

# ACTIVITY SCHEDULE

## FRIDAY, FEBRUARY 16– FRIDAY, FEBRUARY 23

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, Feb 16	Sat, Feb 17	Sun, Feb 18	Mon, Feb 19	Tues, Feb 20	Wed, Feb 21	Thurs, Feb 22	Fri, Feb 23
<b>SWEET MEMORIAL</b>	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
<b>BOONE FAMILY MOUNTAIN CENTER</b>	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
<b>LULA W. DORSEY MUSEUM</b>	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.							
	9AM–5:30PM	9AM–5:30PM	9AM–5:30PM	9AM–1PM	CLOSED	CLOSED	CLOSED	10AM–5:30PM
<b>MAUDE JELLISON LIBRARY</b>	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
<b>MOOTZ FAMILY CRAFT &amp; DESIGN CENTER</b>	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
<b>DORSEY SWIMMING POOL</b>	<b>Capacity may be restricted to as low as 20 people.</b> 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. <b>OPEN SWIM</b> – 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.							
	<b>OPEN SWIM</b> 10AM–12PM 1PM–6PM	<b>OPEN SWIM</b> 10AM–12PM 1PM–5PM 6PM–8PM	<b>OPEN SWIM</b> 10AM–12PM 1PM–5PM	<b>OPEN SWIM</b> 10AM–12PM 1PM–6PM	<b>OPEN SWIM</b> 1PM–6PM	<b>OPEN SWIM</b> 10AM–12PM 1PM–6PM	<b>OPEN SWIM</b> 1PM–6PM	<b>OPEN SWIM</b> 10AM–12PM 1PM–6PM 6PM–8PM
<b>BOB ECKER ROLLER RINK</b>	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104							
	5:30PM–9:30PM	5:30PM–9:30PM	5:30PM–9:30PM	CLOSED	5:30PM–9:30PM	5:30PM–9:30PM	5:30PM–9:30PM	5:30PM–9:30PM
<b>LONGHOUSE GYM</b>	Stop by our gymnasium for a game of volleyball or basketball. Call x1104 for more information.							
	9AM–9:30PM	9AM–5PM	9AM–9:30PM	12PM–9:30PM	9AM–9:30PM	9AM–9:30PM	9AM–9:30PM	9AM–2PM 4PM–9PM

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

### 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.

#### 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)

Unleash your inner engineer and build towering structures

### 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 SHOP CLASSES

#### ELASTIC JEWELRY

This is a beginners class designed for ages 4 and up. Participants will learn how to string beads onto elastic pieces cut to their desired lengths for one necklace or two bracelets. \$15 per person, ages 4+.

#### MEMORY WIRE BRACELETS

Learn how to measure and cut the shape holding wire, string their selected beads, and secure the ends using pliers. \$15 per person, ages 10+.

#### PENDANT EARRINGS

Learn how to use pins or hoops to string beads and connect them to their earring posts. \$15 per person, ages 10+

#### STRING NECKLACES

Learn the basics of using jewelry wire, crimp beads, lobster clasps, a crimping tool, and a wire cutter. \$15 per person, ages 10+.

### FRIDAY, FEB 16

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, FEB 17

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 ‡ Snowball CTF @ Sweet  
1:45PM ‡ Tower Power @ Sweet  
2:45PM ‡ Paper Snowflakes @ 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, FEB 18

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 ‡ Snowball CTF @ Sweet  
2:00PM ‡ Walk in the Woods @ Sweet  
3:45PM ‡ Jr. Survival @ Sweet  
4:45PM ‡ Fire Quest @ Sweet

### MONDAY, FEB 19

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, FEB 20

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, FEB 21

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, FEB 22

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, FEB 23

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

## CRAFT CLASSES

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

### FRIDAY, FEB 16

10:00AM - Elastic Jewelry  
2:30PM - String Necklaces

### SATURDAY, FEB 17

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

### SUNDAY, FEB 18

10:00AM - Elastic Jewelry  
2:30PM - Pendant Earrings



### 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!

# 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, FEB 18

### 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.

# WINTER PROGRAMS

## ICE SKATING

Stop by Sweet Memorial to check out ice skates and skate on Dorsey Pond. Availability dependent on weather conditions.

