

ACTIVITY SCHEDULE

FRIDAY, AUGUST 16 – THURSDAY, AUGUST 22



YMCA OF THE ROCKIES- ESTES PARK CENTER



Children under the age of 13 must be accompanied by an adult at all times.

Some programs require advanced registration and may fill quickly, click [here](#) or call x1104 to sign up.

PROGRAM FACILITY HOURS

	Fri, Aug 16	Sat, Aug 17	Sun, Aug 18	Mon, Aug 19	Tues, Aug 20	Wed, Aug 21	Thurs, Aug 22
SWEET MEMORIAL	Stop by to get a full schedule of activities, and plan out your fun! Check out our game room in the basement! Sign out board games, puzzles, disc golf equipment and more! Questions? Call us at x1104.						
	9AM-8PM	9AM-8PM	9AM-5:30PM	9AM-5:30PM	9AM-5:30PM	9AM-5:30PM	9AM-5:30PM
BOONE FAMILY MOUNTAIN CENTER 	Sign up for hikes, visit our nature center, or get info about our outdoor activities! Plus, find tons of information about hiking, both at the Y and in the National Park. Questions? Call x8402.						
	8:30AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
DUNCAN FAMILY CLUBHOUSE AND BENBROOK COURTS	Check out sports equipment including volleyballs, kickballs, mini golf equipment, pickleball and tennis equipment and more. Located between mini golf and Benbrook Courts. Children 12 and younger must have an adult. Questions? Call x1134.						
	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM
LULA W. DORSEY MUSEUM	Come by and learn about the history and creation of YMCA of the Rockies. Guided tours available, no registration required. Last admittance 30 minutes before closing. Questions? Call us at x1136.						
	9:30AM-5:30PM	9:30AM-5:30PM	1PM-5PM	9:30AM-5:30PM	9:30AM-5:30PM	9:30AM-5:30PM	9:30AM-5:30PM
MAUDE JELLISON LIBRARY	Grab a good book , cup of coffee, and get cozy . Questions? Call us at x1133.						
	9AM-7PM	9AM-7PM	1PM-5PM	9AM-7PM	9AM-7PM	9AM-7PM	9AM-7PM
MOOTZ FAMILY CRAFT & DESIGN CENTER 	Drop in crafts available everyday, prices and availability vary. Open crafting and craft classes available. Glazed ceramics and Glass fusion must be finished by 3:00pm to be ready for pick up at the next day. No new projects after 4:30PM, clean up at 4:45PM. Some crafts have age restrictions. Questions? Call us at x 1132.						
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM
DORSEY SWIMMING POOL	Maximum capacity limits may apply. Pool is closed during lightning storms. Pool will be cleared 5 minutes before closing time. Call x1135 for space availability and weather conditions. Towels provided. OPEN SWIM - Swim time for all, come to play or swim laps! Kids 12 and under must have an adult in the building at all times. Kids 7 and under must have an adult in the water. The water slide is open at the lifeguards' discretion.						
	OPEN SWIM 12:30PM-6PM LAP SWIM 6:30AM-8:30AM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 1PM-6PM
BOB ECKER ROLLER RINK	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104						
	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM

ON PROPERTY SELF GUIDED WALKING TOUR

These informative strolls explore our history and public art and encourage you to engage with art and nature. Access the tours by clicking on the tour you are interested in! QR Codes are available in Sweet Memorial and the Museum.

[PUBLIC ART TOUR](#) | [WALK ABOUT THE Y HISTORY TOUR](#)

LOST?
CHECK OUT OUR
PROPERTY MAP



WANT TO HIKE?
CHECK OUT OUR
TRAIL MAP



At YMCA of the Rockies we are stewards of the Earth. Please do your part and recycle this Activity Guide. Click [here](#) or visit our website to learn more about our sustainability goals and practices.



GUIDED HIKING

Registration required

Requires sign up: Call the Boone Family Mountain Center at x1311 or click [here](#) to register. Hikes are free for YMCA of the Rockies guests and members. No call, no shows will incur a \$5 per person charge. Call x1311 to cancel your reservation, at least 24 hours in advance. It is imperative that all hikers check in with the hiking desk no later than 5pm the day before the hike. Check in can be done in person or over the phone. Please bring your Y lodge room number or cabin name at that time. A variety of circumstances may change the schedule of any hike. 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.

