<td>7:00AM-3:30PM</td>
<td>Sandbeach Lake</td>
<td>9.4</td>
<td>E</td>
<td>F</td>
<td>2010’</td>
</tr>
<tr>
<td>7:30AM-12:00PM</td>
<td>Calypso Cascades</td>
<td>3.6</td>
<td>G</td>
<td>F</td>
<td>650’</td>
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Hike through lush woods along the North Saint Vrain river to the cascades of Cony Creek tumbling down from Pear Lake.
**GUIDED HIKING CONTINUED**

### Sunday, Aug 6

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<tr>
<th>Time</th>
<th>Hike</th>
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<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30AM-2:30PM</td>
<td>The Loch</td>
<td>5.0</td>
<td>F</td>
<td>F</td>
<td>1150’</td>
<td>Larry S.</td>
</tr>
</tbody>
</table>

Hike a gentle trail past the roaring Alberta Falls (the perfect photo op) to a large, trout-filled lake nestled in Loch Vale.

| Time         | Wind River Loop              | 2.0      | H     | G       | 200’      | Emma W.   |

Come and discover some secrets of the riverside nature on the YMCA grounds. Enjoy the wonderful flora and fauna on this scenic nature walk.

### Monday, Aug 7

| Time         | Twin Sisters                 | 7.6      | E     | E       | 2700’     | Megan B.  |

From the trailhead above Lily Lake, take 37 switchbacks across the landslide caused by the flood of 2013 to the airy summit directly opposite Longs Peak.

| Time         | Circle of Lakes              | 8.0      | F     | F       | 850’      | John S.   |

Includes: Bear, Nymph, Dream, Hayaha, and Mills Lakes, plus Glacier & Alberta Falls. Emerald Lake and Loch Vale are also possible, depending on the vigor of the group.

| Time         | Sunset on Sundance           | 1.0      | F     | E       | 450’      | Harvey H. |

### Tuesday, Aug 8

| Time         | Mount Richtofen              | 15.6     | A     | B       | 4700’     | Megan B.  |

Hike up the east ridge of Mount Richtofen to summit the highest point in the Never Summer Mountain Range. *This hike requires you to have completed a prerequisite hike with the Y of a “C” level or harder to participate* *Due to the difficult, steep terrain on this hike, helmets will be required and will be provided by the Y*

| Time         | Odessa and Fern Lake Loop    | 10.0     | E     | E       | 1400’     | John S.   |

We will start at Bear Lake, climb moderately around the side of Flattop, then drop into the stunning Odessa Gorge. It’s all downhill after that! So, there is an uphill climb of 1215 feet and a loss of more than 2000 feet. Snow covers a small portion of the trail through most of the summer.

| Time         | Bear, Bierstadt, and Cub Lake| 7.5      | F     | F       | 800’      | Program Staff |

Enjoy a mostly downhill trail thru subalpine forest and old logging down Mill Creek. There is a 870’ elevation gain and a 2280’ elevation descent.

| Time         | Moraine Park Loop            | 3.0      | G     | F       | 400’      | Karen A.  |

Identify plants & wildlife along the Big Thompson River & an ancient glacial moraine.

| Time         | Bible Point                  | 3.0      | F     | E       | 850’      | Grace L.  |

Originally called “Belle Vista”, this rocky high point on the YMCA grounds provides great views into Rocky Mountain National Park.

### Wednesday, Aug 9

| Time         | Keyhole                      | 12.8     | C     | D       | 3700’     | Wendy M.  |

Follow the footsteps of pioneer hikers to the Keyhole, a slot opening on the side of Longs Peak that’s the entryway onto the final steep ascent of the peak. *This hike requires you to have completed a prerequisite hike with the Y of “E” level or harder to participate*

| Time         | Black Lake                   | 9.5      | E     | E       | 1400’     | Tom D.    |

Take the Glacier Gorge trail to a spectacular lake in the deep cirque between the east face of McHenry’s Peak & Arrowhead Arete. One of the most popular hikes in the park.

| Time         | Wigwam Tea Room              | 4.5      | F     | E       | 950’      | Tom S.    |

From The Summit, follow along a gentle trail along Aspen Brook the historic Wigwam Tea House, site of the first female Estes Valley homesteader.

| Time         | Dream Lake                   | 2.2      | G     | F       | 425’      | Beth S. & Sam C. |

Enjoy a gentle climb on trail past Nymph Lake to a rocky, trout-filled lake in Tyndall Gorge. This scenic RMNP trail is a good choice for families!
### Environmental Education Kits

Learn about OUTDOOR LIVING SKILLS, PALEONTOLOGY, WATER ECOLOGY, or MONTANE FOREST ECOLOGY! Pick up a self-guided learning kit from the Mountain Center.

