QUALITY PROGRAMMING

Programming designed to enhance your YMCA of the Rockies experience. Nourish your spirit, mind, and body in a place where nature inspires.
Enjoy this time. Create memories.

Our Mission:
YMCA of the Rockies puts Christian principles into practice through programs, staff, and facilities in an environment that builds healthy spirit, mind, and body for all.
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Questions? Call Sweet Memorial Program Building at ext. 1104
HELPFUL TIPS & TRICKS

CHECK IN & OUT
Our Front Desk is located in the Administration Building.
Your accommodations will be ready by 6:00 PM
If your room is not ready upon arrival, come participate in our programs and utilize our recreational facilities. Peruse the 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)
Breakfast: 7:00 – 9:00, Adults: $10.50, Children: $7
Lunch: 11:30 – 1:30, Adults: $12.50, Children: $8.50
Dinner: 5:00 – 7:30, Adults: $15.50, Children: $10.50

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

Family Membership Cost:
One Year: $250 Three Year: $600

Day Passes
Not staying with us? You can purchase a Day Pass at the Administration Building, Sweet Memorial, or the Mountain Center and still join in on the fun!

Day Pass Cost:
$10 – Children 6–12 years old
$25 – Adults 13+ years old
FREE – Children 5 and under

EMERGENCY INFORMATION
First Responders – call ext. 222
In case of a medical or non-medical emergency that requires an ambulance and first responders, contact any YMCA staff member or call ext. 222 on any land line on property. First responders on property and local emergency personnel 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 is available to guests on property. Open daily.
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 and drink water throughout the days prior to arrival, upon arrival, and throughout your stay.

FAMILY ORIENTATION
Wondering what to do while here at YMCA of the Rockies? Come get an overview of activities and facilities and have your questions answered. Find out more about how to have fun here at the Y!

Check the Activity Guide for schedule.
Craft & Design Center

Individual Crafts From $6–$85

For Any Age
- Glazed & Painted Ceramics
- Wood Crafts to Paint or Mosaic
- Leather Stamping
- Tie Dye
- Kids Jewelry

For Adults and Youth, 4th Grade +
- Jewelry
- Silk Painting
- Basket Weaving
- Magic T-shirts
- Glass Fusing
- Wood Burning (14yr+)

Questions? Call Ext. 1132

- Typically open 7 days a week, 9:30AM–8:00PM, Saturday, May 25th–Friday, August 9th. Hours may vary, please check Activity Guide.
- Children 12yrs and under must be accompanied by an adult or a responsible party 13yrs or older.
- Bringing a group of 15 or more? Please contact the Craft & Design Center Director sgabelhouse@ymcarockies.org
MAUDE JELLISON LIBRARY

Come visit the beautiful Maude Jellison Library located behind the Administration Building & Hyde Chapel.

GET LOST IN A GOOD BOOK
Browse among our 15,000 volumes including books on our Y history, Estes Park history, RMNP history, hiking/wildlife/wildflower guides and more. We carry the latest editions of the Wall Street Journal, USA Today, the Sunday New York Times, and many magazines. Relax on our porch swings with inspiring mountain views.

AN ENCHANTING YOUTH LIBRARY
Children of all ages enjoy our youth library with a large selection of children’s and young adult literature. We have daily story times, giant puzzles, and comfy bean bag chairs.

PROGRAMMING
Check the Activity Guide for dates and times of special programs featuring author talks, live musical performances, guest lecturers, poetry readings, and more!

DORSEY MUSEUM

HISTORY COMES ALIVE...
Housed in a 1924 guest lodge, the Dorsey Museum celebrates its 40th anniversary this year! Visit and explore our period room settings and display galleries to learn more about the rich history of the YMCA of the Rockies. In addition, we have two turn-of-the-20th-century furnished cabins that represent the presence of the YMCA, and the growth of tourism, in the Estes Park Valley over the past 110 years!

PROGRAMMING
During the summer months the museum offers historical programming for all ages. Hikes and tours of the Estes Park Center provide deeper dives into our rich institutional history and local landscapes, while our day camp activities offer hands-on learning opportunities and experiences into the history of the American West.

MUSEUM 40TH BIRTHDAY CELEBRATIONS
Join us every Saturday afternoon through July as we celebrate our 40th birthday! The museum opened to the public on July 29, 1979 and is dedicated to Lula W. Dorsey. Lula Dorsey had the vision to collect and preserve our rich history.
BOONE FAMILY MOUNTAIN CENTER

OPEN 8:00 AM – 9:00 PM DAILY

ADVENTURE IS OUT THERE
Located near Upper Cookout on the North end of our property, the brand new Mountain Center provides a base camp to launch outdoor and high-adventure activities: hiking, climbing walls, zip line, mountain biking, archery, and fly fishing!

PLAY
There’s something for everyone! Rent mountain bikes and go for a ride, test your strength on our indoor or outdoor climbing wall, take aim in archery, reel in a big fish, or soar above the trees on our zip line. Which fun activity will you choose to try?

