

# ACTIVITY GUIDE

FRIDAY, MAY 8 – THURSDAY, MAY 14

YMCA OF THE ROCKIES – ESTES PARK CENTER

[CLICK HERE](#)  
TO REGISTER  
FOR PROGRAMS



Children under the age of 13 must be accompanied by an adult (18+) at all times.

FACILITY HOURS	FRI, MAY 8	SAT, MAY 9	SUN, MAY 10	MON, MAY 11	TUES, MAY 12	WED, MAY 13	THURS, MAY 14
<b>BOONE FAMILY MOUNTAIN CENTER</b>	<b>WELCOME TO YOUR NEW PROGRAMS HOME!</b> Come by to sign up for activities and hikes, explore our nature center, and get all the details on programs at the Y. Rent hiking equipment, sports equipment, and mini golf equipment. Questions? Call x8402.						
	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM	8:30AM-5PM
<b>SWEET MEMORIAL</b>	<b>CLOSED FOR RENOVATIONS: JANUARY – JUNE</b> Visit the Boone Family Mountain Center for program information and registration, rentals of ice skates, sleds and sports equipment. Visit the Admin Building for games and puzzles. Visit the Longhouse Gym for game room tables like ping pong and pool.						
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
<b>MOOTZ FAMILY CRAFT &amp; DESIGN CENTER</b>	Welcome to our retail makerspace! Drop in crafts and classes available every day, prices and availability vary, some crafts have age restrictions.. 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. Questions? Call us at x1132.						
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM
<b>LULA W. DORSEY MUSEUM</b>	Learn about the history of YMCA of the Rockies and the surrounding area. Guided tours available. Questions? Call us at x1136.						
	CLOSED	10AM-12PM 1PM-5PM	10AM-12PM 1PM-5PM	CLOSED	CLOSED	CLOSED	CLOSED
<b>MAUDE JELLISON LIBRARY</b>	Grab a good book , cup of coffee, and get cozy . Children’s library located on lower level. Questions? Call us at x1133.						
	9AM-5PM	9AM-5PM	1PM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
<b>CENTER FOR WELL BEING</b>	Take advantage of a quiet studio to enjoy independent yoga, meditation, or other spiritual practices during open hours. This welcoming space offers a quiet environment to restore balance, deepen mindfulness, and find peace.						
	11:30AM-3PM	11:30AM-3PM	11:30AM-3PM	11:30AM-3PM	11:30AM-3PM	11:30AM-3PM	11:30AM-3PM
<b>DORSEY SWIMMING POOL</b>	Capacity is determined by the number of on duty lifeguards. Towels, flotation devices and toys provided. Children ages 1-7 need an adult in the water. Children ages 8-12 need to be accompanied by an adult in the building. Questions? Call us at x1135.						
	1PM-6PM	10AM-12PM 1PM-6PM	10AM-12PM 1PM-6PM	1PM-5PM	1PM-5PM	1PM-5PM	10AM-12PM 1PM-4PM
<b>BOB ECKER ROLLER RINK</b>	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x8402						
	5:30PM-9PM	5:30PM-9PM	5:30PM-9PM	8PM-9PM	5:30PM-9PM	6:30PM-7:30PM	5:30PM-9PM
<b>LONGHOUSE GYM</b>	Play basketball, volleyball, pickleball and more! Game room equipment available. Questions? Call us at x8402.						
	9AM-9PM	9AM-9PM	9AM-9PM	9AM-4PM 7:30PM-9PM	9AM-9PM	9AM-6:30PM 7:30PM-9PM	9AM-4PM 5:30PM-9PM

Some programs require advanced registration and may fill quickly. [Click Here](#) or call 970.586.3341 x8402 to book.

## GUIDED HIKES

**REGISTRATION REQUIRED.** Meet at the Boone Family Mountain Center. [Click Here](#) or call 970.586.3341 x8402 to book.

Hikes are free for YMCA of the Rockies guests and members. No call, no shows will incur a \$5 per person charge. Hikes start at the Boone Family Mountain Center. Call x1311 to check in or cancel, at least 24 hours in advance, no later than 5 pm the day before. Hikers are responsible for entrance fees if trailheads require RMNP access. Timed entry permits not needed on YMCA Guided Hikes. A variety of circumstances may change the schedule of any hike. All equipment will be provided for guided hikes requiring specialized gear. Please dress in layers and be prepared for snowy, windy and cold weather.