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### GUIDED HIKING CONTINUED

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</thead>
<tbody>
<tr>
<td>7:15AM-3:00 PM Loch and Mills</td>
<td>7.8</td>
<td>F</td>
<td>E</td>
<td>1300’</td>
<td>Tom S.</td>
</tr>
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</table>

Enjoy this hike to a spectacular waterfall up past The Loch and just under Lake of Glass.

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<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30AM-1:30PM Fall River Headwaters</td>
<td>3.5</td>
<td>F</td>
<td>E</td>
<td>700’</td>
<td>Emma T. &amp; Beth S.</td>
</tr>
</tbody>
</table>

Enjoy an off-trail hike from the historic Willow Park ranger cabin to the headwaters of Fall River (some marshy areas and tall grass).

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<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00AM-11:00AM Sprague Lake Nature Walk</td>
<td>1.0</td>
<td>H</td>
<td>G</td>
<td>50’</td>
<td>John S. &amp; Addison L.</td>
</tr>
</tbody>
</table>

Enjoy a beautiful walk along one of the most famous lakes with view of the continental divide.

<table>
<thead>
<tr>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00PM-4:00PM YMCA Summit Loop</td>
<td>4.0</td>
<td>F</td>
<td>E</td>
<td>725’</td>
<td>Sam C.</td>
</tr>
</tbody>
</table>

Follow the trails along the eastern perimeter of the Y to the loop trail on the Summit Property.

### FRIDAY, AUG 11

<table>
<thead>
<tr>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00AM-4:30PM Chapin, Chiquita, and Ypsilon</td>
<td>9.0</td>
<td>C</td>
<td>D</td>
<td>3500’</td>
<td>Wendy M.</td>
</tr>
</tbody>
</table>

Take a scenic drive up historic Fall River Road to the trailhead at Chapin Pass. Then hike up rock steps & tundra to the three, classic peaks overlooking Ypsilon & Spectacle Lakes. This hike takes place at high, alpine elevations. "This hike requires you to have completed a prerequisite hike with the Y of ‘E’ level or harder to participate”

<table>
<thead>
<tr>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30AM-3:30PM Shelf and Solitude Lakes</td>
<td>9.2</td>
<td>D</td>
<td>C</td>
<td>2600’</td>
<td>Chelsea D.</td>
</tr>
</tbody>
</table>

This is a steep bushwhack from Glacier Gorge to the two hidden tarns cradled between Thatchtop Mountain and Arrowhead Arete. This fun hike involves two to three stream crossings and some agile scrambling over boulders and rock slabs. "This hike requires you to have completed a prerequisite hike with the Y of ‘F’ level or harder to participate”

<table>
<thead>
<tr>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00AM-12:00PM Little Horseshoe Park</td>
<td>4.0</td>
<td>G</td>
<td>F</td>
<td>400’</td>
<td>John S. &amp; Cameron M.</td>
</tr>
</tbody>
</table>

Starting from the Mountain Center, follow the Frolicking Glacier Creek then loop back to the Mountain Center. This hike is entirely on the Y grounds.

<table>
<thead>
<tr>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30AM-2:00PM Tombstone Ridge</td>
<td>4.0</td>
<td>F</td>
<td>E</td>
<td>300’</td>
<td>Tom S. &amp; Grace L.</td>
</tr>
</tbody>
</table>

Walk in the steps of the Native Americans who followed the game over the ancient Ute Trail across the Continental Divide. Climb to the top of the rocky fin, called Tombstone Ridge, overlooking the site of the old Hidden Valley Ski Area. "This hike takes place entirely in the Alpine Tundra: be prepared to be at high altitude the entire hike”

<table>
<thead>
<tr>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00PM-7:00PM Bible Point &amp; Glacier Creek Loop</td>
<td>3.5</td>
<td>F</td>
<td>E</td>
<td>900’</td>
<td>Beth S.</td>
</tr>
</tbody>
</table>

We will start by hiking along the frolicking Glacier Creek, then head up Bible Point, originally called “Buena Vista,” which provides great views into Rocky Mountain National Park.

