

# ACTIVITY SCHEDULE

## FRIDAY, AUGUST 23 – THURSDAY, AUGUST 29



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 23	Sat, Aug 24	Sun, Aug 25	Mon, Aug 26	Tues, Aug 27	Wed, Aug 28	Thurs, Aug 29
<b>SWEET MEMORIAL</b>	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.						
	8AM-9PM	9AM-8PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
<b>BOONE FAMILY MOUNTAIN CENTER</b> 	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
<b>DUNCAN FAMILY CLUBHOUSE AND BENBROOK COURTS</b>	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
<b>LULA W. DORSEY MUSEUM</b>	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
<b>MAUDE JELLISON LIBRARY</b>	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
<b>MOOTZ FAMILY CRAFT &amp; DESIGN CENTER</b> 	Drop in crafts available everyday, prices and availability vary. Open crafting and craft classes available. Glazed ceramics and Glass fusion must be finished by 3:00pm to be ready for pick up at the next day. No new projects after 4:30PM, clean up at 4:45PM. Some crafts have age restrictions. Questions? Call us at x1132.						
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM
<b>DORSEY SWIMMING POOL</b>	<b>Maximum capacity limits may apply.</b> 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. <b>OPEN SWIM</b> - 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.						
	<b>OPEN SWIM</b> 10AM-12PM 1PM-6PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-5PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-5PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-6PM	<b>OPEN SWIM</b> 1PM-6PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-6PM	<b>OPEN SWIM</b> 1PM-6PM
<b>BOB ECKER ROLLER RINK</b>	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	7:30PM-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
<b>FRIDAY, AUG 23</b>						
7:00 AM – 2:30 PM	Bear, Bierstadt, and Cub Lakes	7.5	900'	F	F	Karen A.
<i>Enjoy a mostly downhill trail thru subalpine forest and old logging down Mill Creek. The hike features a traverse on the Bierstadt Moraine in addition to three magnificent lakes.</i>						
7:00 AM – 2:30 PM	Finch Lake Circuit	6.4	2200'	E	D	Larry S.
<i>Enjoy a hike along the Finch Lake trailhead and return via the fisherman's trail from Finch Lake down Cony Creek to Calypso Cascades.</i>						
8:00 AM – 2:00 PM	Bridal Veil Falls	6.7	950'	F	E	Tom S.
<i>Enjoy a blissful hike past historic McGraw Ranch and through mountain meadows to the rocky grotto in Cow Creek canyon.</i>						
3:00 PM – 5:30 PM	Sprague Lake Nature Hike	1.0	50'	H	G	John S.
<i>Learn about the history and environment surrounding Sprague Lake while enjoying the gorgeous views of the Continental Divide. All are welcome!</i>						
<b>SATURDAY, AUG 24</b>						
7:00 AM – 2:00 PM	Twin Sisters	7.6	2700'	E	E	John S.
<i>From the trailhead above Lily Lake, take 37 switchbacks across the landslide caused by the Flood of 2013 to the aerie summit directly opposite Longs Peak.</i>						
7:15 AM – 1:30 PM	Fall River Headwaters	3.5	700'	F	E	Beth S.
<i>Enjoy an off-trail hike from the historic Willow Park ranger cabin to the headwaters of Fall River (some marshy areas and tall grass).</i>						
7:30 AM – 1:00 PM	Cub Lake and the Pool	6.7	750'	F	F	Tom S.
<i>Loop hike past aspen woods &amp; beaver ponds to Cub Lake, The Pool, &amp; Arch Rocks.</i>						
<b>SUNDAY, AUG 25</b>						
7:00 AM – 3:00 PM	Ptarmigan Tarns	7.6	1760'	E	D	Larry S.
<i>Climb off trail, SW beyond Lake Helene, over rocky slabs to reach two emerald tarns, below Notchtop Spire.</i>						
7:30 AM – 2:30 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. This hike takes you through lovely subalpine forests with occasional panoramic views</i>						
<b>MONDAY, AUG 26</b>						
7:00 AM – 1:00 PM	Deer Mountain	6.0	1400'	F	F	Wendy S.
<i>Hike this historic trail up Deer Ridge to an accessible summit. From there we can appreciate the panoramic views while avoiding the Bear Lake corridor traffic!</i>						
7:30 AM – 1:00 PM	Tombstone Ridge	4.0	400'	F	E	Karen A.
<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 – 3:30 PM	Odessa Fern Loop	9.8	1250'	E	F	Beth S.
<i>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!</i>						
9:00 AM – 12:00 PM	Moraine Park Loop	3.3	400'	G	F	Tom S.
<i>Hike from the Y into Rocky Mountain National Park and through a glacially carved valley with great views of the continental divide.</i>						
<b>TUESDAY, AUG 27</b>						
7:00 AM – 3:00 PM	Black Lake	9.8	1800'	E	F	Tammy F.
<i>Take the Glacier Gorge trail to a spectacular lake in the deep cirque between the east face of McHenry's Peak &amp; Arrowhead Arete.</i>						
7:00 AM – 1:00 PM	Ouzel Falls	5.5	900'	F	F	Tom S.
<i>Follow a forested trail up the North St Vrain River past Copeland Falls, Calypso Cascades and the 1978 fire area to feel the spray from the broad, impressive Ouzel Falls.</i>						
7:30 AM – 2:00 PM	Circle of Lakes	7.0	1000'	F	F	John S.
<i>Includes: Bear, Nymph, Dream, Haiyaha, and Mills Lakes, plus Glacier &amp; Alberta Falls.</i>						