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. A "C" hike is the prerequisite for an "A" hike (A hikes may require additional hiker scrutiny due to the high level of physical demand); a "D" hike is the prerequisite for a "B" hike, etc.

	HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
FRIDAY, AUG 16						
6:00 AM – 3:00 PM	Shelf and Solitude Lakes	8.8	2300'	D	C	Harvey H.
<i>This is a steep bushwhack from the Glacier Gorge trail to the two beautiful, hidden tarns cradled between Thatchtop Mountain and Arrowhead Arete.</i>						
7:30 AM – 11:30 AM	Gem Lake	3.4	1450'	F	E	Larry S.
<i>This is a short, occasionally steep, hike past wonderful rock formations with names like "Twin Owls" and "Paul Bunyon's Boot" to a crystalline lake on Lumpy Ridge.</i>						
8:00 AM – 12:30 PM	Little Horseshoe Park	4.0	400'	G	F	Karen A. & Tom S.
<i>Enjoy this nature and history hike as you learn about the old CCC Camp.</i>						
8:30 AM – 2:30 PM	Cub Lake and the Pool	6.3	675'	F	F	Tammy F.
<i>Loop hike past aspen woods & beaver ponds to Cub Lake, The Pool, & Arch Rocks.</i>						
SATURDAY, AUG 17						
7:15 AM – 12:30 PM	Tombstone Ridge	4.0	400'	F	F	Tom S.
<i>Walk in the steps of the Native Americans who followed the game over the ancient Ute Trail across the Continental Divide.</i>						
8:00 AM – 12:30 PM	Batman Rock	3.5	900'	F	C	Tammy F. & Tom D.
<i>This is a rock scramble among the rock formations of Lumpy Ridge to Batman Rock, just west of the Twin Owls pinnacles. Involves exposed, non-technical rock scrambling</i>						
8:00 AM – 1:00 PM	Teddys Teeth from the Y	5.2	1960'	E	D	Dave M.
<i>Start from YMCA Summit Property past the historic Wigwam Tea Room to the top of Teddy's Teeth.</i>						
8:30 AM – 2:30 PM	Mills Lake	5.2	850'	F	F	Beth S.
<i>Trail past Alberta Falls to a lake below Thatchtop Mtn & craggy Glacier Gorge.</i>						
SUNDAY, AUG 18						
6:00 AM – 3:00 PM	Mount Ida	9.5	2800'	D	D	Larry S.
<i>Enjoy this extended tundra exploration from Milner Pass along the Continental Divide on the way to the accessible summit Mount Ida</i>						
7:30 AM – 1:30 PM	Bear Lake to Sprague Lake	5.0	600'	F	F	Ginny K.
<i>Enjoy a beautiful forest walk with great views of the Continental Divide. Follow a mostly downhill trail thru subalpine forest to Bierstadt Lake.</i>						
8:00 AM – 3:00 PM	Boulder Brook Loop	6.7	1300'	F	F	Karen A.
<i>Pass Alberta and Rebecca Falls, then east onto the little-used North Long's Peak Trail.</i>						
MONDAY, AUG 19						
7:00 AM – 3:00 PM	Black Lake	9.8	1800'	E	F	Laura B.
<i>Take the Glacier Gorge trail to a spectacular lake in the deep cirque between the east face of McHenry's Peak & Arrowhead Arete.</i>						
8:00 AM – 11:30 AM	Jurassic Park	2.5	900'	F	E	Beth S.
<i>Hike above the Lily Lake Ridge trail to a wonderland of rock formations. Parts of the trail are rough and steep.</i>						
9:00 AM – 11:00 AM	Glacier Creek Loop	2.5	350'	G	F	Karen A.
<i>Hike to where the murmurs of the forest mingle with the gentle rush of flowing waters on a mesmerizing hike through the Montane Forest's riparian ecosystem.</i>						
7:30 PM – 11:45 PM	Full Moon Hike					Tom S.
<i>Go on a journey with one of our hikemasters as we hike by the light of the full moon.</i>						
TUESDAY, AUG 20						
7:00 AM – 2:30 PM	Twin Lakes	7.7	1600'	E	D	Beth S.
<i>RMNP Wild Basin hike to two hidden, pristine lakes reflecting Mts Copeland, Tanima, & Alice. On trail to North Saint Vrain Campground, then off-trail, due north, steeply uphill,</i>						
7:30 AM – 1:30 PM	Serendipity Pond and the Loch	6.0	1270'	F	E	Tammy F.
<i>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</i>						
9:00 AM – 12:00 PM	Moraine Park Loop	3.3	400'	G	F	Ginny K.
<i>Hike from the Y into Rocky Mountain National Park and through a glacially carved valley with great views of the continental divide.</i>						