---

Call 970-586-3341 ext. 1104 for more information.
**FREE FAMILY PROGRAMS**

No registration required. Call x1104 for questions!

**Age Ranges Family Programs (all ages) ● Little Learners (6 and under) ● Young Adult (10 & up)**

**Locations:** Mountain Center (MC) ● Sweet Memorial (Sweet) ● Longhouse Gym (LH) ● Dorsey Museum (Museum) ● Maude Jellison Library (Library)

---

**Friday, Aug 4**
- 8:00 AM ● Little Explorers @ Sweet
- 8:45 AM ● Animal Detective @ Sweet
- 9:45 AM ● Kickball @ Sweet
- 10:15 AM ● Woolly Worm Hunt @ Sweet
- 10:30 AM ● Knots @ Sweet
- 10:30 AM ● Children's Story Time @ Library
- 11:45 AM ● Origami @ Sweet
- 12:30 PM ● Survival @ Sweet
- 1:00 PM ● Bugs, Bugs, Bugs @ Sweet
- 1:30 PM ● Up, Up, and Away @ Sweet
- 1:45 PM ● Bird is the Word @ Sweet
- 2:15 PM ● Fire Quest @ Sweet
- 2:15 PM ● Balloon Rockets @ Sweet
- 3:00 PM ● Walk About the Y @ Museum
- 4:30 PM ● Parachute Games @ Sweet
- 5:30 PM ● Walk in the Woods @ Sweet
- 6:00 PM ● BINGO @ Sweet
- 7:00 PM ● Trivia @ Sweet
- 7:45 PM ● Capture the Flag @ Sweet
- 9:30 PM ● Stargazing @ Legett YB

**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. If you collect at least one, turn in at the Mountain Center for a special prize! One prize per person.

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**Saturday, Aug 5**
- 8:00 AM ● Little Explorers @ Sweet
- 8:45 AM ● Animal Detective @ Sweet
- 9:45 AM ● Kickball @ Sweet
- 10:30 AM ● Children's Story Time @ Library
- 10:30 AM ● Knots @ Sweet
- 11:45 AM ● Origami @ Sweet
- 12:30 PM ● Survival @ Sweet
- 1:00 PM ● Bugs, Bugs, Bugs @ Sweet
- 1:30 PM ● Up, Up, and Away @ Sweet
- 1:45 PM ● Bird is the Word @ Sweet
- 2:15 PM ● Fire Quest @ Sweet
- 2:30 PM ● Creek Stompin' @ Dorsey Pond
- 2:45 PM ● Giga Ball @ Sweet
- 3:15 PM ● Tower Power @ Sweet
- 4:30 PM ● Parachute Games @ Sweet
- 5:30 PM ● Walk in the Woods @ Sweet
- 6:00 PM ● BINGO @ Sweet
- 7:00 PM ● Trivia @ Sweet
- 7:45 PM ● Capture the Flag @ Sweet
- 9:30 PM ● Stargazing @ Legett YB

**Night Walk**

Experience the Y's night life, learn about nocturnal animals, and play night games!

Must register in advance. Click [Here](#) or call Sweet Memorial at x1104 to check availability.

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**Sunday, Aug 6**
- 8:00 AM ● Little Explorers @ Sweet
- 8:45 AM ● Animal Detective @ Sweet
- 9:45 AM ● Kickball @ Sweet
- 10:15 AM ● Woolly Worm Hunt @ Sweet
- 10:30 AM ● Knots @ Sweet
- 11:45 AM ● Origami @ Sweet
- 12:30 PM ● Survival @ Sweet
- 1:00 PM ● Bugs, Bugs, Bugs @ Sweet
- 1:30 PM ● Up, Up, and Away @ Sweet
- 1:45 PM ● Bird is the Word @ Sweet
- 2:15 PM ● Fire Quest @ Sweet
- 2:15 PM ● Science! Oobleck @ Sweet
- 2:30 PM ● Creek Stompin' @ Dorsey Pond
- 2:45 PM ● Giga Ball @ Sweet
- 3:15 PM ● Tower Power @ Sweet
- 4:30 PM ● Parachute Games @ Sweet
- 5:30 PM ● Walk in the Woods @ Sweet
- 6:00 PM ● BINGO @ Sweet
- 7:00 PM ● Trivia @ Sweet
- 7:45 PM ● Capture the Flag @ Sweet
- 9:30 PM ● Stargazing @ Legett YB

