

ACTIVITY SCHEDULE FRIDAY, MARCH 1 – FRIDAY, MARCH 8

YMCA OF THE ROCKIES - ESTES PARK CENTER



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

PROGRAM FACILITY HOURS

	Fri, Mar 1	Sat, Mar 2	Sun, Mar 3	Mon, Mar 4	Tues, Mar 5	Wed, Mar 6	Thurs, Mar 7	Fri, Mar 8
SWEET MEMORIAL	Stop by to get a full schedule of activities, and plan out your fun! Check out our game room in the basement! Sign out board games, puzzles, mini golf equipment, sports equipment and more! Questions? Call us at x1104.							
	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM
BOONE FAMILY MOUNTAIN CENTER	Sign up for hikes, visit our nature center, or get info about our outdoor activities! Plus, find tons of information about hiking, both at the Y and in the National Park. Questions? Call x8402.							
	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM
LULA W. DORSEY MUSEUM	Come by and learn about the history and creation of YMCA of the Rockies. Guided tours available, no registration required. Last admittance 30 minutes before closing. Questions? Call us at x1136.							
	10AM-5:30PM	10AM-5:30PM	10AM-5:30PM	CLOSED	CLOSED	CLOSED	CLOSED	9AM-5:30PM
MAUDE JELLISON LIBRARY	Grab a good book, a hot cup of coffee, and get cozy by the fire. Questions? Call us at x1133.							
	9AM-5PM	9AM-5PM	1PM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
MOOTZ FAMILY CRAFT & DESIGN CENTER	Drop in crafts available everyday, prices and availability vary. Glazed ceramics must be finished by 2:00pm & 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 x 1132.							
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM
DORSEY SWIMMING POOL	Capacity may be restricted to as low as 20 people. Pool is closed during lightning storms. Pool will be cleared 5 minutes before closing time. Call x1135 for space availability and weather conditions. Towels provided. OPEN SWIM - Swim time for all, come to play or swim laps! Kids 12 and under must have an adult in the building at all times. Kids 7 and under must have an adult in the water. The water slide is open at the lifeguards' discretion.							
	OPEN SWIM 10AM-12PM 1PM-5PM 6PM-8PM	OPEN SWIM 10AM-12PM 1PM-3PM 6PM-8PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-6PM
BOB ECKER ROLLER RINK	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104							
	5:30PM-9:30PM	5:30PM-8PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM
LONGHOUSE GYM	Stop by our gymnasium for a game of volleyball or basketball. Call x1104 for more information.							
	9AM-PM	9AM-5PM	9AM-9:30PM	12PM-9:30PM	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM

LOST?
CHECK OUT OUR
PROPERTY MAP



WANT TO HIKE?
CHECK OUT OUR
TRAIL MAP



ON PROPERTY SELF GUIDED WALKING TOUR

These informative strolls explore our history and public art and encourage you to engage with art and nature. Access the tours by clicking on the tour you are interested in! QR Codes are available in Sweet Memorial and the Museum.

[PUBLIC ART TOUR](#) | [WALK ABOUT THE Y HISTORY TOUR](#)

Call 970-586-3341 ext. 1104 for more information.

FREE FAMILY PROGRAMS

No registration required.

Age Ranges Family Programs (all ages) † Little Learners (6 and under) * Young Adult+ (10 & up) ☀
 Locations: Mountain Center (MC) Sweet Memorial (Sweet) Longhouse Gym (LH)

PROGRAM DESCRIPTIONS

FRIDAY, MAR 1

8:45AM * Little Explorers @ Sweet
 9:30AM † Animal Detective @ Sweet
 9:45AM * Woolly Worm Hunt@ Sweet
 10:30AM † Survival Bracelets@ Sweet
 10:45AM † Knots@ Sweet
 11:45PM * Parachute Games@ Sweet
 12:30PM † Dino Discovery @ Sweet
 1:15PM † Backyard Black Bears @ Sweet
 1:45PM † Tower Power @ Sweet
 2:00PM † Walk in the Woods @ Sweet
 3:00PM † What About Wolves @ Sweet
 3:45PM † Jr. Survival @ Sweet
 4:00PM † Slime@ Sweet
 4:45PM † Fire Quest @ Sweet
 6:00PM † BINGO @ Sweet
 7:00PM † Trivia @ Sweet

