



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **SEASONAL PLANNING GUIDE**

## **AUTUMN 2017**

**SEPTEMBER 5-DECEMBER 1**

**YMCA OF THE ROCKIES  
ESTES PARK CENTER**

**SWEET MEMORIAL PROGRAM BUILDING**

**SUN-THURS 8:30 AM- 5:00 PM  
FRI & SAT 8:30 AM- 8:30 PM**

# QUALITY PROGRAMMING

Programming designed to enhance your experience of the YMCA of the Rockies and created to nourish your spirit, mind, and body in a place where nature inspires.

Enjoy this time. Create memories.

# CONTENTS

## What's Inside?

|                                     |    |
|-------------------------------------|----|
| Sweet Memorial Program Building     | 4  |
| Helpful Tips & Tricks               | 5  |
| Recreational Facilities             | 6  |
| Adult Programming                   | 7  |
| Spirit and Faith Programs           | 7  |
| Family Programming                  | 8  |
| Little Learners Programs            | 8  |
| Adventure Activities                | 9  |
| Guided Hikes                        | 9  |
| Fitness                             | 10 |
| Recreation Activities               | 11 |
| Special Events                      | 12 |
| Partners of the YMCA of the Rockies | 13 |

### Our Mission:

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

# SWEET MEMORIAL BUILDING

## HOURS OF OPERATION:

SUN-THURS 8:30 AM- 5:00 PM

FRI & SAT 8:30 AM- 8:30 PM

## WHERE THE FUN BEGINS!

Located west of the Administration Building parking lot, the Sweet Memorial Building is the hub of the Program Department. If you have any questions, comments, or concerns about programs, come by or give us a call at 970-586-3341 ext 1104.

## EQUIPMENT CHECK-OUT & RENTALS

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

- Balls – Whiffleballs (& bats), Basketball, Football (& flags), Rubber Balls, Soccer, Volleyball
- Bases
- Boccee Ball
- Croquet
- Horseshoes
- Disc Golf Discs - \$10 deposit per disc
- Puzzles, Board Games, and Card Games
- Frisbees
- Tennis & Mini-Golf Equipment

### Rentals (Pay with credit card or room charge):

- Daypacks - \$5
- Trekking Poles - \$5
- Child Hiking Carriers - \$10
- Strollers - \$10 fee

### FREE LOWA boot demos



## CAMPFIRES

Campfires are allowed in designated fire rings located throughout the property. Please call x1104 to check fire ring availability. A fee of \$25 includes use of the site and two bundles of wood. Firewood is for sale at Sweet Memorial or at the Administration Building for \$5.00 plus tax.

## GAME ROOM

Anyone for Ping pong, billiards, table shuffleboard? See our newly renovated game room in the basement of the Sweet Memorial Building.

**Not staying with us?** Day passes may be purchased by anyone who is not staying on grounds at the YMCA of the Rockies but would like to join in on the fun! You can purchase a Day pass at the Administration Building or Sweet Memorial Building.

**\$10 – Children 6-12 yrs old**

**\$20 – Adults 13 yrs old**

**FREE – YMCA of the Rockies members and children 5 & under**

## HIKING INFORMATION DESK

Bordering Rocky Mountain National Park on three sides, we are blessed by an amazing hiking program. Located in Sweet Memorial you will find our hiking information desk where you can ask one of our Hikemasters questions, look up hikes in our guide books, or sign up for a guided hike.

## SIGN UP, CREATE YOUR SCHEDULE, LOOK UP ACTIVITIES

During your stay with us we hope you will allow nature to inspire your adventure! We offer a wide range of programs for everyone! Most programs are free and come and go as you please.

Our online system: <http://tinyurl.com/ymcaepc> gives you access to information on activities and hours of facilities, as well as the ability to register in advance for hikes, archery, zip line, climbing wall, and to create your own schedules!

These programs require sign up in advance:

- Guided hikes off YMCA grounds
- Archery \$10
- Climbing Wall \$12
- Zip Line \$20

**The YMCA of the Rockies has a QR code!**

**Scan the QR code to see the free activities offered.**



# HELPFUL TIPS & TRICKS

## CHECK IN & OUT

Our Front Desk is located in the Administration Building.