GUIDED HIKING

Registration required

	HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
WEDNESDAY, AUG 21						
2:00 AM – 4:00 PM	Pagoda Peak	13.9	4380'	A	A	Program Staff
<i>This is an adventurous hike to the top of Glacier Gorge, past Mills, Black and Green Lakes, to the Keyboard of the Winds and the summit of Pagoda Peak, the alpine horn</i>						
7:15 AM – 1:15 PM	Windy Gulch Cascades	6.0	1200'	E	C	Tom D.
<i>Steep scramble to beautiful cascades flowing from Ute Meadows below Trail Ridge. Bushwhack up the west side of the cascades.</i>						
7:30 AM – 1:00 PM	Loch	5.0	1150'	F	F	Dave F.
<i>Hike a gentle trail past the roaring Alberta Falls (the perfect photo op) to a large, trout-filled lake nestled in Loch Vale.</i>						
1:00 PM – 5:30 PM	Upper Beaver Meadows	5.0	500'	G	F	Beth S.
<i>The Beaver Mountain Trail loops through meadows, ponderosa parks and aspen-fir forests in a uniquely diverse life zone.</i>						
6:30 PM – 10:30 PM	Sunset on Sundance	1.0	300'	F	F	Larry S.
<i>Awesome sunset views from the prominent alpine peak on Trail Ridge. Bring warm clothes -- it can be cold at night on the "Roof" of the continental US!</i>						
THURSDAY, AUG 22						
8:30 AM – 12:30 PM	Emerald Lake	3.6	750'	F	F	Karen A.
<i>Climb a smooth trail past Nymph and Dream Lakes up to the beautiful green gem-of-a-lake in Tyndall Gorge. This hike is perfect for most families.</i>						



MINDFUL MOVEMENT

FRIDAY, AUG 16

MOVEMENT AT THE MUSEUM

9:30AM - DORSEY MUSEUM

Join us as a certified Pilates instructor guides you through lengthening and strengthening exercises as you breathe and behold nature on the Museum lawn. You will be led through a fusion of Pilates and yoga movements. All levels are welcome. Modifications will be offered. Please bring water.

SATURDAY, AUG 17

VINYASA FLOW YOGA

9AM - 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. Registration required, click [here](#) or call x1104.

MONDAY, AUG 19

TENNIS LESSONS

9AM - LITTLE LOBBERS - OUTDOOR TENNIS COURTS

This is a parent - child clinic for children 4 - 6 year old, to better develop the child's basic hand and eye coordination, athletic skills along with tennis. Movement, balance, and proper techniques will be taught by using fun games. Registration required. Parents must accompany children.

10AM - NEW TO TENNIS - OUTDOOR TENNIS COURTS

Parent - child tennis clinic for children 7 - 17 years old. You will learn and play games while getting a better understanding of proper stroke technique. Registration required. Parents must accompany children.

11AM - LETS PLAY - OUTDOOR TENNIS COURTS

This session is for intermediate to advanced juniors that play in USTA Sanctioned Tournaments, or are on middle or high school tennis teams, or compete in Junior Team Tennis. Fun games, drills and match play are the essence of this session. Registration required.

DORSEY MUSEUM PROGRAMS

FRIDAY, AUG 16

2PM - WEAVE THROUGH THE PAST

Have you ever wondered how people used to make their own snowshoes, curtains, or even sandals! Come learn about the history of weaving and create your own. Registration required, click [here](#) or call x1104.

SATURDAY, AUG 17

10AM - ARCHAEOLOGY HIKE

This mile long hike will take you to an excavated rock shelter on property and provides an opportunity to learn about the early people who lived in the region. Please bring your own water and comfortable hiking shoes. Registration required, click [here](#) or call x1104.

2:30PM - DOLL MAKING

Create your own doll and learn how young girls in the 1880's made dolls prior to modern technology. Registration required, click [here](#) or call x1104.

TUESDAY, AUG 20

2:30PM - DOLL MAKING

Create your own doll and learn how young girls in the 1880's made dolls prior to modern technology. Registration required, click [here](#) or call x1104.

