

ACTIVITY SCHEDULE

FRIDAY, MARCH 15– FRIDAY, MARCH 22

YMCA OF THE ROCKIES– ESTES PARK CENTER



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

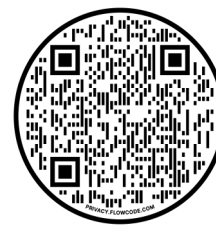
PROGRAM FACILITY HOURS

	Fri, Mar 15	Sat, Mar 16	Sun, Mar 17	Mon, Mar 18	Tues, Mar 19	Wed, Mar 20	Thurs, Mar 21	Fri, Mar 22
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.							
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
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.							
	9AM-5:30PM	9AM-5:30PM	9AM-5:30PM	9AM-12PM	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. Upstairs Projects Only. 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 25 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-5PM 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-5PM 6PM-8PM
BOB ECKER ROLLER RINK	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	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-9:30PM	9AM-9:30PM	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)

FRIDAY, MAR 15

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
9:45AM ‡ Rocky Mtn Journals @ Sweet
10:45AM ‡ Knots@ Sweet
11:00AM ‡ Outdoor Origami@ Sweet
11:45AM *Parachute Games@ Sweet
1:15PM ‡ What About Wolves @ Sweet
1:30PM ‡ Critter Crafts @ Sweet
2:00PM ‡ Walk in the Woods @ Sweet
2:45PM ‡ Floor Hockey @ LH
3:45PM ‡ Wildland Wind Chimes @ Sweet
4:00PM ‡ Slime@ Sweet
5:00PM ‡ Fire Quest @ Sweet
6:00PM ‡ BINGO @ Sweet
7:00PM ‡ Trivia @ Sweet

SATURDAY, MAR 16

8:45AM * Little Explorers @ Sweet
9:00AM ‡ Outdoor Photo Walk @Sweet
9:30AM ‡ Animal Detective @ Sweet
9:45AM ‡ Rocky Mtn Journals @ Sweet
10:00AM* Archeology Walk @ Museum
10:30AM* Children's Story Time@ Library
10:45AM ‡ Bird is the Word@ Sweet
11:00AM ‡ Outdoor Origami@ Sweet
11:45AM * Woolly Worm Hunt @ Sweet
1:15PM ‡ Sidewalk Chalk @Sweet
1:30PM ‡ Critter Crafts @ Sweet
2:30PM ‡ Tower Power @ Sweet
2:45PM ‡ Floor Hockey @ LH
3:45PM ‡ Wildland Wind Chimes @ Sweet
4:00PM ‡ Make Ice Cream@ Sweet
5:00PM ‡ Fire Quest @ Sweet
5:15PM ‡ Survival Bracelets @ Sweet
6:00PM‡Community Fire @ Sweet

SUNDAY, MAR 17

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
9:45AM ‡ Rocky Mtn Journals @ Sweet
10:45AM ‡ Knots@ Sweet
11:00AM ‡ Outdoor Origami@ Sweet
11:45AM *Parachute Games@ Sweet
1:15PM * Sidewalk Chalk @Sweet
1:15PM ‡ What About Wolves @ Sweet
1:30PM ‡ Critter Crafts @ Sweet
2:00PM ‡ Walk in the Woods @ Sweet
2:30PM ‡ Tower Power @ Sweet
2:45PM ‡ Floor Hockey @ LH
3:45PM ‡ Wildland Wind Chimes @ Sweet
4:00PM ‡ Marshmallow Catapults@ Sweet
5:00PM ‡ Fire Quest @ Sweet
5:15PM ‡ Survival Bracelets @ Sweet
6:00PM ‡ BINGO @ Sweet
7:00PM ‡ Trivia @ Sweet

MONDAY, MAR 18

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
9:45AM ‡ Rocky Mtn Journals @ Sweet
10:45AM ‡ Knots@ Sweet
11:00AM ‡ Outdoor Origami@ Sweet
11:45AM *Parachute Games@ Sweet
1:15PM ‡ What About Wolves @ Sweet
1:30PM ‡ Critter Crafts @ Sweet
2:00PM ‡ Walk in the Woods @ Sweet
2:45PM ‡ Floor Hockey @ LH
3:45PM ‡ Wildland Wind Chimes @ Sweet
4:00PM ‡ Oobleck@ Sweet
5:00PM ‡ Fire Quest @ Sweet
6:00PM‡Community Fire @ Sweet