PREPARE
Plan out your next hike by speaking with one of our expert Hikemasters. You can pick up tips from the pros, get suggestions for where to go, and grab trail maps for the area. The Mountain Center contains a full retail store where you can purchase any gear you may need for your next adventure.

DISCOVER
The Mountain Center house a hands-on education nature center designed to allow you to explore local flora and fauna and other natural wonders in the incredible Rocky Mountains. Be sure to check out the 3D topography map and all the other interactive displays.
HIKING INFORMATION DESK

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

DAILY GUIDED HIKES

HIKES GRADED A–H
We offer a variety of daily treks graded A–H. Higher level hikes require hikers to complete 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, these hikes are 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, these hikes are physically demanding and sure to excite.

Most Difficult & Challenging (Grades A & B) – These hikes face greater exposure to heights and weather, greater mileage, more difficult terrain, and higher altitudes. Even in summer, be prepared for inclement weather: lightning storms may arise, and rain, hail, and snow may make difficult terrain treacherous.

SIGN UP & AVAILABILITY

Sign up required for guided hikes. Go online http://tinyurl.com/ymcaepc or go to the Mountain Center. Check the Weekly Activity Guide for current hike schedules.

RENTALS AND DEMOS

Rentals:
- Daypacks – $5
- Trekking Poles – $5
- Child Hiking Carriers – $10
- Strollers – $5
- FREE LOWA boot demos

Questions? Call the Boone Family Mountain Center at ext. 8402
ADVENTURE ACTIVITIES

Challenge yourself to an adrenaline rush on our valley crossing Zip Line or test your strength on the Climbing Wall. Rent a Mountain Bike and explore the YMCA Grounds, or take your aim in Archery! Sign up two weeks in advance online or at the Boone Family Mountain Center.

OUTDOOR CLIMBING WALL
Check the Activity Guide for availability.
Experience the thrill and challenge of scaling our 25-foot outdoor climbing wall. All gear is provided; must wear sturdy, hiking or tennis shoes. This activity is geared towards climbers with beginner to intermediate abilities. Meet at the Mountain Center 15 minutes prior to session. Ages 5+, $10 per person.

INDOOR CLIMBING WALL
Check the Activity Guide for availability.
Get your hands on our brand new indoor climbing wall that is molded 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. Climbing shoes and harnesses are provided and all participants will be given an introduction to the equipment and beginner climbing technique. This activity accommodates a wide range of abilities. Meet at Mountain Center. Ages 5+, $10 per person.

MOUNTAIN BIKE RENTALS
Come by the Mountain Center to rent your bikes and head out to the trails! ADULT & YOUTH SIZES AVAILABLE. Bike rental includes a helmet. Check the Activity Guide for Guided Mountain Bike rides!

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<th>Mountain Bike Rentals</th>
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<tr>
<td>8+ hours</td>
<td>$25</td>
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<tr>
<td>4-8 hours</td>
<td>$20</td>
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<td>Up to 4 hours</td>
<td>$15</td>
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*Contact bike shop for overnight and multi-day rentals.

OUTDOOR FAMILY ARCHERY
Check the Activity Guide for availability.
Come join YMCA instructors in a family-friendly introduction to archery. Have fun while seeing who can get the most arrows on the target, or even a bull’s eye. Ages 6+, $10 per person.

Questions? Call the Boone Family Mountain Center at ext. 8402.
FAMILY FUN JUST GOT “SWEET”ER!
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.

CAMPFIRES
Campfires are allowed in designated fire rings located throughout the property. Please call ext. 1104 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. We also have a few gas fire rings to use at no cost that are first come, first serve. Just dial “0” on any YMCA phone and ask security to get it started for you!

GAME ROOM
Anyone for ping pong, billiards, foosball, table shuffleboard? See our newly renovated game room in the basement of the Sweet Memorial Building. We also have board games and puzzles to play here, or take back to your cabin!

PUZZLES, BOARD GAMES, AND CARDS CAN BE CHECKED OUT FROM SWEET, TOO!

FAMILY PROGRAMS
We strive to provide a unifying experience for families through fun-filled naturesque activities. Our Program Department offers a variety of classes for you and your family to participate in together. From BINGO to classes about Astronomy and wildlife in Rocky Mountain National Park, our family programs are guaranteed to create lifelong memories. We offer activities geared towards your whole family, little learners, young adults, and on.

Do you frolf? Our 18-hole frisbee golf course is great for beginners and avid disc golfers. Cruise around property, enjoy the scenery, and see who can keep their score the lowest! Disc golf discs can be checked out at the Sweet Memorial Building for a $10 cash or credit card deposit per disc.

Questions? Call Sweet Memorial Program Building at ext. 1104
FAMILY PROGRAMMING

FUN TOGETHER
These programs are for the entire family to enjoy and participate in together. Children under 13 must be accompanied by an adult. Programs are free and do not require sign up unless otherwise noted. Check activity guide for days and times two weeks in advance.