WEDNESDAY, AUG 21

10AM - GRANDMAS BYGONE GAMES

Stop by the Museum porch to enjoy some bygone games from the past. Learn how to play jacks, checkers, hop scotch and more! No registration required.

1PM - STAFF ALUMNI GATHERING

Drop by the museum to meet other staff alumni. Share stories and reminisce about your time as a staff member at YMCA of the Rockies. You'll also have an opportunity to find yourself in our annual staff photos too.

2PM - ANNA WOLFRAM

Meet Anna Wolfram Dove and learn about her life as the first independent female homesteader in the Estes Valley. In addition to being a homesteader, Anna was also a teacher and savvy businesswoman running the Wigwam tea-room for years. Hear about her adventures! Registration not required.

THURSDAY, AUG 22

10AM - PRESIDENT TEDDY ROOSEVELT

Meet the 26th president of the United States, Theodore Roosevelt, and listen as he shares his passion for the conservation of the West. Includes Q&A time



Click [here](#) to register and find more hike descriptions. Call

with Teddy. Bully. Bully!

ADVENTURE ACTIVITIES

Registration Required

Archery, Axe Throwing, Climbing \$12/person. Aerial Challenge Course \$45/person. Click [Here](#) or call x1104 to check availability. Refunds not given within 24 hours of a paid program, unless the cancellation is due to weather.

NEW! AERIAL CHALLENGE COURSE

Located at the Boone Family Mountain Center. Traverse from tree to tree, well above the forest floor on our new high ropes course. Each session begins with a 30 minute ground school that each participant must pass before entering the course. People with known heart conditions or who are pregnant may not participate. Participants must be between 35 and 250 pounds and meet the minimum height requirement of 4'9. Up to 10 people per session.

OUTDOOR ARCHERY

Located at the Main Archery Range. Archery sessions allow beginners to learn the basics, while experienced archers get a chance to practice their skills. Open to ages 6 and older, up to 12 people per session.

NELSEN FAMILY INDOOR CLIMBING WALL

Located at the Boone Family Mountain Center. The indoor climbing wall is modeled to look and feel like real rock! Climb to the top of the 25-foot wall, or stay low to the ground on the bouldering wall. Open to ages 5 and older, up to 8 people per session.

OUTDOOR AXE THROWING

Located at the Main Axe Throwing Range. Learn the basics of axe-throwing and have fun aiming for a bullseye! Open to ages 6 and older, up to 12 people per session.

ARTIST IN RESIDENCE

TARA RILEY

After completing her BFA at the School of the Art Institute of Chicago, Tara started her art career designing costumes for theater and designing hats and fashion accessories. Tara gave up her design job and studio after her second child was born; painting became her creative outlet. While her children were in school, Tara earned a Master of Arts degree in Art Education and pursued teaching art in public schools.

THURSDAY, AUGUST 22

1PM - MOOTZ CRAFT AND DESIGN CENTER

GEL PLATE PRINTING CLASS

In this workshop, we will use a playful, intuitive approach to mark making, developing textures, patterns transparent layers of color and images on paper that can be used for collage, scrapbooking, gift wrapping and as finished works of art. Registration required. \$5 per person. Call x1104 to register.



BIRD BANDING

MEET AT THE BIRD BLIND

FRI, MON, WED - 4PM-6PM

Watch Scott Rashid, licensed bird bander, "net" different species of birds that come to Colorado in the summer. Drop in anytime. Bird Banding site near the corner of Mineral Rd and Association Drive.



SUSTAINABILITY AT THE Y

How many sustainability icons can you find in the Activity Guide? Bring your answer to Sweet Memorial for a prize!

At YMCA of the Rockies, we are committed to an emissions reduction goal that aims to cut our greenhouse gas emissions by a minimum of 50% by 2050.

Objectives included in the plan address 8 sustainability sectors. Learn about a few below, check out our website to learn about the other sectors and more about our sustainability practices and goals.

REDUCING EMISSIONS



WASTE: Expand recycling, divert food waste from the landfill and reduce overall waste generation.



REDUCING LOCAL IMPACT

WATER: Maximize water efficiency and water quality of local streams.



RESILIENCE AND LAND MANAGEMENT: Increase resilience and fire preparedness through sustainable land stewardship practices.

ENGAGING VISITORS



EDUCATION AND ENGAGEMENT: Engage guests in campus sustainability opportunities and education, and continuously share our story with guests and visitors.