SATURDAY, MAR 2

8:45AM * Little Explorers @ Sweet
 9:30AM † Animal Detective @ Sweet
 9:45AM * Woolly Worm Hunt@ Sweet
 10:30AM † Survival Bracelets@ Sweet
 10:30AM * Children's Story Time@ Library
 10:45AM † Bird is the Word@ Sweet
 11:45PM * Parachute Games@ Sweet
 1:30PM † Flag Football @ Sweet
 1:45PM † Tower Power @ Sweet
 2:45PM † Origami @ Sweet
 3:00PM † What About Wolves @ Sweet
 3:45PM † Jr. Survival @ Sweet
 4:00PM † Make Ice Cream@ Sweet
 4:45PM † Fire Quest @ Sweet
 5:15PM † Floor Hockey @ LH
 6:00PM † Community Fire @ Sweet

SUNDAY, MAR 3

8:45AM * Little Explorers @ Sweet
 9:30AM † Animal Detective @ Sweet
 10:45AM † Knots@ Sweet
 11:45PM * Parachute Games@ Sweet
 1:15PM † Backyard Black Bears @ Sweet
 1:30PM † Flag Football @ Sweet
 2:00PM † Walk in the Woods @ Sweet
 2:45PM † Origami @ Sweet
 3:45PM † Jr. Survival @ Sweet
 4:45PM † Fire Quest @ Sweet
 5:15PM † Floor Hockey @ LH

MONDAY, MAR 4

8:45AM * Little Explorers @ Sweet
 9:30AM † Animal Detective @ Sweet
 10:45AM † Knots@ Sweet
 11:45PM * Parachute Games@ Sweet
 1:15PM † Backyard Black Bears @ Sweet
 2:00PM † Walk in the Woods @ Sweet
 3:45PM † Jr. Survival @ Sweet
 4:45PM † Fire Quest @ Sweet

TUESDAY, MAR 5

8:45AM * Little Explorers @ Sweet
 9:30AM † Animal Detective @ Sweet
 10:45AM † Bird is the Word@ Sweet
 11:45PM * Parachute Games@ Sweet
 1:15PM † Backyard Black Bears @ Sweet
 2:00PM † Survival @ Sweet
 3:45PM † Jr. Survival @ Sweet
 4:45PM † Fire Quest @ Sweet

WEDNESDAY, MAR 6

8:45AM * Little Explorers @ Sweet
 9:30AM † Animal Detective @ Sweet
 10:45AM † Knots@ Sweet
 11:45PM * Parachute Games@ Sweet
 1:15PM † Backyard Black Bears @ Sweet
 2:00PM † Walk in the Woods @ Sweet
 3:45PM † Jr. Survival @ Sweet
 4:45PM † Fire Quest @ Sweet

THURSDAY, MAR 7

8:45AM * Little Explorers @ Sweet
 9:30AM † Animal Detective @ Sweet
 10:45AM † Bird is the Word@ Sweet
 11:45PM * Parachute Games@ Sweet
 1:15PM † Backyard Black Bears @ Sweet
 2:00PM † Survival @ Sweet
 3:45PM † Jr. Survival @ Sweet

FRIDAY, MAR 8

8:45AM * Little Explorers @ Sweet
 9:30AM † Animal Detective @ Sweet
 9:45AM * Woolly Worm Hunt@ Sweet
 10:30AM † Survival Bracelets@ Sweet
 10:45AM † Knots@ Sweet
 11:45PM * Parachute Games@ Sweet
 12:30PM † Dino Discovery @ Sweet
 1:15PM † Backyard Black Bears @ Sweet
 1:45PM † Tower Power @ Sweet
 2:00PM † Walk in the Woods @ Sweet
 3:00PM † What About Wolves @ Sweet
 3:45PM † Jr. Survival @ Sweet
 4:00PM † Slime@ Sweet
 4:45PM † Fire Quest @ Sweet
 6:00PM † BINGO @ Sweet
 7:00PM † Trivia @ Sweet

FAMILY FUN

ANIMAL DETECTIVE (1hr)

Learn about animals at the Y! We will observe tracks, scat, bones, and antlers, then we use our detective skills to see what animal signs we can find outside.