FAMILY FUN

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

CHILDREN’S MOVIE
Enjoy a Disney Classic or a contemporary favorite. First come, first choose!

COMMUNITY FIRE
All are welcome! Our staff will start the fire. Feel free to bring your own s’mores supplies!

ESCAPE ROOM
The Y’s newest attraction! Work together with other guests to understand the clues and solve a mystery. $5/person. Please sign up in advance.

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

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

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

SCIENCE EXPERIMENTS
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!

TRIVIA
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.

GUIDED EXPLORATION

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

ASTRONOMY
Get closer 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 sign up in advance.

BEAR TALK
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!

CREEK STOMPIN’
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!

NIGHT WALK
Experience the Y’s “night life” and learn about nocturnal animals, and play night games. Please sign up in advance.

PREDATOR TALK
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.

STAR GAZING
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.

TREASURE TREK
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 will find!

WALK AMONG THE WILD WOODS
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!
**SURVIVAL SKILLS**

**FIRE QUEST**
Fire can be a life-saving tool outdoors. Learn how to use various methods to spark safe fires.

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

**SURVIVAL**
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!

**PATHFINDERS**
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!

**HISTORY**

**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!

**REBEKAH’S TRUNK**
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.

**SPECIAL PROGRAMS**

**DRUM CIRCLE**
Join local music therapist, Nancy Bell at the fire ring to create great musical sounds with other guests. Smiles, laughter, making new friends, being proud of what you’ve created, and a good night’s sleep are almost all guaranteed. Percussion instruments provided, but feel free to bring your own if you like.

**4TH OF JULY PARADE**
Join the YMCA of the Rockies for our annual 4th of July parade! Staff and guests celebrate Red, White, and Blue through the creation of floats and costumes. The parade runs through the Administration parking lot and promenade, ending at Hyde Chapel. We look forward to seeing you there!

July 4 10:00 AM

**COWBOY BRAD**
Join local singer/songwriter/guitarist Cowboy Brad for songs and fun for the whole family.

**SUMMERFEST CONCERT SERIES**
The YMCA of the Rockies is proud to host a variety of concerts and bands suitable for the whole family. All concerts are FREE and open to guests of the YMCA and visitors of Estes Park. Performances are held in Hempel Auditorium unless otherwise noted. Full schedule of performances will be available online in April.

**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. Check activity guide for days and times two weeks in advance.

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

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

**PLAYING IN THE PINES**
There’s no better playground than the great outdoors! Get the kids together for some fun forest games.

**STORY TIME**
Listen to funny animal and nature stories read by one of our librarians.
YOUNG ADULT+

KEEP EXPLORING
Designed with adults in mind! Check activity guide for days and times two weeks in advance.

A.A. HYDE HISTORY WALK
Explore the history of family camps 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 easy walk.

ARCHAEOLOGY WALK
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 your walk will set the stage for adventure.

BREAKFAST AT THE MUSEUM
JUNE 18 – AUGUST 6
Please join us for a continental breakfast, prize drawings and fellowship in the front yard of the Museum on Tuesday mornings! Julie Watkins, President/CEO; Dave DeLuca, Estes Park Center Director; and other members of the YMCA of the Rockies’ Executive Leadership Team will be there to visit with you. We’ll be happy to answer your questions and we hope you’ll take a few minutes to share your personal Y story with us!

BURNING ISSUES: LECTURE SERIES
Join us for informed discussions on hot topics. Each week will feature an expert professor. Topics are geared towards young adults and up.

CHESS & SCRABBLE CLUB
Whether you’re a beginner or a skilled player, join others interested in these classic games of the mind and strategy.

HIKERS HUDDLE
Come learn about the YMCA of the Rockies hiking program! Our experienced hikemasters will provide details about upcoming hikes for the week—including pictures—and feature a short presentation on the history, ecology, and geology of Rocky Mountain National Park and its inhabitants.

HISTORY OF THE Y
Come and explore the history of the Y from the 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.

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.

CABIN DONOR PROGRAM OPEN HOUSE
CHECK THE ACTIVITY GUIDE FOR DATES AND TIMES
Have you ever considered cabin adoption/donation at the YMCA of the Rockies? Are you curious how the program is structured? What ARE the benefits of being a cabin donor? Would you like to see what a newly remodeled or newly constructed cabin looks like? Staff will be available to chat with you. Come join us for lemonade and cookies and learn more about this great program. Pick up a map at the front desk or follow the yard signs to the cabin. Individual inquiries: please contact Ginger Harris, Cabin Program Administrator at ext. 6005 or gharris@ymcarockies.org.