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**Monday, Aug 7**
- 8:00 AM ● Little Explorers @ Sweet
- 8:45 AM ● Animal Detective @ Sweet
- 9:45 AM ● Kickball @ Sweet
- 10:15 AM ● Woolly Worm Hunt @ Sweet
- 10:30 AM ● Knots @ Sweet
- 10:30 AM ● Children's Story Time @ Library
- 11:45 AM ● Origami @ Sweet
- 12:30 PM ● Survival @ Sweet
- 1:00 PM ● Bugs, Bugs, Bugs @ Sweet
- 1:30 PM ● Up, Up, and Away @ Sweet
- 1:45 PM ● Bird is the Word @ Sweet
- 2:15 PM ● Fire Quest @ Sweet
- 2:15 PM ● Marshmallow Catapults @ Sweet
- 2:30 PM ● Creek Stompin' @ Dorsey Pond
- 2:45 PM ● Giga Ball @ Sweet
- 3:15 PM ● Tower Power @ Sweet
- 4:30 PM ● Parachute Games @ Sweet
- 5:30 PM ● Walk in the Woods @ Sweet
- 6:00 PM ● BINGO @ Sweet
- 7:00 PM ● Trivia @ Sweet
- 7:45 PM ● Reverse Hide and Go Seek @ Sweet
- 7:45 PM ● Community Fire @ Main Fire Ring
- 9:30 PM ● Stargazing @ Legett YB

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**Tuesday, Aug 8**
- 8:00 AM ● Little Explorers @ Sweet
- 8:45 AM ● Animal Detective @ Sweet
- 9:45 AM ● Kickball @ Sweet
- 10:15 AM ● Woolly Worm Hunt @ Sweet
- 10:30 AM ● Knots @ Sweet
- 10:30 AM ● Children's Story Time @ Library
- 11:45 AM ● Floor Hockey @ Roller Rink
- 11:45 AM ● Origami @ Sweet
- 12:30 PM ● Survival @ Sweet
- 1:00 PM ● Bugs, Bugs, Bugs @ Sweet
- 1:15 PM ● Dino Discovery @ Sweet
- 1:30 PM ● Up, Up, and Away @ Sweet
- 1:45 PM ● Bird is the Word @ Sweet
- 2:15 PM ● Fire Quest @ Sweet
- 2:15 PM ● Science! Slime @ Sweet
- 2:30 PM ● Creek Stompin' @ Dorsey Pond
- 2:45 PM ● Giga Ball @ Sweet
- 3:15 PM ● Constellations @ Sweet
- 3:15 PM ● Tower Power @ Sweet
- 3:30 PM ● Jr. Survival @ Sweet
- 4:30 PM ● Parachute Games @ Sweet
- 5:45 PM ● Ultimate Frisbee @ Sweet
- 6:00 PM ● BINGO @ Sweet
- 7:00 PM ● Trivia @ Sweet
- 7:45 PM ● Reverse Hide and Go Seek @ Sweet
- 7:45 PM ● Community Fire @ Main Fire Ring
- 9:30 PM ● Stargazing @ Legett YB

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**Wednesday, Aug 9**
- 8:00 AM ● Little Explorers @ Sweet
- 8:45 AM ● Animal Detective @ Sweet
- 9:45 AM ● Kickball @ Sweet
- 10:15 AM ● Woolly Worm Hunt @ Sweet
- 10:30 AM ● Knots @ Sweet
- 10:30 AM ● Children's Story Time @ Library
- 11:45 AM ● Origami @ Sweet
- 12:30 PM ● Survival @ Sweet
- 1:00 PM ● Bugs, Bugs, Bugs @ Sweet
- 1:30 PM ● Up, Up, and Away @ Sweet
- 1:45 PM ● Bird is the Word @ Sweet
- 2:15 PM ● Fire Quest @ Sweet
- 2:15 PM ● Science! Oobleck @ Sweet
- 4:30 PM ● Parachute Games @ Sweet

