

ACTIVITY SCHEDULE

FRIDAY, OCTOBER 11 – THURSDAY, OCTOBER 17

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, OCT 11	SAT, OCT 12	SUN, OCT 13	MON, OCT 14	TUES, OCT 15	WED, OCT 16	THURS, OCT 17
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, sports equipment and more! Questions? Call us at x1104.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
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.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-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	10AM-5PM	9:30AM-5:30PM	9:30AM-5:30PM	CLOSED	CLOSED
MAUDE JELLISON LIBRARY	Grab a good book , cup of coffee, and get cozy . Questions? Call us at x1133.						
	9AM-5PM	9AM-5PM	1PM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
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 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 1PM-6PM	OPEN SWIM 1PM-5PM	OPEN SWIM 1PM-4PM	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-6:30PM 7:30PM-9:30PM	5:30PM-7:30PM	5:30PM-7:30PM	5:30PM-9:30PM
LONGHOUSE GYM	Pop over for a game of basketball or volleyball, equipment available in the gym. Questions? Call us at x1104.						
	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM	9AM-5PM	9AM-9:30PM	9AM-9:30PM	9AM-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

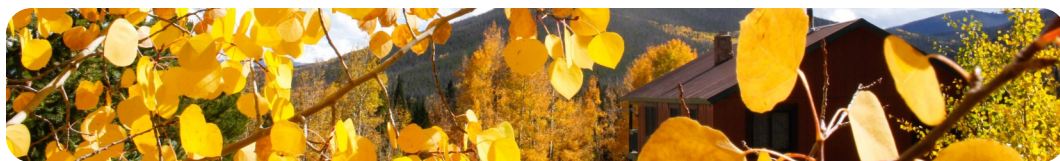
Requires sign up: Call the Boone Family Mountain Center at x1311 or click [here](#) to register. Hikes are free for YMCA of the Rockies guests and members. No call, no shows will incur a \$5 per person charge. Call x1311 to cancel your reservation, at least 24 hours in advance.

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	ELEV. GAIN	GRADE	TERRAIN	HIKEMASTER
FRIDAY, OCT 11						
7:30AM – 12:30PM	Lake Haiyaha	4.0	750'	F	E	Larry S.
<i>Enjoy a relaxed hike to the alpine lake, guarded by huge boulders and an 800 year-old limber pine.</i>						
7:30AM – 4:00PM	Ouzel Lake	10.0	1700'	E	F	Karen A.
<i>We will follow the Wild Basin trail, through a 1978 wildfire burn area to a quiet woodland lake.</i>						
SATURDAY, OCT 12						
7:30AM – 3:30PM	Ptarmigan Tarns	7.3	1760'	E	D	Larry S.
<i>Climb off trail, SW beyond Lake Helene, over rocky slabs to reach two emerald tarns, below Notchtotop Spire.</i>						
8:00AM – 2:30PM	Fern Lake	7.5	1375'	F	F	Tammy F.
<i>Enjoy this scenic trail that passes Arch Rocks, The Pool, & Fern Falls on the way to Fern Lake.</i>						
SUNDAY, OCT 13						
7:30AM – 12:00PM	Mill Creek to Bierstadt Lake	4.3	1000'	F	F	Karen A.
<i>Explore changing aspens along Mill Creek and Bierstadt Lake.</i>						
MONDAY, OCT 14						
8:00AM – 12:30PM	Bear Lake to Bierstadt Lake	4.0	380'	G	F	Karen A.
<i>Follow a mostly downhill trail through subalpine forest to Bierstadt Lake, then down the Bierstadt Moraine.</i>						
WEDNESDAY, OCT 16						
8:00AM – 12:30PM	Upper Beaver Meadows Loop	5.0	500'	G	F	Tammy F.
<i>The Beaver Meadows Trail goes through meadows, ponderosa parks and aspen-fir forests in a uniquely diverse life zone.</i>						
THURSDAY, OCT 17						
8:00AM – 3:30PM	Bear, Bierstadt and Cub Lakes	8.0	950'	F	F	Karen A.
<i>Enjoy a mostly downhill trail thru subalpine forest and old logging down Mill Creek.</i>						



ARTIST IN RESIDENCE

LAUREL BAHE

Laurel Bahe worked as a bank auditor until 2008 when she retired and somewhat by accident started creating art. Laurel decided to take a class at the local community college. The class that fit her criteria (met daily, easy, and not too early) was watercolor painting. She was smitten and has been painting ever since. Check out the workshops she is leading:

FRIDAY, OCTOBER 11

POUR PAINTING WORKSHOP
2PM – CRAFT & DESIGN CENTER
Learn how to make a custom painting. Registration required, \$10. Call x1104 to register.