Questions? Call Sweet Memorial Program Building at ext. 1104
DUNCAN FAMILY CLUBHOUSE

OPEN 8:00 AM – 10:00 PM DAILY

LET’S PLAY!
Located next to the Mini Golf Course, the Clubhouse is the go-to place for recreation equipment check-out and participation in fun and games! If you have any questions, come by or give us a call at 970-586-3341 ext. 1134.

EQUIPMENT CHECK-OUT
Check out or rent a variety of equipment at the Clubhouse. We have equipment for mini-golf, your next pick up game, or a relaxing yard game.

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<th>Sports</th>
<th>Lawn Games</th>
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<td>Baseball</td>
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<tr>
<td>Whiffle ball</td>
<td>Croquet</td>
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<td>Kickball</td>
<td>Horseshoes</td>
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<td>Gaga Ball</td>
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<td>Basketball</td>
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MINI GOLF
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 entertraining for the entire family. The course is lit at night for a great evening activity under the stars.

TENNIS COURTS
Three full-sized tennis courts are located right next door to our mini golf course. Tennis racquets and balls are available at the Clubhouse for your use. Interested in Pickleball instead? Ask the Clubhouse attendant about checking Pickleball equipment or check the Activity Guide for YMCA facilitated Pickleball games!

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 from the Clubhouse, located near mini golf and the tennis courts.

OUTDOOR FITNESS TRACK
Take your workout routine back to the basics with our outdoor fitness trail. There are 10 unique stations to add variety to your walk/run. Both the views and your work out are sure to take your breath away!

Questions? Call Sweet Memorial Program Building at ext. 1104
RECREATION & FITNESS

STRENGTHEN SPIRIT, MIND, BODY

Team up with other families and guests for some friendly competition. Each activity is facilitated for approximately one hour, no sign up required. Our Recreation Staff will get the games rolling, stay and play for as long as you’d like. Check activity guide for days and times two weeks in advance.

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<th>SPORTS AND RECREATION GAMES</th>
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<td>Gaga Ball</td>
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**All activities happen daily and meet at the Duncan Family Clubhouse**

DORSEY SWIMMING POOL

OPEN SWIM
The pool is generally available for open swim from 1-5 PM and 6-10 PM, but hours may vary. Please check updated schedule in Activity Guide.

LAP SWIM
Five lanes are open and exclusively available for Lap Swim.

HYDR02GA
Hydr02ga 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.

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.

FITNESS CLASSES

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!

MULTI-LEVEL YOGA
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.

CHAIR YOGA
Join instructor Laura Collins for gentle seated yoga postures and simple mindfulness techniques you can do anywhere. She will also discuss the health benefits of yoga and provide simple experiential ways to help eliminate stress and promote health in your life. Chairs and outdoor inspiration provided.

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

Questions? Call Sweet Memorial Program Building at ext. 1104
SPIRIT & FAITH

FOR ALL

Through faith based programs & activities, the YMCA of the Rockies Chapel Ministry seeks to create a culture that is spiritually engaging, safe, & respectful of all. Check activity guide for days & times two weeks in advance.

BIBLE STUDY

Gather for a bible study led by a Chaplain’s Assistant.

WORSHIP IN THE ROCKIES

SUN 10:00 AM

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

ADVENTURE MINISTRY

(FAITH ARCHERY & CLIMBING WALL)

Join our staff for Archery lessons and shoot time or challenge yourself to make it to the top of the climbing wall. Afterwards, enjoy a short devotion connecting biblical truths to the Archery or Climbing Wall experience. Please sign up in advance.

WORSHIP HIKE TO BIBLE POINT

Join us for a 2 mile round-trip hike to Bible Point. After admiring the view, we will join our hearts and voices in worship to the one who created those views! Chaplain Greg Bunton will have his guitar and be ready to lead singing, scripture reading, and prayer. This is a strenuous hike and participants should wear good hiking shoes/boots, and bring water and a rain jacket.

CAMPFIRE WORSHIP

Join Chaplain Greg Bunton for fellowship and worship. Come ready to sing some old church camp favorites, hymns, and some new praise and worship songs. Weather Permitting.

VESPIERS SERVICE AT SARA SMITH OUTDOOR CHAPEL

Join the Chapel Ministry for this outdoor evening communion service. What better place to worship God and give praise for all the creation that surrounds us than at Sara Smith Outdoor Chapel located on the way to the Jackson Stables. If inclement weather, service will be held at the Ponder Chapel inside the Legett Christian Center.

24/7 PRAYER CHAPEL

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

BEATITUDE BIBLE STUDY TRAIL

Enjoy a hike while studying the beatitudes from Jesus’s famous Sermon on the Mount. The trailhead and study guides are located at the Dorsey Lake parking lot. Trail makes a 1 mile loop.

BIBLE POINT TRAIL

Enjoy a hike on the new and improved Bible Point trail. Along the trail you will encounter selected Psalms that sing to the glory of God revealed in nature. Trail maps located at the Mountain Center.