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**Thursday, Aug 10**
- 8:00 AM ● Little Explorers @ Sweet
- 8:45 AM ● Animal Detective @ Sweet
- 9:45 AM ● Kickball @ Sweet
- 10:30 AM ● Knots @ Sweet
- 10:30 AM ● Children's Story Time @ Library
- 11:45 AM ● Origami @ Sweet
- 12:30 PM ● Survival @ Sweet
- 1:00 PM ● Bugs, Bugs, Bugs @ Sweet
- 1:30 PM ● Up, Up, and Away @ Sweet
- 1:45 PM ● Bird is the Word @ Sweet
- 2:15 PM ● Fire Quest @ Sweet
- 2:30 PM ● Creek Stompin' @ Dorsey Pond
- 2:45 PM ● Giga Ball @ Sweet
- 3:15 PM ● Tower Power @ Sweet
- 3:30 PM ● Jr. Survival @ Sweet
- 4:30 PM ● Parachute Games @ Sweet
- 5:45 PM ● Ultimate Frisbee @ Sweet
- 6:00 PM ● BINGO @ Sweet
- 7:00 PM ● Trivia @ Sweet
- 7:45 PM ● Reverse Hide and Go Seek @ Sweet
- 7:45 PM ● Community Fire @ Main Fire Ring
- 9:30 PM ● Stargazing @ Legett YB

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**President Teddy Roosevelt**

1PM Saturdays @ Museum
Meet the 26th president of the United States and listen as he shares his passion for the conservation of the West. Includes Q&A time with Teddy. Bully, Bully!

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**NEW! ENGER FAMILY NATURE TRAIL**

The new Enger Family Nature Trail is built for all ages, with accessibility in mind. The trail starts at the Boone Family Mountain Center and makes a pet-friendly loop through the montane forest. Along the trail, guests can learn about the ecosystem, culture and history of the area through interpretive panels.

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Call 970-586-3341 ext. 1104 for more information.
FLOOR HOUSCK (1hr)
Whether we get a full game going or just practice penalty shots, grab a stick and let's go.
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.
KICKBALL (1hr)
Join other game enthusiasts for kicking and running fun.
KNOTS (1hr)
Knot tying is an essential backcountry skill. Learn a half hitch, bowline, and more useful knots.
NIGHT WALK (1hr)
Experience the Y’s night life, learn about nocturnal animals, and play night games. Must register in advance.
ORIGAMI (1hr)
We will explore basic folding patterns and replicate easy designs.
REVERSE HIDE AND GO SEEK (1hr)
One person hides, and everyone else seeks! This variation of hide and seek will get everyone running around and having fun! Meet at the Sweet Memorial Building.
SCIENCE (1hr)
Become a scientist. Make ice cream, Oobleck, slime, marshmallow catapults, and balloon rockets.
STARGAZING (1.5hr)
Observe a variety of celestial objects including the moon, planets, constellations and more!
SURVIVAL (1.5hr)
Learn some important skills to help you stay safe in the wilderness.
TRIVIA (1hr)
Test your random knowledge on a team with your family, or mix it up with other guests.
TOWER POWER (1hr)
Unleash your inner engineer and build towering structures! We will learn how some of the most magnificent structures in the world get their strength and do some constructing of our own.
ULTIMATE FRISBEE (1hr)
A great hour of Frisbee team excitement!
UP, UP, AND AWAY! (1hr)
It’s all things up! We’ll blow bubbles and let our kites drift up into the sky. Weather dependent. Call x1104 for current status.
WALK IN THE WOODS (1.5hr)
Take a leisurely hike around property to explore the trees, plants, and animals in our area and how they come together to thrive in our wild mountain woods.
LITTLE LEARNERS
FOR FAMILIES WITH CHILDREN UNDER AGE 6:
BUGS, BUGS, BUGS! (30min)
Caterpillars, worms, beetles, butterflies, and more! Dig into what bugs look like, how they change, and what makes these crawly critters so cool!
CHILDREN’S STORY TIME (30min)
Act like a Weasel and Pop! by the Maude Jellison Library for fun stories about nature and animals and more.
JUNIOR SURVIVAL (30min)
Come learn about the 10 essentials for hiking before we head outside for an outdoor treasure hunt!
LITTLE EXPLORERS (30min)
Explorers use their senses to observe and investigate the world around them. Take a walk with our facilitator and practice your exploring skills.
PARACHUTE GAMES (30min)
Rise and fall with our big parachute as we play games on, under, and around the billowing parachute.
WOOLLY WORM HUNT (30min)
Join our adventurous hunt for the mysterious wooly worms and learn about how animals use camouflage.
BIRD BANDING
MON, WED, FRI
4PM – BIRD BLIND SITE
Watch Scott Rashid, licensed bird bander, “net” different species of birds that come to Colorado in the summer. Drop in anytime between 4pm and 6 pm. Meet at the Bird Banding site located near the corner of Mineral Rd and Association Drive.
JACKSON STABLES, INC.
SUMMER May 6 – August 18, 2023