DIFFICULTY: A=Difficult B=Demanding Plus C=Demanding D=Strenuous E=Moderate Plus F=Moderate G=Easy Plus H=Easy

DATE	TIME	HIKE DESTINATION	TOTAL MILEAGE	ELEVATION GAIN	OVERALL GRADE	TERRAIN GRADE	TRANSPORT PROVIDED BY	HIKE MASTER
Sun, 5/10	7:00AM-11:30AM	Gem Lake	3.5	1460	F	F	Hiker	Tammy

## WORSHIP IN THE ROCKIES

**SUNDAY, MAY 10**

**10AM** -Join us in Ponder Chapel for a wonderful hour of worship! Everyone is welcome!

# ADVENTURE ACTIVITIES

**REGISTRATION REQUIRED.** Refunds for lightning or cancellations made 24 hours in advance. [Click Here](#) or call 970.586.3341x8402 to book.

## OUTDOOR ARCHERY

Located at the Roller Rink. Archery sessions allow beginners to learn the basics, while experienced archers get a chance to practice their skills.  
Open to ages 6+, up to 12 people per session, \$12/pp.

## NELSEN FAMILY INDOOR CLIMBING WALL

Check in 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 wall, or stay low to the ground on the bouldering wall. Open to ages 5+, up to 12 people per session, \$12/pp.

# CRAFT CLASSES

**REGISTRATION REQUIRED.** Meet at the Craft and Design Center. [Click Here](#) or call 970.586.3341x1132 to book.

### FRIDAY, MAY 8

**Elastic Jewelry**  
10:00AM - \$10 - AGES 4+  
**Mountain Multimedia Collage**  
10:00AM - \$10 - AGES 4+  
**Painting with Flora**  
1:00PM - \$15 - AGES 10+  
**Earring Making**  
1:00PM - \$15 - AGES 10+  
**Bracelet Making**  
2:30PM - \$15 - AGES 10+  
**Necklace Making**  
3:30PM - \$15 - AGES 10+

### SATURDAY, MAY 9

**Elastic Jewelry**  
10:00AM - \$10 - AGES 4+

**UV Resin Keychain**  
10:00AM - \$15 - AGES 10+  
**Earring Making**  
1:00PM - \$15 - AGES 10+  
**Bracelet Making**  
2:30PM - \$15 - AGES 10+  
**Necklace Making**  
3:30PM - \$15 - AGES 10+

### SUNDAY, MAY 10

**Elastic Jewelry**  
10:00AM - \$10 - AGES 4+  
**Pipe Cleaner Flowers**  
10:00AM - \$10 - AGES 4+  
**Holiday Painting with Flora**  
1:00PM - \$15 - AGES 10+

**Earring Making**  
1:00PM - \$15 - AGES 10+  
**Bracelet Making**  
2:30PM - \$15 - AGES 10+  
**Necklace Making**  
3:30PM - \$15 - AGES 10+

### MONDAY, MAY 11

**Elastic Jewelry**  
10:00AM - \$10 - AGES 4+  
**Earring Making**  
1:00PM - \$15 - AGES 10+  
**Bracelet Making**  
2:30PM - \$15 - AGES 10+  
**Necklace Making**  
3:30PM - \$15 - AGES 10+

### TUESDAY, MAY 12

**Elastic Jewelry**  
10:00AM - \$10 - AGES 4+  
**Earring Making**  
1:00PM - \$15 - AGES 10+  
**Bracelet Making**  
2:30PM - \$15 - AGES 10+  
**Necklace Making**  
3:30PM - \$15 - AGES 10+

### WEDNESDAY, MAY 13

**Elastic Jewelry**  
10:00AM - \$10 - AGES 4+  
**Earring Making**  
1:00PM - \$15 - AGES 10+

**Bracelet Making**  
2:30PM - \$15 - AGES 10+  
**Necklace Making**  
3:30PM - \$15 - AGES 10+

### THURSDAY, MAY 14

**Elastic Jewelry**  
10:00AM - \$10 - AGES 4+  
**Earring Making**  
1:00PM - \$15 - AGES 10+  
**Pinecone Hedgehog**  
2:00PM - \$5 - AGES 4+  
**Bracelet Making**  
2:30PM - \$15 - AGES 10+  
**Necklace Making**  
3:30PM - \$15 - AGES 10+

# FREE FAMILY FUN

Join in on any of our free programs during your stay! No registration required, just meet us at the listed location!