### Your accommodations will be ready by 6 PM MST.

If your room is not ready upon arrival, come participate in our programs and utilize our recreational facilities. Peruse the Weekly Activity Guide or stop by Sweet Memorial to find out what's going on.

### Check out is 10:00 AM

You are also welcome to use our facilities and participate in programs the entire day of check out.

## ASPEN DINING ROOM MEALS

Current hours and prices:  
(Subject to change at anytime)

### Breakfast:

7:00 – 9:00, Adults: \$9.50, Children: \$6.50

### Lunch:

11:30 – 1:30, Adults: \$11.50, Children: \$7.50

### Dinner:

5:00 – 7:30, Adults: \$14.50, Children: \$10

Children: 6-12 years old. Children 5 and under are free. Buffet meals include salad bar, entrees, dessert and beverages.

## EMERGENCY INFORMATION

### First Responders – call x222

In case of a medical or non-medical emergency that requires an ambulance and first responders, contact any YMCA staff member or call x222 on any land line on property. First responders on property and local emergency personal will respond quickly.

## HEALTH AT HIGH ALTITUDE

### First Aid Station: 8:00 AM– 5:30 PM

The Gaylord First Aid station, located near Sweet Memorial Building and the Dorsey Pool is available to guests on property. Open daily until September 9th, then closed for the season.

### Altitude Sickness:

YMCA of the Rockies is located at an elevation of 8,010 feet above sea level. Signs and symptoms of altitude sickness include headache, nausea, vomiting, fatigue, and sleep disturbances.

Get plenty of rest, **drink water**, and eat a high carbohydrate diet throughout the days prior to arrival, upon arrival, and throughout your stay.



## PARTNERS OF THE YMCA OF THE ROCKIES

### Jackson Stables



Jackson Stables provides guests with a memorable and safe horseback riding experience in a majestic setting on the YMCA property and within Rocky Mountain National Park. For more information and to check schedules go to [www.jacksonstables.com](http://www.jacksonstables.com) or call ext. 1140 or 1149.

### Sasquatch Fly Fishing

Sasquatch Fly Fishing has been offering guided fly fishing in the Estes Park valley for almost two decades. Our expertise is unmatched in Rocky Mountain National Park. Join us for one of the many creative and exciting trips we plan for groups every year. For more information go to [www.sasquatchflyfishing.com](http://www.sasquatchflyfishing.com) or call ext. 1153.



### Homegrown Yoga & Massage

Laura Collins offers massages in Oak Cabin on the grounds of the YMCA from May-October. To make an appointment call 970-586-3341 ext. 4101 or sign up in the binder located on the porch of Oak Cabin. [www.homegrownyoga.com](http://www.homegrownyoga.com)

### Photos by Dill

For all of your professional photography needs, Photos by Dill is conveniently located on YMCA property. For more information go to [www.photosbydill.com](http://www.photosbydill.com)



### Rapid Transit Rafting



Full and half-day rafting trips! Trips are designed for both first-time and experienced rafters.

For more information go to [www.rapidtransitrafting.com](http://www.rapidtransitrafting.com) or call 800-367-8523, or email [raftcolorado@aol.com](mailto:raftcolorado@aol.com).

# FACILITIES

## RECREATE

Facility hours are subject to change. Check the Weekly Activity Guide for updated hours.

### MINI GOLF & TENNIS COURTS

#### Everyday

Located on the Administration Field, we boast two mini golf courses. Try our 18-hole course or an easier 9-hole course with larger holes for younger children. Fun and challenging for the entire family. The course is lit at night for a great evening activity under the stars. Check out tennis equipment at Sweet Memorial. Mini Golf equipment is located at mini golf.

### DORSEY SWIMMING POOL

**Open Swim is generally 2-5 PM and 6-8 PM.**

**Check the Weekly Activity Guide for updated hours.**

Grab your suit and come visit our heated, indoor swimming pool. Heated to 83 degrees and at a length of 25 yards, you are sure to find room for relaxation and fun! During lightning storms the pool will be evacuated for safety reasons.