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) $75  1 hour ride Deer Meadows/Glacier Basin
$110  2 hour ride Moraine Park/Emerald Mtn.
$140  3 hour ride Beaver Meadows/East Portal/Mill Creek
$180  4 hour ride Wind River
$210  5 hour ride Bierstadt Lake

SUNDAY
8:00am  2 hr. Emerald Mountain
8:40am  3 hr. Beaver Meadows
9:00am  1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm  2 hr. Moraine Park
1:40pm  3 hr. Mill Creek
3:30pm  2 hr. Moraine Park
4:00 pm  1 hr. Glacier Basin

MONDAY
8:00am  2 hr. Moraine Park
8:20am  2 hr. Moraine Park
8:40am  1 hr. Glacier Basin
9:00am  1 hr. Deer Meadows
10:30am 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
4:00pm  1 hr. Deer Meadows

TUESDAY
7:40am  4 hr. Wind River
8:00am  2 hr. Moraine Park
8:40am  3 hr. East Portal
9:00am  1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm  2 hr. Emerald Mountain
1:40pm  3 hr. Mill Creek
2:00pm  1 hr. Deer Meadows
3:30pm  2 hr. Moraine Park
4:00pm  1 hr. Glacier Basin

WEDNESDAY
8:00am  2 hr. Emerald Mountain
8:40am  3 hr. Beaver Meadows
9:00am  1 hr. Glacier Basin
10:30am 1 hr. Deer Meadows
1:00pm  2 hr. Emerald Mountain
1:20pm  2 hr. Moraine Park
1:40pm  1 hr. Deer Meadows
2:00pm  1 hr. Deer Meadows
3:30pm  2 hr. Moraine Park
4:00pm  1 hr. Glacier Basin

THURSDAY
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. East Portal
2:00pm  1 hr. Deer Meadows
2:00pm  1 hr. Deer Meadows
3:30pm  2 hr. Moraine Park
4:00pm  1 hr. Glacier Basin

FRIDAY
8:00am  2 hr. Moraine Park
8:40am  3 hr. East Portal
9:00am  1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm  2 hr. Emerald Mountain
1:40pm  1 hr. Deer Meadows
2:00pm  1 hr. Glacier Basin
3:30pm  2 hr. Moraine Park
4:00pm  1 hr. Deer Meadows

SATURDAY
7:40am  5 hr. Bierstadt Lake
8:00am  2 hr. Moraine Park
8:20am  2 hr. Moraine Park
8:40am  1 hr. Deer Meadows
9:00am  1 hr. Glacier Basin
10:30am 1 hr. Deer Meadows
1:00pm  2 hr. Emerald Mountain
1:40pm  3 hr. Beaver Meadows
2:00pm  1 hr. Deer Meadows
3:30pm  2 hr. Moraine Park
4:00pm  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 AND UPDATES
ON OUR COVID POLICIES

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.

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-HOUR RIDE TO BEAVER MEADOWS, 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-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 halfway through the ride nestled along Wind River.

5-HOUR 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.)

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.
Homegrown Yoga & Massage offers state-of-the-art therapeutic massage in the convenience of your lodge room or cabin. Simply designate a private space in a cabin or your lodge room. The licensed massage therapist will bring everything - music, massage table, linens, aromatherapy, hot stones, and more - to create a relaxing spa environment.

**Hours of operation:**
Daily 9am - 5pm. Some evening availability.

**To schedule your appointment:**
Text Laura: (720) 218-1953 - texting is the most reliable and quickest way!
Email: laura@homegrownyoga.com
Please let me know the ideal day and time you’d like to receive your massage, the dates you are staying in Estes, your full name, and the number and length of massage(s) you would like. By providing me this information, it will expedite the scheduling process.

**Payment:**
All forms of payment accepted. Cash and room charge are preferred, credit cards fine. No insurance reimbursement.