INTERACTIVE PRAYER TRAIL

Located behind the Legett Christian Center. Walk the trail and encounter 5 interactive stations that will engage you in active prayer. 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. Enjoy a time of peace and prayer!

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! Many fun games including the ever-impressive JUMBO Connect 4! Please return games to storage shed when finished.

MOVIE NIGHT

Join us in Hyde Chapel for a fun family friendly movie, along with movie snacks!

Questions? Call Chapel Ministry Office at ext. 1077
TEEN BACKPACKING CAMP

Give your teen the trip of a lifetime!

Camp For 13–15 year olds:
July 8 – 12 & July 22 – 26

Camp For 15 – 17 year olds:
July 29 – August 2

Monday & Tuesday: 9:00 AM – 5:00 PM.
Spend the first two days of the week learning all the skills necessary to enjoy living out of a backpack in the Rocky Mountains.

Wednesday – Friday: Embark on a three day, two night backpacking trip in Rocky Mountain National Park learning more about yourself than any other experience in your life!

Sign them up today by visiting and clicking “register for day camp”:
https://ymcarockies.org/summer-day-camp/specialty-camps/

DAY CAMP

Camp runs daily Monday through Friday from 8:15 AM – 3:15 PM. Specialized programming serves 3 year olds to 18 year olds.

June 3 – August 16

ONLY $38/DAY

Contact us at:
970.586.3341 ext. 1280
ymcarockies.org/summer-day-camp
Sasquatch Fly Fishing is open from Mid May – End of August.

This is a sample week schedule for Sasquatch Fly Fishing. You can visit our website to see actual week’s offerings. We also do Private Excursions for 1 – 30 people!

For more info please visit: www.sasquatchflyfishing.com

<table>
<thead>
<tr>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Family Fun Trip</td>
<td>Evening Experience Fly Fishing Trip</td>
<td>3/4 Day Headwaters Trip</td>
<td>Overnighter!</td>
<td>% Day Backcountry Fly Fishing</td>
<td>% Day Evening on Colorado River</td>
<td>ALL Day Hike ‘N Fish</td>
<td>Family Fun Trip</td>
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<tr>
<td>8:30am – 12:30pm</td>
<td>4:00 – 9:00</td>
<td>7:30 – 3:00</td>
<td>7:00am – Weds</td>
<td>7:30-3:00</td>
<td>3:00-9:30</td>
<td>7:00am – 5:30pm (amazing fishing)</td>
<td>8:30am – 12:30pm</td>
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<tr>
<td>% Day Fly Fishing &amp; Golf</td>
<td>% Day Evening on Colorado River</td>
<td>Family Fun Trip</td>
<td>Evening Belly Boating</td>
<td>Family Fun Trip</td>
<td>Evening Belly Boating</td>
<td>Fish &amp; Golf</td>
<td>Evening Belly Boating (Poudre Lake)</td>
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<td>7:30 – 2:00</td>
<td>3:00 – 9:00</td>
<td>8:30am – 12:30pm</td>
<td>Family Fun Trip</td>
<td>Belly Boating (backcountry)</td>
<td>Poudre Lake</td>
<td>7:30 – 2:00</td>
<td>3:30 – 9:30</td>
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<td>All Day Hike: $100.00</td>
<td>Overnighter: $120.00</td>
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<td>% Day Evening on Colorado River: $80.00</td>
<td>ALL Day Hike ‘N Fish: $120.00</td>
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<td>% Day Trips:</td>
<td>All Day Hike:</td>
<td>Overnighter:</td>
<td>% Day Backcountry Fly Fishing:</td>
<td>% Day Evening on Colorado River:</td>
<td>ALL Day Hike ‘N Fish:</td>
<td>Family Fun Trip:</td>
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<td>15 &amp; under $35.00 / 16+ $55.00</td>
<td>15 &amp; under $35.00 / 16+ $55.00</td>
<td>15 &amp; under $40.00 / 16+ $60.00</td>
<td>15 &amp; under $35.00 / 16+ $55.00</td>
<td>15 &amp; under $35.00 / 16+ $55.00</td>
<td>15 &amp; under $35.00 / 16+ $55.00</td>
<td>15 &amp; under $35.00 / 16+ $55.00</td>
<td>8:00-12:00</td>
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<td>Belly Boat: Drive To $95.00 / Backcountry $125.00</td>
<td>Belly Boat: Drive To $95.00 / Backcountry $125.00</td>
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Things To Know For Your Trip

- Trips are all inclusive! (includes all gear and flies)
- You must have someone sign up or call to book our trips (Desk is located inside the Boone Family Mountain Center)
- Most trips have a minimum (2 people) and a maximum (varies) number of participants.
- AGE MINIMUM: Must be at least 12 years old to attend a fly fishing outing. (Exception – Bass Trips & Family Fishing Trips are open to ALL AGES!)
- A Colorado fishing license is included in your trip!
- We carpool on all trips! Reminder, trips that go into RMNP require a parks pass (if you are driving your vehicle please plan accordingly)
- What to bring: extra clothing (pants, sweatshirt, and socks), raingear (poncho or waterproof jacket), sunscreen, polarized sunglasses, tip for the guide, and as needed – fishing license, water, snacks, possibly lunch / dinner (see desk).
**JACKSON STABLES, INC.**
**SUMMER 2019**