### MOOTZ CRAFT & DESIGN CENTER

**Everyday 9:30 AM – 5:00 PM**

Our Craft and Design Center offers a wide variety of projects for the entire family! Check out the wood and leather crafts, the adult jewelry area with thousands of beads, ceramics and tie dye! Craft fees range from \$6.00-\$85.00. Interested in bringing a group of 15 or more? Contact us at [sgabelhouse@ymcarockies.org](mailto:sgabelhouse@ymcarockies.org)

### MAUDE JELLISON LIBRARY

#### CHECK HOURS IN WEEKLY ACTIVITY GUIDE

Guests of the YMCA are welcome to check books out from our library at no cost. We have more than 15,000 volumes including current bestsellers, classics, and a delightful children's library.

### DORSEY MUSEUM

#### CHECK HOURS IN THE WEEKLY ACTIVITY GUIDE

Whether you're an old-timer or first-timer, the Dorsey Museum has something for you. Housed in a 1924 guest lodge, the museum features several period room settings and display galleries. Also, check out the historical family programs!

### LONGHOUSE GYM

**Everyday 9:00 AM -9:00 PM**

**Closed in September for maintenance work.**

Enjoy a full sized gym with volleyball, basketball, and shuffleboard. The gym boasts two full sized courts. Balls available for use.

### BOB ECKER ROLLERSKATING RINK

**Everyday 1:30 – 9:00PM**

Bring your skates and head over to the roller skating rink! Located in the Longhouse Gym. Skates are provided and rollerblades are welcome. Check Weekly Activity Guide for closures throughout the week.

### MAIN ADMINISTRATION FIELD

The Administration Field is located outside of the main Administration Building. There are basketball courts, sand volleyball courts, gaga ball pits, horseshoe pits, a baseball field, and open field space. Equipment can be checked out from the Sweet Memorial Building.



# ADULT

# SPIRIT & FAITH

## KEEP EXPLORING

Designed with adults in mind!

### WALK ABOUT THE Y

Quarter-mile stroll. Explore the architectural and social history of the YMCA of the Rockies' main campus. Discover the "who" behind the names on buildings and enjoy sculptures on the main promenade. Meet at the Dorsey Museum.

### BRIDGE

Join other guests who share your love of bridge. Just show up at the Maude Jellison Library and play a fun game of bridge.

### A.A. HYDE HISTORY WALK

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



Check out our 18 hole disc golf course! Our challenging course will take you around our property while testing your skills.

**Disc golf discs can be rented at the Sweet**



Online: <http://tinyurl.com/ymcaepc>

## FOR ALL

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

### WORSHIP IN THE ROCKIES

Guests and Staff are invited to Hyde Chapel for a very special hour of worship for people of all denominations and people of all ages. Dress is always mountain casual and weather appropriate. Come early and enjoy coffee, hot chocolate and tea, and breakfast pastries as we fellowship together before worship! Individuals, couples, families and groups are always welcome to Worship in the Rockies as we seek to make this your "church home away from home."

**Worship in Hyde Chapel September 10**

**Worship in Ponder Chapel September 17–November 26**

**SUN**

**10:00– 11:00 AM**

### 24/7 Prayer Chapel

Need a quiet place to pray, reflect, or meditate? **Dannen Chapel**, entrance located on the outside northeast corner of Hyde Chapel, is open 24/7 for your prayer needs. When closed for special events, a notice will be posted.



### Interactive Prayer Trail

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

### Labyrinth

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

### Lawn Games

Located on the west side of Hyde Chapel, there is a storage shed full of lawn games for your enjoyment! Feel free to play these games on the Hyde Chapel lawn anytime you wish! Games include bocce ball, ladder golf, yard darts, toss across, corn hole,

# FAMILY PROGRAMMING

## FUN TOGETHER

These programs are for the entire family to enjoy and participate in together.

### BINGO

Join other guests for an hour of fun, B-I-N-G-O! Meet at Sweet Memorial Building.

**F, SAT** **6:30– 7:30 PM**

### TRIVIA

Compete with other guests in a game of trivia. Bring a team together and test your knowledge. Fun for the entire family and suitable for all ages. Meet inside the Sweet Memorial Building.

**F, SAT** **7:30–8:30 PM**

### ANIMAL DETECTIVES

Walk and learn about local animals and how to identify them. Meet at the Sweet Memorial Building.