## SLEDDING

Check out sleds at sweet memorial. Availability dependent on weather conditions. Call sweet memorial for current status at x1104.



# 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
<b>FRIDAY, FEB 16</b>						
9:00AM-12:00PM	Moraine Park Loop	3.3	G	F	400'	Program Staff
<i>Enjoy hiking along the Big Thompson River and traversing a glacial valley with great views of the continental divide.</i>						
<b>SATURDAY, FEB 17</b>						
8:00AM-2:00PM	Two Rivers Lake	5.4	F	F	1200'	Tom D.
<i>Hike from Bear Lake along a forested trail around the north face of Flattop Mountain to a hidden lake.</i>						
9:00AM-12:00PM	Winter Ecology Hike	3.0	G	F	450'	Steve J.
<i>Learn how climate is effecting winter in the mountains and plant and animal adaptations to winter conditions.</i>						
<b>SUNDAY, FEB 18</b>						
8:00AM-12:30PM	Hidden Falls	3.7	F	F	450'	Tom D.
<i>Enjoy this pleasant hike through lush forest to a shady rock cliff that retains a hidden falls, a popular ice climbing area</i>						
9:00AM-11:30AM	Intro to Snowshoeing	1.0	F	F	250'	Laura Bush
<i>Learn the basics behind snowshoeing, including: What clothing should you wear? How should you prepare? Proper snowshoeing form. Ideal snow conditions. After a talk in the classroom, we'll head out on to the trail for a short</i>						
<b>FRIDAY, FEB 23</b>						
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 provides great views into Rocky Mountain National Park. This hike is entirely on the Y grounds.</i>						

## LIBRARY EVENTS

### SINGER/SONGWRITER MARGOT REED

FEB 16, 7:00PM

Enjoy an evening of folk-pop-rock with singer/songwriter Margot Reed on acoustic guitar at the cozy fireplace in Maude Jellison Library. Margot's show will include originals and covers.

### POEMSHARE OPEN MIC

FEB 19, 6:30PM

Join us at the library's cozy fireplace to present a poem or song of your choice for everyone to enjoy.

We have house guitars you may use. Keep presentation under 4 minutes in length. Listeners are welcome.

## 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.



## 50% OFF ARCHERY AND CLIMBING

Enjoy 50% off archery and climbing wall sessions on Mondays, Tuesdays, Wednesdays, and Thursdays from January 29-February 29. Call sweet memorial at x1104 for more information or to book today!





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WINTERFEST WEEKEND AT ESTES PARK

## ESTES PARK CENTER February 17th & 18th, 2024

### Saturday February 17th:

8:30AM Snowshoe Hike: Explore RMNP in the winter time with one of our experienced Hike masters at Two River Lake.

9:00AM Snow Ecology Hike: Come join us on this 3 hour long hike to learn about the Rocky Mountains in the winter time while hiking Moraine Park.

2:00PM Climbing 101 class: Join our climbing wall facilitators to learn the basics of indoor rock climbing

### Sunday February 18th

8:30AM Snowshoe Hike: Explore RMNP in the winter time with one of our experienced Hike masters at Hidden Falls.

9:00AM Intro to Snowshoe Class: Come learn about snowshoeing, after a brief intro class we'll hit the (1.5-2mile) trail and try out some of the snow shoes the Y has to offer!

2:00PM Climbing 101 class: Join our climbing wall facilitators to learn the basics of indoor rock climbing

### ALL WEEKEND

- Hot Chocolate Mobile : Find the ice cream truck to get a free cup of hot cocoa or apple cider
- Snow Man making contest: Stop by the Boone Family Mountain Center to pick up a number to submit your snowman
- Winter Scavenger Hunt: Pick up and return a scavenger card in the Boone Family Mountain Center



# MASSAGE THERAPY

Here at the YMCA!

Massage (Birch) Cabin conveniently located  
on grounds of YMCA

**(720)218-1953 - Text!**

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



*Relax | Renew | Release | Revitalize*

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](mailto: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  
Fruit Refresh: \$20  
Foot Sugar Scrub: \$10

Body Brushing: \$15  
Hot Stone: \$20

#### **Four pack/one hour: \$400**

Complimentary aromatherapy with every massage.

**48 hour cancellation policy or full charge.**

***"helping people be their best"***