ACCESSIBLE TRAIL - ENGER FAMILY NATURE TRAIL

The 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 forest. Learn about the ecosystem, culture and history of the area through interpretive panels.

CHAPEL ACTIVITIES

FRIDAY, AUG 16

9:30AM - BIBLE STUDY

Help is here. Finding fresh strength and purpose in the power of the holy spirit. Meet at Dannen Library.

7PM - FRIDAY NIGHT

FAITH FILM

Join us in Hyde Chapel for a showing of *American Underdog*.

SUNDAY, AUG 18

10:00AM - WORSHIP

IN THE ROCKIES

Worship with us in Hyde Chapel. Everyone is invited to join us for this great hour of worship!

7:00PM - PIANO CONCERT

Join us in Hyde Chapel for an evening of praise and song by Jeff Van Deventer.

TUESDAY, AUG 20

9:30AM - WORSHIP HIKE

Join us for a hike (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. Meet at the gas firepit outside of Hyde Chapel.

WEDNESDAY, AUG 21

7:30PM - CAMPFIRE

WORSHIP SING-A-LONG

Join us at the gas firepit outside of Hyde Chapel to worship and sing.

ADDITIONAL CHAPEL

PROGRAMS

INTERACTIVE PRAYER TRAIL

Located behind the Leggett Christian Center. Walk the trail and encounter 5 interactive stations based on the prayer forms of Adoration, Confession, Thanksgiving, Supplication, and Intercession.

LABYRINTH

Labyrinth is a spiritual tool, a path of prayer, a walking meditation. Our Labyrinth is designed out of stones and located behind the Museum.

BIBLE POINT TRAIL

Along the trail you will encounter selected Psalms that sing to the glory of God revealed in nature. Pick up a map in the Mountain Center.

24/7 PRAYER

DANNEN CHAPEL

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

BEATITUDE STUDY TRAIL

Enjoy a 1 mile hike while studying the beatitudes of Jesus' famous "Sermon on the Mount." Trailhead is located at Dorsey Lake

STORY WALK

Enjoy a children's book on a short walk equipped with reading stations. Begins on the walking path by the Hyde Chapel fire pit.

LAWN GAMES

Located on the west side of Hyde Chapel 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!



Click [here](#) to register and find more course descriptions. Call 970-586-3341x1104 for more information.

FREE FAMILY PROGRAMS

Age Ranges Family Programs (all ages) † Little Learners (6 and under) *
Locations: Leggett Youth Building (Leggett YB) Sweet Memorial (Sweet)

Young Adult+ (10 & up) ☼

No registration required.

PROGRAM DESCRIPTIONS

FRIDAY, AUG 16

9:00AM * Little Explorers @ Sweet
9:15AM † Floor Hockey @ RR
9:45AM † Animal Detective @ Sweet
10:30AM * Children's Story Time@ Library
10:30AM ☼ Knots @ Sweet
11:00AM † Bird is the Word @ Sweet
1:00PM * Parachute Games @ Sweet
1:45PM ☼ Survival @ Sweet
2:00PM † Marshmallow Catapult @ Sweet
3:15PM † Kickball @ Sweet
3:30PM † Fire Quest @ Sweet
4:30PM † Woolly Worm Hunt @ Sweet
5:30PM † BINGO @ Sweet
6:30PM † Trivia @ Sweet

SATURDAY, AUG 17

9:00AM * Little Explorers @ Sweet
9:15AM † Capture the Flag @ Sweet
9:45AM † Animal Detective @ Sweet
10:30AM * Children's Story Time@ Library
10:30AM † Origami @ Sweet
11:00AM † Bird is the Word @ Sweet
1:45PM ☼ Walk in the Woods @ Sweet
2:00PM † Make Ice Cream @ Sweet
3:15PM † Gaga Ball @ Sweet
3:30PM † Creek Stompin @ Dorsey Pond
3:30PM † Fire Quest @ Sweet
4:30PM † Sidewalk Chalk @ Sweet
5:30PM † BINGO @ Sweet
6:30PM † Trivia @ Sweet

SUNDAY, AUG 18

9:00AM * Little Explorers @ Sweet
9:15AM † Floor Hockey @ RR
9:45AM † Animal Detective @ Sweet
10:30AM ☼ Knots @ Sweet
11:00AM † Bird is the Word @ Sweet
1:00PM * Parachute Games @ Sweet
1:45PM ☼ Survival @ Sweet
2:00PM † Slime @ Sweet
3:15PM † Kickball @ Sweet
3:30PM † Creek Stompin @ Dorsey Pond
3:30PM † Fire Quest @ Sweet
4:30PM † Woolly Worm Hunt @ Sweet
5:30PM † BINGO @ Sweet
6:30PM † Trivia @ Sweet