**EVERYDAY** **9:30–10:30 AM**

### BIRD BANDING

See Weekly Activity Guide for times.

Watch Scott Rashid, licensed bird bander, “net” different species of birds that come to Colorado in early Autumn. Meet at Sweet Memorial Building.

### OUTDOOR LIVING SKILLS

Learn the importance of staying safe in the backcountry, what to do if you find yourself lost, and an introduction to how to build a shelter. Be prepared to be outdoors for the duration of this class. Meet at Sweet Memorial Building.

**M, W, F, SAT** **2:30 – 4:00 PM**

### KNOTS

Knot tying is an essential backcountry skill. Learn a half hitch, bowline, and more useful knots! Meet at Sweet Memorial Building.

**M, W, F, SAT, SUN** **11:00 AM – 12:00 PM**  
**T, TH** **3:45 – 4:45 PM**

### PATHFINDERS

Learn basic orienteering skills through following a bearing and learning about maps and compasses. This is an entry level class. Meet at Sweet Memorial Building.

**F, SAT** **1:30 – 3:00 PM**

### FIRE BUILDING

Learn how to use various methods and tools to create fire. Meet at Sweet Memorial Building.

**T, TH** **2:00 – 3:30 PM**  
**SUN** **2:30 – 4:00 PM**

### FOREST ECOLOGY

Enjoy a short walk around property and learn about producers and consumers, local trees and plants, and the complex relationships in mountain forests. Meet inside Sweet Memorial Building.

**F, SAT** **3:30 – 4:30 PM**

### BEAR TALK

Learn about one of the Rocky Mountains most fascinating animals, the black bear. Take a look into the daily life of a bear and how they’re preparing for winter now! Meet at Sweet Memorial Building.

**M, W, F, SAT, SUN** **4:15 – 4:45 PM**

# LITTLE LEARNERS

## ENGAGE CHILDREN EARLY

For families with children ages 5 and under. These programs allow young children time to experience the outdoors with their family.

### LITTLE EXPLORERS

Ready for a walk in the woods? Join our instructor on a short nature walk through the woods. Children will have the opportunity to explore their surroundings and may get a little dirty! Meet at Sweet Memorial Building.

**EVERYDAY** **8:45–9:15 AM**

### BUGS, BUGS, BUGS

Learn all about bugs! Learn about their body, metamorphosis, and other fun bug facts! Meet at Sweet Memorial Building.

**T, TH** **11:00–11:30 AM**

### PARACHUTE GAMES

Rise and fall with our big parachute as we play games on, under, and around the billowing parachute! Meet at Sweet Memorial Building.

**EVERYDAY** **1:00 – 1:30 PM**

### STORY TIME

See Weekly Activity Guide for times.

Meet at Maude Jellison Library for story time with our librarians. All children welcome!



# ADVENTURE ACTIVITIES

**SIGN UP REQUIRED:** <http://tinyurl.com/ymcaepc>

Challenge yourself to an adrenaline rush on our Zip Line or test your strength on the Climbing Wall.

## CLIMBING WALL

**Check the Weekly Activity Guide for availability.**

Our 30 foot climbing wall has three different sides catering to different levels of climbing, from beginner to intermediate. Equipment provided. There is approximately a 15 minute walk to and from the climbing site. Meet at Sweet Memorial Building 15 minutes prior to session.

Ages 5+; \$12 per person

## ZIP LINE

**Check the Weekly Activity Guide for availability.**

Climb up a 30 foot telephone pole, take an 370 foot ride over the valley, then hike back across the valley floor. Minimum/maximum weight 50 lbs/250 lbs. There is approximately a 10 minute walk to the Zip Line site. Meet at Sweet Memorial Building 15 minutes prior to session.

Ages 10+; \$20 per person.



# GUIDED HIKES

Sign up required for guided hikes. Go online <http://tinyurl.com/ymcaepc> or go to the Sweet Memorial Building. Check the Weekly Activity Guide for the hike schedules. Guided Hikes won't be offered as much during Autumn.

## GUIDED HIKES

### HIKES GRADED A-H

We offer a variety of daily hikes graded A-H. Higher level hikes require filled pre-requisite hikes.