**Yoga classes:**
I highly recommend following up your massage with an individualized yoga class targeting your specific needs for strength, flexibility, balance, and peaceful living. $125/hour; $70/30 min. Check the Y Activity Guide for weekly group yoga classes included in your stay.

**Services & Prices:**
**Mobile Massage Only Summer 2023**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min</td>
<td>$70</td>
<td>Only available with two or more massages.</td>
</tr>
<tr>
<td>60 min</td>
<td>$125</td>
<td>Perfect for full body massage focusing on relaxation and health promotion</td>
</tr>
<tr>
<td>90 min</td>
<td>$170</td>
<td>Allows additional time to focus on a certain pain issue</td>
</tr>
<tr>
<td>120 min</td>
<td>$215</td>
<td>Allows time for multiple modalities and an in-depth full body massage</td>
</tr>
</tbody>
</table>

**No time add ons:**
Complimentary Aromatherapy | Body Brushing: $20
Deep Tissue: Included | Hot Stone: $20

**“helping people be their best”**

**About Laura, the Massage Therapist:**
Laura has been the YMCA’s sole massage concessionaire for the past 11 years. Laura has a Master’s of Science in Community Health Education from the University of Illinois Champaign-Urbana. She is a Licensed Massage Therapist from the Boulder College of Massage Therapy in Boulder, CO. Laura has had training in a variety of massage modalities including Swedish, prenatal, myofacial release, shiatsu, integrative, lymphatic drainage, normalization of soft tissue, and trigger point therapy.
**Sasquatch Fly Fishing Adventures**

**Weekly Trips August 5th – August 11th**

<table>
<thead>
<tr>
<th>Saturday 5th</th>
<th>Sunday 6th</th>
<th>Monday 7th</th>
<th>Tuesday 8th</th>
<th>Wednesday 9th</th>
<th>Thursday 10th</th>
<th>Friday 11th</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 Day Fly Fishing</td>
<td>1/2 Day Fly Fishing</td>
<td>1/2 Day Fly Fishing</td>
<td>3/4 Trip to the National Park</td>
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<td>All Day Hike n Fish</td>
<td>Backcountry Belly Boating</td>
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**Trip Rates:**

- **Fly Fishing The YMCA:** $45.00 (no license needed)
- **1/2 Day Trips:** $75.00 ($10 off / person if sign up 4+ people)
- **3/4 Day Trips:** $95.00 ($10 off / person if sign up 4+ people)
- **All Day Hike:** $125.00 ($10 off / person if sign up 4+ people)
- **Family Fun Trip:** 11 & under $38.00 / 12+ $55.00
- **Family Fun Cookout:** 11 & under $43.00 / 12+ $60.00
- **Belly Boat:** Drive To $110.00 / Backcountry $145.00
- **Fish n’ Golf:** $120.00 (all-inclusive*)

**Trips Include Gear Rental and Flies**

(a one day license or day pass may be required)

**Private Trips:**

Available for small or large groups any day

Call our desk for pricing.

**WE HAVE RENTAL EQUIPMENT!**

- **Fly Rod Rentals:** $15.00 / Wader Rentals: $15.00
- **Combo (rod / waders):** $25.00
- **Spin Rod Rentals:** $5.00 / day (includes tackle)

**We Sell Worms!**

**Things To Know For Your Trip**

- **Trips are all-inclusive** (includes all your gear and flies at no extra cost!)

* NOTE: A one-day license or day pass to our private lakes is required for ages 16+ on trips (see desk for details)

- You must have someone sign up for our trips (email, call or stop by our desk - located at the YMCA of the Rockies inside the Boone Family Mountain Center)

- **AGE MINIMUM:** Must be at least 12 years old to attend a fly-fishing outing. **EXCEPTION:** Family Fun Trips are open to people of **ALL ages**! Those ages 12+ will fly fish while ages 11 and under will spin fish

- **Most** trips have a **minimum (2 people) and a maximum (varies)** number of participants. 1 person trips will go out for an extra fee or be combined with other trips.

- **What to bring:** extra clothing (pants, sweatshirt, and socks), rain gear (poncho or waterproof jacket), sunscreen, polarized sunglasses, tip for the guide, and as needed - fishing license, water, snacks, possibly lunch / dinner (see desk).

Don’t forget your polarized glasses!