### FRIDAY, MAY 8

**Parachute Games**  
9:00AM @ Longhouse Gym  
**Origami**  
9:45AM @ Mountain Center  
**Nature Prints**  
10:45AM @ Mountain Center  
**Floor Hockey**  
1:00M @ Longhouse Gym  
**Make Ice Cream**  
2:30PM @ Mountain Center  
**Minute to Win It**  
3:15PM @ Mountain Center  
**Volleyball**  
3:30M @ Longhouse Gym  
**Tower Power**  
4:00PM @ Mountain Center  
**BINGO**  
6:00PM @ Rustic Cafe  
**Trivia**  
7:00PM @ Rustic Cafe

### SATURDAY, MAY 9

**Animal Detective**  
9:00AM @ Mountain Center  
**Parachute Games**  
9:00AM @ Longhouse Gym  
**Origami**  
9:45AM @ Mountain Center

**Wolf Talk**  
10:15AM @ Mountain Center  
**Children's Story Time**  
10:30AM @ Library  
**Nature Prints**  
10:45AM @ Mountain Center  
**Walk in the Woods**  
12:45PM @ Mountain Center  
**Floor Hockey**  
1:00M @ Longhouse Gym  
**Make Ice Cream**  
2:30PM @ Mountain Center  
**Survival**  
2:30PM @ Mountain Center  
**Minute to Win It**  
3:15PM @ Mountain Center  
**Volleyball**  
3:30M @ Longhouse Gym  
**Little Explorers**  
4:00PM @ Mountain Center  
**Tower Power**  
4:00PM @ Mountain Center  
**BINGO**  
6:00PM @ Rustic Cafe  
**Trivia**  
7:00PM @ Rustic Cafe

### SUNDAY, MAY 10

**Animal Detective**  
9:00AM @ Mountain Center  
**Camp Games Jr.**  
9:00AM @ Longhouse Gym  
**Origami**  
9:45AM @ Mountain Center  
**Wolf Talk**  
10:15AM @ Mountain Center  
**Nature Prints**  
10:45AM @ Mountain Center  
**Walk in the Woods**  
12:45PM @ Mountain Center  
**Floor Hockey**  
1:00M @ Longhouse Gym  
**Make Slime**  
2:30PM @ Mountain Center  
**Minute to Win It**  
3:15PM @ Mountain Center  
**Little Explorers**  
4:00PM @ Mountain Center  
**Tower Power**  
4:00PM @ Mountain Center  
**MONDAY, MAY 11**  
**Camp Games Jr.**  
9:00AM @ Longhouse Gym  
**Origami**  
9:45AM @ Mountain Center

**Nature Prints**  
10:45AM @ Mountain Center  
**Floor Hockey**  
1:00M @ Longhouse Gym  
**Make Slime**  
2:30PM @ Mountain Center  
**Minute to Win It**  
3:15PM @ Mountain Center  
**Tower Power**  
4:00PM @ Mountain Center

### TUESDAY, MAY 12

**Camp Games Jr.**  
9:00AM @ Longhouse Gym  
**Origami**  
9:45AM @ Mountain Center  
**Nature Prints**  
10:45AM @ Mountain Center  
**Floor Hockey**  
1:00M @ Longhouse Gym  
**Make Slime**  
2:30PM @ Mountain Center  
**Minute to Win It**  
3:15PM @ Mountain Center  
**Tower Power**  
4:00PM @ Mountain Center

### WEDNESDAY, MAY 13

**Camp Games Jr.**  
9:00AM @ Longhouse Gym

**Origami**  
9:45AM @ Mountain Center  
**Nature Prints**  
10:45AM @ Mountain Center  
**Floor Hockey**  
1:00M @ Longhouse Gym  
**Make Slime**  
2:30PM @ Mountain Center  
**Minute to Win It**  
3:15PM @ Mountain Center  
**Tower Power**  
4:00PM @ Mountain Center  
**THURSDAY, MAY 14**  
**Camp Games Jr.**  
9:00AM @ Longhouse Gym  
**Origami**  
9:45AM @ Mountain Center  
**Nature Prints**  
10:45AM @ Mountain Center  
**Floor Hockey**  
1:00M @ Longhouse Gym  
**Minute to Win It**  
3:15PM @ Mountain Center  
**Tower Power**  
4:00PM @ Mountain Center

# PROGRAM DESCRIPTIONS

## EARRING MAKING

Learn jewelry making skills to create a pair of earrings.

## ELASTIC JEWELRY

String beads onto elastic for one necklace or two bracelets.

## FLOOR HOCKEY

A fast-paced game full of teamwork, movement, and fun for all skill levels.

## KNOTS

Twist, loop, and tie your way into becoming a knot tying pro

## LITTLE EXPLORERS

Explorers use their senses to investigate the world.