## ROCKY MOUNTAIN NATIONAL PARK

Do you have questions about timed entry permits, road conditions, or entrance fees? Click [here](#) to visit the Rocky Mountain National Park website, or call 970.586.1206 to speak to the information office.

Click [here](#) to register and find more hike descriptions. Call 970.586.3341x1104 for more information.

# GUIDED HIKING CONTINUED

	HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
<b>WEDNESDAY, AUG 28</b>						
7:00 AM – 2:00 PM	Sky Pond	8.4	2000'	E	D	Larry S.
<i>Enjoy the hike up to Timberline Falls, then scramble up a falls to two gorgeous, alpine lakes below Taylor Glacier &amp; Sharkstooth.</i>						
7:30 AM – 2:00 PM	Lake Helene	6.4	1200'	F	F	Beth S.
<i>Enjoy taking this forested trail around the north face of Flattop Mountain to a shallow lake below Notchtop Mountain.</i>						
8:00 AM – 12:30 PM	Arch Rocks and the Pool	3.5	250'	G	F	John S.
<i>A magnificent hike along the level and beautiful Fern Lake Trail to The Pool on the Big Thompson River.</i>						
8:30 AM – 12:30 PM	Emerald Lake	3.6	750'	F	F	Tammy F.
<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>						
<b>THURSDAY, AUG 29</b>						
7:15 AM – 1:30 PM	Fall River Headwaters	3.5	700'	F	E	Tammy F.
<i>Enjoy an off-trail hike from the historic Willow Park ranger cabin to the headwaters of Fall River (some marshy areas and tall grass).</i>						
8:30 AM – 2:30 PM	Mills Lake	5.2	850'	F	F	Karen A.
<i>Trail past Alberta Falls to a lake below Thatchtop Mtn &amp; craggy Glacier Gorge.</i>						

## 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!

## MINDFUL MOVEMENT

### FRIDAY, AUG 23

#### 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 24

#### 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 26

#### 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.

## ACCESSIBLE TRAIL ENGER FAMILY NATURE TRAIL

The Enger Family Nature Trail is built 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.

## DORSEY MUSEUM PROGRAMS

### FRIDAY, AUG 23

#### 1PM - 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. Registration required, click [here](#) or call x1104.

#### 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 24

#### 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. 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 27

#### 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 28

#### 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.

### THURSDAY, AUG 29

#### 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 970.586.3341x1104 for more information.

# 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.

### FRIDAY, AUGUST 23

#### 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.

### SATURDAY, AUGUST 24

#### 10AM - MOOTZ CRAFT AND DESIGN CENTER

##### POP UP ARTIST DEMONSTRATION

Drop by and meet Tara as she paints!

#### 4PM - MAUDE JELLISON LIBRARY

##### MEET THE ARTIST

Drop by and meet Tara and learn about her creative process!

## MAUDE JELLISON LIBRARY PROGRAMS

### FRIDAY, AUG 23

#### 2PM - MEET THE AUTHOR: BOB RUESCH

Come listen to Bob Ruesch share his stories about growing up at the Y as the son of Walter Ruesch, the General Manager here from 1950 to 1980. Bob will share some of his insights into the writing process, as well. His three books: In the Warmth of the Shadow, When we were Pioneers, and The Elf Not on the Shelf will be available for purchase and autographing.

### MONDAY AUG 26

#### 7PM - LIVING HISTORY: ABNER SPRAGUE

Meet and Greet the Local Legend Abner Sprague as portrayed by local actor Kurtis Kelly. Namesake of Sprague Lake and Alberta Falls, Abner Sprague led a long and colorful life. Come hear all about it in this fun and informative format.

# CHAPEL ACTIVITIES

## SUNDAY, AUG 25

### 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 - HYMN SING

Join us in Hyde Chapel for an evening of praise and song.