Check the Weekly Activity Guide for scheduled hikes, then register online: <http://tinyurl.com/ymcaepc>

**Easy & Easiest (Grades G & H)** – thoroughly enjoyable and informational. Perfect for grandchildren and grandparents.

**Moderate (Grade E & F)** – Moderate in difficulty. These hikes provide spectacular views, points of interest, and serene settings.

**Hard (Grades C & D)** – Perfect for conditioning. You will most likely get your heart rate up on these treks.

**Most Difficult & Challenging (Grades A & B)** – These hikes face greater exposure, greater mileage, more difficult terrain, and higher altitudes, which makes weather a potential danger. Lightning storms may arise, and rain, hail, and snow may make difficult terrain treacherous.

Online: <http://tinyurl.com/ymcaepc>

# FITNESS

## STRENGTHEN SPIRIT, MIND, BODY

Through exercise and fitness, experience growth in mind, body, and spirit.

### MULTI-LEVEL YOGA ENDS LATE SEPTEMBER

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

**SAT 8:30– 9:30 AM**

### BOOT CAMP

High intensity interval training workouts that include strength training and cardio. Workouts can be modified to fit all fitness levels. Come for some fun and fellowship as well as a great workout! Meet at the south end of the Longhouse Gym. See Weekly Activity Guide for location in month of September.

**M, W 5:15–6:15 PM**



### Yearly Membership

Becoming a member of the YMCA of the Rockies means becoming part of our family.

**One Year \$250**

**Three Year \$600**



### LAP SWIM

**SAT & SUN 7:00– 9:00 AM**  
**M, T, W, TH, F 6:00– 8:00 AM**

### OPEN SWIM

**Check the Weekly Activity Guide for the most updated hours.**

### HYDRO2GA

Hydro<sub>2</sub>ga is a holistic therapeutic no-impact deep water exercise that is challenging, strengthening, toning, aerobic, relaxing, and balancing for the emotional, physical, and mental body. Meet at Dorsey Swimming Pool.

**SAT 8:15–9:15 AM**

### WATER EXERCISE

Enjoy a low impact water exercise class in our heated indoor pool. Exercises are done in 4–5 feet of water, with the option of moving to the deep end. Meet at Dorsey Swimming Pool.

**M, W, F 8:15–9:15 AM**

### LOOKING FOR A SPACE TO LET THEM PLAY?

Check out the basement lobby of the Sweet Memorial Building each morning at 8:30. Parents can relax with their morning coffee while the tots play!

# RECREATION ACTIVITIES

## ARCHERY

**One of our favorite camp activities!  
Archery is scheduled at our Main Archery Range or  
Indoor Archery Range throughout the day.**

**Ages 6+; \$10 per person**

**Sign up for archery sessions online  
<http://tinyurl.com/ymcaepc> or at Sweet Memorial Building.  
Check the Weekly Activity Guide for the schedule and  
location.**



## MOUNTAIN BIKE RENTALS

Come to the Sweet Memorial Building to rent your bikes today! Bike rental ends at the end of October.

**ADULT & YOUTH SIZES AVAILABLE.**

Bike rental includes a helmet.



### Mountain Bike Rental Fees

(Trek Marlin)

|                             |      |
|-----------------------------|------|
| Full Day (9:00 AM– 4:30 PM) | \$20 |
| 4 hours                     | \$15 |
| Overnight (4:00PM–9:00 AM)  | \$12 |

### Specialty Bike Rental Fees

(Trek X-Cal, Fuel Full Suspension, Fat Tire)

|                             |      |
|-----------------------------|------|
| Full Day (9:00 AM– 4:30 PM) | \$60 |
| 4 hours                     | \$40 |
| One hour                    | \$20 |

\*no overnight rentals in Specialty Bikes

# SPECIAL EVENTS

## FALL FEST

Enjoy pumpkin painting, s'mores around the campfire, a good ol' fashioned square dance, and more! Festivities will occur at Dorsey Museum and the Mootz Craft and Design Center, behind the pool. Purchase a pumpkin to paint at the Craft and Design Center, have a hot dog lunch (\$2 for purchase), and get ready for the square dancing! Check the Weekly Activity Guide for further event information.