## MINUTE TO WIN IT

Fast, silly challenges designed for quick wins and big laughs!

## NATURE PRINTS

Turn a nature walk into art! Easy and fun, especially for the little ones.

## NECKLACE MAKING

Learn basic jewelry making skills to create a necklace.

## ORIGAMI

Learn the basics of folding paper into simple shapes and creations.

## PAINTING WITH FLORA

Guided acrylic painting class for all levels.

## SURVIVAL

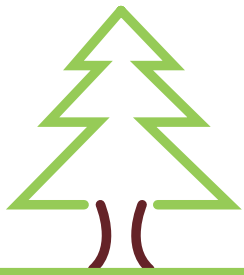
Learn important skills to help you stay safe outside

## TOWER POWER

Build the tallest tower you can using spaghetti and mini marshmallows in this hands-on engineering challenge.

## WALK IN THE WOODS

Learn about our ecosystem and local flora and fauna on a short walk.



**HOMEGROWN**  
yoga & massage

# MASSAGE THERAPY

Here at the YMCA!



**Book Now - Online!**

Open daily 9am-5pm

(720) 218-1953 - Text!

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



*Relax | Release | Rest | Renew*

Experience state-of-the-art yoga and massage services at Homegrown, where professionally appointed, fully equipped facilities are nestled within a new environmentally friendly building at the YMCA of the Rockies, Estes Park Center. With every session and class designed to leave you feeling amazing, you just won't want to leave!

**Hours of operation:**

Daily 9am-5pm

**Book now:**

Online: scan QR code or [homegrownyoga.com](http://homegrownyoga.com)

In person: Stop by CFWB reception desk 4D on Y Map.

Text: (720) 218-1953 and provide your name, days you're in town and length of massage you want.

**Location:**

Massage services are centrally located at the Y in the Center for Well-Being (CFWB) 4D on Y map. Behind the pool, next to the museum.

**Yoga classes:**

- Private yoga classes available for conferences, weddings and gatherings. See [homegrownyoga.com](http://homegrownyoga.com) for details.
- See [homegrownyoga.com](http://homegrownyoga.com) for current schedule and YMCA Activity guide.

**NEW! Sound Bath with Wellness Meditation:**

\$30 / 60 min. Bring blanket & pillow.

Visit [homegrownyoga.com](http://homegrownyoga.com) for more information and to schedule.

**Services & Prices:**

30 min	\$70	Perfect for achy feet or a great neck and back massage
60 min	\$110	Perfect for full body massage focusing on relaxation and health promotion
90 min	\$160	Allows additional time to focus on a certain pain issue
120 min	\$230	Allows time for multiple modalities and an in-depth full body massage

**No time add ons:**

Aromatherapy and warm towel treatment included.

Deep Tissue: Included

Hikers Feet Heaven: \$20

Foot Sugar Scrub: \$10

Hot Stone: \$20

Body Brushing: \$15

**Four pack/one hour: \$420**

**Payment:**

- Use credit card used to book online.
- Any credit or debit card, Google/Apple Pay.
- No insurance reimbursement.
- 48 hour cancellation policy or full charge.

***"Helping people be their best"***



**JACKSON STABLES, INC.**  
**SUMMER May 2 – August 14, 2026**

**Estes Park Center**  
**YMCA of the ROCKIES LIVERY**

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:**           \$80 1 hour ride  
(per person) \$120 2 hour ride  
                  \$160 3 hour ride  
                  \$200 4 hour ride  
                  \$240 5 hour ride

Deer Meadows/Glacier Basin  
Moraine Park /Emerald Mtn.  
Beaver Meadows/East Portal/Mill Creek  
Wind River  
Bierstadt Lake



SUNDAY

8:00am 2 hr. Emerald Mountain  
8:40am 3 hr. Beaver Meadows  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Glacier Basin  
1:00pm 2 hr. Moraine Park  
1:40pm 3 hr. Mill Creek  
2:00pm 1 hr. Deer Meadows  
3:30pm 2 hr. Moraine Park  
4:00 pm 1 hr. Glacier Basin

MONDAY

8:00am 2 hr. Moraine Park  
8:20am 2 hr. Moraine Park  
8:40am 1 hr. Glacier Basin  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Deer Meadows  
1:00pm 2 hr. Moraine Park  
1:40pm 3 hr. East Portal  
2:00pm 1 hr. Glacier Basin  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Deer Meadows