MONDAY, AUG 19

9:00AM * Little Explorers @ Sweet
9:15AM † Floor Hockey @ RR
9:45AM † Animal Detective @ Sweet
10:30AM * Children's Story Time@ Library
10:30AM ☼ Knots @ Sweet
11:00AM † Bird is the Word @ Sweet
1:00PM * Parachute Games @ Sweet
1:45PM ☼ Survival @ Sweet
2:00PM † Tower Power @ Sweet
3:15PM † Kickball @ Sweet
3:30PM † Fire Quest @ Sweet
4:30PM † Woolly Worm Hunt @ Sweet
5:30PM † BINGO @ Sweet
6:30PM † Trivia @ Sweet

TUESDAY, AUG 20

9:00AM * Little Explorers @ Sweet
9:15AM † Capture the Flag @ Sweet
9:45AM † Animal Detective @ Sweet
10:30AM * Children's Story Time@ Library
10:30AM † Origami @ Sweet
11:00AM † Bird is the Word @ Sweet
1:00PM * Parachute Games @ Sweet
1:45PM ☼ Walk in the Woods @ Sweet
2:00PM † Oobleck @ Sweet
3:15PM † Gaga Ball @ Sweet
3:30PM † Fire Quest @ Sweet
4:30PM † Sidewalk Chalk @ Sweet

WEDNESDAY, AUG 21

9:00AM * Little Explorers @ Sweet
9:15AM † Floor Hockey @ RR
9:45AM † Animal Detective @ Sweet
10:30AM * Children's Story Time@ Library
10:30AM ☼ Knots @ Sweet
11:00AM † Bird is the Word @ Sweet
1:00PM * Parachute Games @ Sweet
1:45PM ☼ Survival @ Sweet
2:00PM † Mineral Magic @ Sweet
3:15PM † Kickball @ Sweet
3:30PM † Fire Quest @ Sweet
4:30PM † Woolly Worm Hunt @ Sweet
5:30PM † BINGO @ Sweet
6:30PM † Trivia @ Sweet

THURSDAY, AUG 22

9:00AM * Little Explorers @ Sweet
9:15AM † Capture the Flag @ Sweet
9:45AM † Animal Detective @ Sweet
10:30AM * Children's Story Time@ Library
10:30AM † Origami @ Sweet
11:00AM † Bird is the Word @ Sweet
1:00PM * Parachute Games @ Sweet
1:45PM ☼ Walk in the Woods @ Sweet
2:00PM † Tower Power @ Sweet
3:15PM † Gaga Ball @ Sweet
3:30PM † Fire Quest @ Sweet
4:30PM † Sidewalk Chalk @ Sweet

NIGHT WALK

FRI, SAT, SUN, MON, WED, THUR; 7:45PM

Experience the Ys night life, learn about nocturnal animals, and play night games! Short hike without flashlights, recommended ages 6+. Meets at Sweet Memorial, **registration is required**, call x1104.

CRAFT CLASSES

Registration required

Registration Required, Click [Here](#) or call x1104 to register. Refunds not given within 24 hours of a paid program. All classes meet at the Mootz Family Craft and Design Center.

FRIDAY, AUG 16

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

SATURDAY, AUG 17

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Rubber Block Printing
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

SUNDAY, AUG 18

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Cyanotype Sun Printing
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

MONDAY, AUG 19

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Rubber Block Printing
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

TUESDAY, AUG 20

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

WEDNESDAY, AUG 21

10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Cyanotype Sun Printing
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

THURSDAY, AUG 22


10:00AM Elastic Bracelets or Necklaces
10:00AM Leather Boot Charms
1:00PM Custom Earrings
2:30PM Custom Bracelet
3:30PM Custom Necklace

CAN YOU FIND THE GOLDEN NUGGETS?

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

FAMILY FUN


ANIMAL DETECTIVE (1hr)

Learn about animals at the Y! We will observe tracks, scat, bones, and antlers, then use your skills to see what animal clues can be found outside. 


BIRD IS THE WORD (1hr)

Come learn about fall birds in our area and make your very own bird feeder.