BACKYARD BLACK BEARS (30min)

Discover the fascinating world of black bears and learn to live in harmony with these magnificent animals.

BIRD IS THE WORD (1hr)

Come learn about fall birds in our area and make your very own bird feeder.

COMMUNITY FIRE (2hr)

Come join a free community campfire. Feel free to bring your own s'mores supplies.

DINO DISCOVERY (1hr)

Learn about the rich history of Dinosaurs in Colorado and get ready to put your paleontology skills to the test.

FIRE QUEST (1hr)

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

ORIGAMI (1hr)

We will explore basic folding patterns and replicate easy designs.

PARACHUTE GAMES (30min)

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

SLIME (1hr)

Pick your color, then use glue, borax, and water to make your own unique slime that you can put in a baggie and take with you!

SURVIVAL BRACELETS (1hr)

Make your own survival bracelets for your outdoor adventures. Learn how to braid paracord to make a functional survival tool.

SURVIVAL (1.5hr)

Learn some important skills to help you stay safe in the wilderness.

TOWER POWER (1hr)

Unleash your inner engineer and build towering structures

WALK IN THE WOODS (1.5hr)

Take a leisurely hike around property to explore the trees, plants, and animals in our area!

WHAT ABOUT WOLVES(30min)

Grey wolves were extirpated from Colorado in the late 1800's. As wolves begin to migrate back, learn about the effect of these large carnivores on their ecosystems.

LITTLE LEARNERS

FOR FAMILIES WITH CHILDREN UNDER AGE 6:

LITTLE EXPLORERS (30 min)

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

WOOLLY WORM HUNT (30 min)

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

CRAFT CLASSES

Registration Required, Click [Here](#) or call x1132 to register for classes.
 Prices vary. Refunds not given within 24 hours of a paid program.

FRIDAY, MAR 1

10:00AM - Elastic Jewelry
 2:30PM - Memory Wire Rings

SATURDAY, MAR 2

10:00AM - Elastic Jewelry
 2:30PM - Memory Wire Bracelets

SUNDAY, MAR 3

10:00AM - Elastic Jewelry

WEDNESDAY, MAR 6

10:00AM - Elastic Jewelry
 2:30PM - Memory Wire Rings

THURSDAY, MAR 7

10:00AM - Elastic Jewelry

FRIDAY, MAR 8

10:00AM - Elastic Jewelry



HOT COCOA SUNDAYS!

Join us at the [Mootz Family Craft and Design Center](#) for a cup of cocoa! Buy a mug to glaze and get a cup of hot cocoa for FREE!

Call x1104 or click [here](#) for more information!

ADVENTURE ACTIVITIES

Registration Required

Archery, Climbing \$12 per person. Click [Here](#) or call x1104 to check availability.
Refunds not given within 24 hours of a paid program, unless the cancellation is due to weather.

INDOOR ARCHERY

Located at the Indoor Archery Range 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 and older, up to 12 people per session.

NELSEN FAMILY INDOOR CLIMBING/BOULDERING WALL

Located at the Boone Family Mountain Center. The indoor climbing wall is modeled to look and feel like real rock! Climb to the top of the 25-foot wall, or stay low to the ground on the bouldering wall. Open to ages 5 and older, up to 8 people per session.

CHAPEL ACTIVITIES

SUNDAY, MARCH 3

10:00AM - Worship in The Rockies

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

ADDITIONAL CHAPEL PROGRAMS

INTERACTIVE PRAYER TRAIL

Located behind the Legett Christian Center. Walk the trail and encounter 5 interactive stations based on the prayer forms of Adoration, Confession, Thanksgiving, Supplication, and Intercession.

LABYRINTH

Labyrinth is a spiritual tool, a path of prayer, a walking meditation. Our Labyrinth is designed out of stones and located behind the Museum.

BIBLE POINT TRAIL

Along the trail you will encounter selected Psalms that sing to the glory of God revealed in nature. Pick up a map in the Mountain Center.

24/7 PRAYER - DANNEN CHAPEL

Entrance located on the outside northeast corner of Hyde Chapel, open 24/7 for your prayer needs.

BEATITUDE STUDY TRAIL

Enjoy a 1 mile hike while studying the beatitudes from Jesus' famous "Sermon on the Mount." The trailhead is located at the Dorsey Lake parking lot.