**LIVERY OFFICE HOURS:**
Daily- 7:15 am-6:00 pm  
Phone- (970) 586-3341, ext. 1140 or 1149 (Dial only the ext. if on grounds)

**RATES:**  
(per person)  
$48  1 hour ride  Deer Meadows/Glacier Basin  
$60  2 hour ride  Moraine Park/Emerald Mtn.  
$80  3 hour ride  Cub Canyon/Beaver Meadows/East Portal/Mill Creek  
$95  4 hour ride  Wind River  
$110  5 hour ride  Bierstadt Lake  
$180  All Day ride  Fern-Odessa  

**A portion of your RMNP ride fee is being used for horse trail maintenance.**

**SUNDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Route/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:40am</td>
<td>5 hr. Bierstadt Lake</td>
</tr>
<tr>
<td>8:00am</td>
<td>2 hr. Emerald Mountain</td>
</tr>
<tr>
<td>8:40am</td>
<td>3 hr. Mill Creek</td>
</tr>
<tr>
<td>9:00am</td>
<td>1 hr. Deer Meadows</td>
</tr>
<tr>
<td>9:45am</td>
<td>1 hr. Glacier Basin</td>
</tr>
<tr>
<td>10:00am</td>
<td>2 hr. Moraine Park</td>
</tr>
<tr>
<td>10:45am</td>
<td>3 hr. Cub Canyon</td>
</tr>
<tr>
<td>11:00am</td>
<td>1 hr. Deer Meadows</td>
</tr>
<tr>
<td>1:00pm</td>
<td>2 hr. Moraine Park</td>
</tr>
<tr>
<td>2:00pm</td>
<td>1 hr. Deer Meadows</td>
</tr>
<tr>
<td>3:30pm</td>
<td>2 hr. Moraine Park</td>
</tr>
<tr>
<td>3:45pm</td>
<td>1 hr. Glacier Basin</td>
</tr>
<tr>
<td>4:15pm</td>
<td>1 hr. Glacier Basin</td>
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**MONDAY**

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8:00am</td>
<td>2 hr. Moraine Park</td>
</tr>
<tr>
<td>8:40am</td>
<td>3 hr. East Portal</td>
</tr>
<tr>
<td>9:00am</td>
<td>1 hr. Deer Meadows</td>
</tr>
<tr>
<td>10:30am</td>
<td>1 hr. Glacier Basin</td>
</tr>
<tr>
<td>1:00pm</td>
<td>2 hr. Moraine Park</td>
</tr>
<tr>
<td>2:00pm</td>
<td>1 hr. Deer Meadows</td>
</tr>
<tr>
<td>3:30pm</td>
<td>2 hr. Moraine Park</td>
</tr>
<tr>
<td>3:45pm</td>
<td>1 hr. Glacier Basin</td>
</tr>
<tr>
<td>4:15pm</td>
<td>1 hr. Deer Meadows</td>
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**TUESDAY**

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<tr>
<th>Time</th>
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<tr>
<td>7:40am</td>
<td>4 hr. Wind River</td>
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<td>2 hr. Moraine Park</td>
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<tr>
<td>8:40am</td>
<td>3 hr. Cub Canyon</td>
</tr>
<tr>
<td>9:00am</td>
<td>1 hr. Deer Meadows</td>
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<tr>
<td>10:30am</td>
<td>1 hr. Glacier Basin</td>
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<tr>
<td>1:00pm</td>
<td>2 hr. Moraine Park</td>
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<tr>
<td>2:00pm</td>
<td>1 hr. Deer Meadows</td>
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<td>2 hr. Moraine Park</td>
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<tr>
<td>3:45pm</td>
<td>1 hr. Deer Meadows</td>
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<tr>
<td>4:15pm</td>
<td>1 hr. Glacier Basin</td>
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**WEDNESDAY**

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<tr>
<td>8:40am</td>
<td>3 hr. Mill Creek</td>
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<tr>
<td>9:00am</td>
<td>1 hr. Deer Meadows</td>
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<tr>
<td>10:30am</td>
<td>1 hr. Glacier Basin</td>
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<tr>
<td>12:45pm</td>
<td>1 hr. Deer Meadows</td>
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<tr>
<td>1:00pm</td>
<td>2 hr. Moraine Park</td>
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<tr>
<td>1:40pm</td>
<td>3 hr. East Portal</td>
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<td>1 hr. Glacier Basin</td>
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<tr>
<td>4:15pm</td>
<td>1 hr. Deer Meadows</td>
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**THURSDAY**