SATURDAY, OCTOBER 12
BUTTON MAKING
10:30AM – LIBRARY

Drop into children's story time and make a button while you listen!

SATURDAY, OCTOBER 12

OWL PAINTING WORKSHOP
2PM – CRAFT & DESIGN CENTER
Learn how to make a custom painting. Registration required, \$10. Call x1104 to register.

THURSDAY, OCTOBER 17
PRINT MAKING WORKSHOP
3PM – CRAFT & DESIGN CENTER
Learn how to make a custom print. Registration required, \$5. Call x1104 to register.

DORSEY MUSEUM PROGRAMS

SATURDAY, OCT 12

1PM – PRESIDENT TEDDY ROOSEVELT

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!



CHAPEL ACTIVITIES

SUNDAY, OCT 13

10:00AM – WORSHIP IN THE ROCKIES

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

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!



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 lightning.

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 8 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.



FREE FAMILY PROGRAMS

No registration required.

Age Ranges Family Programs (all ages) † Little Learners (6 and under) * Young Adult+ (10 & up) ☀
Locations: Leggett Youth Building (Leggett YB) Sweet Memorial (Sweet)

PROGRAM DESCRIPTIONS

FRIDAY, OCT 11

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 † 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, OCT 12

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

SUNDAY, OCT 13

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

MONDAY, OCT 14

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 † Tower Power @ Sweet
3:15PM † Kickball @ Sweet
3:30PM † Fire Quest @ Sweet
4:30PM † Woolly Worm Hunt @ Sweet

TUESDAY, OCT 15

9:00AM * Little Explorers @ Sweet
9:15AM † Capture the Flag @ Sweet
9:45AM † Animal Detective @ Sweet
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, OCT 16

9:00AM * Little Explorers @ Sweet
9:45AM † Animal Detective @ 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

THURSDAY, OCT 17

9:00AM * Little Explorers @ Sweet
9:45AM † Animal Detective @ Sweet
11:00AM † Bird is the Word @ Sweet
1:45PM ☀ Walk in the Woods @ Sweet
2:00PM † Tower Power @ Sweet
3:15PM † Gaga Ball @ Sweet
3:30PM † Fire Quest @ Sweet

ELASTIC NECKLACE AND BRACELETS EVERYDAY - 10AM

Stop by the Mootz Family Craft and Design Center to create an elastic necklace or bracelet. \$10 per person, registration required. Call x1104 to register.

COMMUNITY FIRE FRIDAY; 5:30PM - 7:30PM

Come join a free community campfire at Sweet Memorial. Feel free to bring your own s'mores supplies or purchase a s'mores kit when you arrive.

ACCESSIBLE 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.



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 are 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. 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.

WOOLLY WORM HUNT (30 min)

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

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

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.HOMEGROWNYOGA.COM

Services and Prices:

30 Min.	\$70	Perfect for achy feet or a great neck and
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



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
YMCA Charges to Room
may be accepted.

TUESDAY

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

FRIDAY

8:00am 2 hr. Emerald Mountain
8:40am 1 hr. Deer Meadows
9:00am 1 hr. Glacier Basin
10:30am 1 hr. Deer Meadows
1:00pm 2 hr. Moraine Park
1:40pm 3 hr. Cub Canyon
2:00pm 1 hr. Glacier Basin
3:30pm 1 hr. Deer Meadows

SUNDAY

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

WEDNESDAY

CLOSED

SATURDAY

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

MONDAY

8:00am 2 hr. Emerald Mountain
8:40am 1 hr. Deer Meadows
9:00am 1 hr. Glacier Basin
10:30am 1 hr. Deer Meadows
1:00pm 2 hr. Moraine Park
1:40pm 3 hr. Cub Canyon
2:00pm 1 hr. Deer Meadows
3:30pm 1 hr. Glacier Basin

THURSDAY

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

**Family hayrides with
marshmallow roasts are offered
during the week \$30 per person.**

HORSE RIDING TRAIL INFORMATION

PONY RIDES: Reservations are recommended and are for children 5 and younger. There is a 50 lb. weight limit for the ponies. Cost: \$30.00 per child. Available 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, while looking down on Glacier Creek and a small waterfall. This trail is appropriate for riders of all ages.

MORAINES PARK: This 2-hour family ride, our most popular, takes you to a glacial moraine full of wildflowers and views of the Continental Divide. Wildlife is almost always a certainty to be observed!

EMERALD MOUNTAIN: This 2-hour loop begins on the Glacier Basin Trail and leads you around Emerald Mountain. 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 RMNP. Providing an 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.

CONTACT JACKSON STABLES DIRECTLY TO BOOK - (970) 586-3341 X1140