STORY WALK

Enjoy a children's book on a short walk equipped with reading stations. Begins on the walking path by the Hyde Chapel fire pit.

HAVING FUN? BECOME A MEMBER TODAY!

ONE MEMBERSHIP, TWO LOCATIONS

Enjoy lodging perks, discounts, activities and more. Scan the QR Code for more information and registration details.



GUIDED HIKING

REGISTRATION REQUIRED

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

A variety of circumstances may change the schedule of any hike. It is imperative that all hikers check in at the Mountain Center hiking counter no later than 5pm the day before the hike. Please bring your Y lodge room number or cabin name at that time. All equipment will be provided for guided hikes requiring specialized snow equipment, such as snowshoes or microspikes. Please dress in layers and be prepared for snow and cold temperatures, especially for hikes higher than 8500' in elevation.

Hike Difficulty: A=Most Difficult B=Very Demanding C=Demanding D=Strenuous E=Moderate Plus F=Moderate G=Easy H=Easiest

Prerequisites: To meet the prerequisite for an A, B, C, and D hike, a hiker must have completed without difficulty a YMCA of the Rockies (Hikemaster-led) hike of no more than two grades lower within two weeks before the hike. A "C" hike is the prerequisite for an "A" hike (A hikes may require additional hiker scrutiny due to the high level of physical demand); a "D" hike is the prerequisite for a "B" hike, etc.

	Hike	Miles RT	Grade	Terrain	Elevation Gain	Hikemaster
FRIDAY, MAR 1						
9:00AM-12:00 PM	Moraine Park Loop	3.0	G	F	400'	Program Staff
<i>Identify plants & wildlife along the Big Thompson River & an ancient glacial moraine.</i>						
SUNDAY, MAR 3						
1:00PM-4:00 PM	Bible Point	3.5	F	F	900'	Program Staff
<i>We will start by hiking along the frolicking Glacier Creek, then head up Bible Point, originally called "Buena Vista," which</i>						
FRIDAY, MAR 8						
9:00AM-12:00 PM	Moraine Park Loop	3.0	G	F	400'	Program Staff
<i>Identify plants & wildlife along the Big Thompson River & an ancient glacial moraine.</i>						



LIBRARY EVENTS

DR. SEUSS BIRTHDAY CELEBRATION MARCH 2, 12:30PM

Come celebrate the Birthday of Dr. Seuss and the Importance of Reading on Saturday, March 2 at the Maude Jellison Library. Drop by between 12:30 and 4:30 for a variety of Seuss related activities including Pin the Hat on the Cat, Dr. Seuss Trivia, and an Inter-Active Story Time. Birthday Cake will be served while supply lasts!

Call x1104 or click [here](#) for more information!



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Here at the YMCA!

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on grounds of YMCA

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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 on the corner of Friendship Lane and Association Drive.

Hours of operation:

Open daily by appointment

To schedule your appointment:

Text: 720-218-1953 (Laura's cell phone) - This is the best way.

Let me know the days you'll be in Estes Park, your ideal days/times, and the length of massage you would like as well as the names of the people wanting a massage.

You can try calling, but know that voice messages are sometimes severely delayed in the mountains if they come through at all.

Email: laura@homegrownyoga.com

Location:

Massage (Birch) Cabin is at the corner of Friendship Lane and Association Drive, right next to the Arts and Design Center and easy to walk to. If driving, please take Program Way from Association Drive and park at the end of Program Way. Birch is on the right. There is no parking on Friendship Ln or Association Dr. even though you can see the cabin from those streets.

Payment:

Pay at time of service at massage cabin. Cash and room charge preferred. Credit cards accepted. No Venmo payments or insurance reimbursement.

Services & Prices:

30 min	\$65	Perfect for achy feet or a great neck and back massage
60 min	\$105	Perfect for full body massage focusing on relaxation and health promotion
90 min	\$155	Allows additional time to focus on a certain pain issue
120 min	\$200	Allows time for multiple modalities and an in-depth full body massage

No time add ons:

Deep Tissue: Included Body Brushing: \$15
Fruit Refresh: \$20 Hot Stone: \$20
Foot Sugar Scrub: \$10

Four pack/one hour: \$400

Complimentary aromatherapy with every massage.

48 hour cancellation policy or full charge.

"helping people be their best"