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<tr>
<td>8:40am</td>
<td>3 hr. Beaver Meadows</td>
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<td>1 hr. Glacier Basin</td>
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<td>1 hr. Glacier Basin</td>
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<tr>
<td>4:15pm</td>
<td>1 hr. Deer Meadows</td>
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**FRIDAY**

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<tr>
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<tr>
<td>8:40am</td>
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<tr>
<td>9:00am</td>
<td>1 hr. Deer Meadows</td>
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<tr>
<td>10:30am</td>
<td>1 hr. Glacier Basin</td>
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<tr>
<td>1:00pm</td>
<td>2 hr. Moraine Park</td>
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<tr>
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<td>3 hr. Mill Creek</td>
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<td>1 hr. Glacier Basin</td>
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**SATURDAY**

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<tr>
<td>10:45am</td>
<td>1 hr. Deer Meadows</td>
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<tr>
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<td>1 hr. Glacier Basin</td>
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<tr>
<td>4:15pm</td>
<td>1 hr. Deer Meadows</td>
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**FAMILY HAYRIDE/WIENER ROAST**

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<th>Time</th>
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</thead>
<tbody>
<tr>
<td>4:15pm</td>
<td>$34.00 per person</td>
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**YMCA charges to room may be accepted**

**ADVANCED RESERVATIONS ARE RECOMMENDED**

*Family hayrides with marshmallow roasts are offered during the week. Please call for dates and times.

*Group rates available with advanced contract and deposit for horseback riding with 18 or more riders.

*The weight limit for an individual is 250 pounds.
HORSE RIDING TRAIL INFORMATION
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 of the horseback rides are guided trail rides into RMNP, and on YMCA property. Reservations are required - 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 250 pounds.

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: $20.00 per child. Available times: Daily: 8:30am-11:25am/1:00-4:45pm.
*Please note: Day Camp children use the Pony Trail between 9:30-11:00 a.m. on Tuesdays and Thursdays, mid-June through mid-August. This is usually a very busy time.

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 wild flowers are abundant. There is a short rest break about half way 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.)

ALL-DAY RIDE: This ride is designed for the seasoned horseback rider and takes you further into the rugged back country of RMNP. The destination varies depending on the time of year and trails that are open, or closed, due to impassable snow conditions. However, the ride does promise to be the highest altitude obtainable, providing the grandest of scenic mountain views.

HAYRIDES: Private and Open horse-drawn hayrides are available throughout the summer. Cost is $22.00 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.
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 up the hill from the Arts and Design Center.

**Hours of operation:**
May through October: 9am - 6pm daily. Extended evening hours mid July/mid August.

**For more information or to schedule your appointment:**
May through October
**In person** - come by Oak Cabin on Friendship Lane. Find a binder on the porch 24/7 where you can sign up for your massage. By putting your name in binder, you are confirmed.

**Or call 970-586-3341 Ext. 4101**

All forms of payment taken. Cash, check and room charge preferred.

24 hour cancellation policy. No insurance reimbursement.

**Services & prices:**

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<thead>
<tr>
<th>Duration</th>
<th>Price</th>
<th>Description</th>
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<tbody>
<tr>
<td>30 min</td>
<td>$45</td>
<td>(perfect for achy feet or a great neck and back massage)</td>
</tr>
<tr>
<td>60 min</td>
<td>$85</td>
<td>(perfect for full body massage focusing on relaxation and health promotion)</td>
</tr>
<tr>
<td>90 min</td>
<td>$125</td>
<td>(allows additional time to focus on a certain pain issue)</td>
</tr>
<tr>
<td>120 min</td>
<td>$160</td>
<td>(allows time for multiple modalities and an in-depth full body massage)</td>
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**No time add ons:**

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<tr>
<th>Add On</th>
<th>Price</th>
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<tbody>
<tr>
<td>Deep tissue</td>
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<tr>
<td>Hot stone</td>
<td>$15</td>
</tr>
<tr>
<td>Hikers feet heaven</td>
<td>$10</td>
</tr>
<tr>
<td>Fruit Refresh</td>
<td>$10</td>
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<tr>
<td>Foot sugar scrub</td>
<td>$10</td>
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<tr>
<td>Body brushing</td>
<td>$15</td>
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**Four pack/one hour: $320**

Complimentary warm towel treatment and aromatherapy on every massage.