CREEK STOMPIN (1hr)

Learn what makes a healthy waterway, and the importance of keeping our water clean! 

FIRE QUEST (1hr)

Fire can be a life-saving tool outdoors. Come learn how to spark safe fires. 

MINERAL MAGIC (1hr)

Elevate your décor with unique handmade rocks, adding a touch of elegance and intrigue to any space!

PARACHUTE GAMES (30min)

Rise and fall with our big parachute as we play games on, under, and around the billowing parachute.


SURVIVAL (1.5hr)

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

TOWER POWER (1hr)

Unleash your inner engineer and build towering structures

WALK IN THE WOODS (1.5hr)

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

LITTLE LEARNERS

FOR KIDS UNDER AGE 6:

LITTLE EXPLORERS (30 min)

Explorers use their senses to observe and investigate the world around them.

WOOLLY WORM HUNT (30 min)

Join our adventurous hunt for the mysterious woolly worms and learn about how animals use camouflage.

BEGINNER CRAFTS

ELASTIC JEWELRY \$10

String beads onto elastic cord for one necklace or two bracelets. Designed for ages 4 and up.

INTERMEDIATE CRAFTS

FOR CRAFTERS OVER AGE 10:

LEATHER BOOT CHARM \$10

Make one custom tooled pair of full grain leather boot charms.

CUSTOM JEWELRY \$15-\$20

Learn the basic jewelry making techniques to create a custom pair of earrings, bracelet or necklace

CYANOTYPE SUN PRINT \$20

Make a bandana or paper prints using sunlight and objects in a timeless printmaking technique.

INTERMEDIATE PLUS CRAFTS

FOR CRAFTERS OVER AGE 13:

RUBBER BLOCK PRINTING

Carve your design onto rubber blocks, print it onto paper or fabric, and bring your design to life.



CLEVELAND POPS ENSEMBLE AT YMCA OF THE ROCKIES



ARTS AT ALTITUDE MUSIC FESTIVAL FEATURING THE CLEVELAND POPS ENSEMBLE

This summer, YMCA of the Rockies will host the inaugural Arts at Altitude Festival at the Estes Park Center, featuring a ten-piece ensemble from the Cleveland Pops Orchestra from August 10-17. The festival includes artist meet-and-greets, instrument showcases, music education sessions, open mic nights, and solo performances. Led by conductor Carl Topilow, the Cleveland Pops Orchestra offers engaging performances of popular music from stage, film, and TV for all ages.

SCHEDULE | AUGUST 10-17

SATURDAY, AUGUST 10

7pm-9pm | Jazz, Rock and the Great American Songbook
Hempel Auditorium

SUNDAY, AUGUST 11

10am | Chapel Service Performance at Hyde Chapel
3pm | Pop-up Performance at Administration Building

MONDAY, AUGUST 12

10am | Pop-up performances at
Mootz Family Craft and Design Center

TUESDAY, AUGUST 13

7pm-9pm | Open Mic Night & Jam Session at Hyde Chapel

WEDNESDAY, AUGUST 14

3pm-5pm | Instrument Showcase at the
Mootz Family Craft and Design Center
7pm-8pm | Meet the Maestro and his musicians at the Library

THURSDAY, AUGUST 15

10am | Pop-up performance at Administration Building
7pm | Broadway through the Years at the Library

FRIDAY, AUGUST 16

10:30am | Story-time Accompany; musicians join
children's story time at the Library

SATURDAY, AUGUST 17

7pm | "Broadway Through the Years" Performance
Ruesch Auditorium



**SCAN HERE TO
GRAB YOUR
TICKETS!**

*EVENTS ONLY ON AUGUST 10 AND 17 REQUIRE TICKETS

ON CAMPUS THIRD PARTY CONCESSIONAIRES



IN ROOM MASSAGE THERAPY

WWW.HOMEGROWN.YOGA.COM

(720) 218-1953 - TEXT!



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:

Open daily 9-5. Some evenings available.

To schedule your appointment:

Text: (720) 218-1953 - texting is the most reliable and quickest way!

Email: laura@homegrownyoga.com

Please let me know 1) your full name, 2) the number and length of massage(s) you'd like, 3) ideal day/time you'd like 4) the dates you are in Estes. Providing this information will expedite scheduling

Payment:

All forms of payment accepted. Pay at time of service. Cash and room charge preferred, credit cards fine. No insurance reimbursement, venmo or paypal.

