

## FAMILY FUN

Get the entire family together for these fun experiences:

### ANIMAL DETECTIVE (1hr 30min)

Learn about animals that call the Rocky Mountains home. We'll look at tracks, scat, bones, and antlers. Then, let's put our detective skills to the test to see what animal signs we can find outside!

### BEAR TALK (30min)

From a day in the life of a bear, to other types of bears, and how to keep yourself and the animal safe, this is bound to be bear-y interesting!

### BEAVER WALK (2hr)

Beavers sure have been busy here on the YMCA of the Rockies property. Discover how these amazing creatures shape the world around them.

### BINGO (1hr)

B-I-N-G-O! Grab a card and get your game face on!

### BIRD BANDING (1hr)

Watch Scott Rashid, licensed bird bander, "net" different species of birds that come to Colorado in the summer.

### CAMP GAMES (1hr)

Get the gang together to play a variety of new and traditional camp games. We guarantee fun for the whole family! Games will be played outside.

### CHILDREN'S MOVIE (1hr 30min)

Enjoy a Disney classic or contemporary favorite. First come, first choose!

### COMMUNITY FIRE (1hr)

We provide the fire, you provide the s'mores.

### CREEK STOMPIN' (1hr 30min)

Get your feet wet in this introduction to our mountain lakes and streams. As we play in the creek, we'll see what lives in and near the water, learn what makes a healthy waterway, and the importance of keeping our water clean!

### FAMILY GAME NIGHT (1hr)

Get your team together and join us for a different group game each night like Charades, Jeopardy, Pictionary, Mafia, and more!

### FIRE QUEST (1hr)

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

### KNOTS (1hr)

Knot tying is an essential backcountry skill. Learn a bowline, half-hitch, figure 8, and more useful knots!

### LET'S GO TO CAMP (1hr)

Discover what it would have been like to be at the YMCA camp in the 1950's. Explore camp games, see what kids packed in their camp suitcases, and compare what you play to do at camp with what children would have done here over 60 years ago.

### NIGHT WALK (1hr 30min)

Experience the Y's "night life!" Learn about nocturnal animals, their special adaptations, and play night games. Please register in advance.

### PATHFINDERS (1hr 30min)

Learn basic orienteering skills like how to use a map and compass to find a bearing, then we'll head outside to practice on our compass challenge course!

### PREDATOR TALK (30min)

Lions, tigers, and bears, oh my! We may not have tigers here in

the Rockies, but come learn about the many other fascinating predators that call our mountains home.

### PRESIDENT TEDDY ROOSEVELT (30min)

Meet the 26<sup>th</sup> 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!

### REBEKAH'S TRUNK (1hr)

Learn what it was like to live in Colorado during pioneer days. Come discover what Rebekah packed in her trunk when she traveled west from Omaha with her family.

### SARDINES (1hr)

One person hides, everyone else seeks. This variation of hide and seek will get everyone running around and having fun!

### SCIENCE EXPERIMENTS (1hr)

Put on your thinking caps and participate in a fun science experiment! Experiments include slime, ice cream in a bag, blobs in a bottle, and more!

### STAR GAZING (1hr 30min)

Check out what's visible in our night sky. We'll look for constellations like the Big Dipper and Draco, as well as planets, the moon, and other nifty night objects.

### SURVIVAL (1hr 30min)

Learn some important skills to help you stay safe in the wilderness. We'll go over the Ten Essentials, what to do if you find yourself lost, and practice building a shelter!

### TEAMWORK DREAMWORK (1hr)

Your family is your adventure team! Work together to problem-solve your way out of all kinds of challenges.

### TREASURE TREK (1hr)

Put your thinking caps on and unravel clues that will lead you around property to find the treasure. Who knows where you'll go or what you'll find.

### TRIVIA (1hr)

Test your random knowledge on a team with your family, or mix it up with other guests! Questions are designed with all ages in mind.

### WALK IN THE WOODS (1hr 30min)

Take a leisurely hike around property to explore the trees, plants, and animals in our area and how they come together to thrive in our wild mountain woods.

## LITTLE LEARNERS

For families with children 6 and under. Get the little ones outside to enjoy these activities:

### BEDTIME STORIES (45min)

Snuggle up and listen to classic bedtime stories. Children may wear pajamas if they wish (no blankets, please).

### BIBLE STORY TIME (45min)

Enjoy listening to timeless Bible stories and singing Bible songs with the Librarian.

### BUGS, BUGS, BUGS! (30min)

Caterpillars, worms, beetles, butterflies, and more! Dig into what bugs look like, how they change, and what makes these crawly critters so cool!