## TUESDAY, AUG 27

### 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 28

### 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 Legett 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 from 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!



## 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.

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

# 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 23

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 24

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  
5:30PM † BINGO @ Sweet  
6:30PM † Trivia @ Sweet

## SUNDAY, AUG 25

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 26

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

## TUESDAY, AUG 27

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 28

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 29

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, 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 23

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 24

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

## SUNDAY, AUG 25

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 26

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 27

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 28


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 29

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

## 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.

Click [here](#) to register and find more program descriptions. Call 970.586.3341x1104 for more info.

# TRAVEL, DINE, & EXPLORE THE WORLD



**YMCA of the Rockies, Estes Park Center  
International Dinner**

**August 28, 6PM-8PM**

**Located at Assembly Hall**

**Admission: \$ 10 Per Person at Door**



Join us for a special dinner celebrating 30 years of hosting international exchange visitors at YMCA of the Rockies! Our international guests will present a variety of dishes from their home countries, offering everyone a chance to travel the world through food.

You'll learn about their cultures, flags, traditions, languages, and much more. It's a fantastic opportunity to sample food and have your passport stamped at over 15 different countries!

CHÀO MỪNG 歡迎 GUENS SA BISUI YUBTU 환영 XIMOCEHUITZINO KÁÀBÒ BEM-VINDOS  
स्वागतम् SIYAKWAMUKELA خوش آمدید BENVENUTO स्वागत है HAYKUYKUY SVEIKI ATVYKE സുവാഗതം  
ברוכים הבאים FÁILTE MAUYA WITAMY ようこそ WAMKELEKILE KARIBU ΚΑΛΩΣ ΗΡΘΑΤΕ ਸੁਆਗਤਾ ਹੈ  
BIENVENIDOS សូមស្វាគមន៍ SELAMAT DATANG স্বাগতম E KOMO MAI BIENVENUE நல்வரவு  
אָמאָן יול זױ סיאַב טאַיס טױס אַפּיו מאַי עִינְשִׁי עִינְשִׁי דַלַּל אַק דַּיַּאם امانسہا  
خوش آمدید SOO DHAWOW AKWAABA የወደባዎቻችሁን መርቀቅ MABUHAY BOYEI BOLAMU HOS GELDINIZ



CHÀO MỪNG 歡迎 GUENS SA BISUI YUBTU 환영 XIMOCEHUITZINO KÁÀBÒ BEM-VINDOS  
स्वागतम् SIYAKWAMUKELA خوش آمدید BENVENUTO स्वागत है HAYKUYKUY SVEIKI ATVYKE സുവാഗതം  
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# ON CAMPUS THIRD PARTY CONCESSIONAIRES



## MASSAGE THERAPY HERE AT THE YMCA IN THE BIRCH CABIN (720) 218-1953 - TEXT!



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.

### Hours of operation:

Open daily 9-5. Evenings available by request.

### To schedule your appointment:

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

**Email:** laura@homegrownyoga.com

When scheduling, 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.

### Location:

Massage (Birch) Cabin is at the corner of Friendship Lane and Association Drive, right next to the Arts and Design Center and easy to walk to. If driving, please take Program Way from Association Drive and park at the end of Program Way. Birch is on the right. There is no parking on Friendship Ln or Association Dr. even though you can see the cabin from those streets.

**\*48 HOUR CANCELLATION POLICY OR FULL CHARGE**

[WWW.HOMEGROWN YOGA.COM](http://WWW.HOMEGROWN YOGA.COM)

### Services and Prices:

30 Min.	\$70	Perfect for achy feet or a great neck and back massage.
60 Min.	\$110	Perfect for full body massage focusing on relaxation and health promotion
90 Min.	\$160	Allows additional time to focus on a certain pain issue
120 Min.	\$220	Allows time for multiple modalities and an in-depth full body massage

### No Time Add Ons:

Deep Tissue: Included

Hot Stones: \$20

Foot Sugar Scrub: \$20

Body Brushing: \$20

(You take brush home)

Four Pack/one hour: \$420

Complementary aromatherapy

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
3/4 Trip to the National Park 7:00am - 2:30pm	1/2 Day Fly Fishing 7:45am - 12:30pm	1/2 Day Fly Fishing 7:45am - 12:30pm	Family Fun Trip 8am - 12pm	3/4 Trip to the National Park 7:00am - 2:30pm		3/4 Trip to the National Park 7:00am - 2:30pm
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 4:00pm - 9:00pm	Evening 1/2 Day 4:00pm - 9:00pm		Family Fun <b>Cookout</b> 4:00pm - 8:30pm			Evening 1/2 Day 4:00pm - 9:00pm

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  
 4:00pm 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.

**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, 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.