Yoga Classes:

Private individual and group classes available. See Homegrown's website for details.

Services and Prices:

Mobile Massage Only Summer 2024

30 Min.	\$85	Perfect for achy feet or a great neck and back massage. (Only available with two or more massages)
60 Min.	\$130	Perfect for full body massage focusing on relaxation and health promotion
90 Min.	\$180	Allows additional time to focus on a certain pain issue
120 Min.	\$230	Allows time for multiple modalities and an in-depth full body massage

No Time Add Ons:

Complementary Aromatherapy
Deep Tissue: Included

Hot Stone: \$20
Body Brushing: \$20
(You take brush home)

*48 HOUR CANCELLATION POLICY OR FULL CHARGE

CONTACT HOMEGROWN YOGA AND MASSAGE DIRECTLY TO BOOK - (720) 218-1953 - TEXT IS BEST



FLY FISHING ADVENTURES

SASQUATCH FLY FISHING ADVENTURES

(970) 586-3341 x1153 7:30AM - 5PM

All inclusive fly fishing trips available everyday. Private trips available everyday, call to book. Trips include all gear and flies, one day licenses or day pass may be required. Equipment available to rent for independent use.

Things to Know for Your Trip

- Trips are all inclusive - **All gear and flies included at no extra cost!**
You must have someone sign up for our trips (email, call or stop by our desk - located 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 ALL ages!** 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, raingear, sunscreen, polarized sunglasses, tip for the guide; as needed - fishing license, water, snacks, possibly lunch / dinner (see desk).

Trip Rates

- Fly Fishing The YMCA: \$50.00 (no license needed)
- ½ Day Trips: \$75.00
- ¾ Day Trips: \$95.00
- All Day Hike: \$125.00
- Family Fun Trip: 11 & under \$38.00 / 12+ \$58.00
- Family Fun Cookout: 11 & under \$43.00 / 12+ \$63.00
- Belly Boat: Drive To \$110.00 / Backcountry \$145.00
- Fish n' Golf: \$120.00 (all-inclusive*)

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Backcountry Belly Boating Trip 6:45am - 3:30pm Fly Fishing YMCA 1:30 - 3:45	1/2 Day Fly Fishing 7:45am - 12:30pm	1/2 Day Fly Fishing 7:45am - 12:30pm 1/2 Day Evening Experience COOKOUT! 4:00pm - 9:00pm	3/4 Trip to the National Park 7:00am - 2:30pm	3/4 Trip to the National Park 7:00am - 2:30pm	3/4 Trip to the National Park 7:00am - 2:30pm Fly Fishing YMCA 1:30 - 3:45	All Day Hike n Fish 6:30am - 5:30pm (amazing fishing!) 1/2 Day Fly Fishing
Family Fun Trip 8am - 12pm			Family Fun Trip 8am - 12pm	Family Fun Trip 8am - 12pm	Family Fun Trip 8am - 12pm	1/2 Day Fly Fishing 7:45am - 12:30pm
Evening 1/2 Day 4:30pm - 9:00pm	Evening 1/2 Day 4:00pm - 9:00pm		Family Fun Cookout 4:00pm - 8:30pm	Evening 1/2 Day 4:00pm - 9:00pm	Family Fun Cookout 4:30pm - 8:30pm	Family Fun Cookout 4:30pm - 8:30pm

CONTACT SASQUATCH FLY FISHING DIRECTLY TO BOOK - (970) 586-3341 X1153

ON CAMPUS THIRD PARTY CONCESSIONAIRES

JACKSON STABLES, INC.

(970) 586-3341 x1140 or x1149 7:15AM - 6:00PM



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.**

RATES: (per person)

\$80 1 hour ride
 \$115 2 hour ride
 \$155 3 hour ride
 \$195 4 hour ride
 \$235 5 hour ride

YMCA Charges to Room may be accepted.

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

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. Glacier Basin
 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

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

TUESDAY

7:40am 4 hr. Wind River
 8:00am 2 hr. Moraine Park
 8:40am 3 hr. Cub Canyon
 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

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

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. Cub Canyon
 2:00pm 1 hr. Deer Meadows
 3:30pm 2 hr. Moraine Park
 4:00pm 1 hr. Glacier Basin



Family hayrides with marshmallow roasts are offered during the week \$30 per person. Please call for dates and times.

HORSE RIDING TRAIL INFORMATION

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.

MORAINES 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, 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-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.