**October 7th, 14th, & 21st, 2017 at 10:00 AM - 4:00 PM**



## HALLOWEEN SPOOKTACULAR

Dress in your costume, participate in spooky activities, and do some trick or treating to get in the spirit of Halloween with the YMCA of the Rockies! Spooky tours and activities begin at 3:00pm. Head over to our skating rink for a Monster Mash in your costume, Trick or Treat around our property, enjoy the Haunted House or a family film. Check the Weekly Activity Guide for further information.

**October 28th, 2017 at 3:00 - 8:00 PM**

## THANKSGIVING ACTIVITIES

**Sweet Memorial Building Open**

**Wed, Nov 22– Saturday, Nov 25 8:30–8:30**

**WEDNESDAY, November 22nd**

7:00 PM S'mores and Campfire Fun!

**THURSDAY, November 23rd**

7:00 AM Turkey Trot Registration at Hempel Auditorium

8:00 AM 10th Annual Turkey Trot 5k

1:00 PM Flag Football and Field Games

6:00 PM Holiday Movie at Hempel Auditorium

7:30 PM BINGO at Sweet Memorial

**FRIDAY, November 24th**

10:00 AM Family Kickball

2:00 PM Holiday Movie at Hempel Auditorium

7:00 PM S'mores and Campfire Fun!

## 10TH ANNUAL TURKEY TROT

Come join us on Thursday, November 23rd at 8:00 AM for our 10th Annual Turkey Trot 5K Fun Run/Walk. Donations will be accepted to support our summer day camp scholarship program. Dogs are welcome, but must be on a six-foot leash at all times.

**THURSDAY, NOVEMBER 23rd 8:00 AM**



Register online at: [www.tinyurl.com/ymcaepc](http://www.tinyurl.com/ymcaepc)

## Want to join our team of enthusiastic staff?

**Join our community of staff for seasonal employment opportunities.**

Inspired by nature. Motivated by fun.

Apply online at [www.ymcarockies.org/work/seasonal-employment](http://www.ymcarockies.org/work/seasonal-employment)

# PARTNERS OF THE YMCA OF THE ROCKIES



Located on YMCA property, Jackson Stables offers guided Horseback Rides in Rocky Mountain National Park and on YMCA grounds. [www.jacksonstables.com](http://www.jacksonstables.com)  
Pony Rides and Hayrides also available.  
Call 970-586-3341, ext. 1140 or 1149 for reservations.



*Photos by Dill*  
[www.photosbydill.com](http://www.photosbydill.com)

Memorable portraits taken in the beautiful mountains at the YMCA of the Rockies!  
[www.photosbydill.com](http://www.photosbydill.com)  
970-586-8736  
By Appointment Only.



## Massage Therapy

enjoy a therapeutic massage  
in a serene cabin

Located in Oak Cabin on the YMCA grounds.  
Sign up in the binder located on the porch.

[www.homegrownyoga.com](http://www.homegrownyoga.com)



970-586-3341,  
ext. 4101



*Sasquatch Fly Fishing*  
Estes Park, Colorado



"BEST  
THING  
TO DO IN  
ESTES PARK!"  
-BURT R. PHOENIX, AZ

Contact us for your guided fly fishing trip!  
Located in Sweet Memorial on the grounds of the  
YMCA of the Rockies  
Call 970-586-3341, ext. 1153 for reservations.  
[www.sasquatchflyfishing.com](http://www.sasquatchflyfishing.com)



## Rapid Transit Rafting

Book online: [www.rapidtransitrafting.com](http://www.rapidtransitrafting.com)

All Day Trips on the Colorado river

1/2 Day Trips on the Cache La Poudre



The only company to  
provide transportation  
from Estes Park.

970-577-7238  
800-367-8523

# **YMCA OF THE ROCKIES– ESTES PARK CENTER**

## **Autumn 2017 Seasonal Planning Guide**

**YMCA of the Rockies**  
**Estes Park Center**  
2515 Tunnel Rd  
Estes Park, CO 80511  
970-586-3341 ext 1104

[ymcarockies.org](http://ymcarockies.org)