"helping people be their best"
### 2019 Summer Schedule - YMCA Outdoor Arts Program
Classes and Presentations by Resident Artist – Susan K. Dailey (susankdailey.com)

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>AM – TUESDAY&lt;br&gt;June 25th&lt;br&gt;8:15 – 11:45 AM&lt;br&gt;Plein Air Painting Workshop&lt;br&gt;MAUDE JELLISON LIBRARY&lt;br&gt;Lower porch</td>
<td>PM – TUESDAY&lt;br&gt;June 25th&lt;br&gt;2:30 – 3:45 PM&lt;br&gt;KIDS COLOR SKETCH CLASS&lt;br&gt;Mountains and Sunsets&lt;br&gt;MAUDE JELLISON LIBRARY&lt;br&gt;Lower porch</td>
<td>AM – WEDNESDAY&lt;br&gt;June 26th&lt;br&gt;8:15 – 11:45 AM&lt;br&gt;Plein Air Painting Workshop&lt;br&gt;MAUDE JELLISON LIBRARY&lt;br&gt;Lower porch</td>
<td>PM – WEDNESDAY&lt;br&gt;July 3rd&lt;br&gt;2:30 – 3:45 PM&lt;br&gt;KIDS COLOR SKETCH CLASS&lt;br&gt;Mountains and Sunsets&lt;br&gt;MAUDE JELLISON LIBRARY&lt;br&gt;Lower porch</td>
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<td>AM – TUESDAY&lt;br&gt;July 2nd&lt;br&gt;8:15 – 11:45 AM&lt;br&gt;Plein Air Painting Workshop&lt;br&gt;MAUDE JELLISON LIBRARY&lt;br&gt;Lower porch</td>
<td>PM – TUESDAY&lt;br&gt;July 2nd&lt;br&gt;2:30 – 3:45 PM&lt;br&gt;KIDS COLOR SKETCH CLASS&lt;br&gt;Small Animals and Birds&lt;br&gt;MAUDE JELLISON LIBRARY&lt;br&gt;Lower porch</td>
<td>AM – WEDNESDAY&lt;br&gt;July 10th&lt;br&gt;8:15 – 11:45 AM&lt;br&gt;Plein Air Painting Workshop&lt;br&gt;MAUDE JELLISON LIBRARY&lt;br&gt;Lower porch</td>
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<td>AM – TUESDAY&lt;br&gt;July 9th&lt;br&gt;8:15 – 11:45 AM&lt;br&gt;Plein Air Painting Workshop&lt;br&gt;MAUDE JELLISON LIBRARY&lt;br&gt;Lower porch</td>
<td>PM – TUESDAY&lt;br&gt;July 16th&lt;br&gt;8:15 – 11:45 AM&lt;br&gt;Plein Air Painting Workshop&lt;br&gt;MAUDE JELLISON LIBRARY&lt;br&gt;Lower porch</td>
<td>AM – WEDNESDAY&lt;br&gt;July 17th&lt;br&gt;7:45 AM – 12 Noon&lt;br&gt;Art Hike: choice of sketching or watercolor/journaling kits&lt;br&gt;Start at Sweet Memorial</td>
<td>PM – WEDNESDAY&lt;br&gt;July 24th&lt;br&gt;7:45 AM – 12 Noon&lt;br&gt;Art Hike: choice of sketching or watercolor/journaling kits&lt;br&gt;Start at Sweet Memorial</td>
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<td>PM – MONDAY&lt;br&gt;July 15th&lt;br&gt;2:00 – 3:00 PM&lt;br&gt;“American Western Heritage through Song” Music Series with special guest Willie McDonald. Topic: Rural Roots Songs from the 1850s through 1940s. MAUDE JELLISON LIBRARY</td>
<td>AM – TUESDAY&lt;br&gt;July 16th&lt;br&gt;8:15 – 11:45 AM&lt;br&gt;Plein Air Painting Workshop&lt;br&gt;MAUDE JELLISON LIBRARY&lt;br&gt;Lower porch</td>
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<td>AM – WEDNESDAY&lt;br&gt;July 31st&lt;br&gt;8:15 – 11:45 AM&lt;br&gt;Plein Air Painting Workshop&lt;br&gt;MAUDE JELLISON LIBRARY&lt;br&gt;Lower porch</td>
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<td>AM – TUESDAY&lt;br&gt;July 23rd&lt;br&gt;8:15 – 11:45 AM&lt;br&gt;Plein Air Painting Workshop&lt;br&gt;MAUDE JELLISON LIBRARY&lt;br&gt;Lower porch</td>
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| 6    | PM – MONDAY<br>August 5th<br>2:30 – 3:45 PM<br>KIDS COLOR SKETCH CLASS<br>Horses, Elk, Deer, Bison<br>MAUDE JELLISON LIBRARY<br>Lower porch | AM – TUESDAY<br>August 6th<br>8:15 – 11:45 AM<br>Plein Air Painting Workshop<br>MAUDE JELLISON LIBRARY<br>Lower porch | PM – TUESDAY<br>August 6th<br>2:30 – 3:45 PM<br>KIDS COLOR SKETCH CLASS<br>Small Animals and Birds<br>MAUDE JELLISON LIBRARY<br>Lower porch | For More Information<br>Contact the Program Department<br>In the Sweet Memorial Building:
(970) 586-3341 x 1104 |

**Note:**
- **Plein Air Painting Workshop**
- **Kids Color Sketch Class**
- **Art Hike: Sketch and/or Journaling**
- **Music and Art Presentations**