### CHILDREN'S STORY TIME (45min)

Act like a weasel and POP by Maude Jellison Library for stories about nature and animals.

### LITTLE EXPLORERS (30min)

Explorers use their senses to observe and investigate the world around them. Take a walk with our facilitator and practice your exploring skills.

### PARACHUTE GAMES (30min)

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

### PLAYING IN THE PINES (30min)

There's no better playground than the great outdoors! Get the kids together for some fun, forest games.

### YOGA FOR KIDS (30min)

Come and explore yoga through story time. This is a great way to inspire our younger guests to move and learn about the natural world. Come and discover how our class combines easy yoga poses, literacy, and environmental awareness on our museum lawn.

## YOUNG ADULT+

Designed with adults in mind:

### A. A. HYDE HISTORY WALK (1hr)

Explore the history of family camp and conferences at the Y 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 Y on the principles of healthy spirit, mind, and body on this easy walk.

### ARCHEOLOGY WALK (1hr 30min)

Ever wonder who lived here before Y camp existed? Travel back in time to when a glacial river flowed through the valley and homes were made of rock shelters and animal hides. This mile-long hike will provide an opportunity to explore prehistoric life in the region. A visit at the Museum before you walk will set the stage for adventure.

### ASTRONOMY (1hr 30min)

Get closet looks of the night skies through our telescopes. Observe a variety of celestial objects, including the moon, planets, constellations, double stars, globular clusters, galaxies and more. Learn to identify a dozen constellations and their brightest stars. Best suited for ages 10+. Please register in advance.

### ASTRONOMY & GPS: YOUR PLACE IN THE UNIVERSE (1hr)

Find out how cell-tower and satellite GPS is used to determine your cell phone position. Learn how the mysterious and very far away astronomical objects called Quasars are now used to determine your ultimate position in the universe!

### CHESS & SCRABBLE CLUB (1hr)

Whether you're a beginner or a skilled player, join others interested in this classic games of the mind and strategy.

### HISTORY OF THE Y (1hr)

Come and explore the history of the Y from early twentieth century

to present times. This easy hike starts at the museum before heading out to the site of the original Wind River Lodge. From there we will wind our way back to the main campus and learn about our rich history encompassing people and places.

### METEORS AND METEOR SHOWERS

Ever wonder what those bright shooting stars you see at night are all about? Learn about meteors (those bright streaks!) and meteor showers. We will also provide some tips on how to observe the up-coming Perseid meteor shower that occurs around August 13 every year! Several actual meteorites will be available for you to hold and examine!

### NIGHTTIME PHOTOGRAPHY: USING THE IPHONE

Use your iPhone to take nighttime photos of the stars, star-trails, constellations, meteors, and more! You will also learn how to take interesting and unusual nighttime terrestrial photos. Get ready to become the next InstaStar!

### WALK ABOUT THE Y (1hr)

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.

### 50TH MOON LANDING ANNIVERSARY CELEBRATION

Come and celebrate with us the 50th anniversary of the first moon landing and the safe return of the astronauts back to earth. Learn about the astronauts, the trip, the spacecraft, and the first exploration of the moon. Two small lunar rocks will be available for you to see!

## RECREATION & FITNESS

Activating fun:

### AIR-O-SPORT (45min)

Bring your friends and family to play a sport that combines frisbee golf and ultimate frisbee. Fast-paced, non-contact team sport where communication & good teamwork are essential for success.

### BASKETBALL (45min)

Get a pick up game going, or play some fun hoop games like HORSE, Around the World, Free Throw Challenge, and more!

### CAPTURE THE FLAG (45min)

How well can you hide, sneak, run, and chase in the classic camp game to retrieve your flag from the other team's side. Come find out!

### FOUR SQUARE (45min)

Come play this school-yard favorite ball game.

### GAGA BALL (45min)

Played with a rubber ball, this game combines the skills of dodging, striking, running, jumping, while trying to hit opponents below the knees.

### KICKBALL (45min)

Join others for some outdoor kicking and running fun.

### MULTI-LEVEL YOGA CLASS (1hr)

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 available.

### PICKLEBALL (45min)

Come play this paddle sport that combines elements of tennis, badminton, and ping pong.

### SOCCER (45min)

Let's get a game going, play pass, or show off our juggling skills.

### VOLLEYBALL (45min)

Bump, Set, Spike your way to fun.

### WHIFFLE BALL (45min)

Join us for this summertime favorite. This game is similar to baseball but with a whiffle ball and plastic bat.