TUESDAY

7:40am 4 hr. Wind River  
8:00am 2 hr. Moraine Park  
8:40am 3 hr. Cub Canyon  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Glacier Basin  
1:00pm 2 hr. Emerald Mountain  
1:40pm 3 hr. Mill Creek  
2:00pm 1 hr. Deer Meadows  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Glacier Basin

WEDNESDAY

8:00am 2 hr. Emerald Mountain  
8:40am 3 hr. Beaver Meadows  
9:00am 1 hr. Glacier Basin  
10:30am 1 hr. Deer Meadows  
1:00pm 2 hr. Emerald Mountain  
1:20pm 2 hr. Moraine Park  
1:40pm 1 hr. Deer Meadows  
2:00pm 1 hr. Glacier Basin  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Glacier Basin

THURSDAY

8:00am 2 hr. Emerald Mountain  
8:40am 3 hr. Mill Creek  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Glacier Basin  
1:00pm 2 hr. Moraine Park  
1:40pm 3 hr. Beaver Meadows  
2:00pm 1 hr. Deer Meadows  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Glacier Basin

FRIDAY

8:00am 2 hr. Moraine Park  
8:40am 3 hr. East Portal  
9:00am 1 hr. Deer Meadows  
10:30am 1 hr. Glacier Basin  
1:00pm 2 hr. Emerald Mountain  
1:40pm 1 hr. Deer Meadows  
2:00pm 1 hr. Glacier Basin  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Deer Meadows

SATURDAY

7:40am 5 hr. Bierstadt Lake  
8:00am 2 hr. Moraine Park  
8:20am 2 hr. Moraine Park  
8:40am 1 hr. Deer Meadows  
9:00am 1 hr. Glacier Basin  
10:30am 1 hr. Deer Meadows  
1:00pm 2 hr. Emerald Mountain  
1:40pm 3 hr. Cub Canyon  
2:00pm 1 hr. Deer Meadows  
3:30pm 2 hr. Moraine Park  
4:00pm 1 hr. Glacier Basin

The weight limit for an individual horseback rider is 230 pounds.

**Family hayrides with marshmallow roasts are offered during the week \$30 per person, call for dates and times.**

**PLEASE CALL FOR RESERVATIONS**

YMCA charges to room may be accepted



## 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 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.**

**PONY RIDES:** The livery is proud to offer the “Minnie Mouse Pony Trail.” Reservations are recommended and are for children 5 years old and younger. There is a 50 lb. weight limit for the ponies. Sign up by phone or in the Livery Office. Cost: \$30.00 per child. Available times: Daily: 8:30am-11:30am/1:00-4:30pm.

**DEER MEADOWS:** A 1-hour trail ride that follows Glacier Creek to the Wind River area. We consider this a beginner level ride, appropriate for children and first-time riders.

**GLACIER BASIN:** This 1-hour trail ride heads west along mildly steep terrain, up Glacier Basin. This ride does some climbing, while looking down on Glacier Creek and a small waterfall. The ride offers spectacular views of the Front Range, including Longs Peak, at the top. This trail is appropriate for riders of all ages.

**MORaine PARK:** This 2-hour 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. This ride is designed to include some trotting, but it is not guaranteed.

**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. This ride is designed to include some trotting, but it is not guaranteed.

**3-HOUR RIDE TO BEAVER MEADOWS, CUB CANYON, EAST PORTAL or MILL CREEK:** A true horseback riding experience! These rides take you deeper into the aesthetic and scenic values offered in RMNP, each providing a different view of forests, meadows, wildflowers, rivers and the Continental Divide. These rides offer a better opportunity to spot the many varieties of wildlife, and a short rest break is provided about half-way through. These longer rides are designed to include some trotting, but it is not guaranteed.

**4-HOUR RIDE TO WIND RIVER:** This trip takes you climbing west along Glacier Basin, then heads south along Wind River where the wildflowers are abundant. There is a short rest break about halfway through the ride nestled along Wind River.

**5-HOUR RIDE TO BIERSTADT LAKE:** This ride makes a continuous loop beginning in the lower Mill Creek area, on the way to the summit of the Bierstadt Lake shores and returns through Glacier Basin. Expect fantastic views of Longs Peak and a variety of scenery not seen from our other rides. (This ride is not designed for first time riders.)

**HAYRIDES:** Private and Open horse-drawn hayrides are available throughout the summer. Cost is \$30.00 per person. Kids 3 years old and under are free. Each hayride lasts approximately 1½ hours and includes a campfire and marshmallow roast. A family favorite! Call the YMCA Livery (ext. 1140) for scheduling and additional information. Group rates are available with advanced contract and deposit.