TUESDAY, MAR 19

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
10:45AM ‡ Bird is the Word@ Sweet
11:45AM * Woolly Worm Hunt @ Sweet
1:15PM ‡ Backyard Black Bears @ Sweet
2:00PM ‡ Survival @ Sweet
3:45PM ‡ Wildland Wind Chimes @ Sweet
5:00PM ‡ Fire Quest @ Sweet

WEDNESDAY, MAR 20

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
10:45AM ‡ Knots@ Sweet
11:45AM* Parachute Games@ Sweet
1:15PM ‡ What About Wolves @ Sweet
2:00PM ‡ Walk in the Woods @ Sweet
3:45PM ‡ Wildland Wind Chimes @ Sweet
5:00PM ‡ Fire Quest @ Sweet

THURSDAY, MAR 21

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
10:45AM ‡ Bird is the Word@ Sweet
11:45AM * Woolly Worm Hunt @ Sweet
1:15PM ‡ Backyard Black Bears @ Sweet
2:00PM ‡ Survival @ Sweet
3:45PM ‡ Wildland Wind Chimes @ Sweet

FRIDAY, MAR 22

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
9:45AM ‡ Rocky Mtn Journals @ Sweet
10:45AM ‡ Knots@ Sweet
11:00AM ‡ Outdoor Origami@ Sweet
11:45AM *Parachute Games@ Sweet
1:15PM ‡ What About Wolves @ Sweet
1:30PM ‡ Critter Crafts @ Sweet
2:00PM ‡ Walk in the Woods @ Sweet
2:45PM ‡ Floor Hockey @ LH
3:45PM ‡ Wildland Wind Chimes @ Sweet
4:00PM ‡ Slime@ Sweet
5:00PM ‡ Fire Quest @ Sweet
6:00PM ‡ BINGO @ Sweet
7:00PM ‡ Trivia @ Sweet

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.

FIRE QUEST (1hr)

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

PARACHUTE GAMES (30min)

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

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)

Learn about the effect of these large carnivores on their ecosystems.

LITTLE LEARNERS

FAMILIES WITH KIDS 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.

SPRING BREAK PROGRAMS

CRITTER CRAFT (1hr)

Craft an animal masks and then step into the shoes of their favorite Rocky Mountain creatures.

WILDLAND WIND CHIMES (1hr)

Craft your own wind chimes using natural materials found in the wild,

OUTDOOR PHOTOGRAPHY (3hr)

Bring your camera and learn a few tips and tricks to help you take gorgeous outdoor photos. No prior experience needed!

CYANOTYPE SUN PRINTS (1.5hr)

Immerse yourself in the captivating world of cyanotype in a timeless printmaking technique dating back to 1842.

BLOCK PRINTING (1.5hr)

Carve your nature-inspired design onto rubber blocks and then print it onto paper or fabric.

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 15

10:00AM - Elastic Jewelry
10:00AM - Art Journaling : The Spirit of the Forest
1:00PM - Botanical Weaves: Yarn Painting
2:30PM - Jump Ring Bracelets

SATURDAY, MAR 16

10:00AM - Elastic Jewelry
10:00AM - Alpine Impressions: Leaf Rubbings
1:00PM - Natures Imprint: Block Printing In Bloom
2:00PM - Jewelry Beaded Letters

SUNDAY, MAR 17

10:00AM - Elastic Jewelry
10:00AM - Botanical Weaves: Yarn Painting
1:00PM - Blossom Blueprints: Cyanotype Sun Prints

MONDAY, MAR 18

1:00PM - Natures Imprint: Block Printing In Bloom

TUESDAY, MAR 19

10:00AM - Alpine Impressions: Leaf Rubbings

WEDNESDAY, MAR 20

10:00AM - Elastic Jewelry
1:00PM - Blossom Blueprints: Cyanotype Sun Prints
2:30PM - Memory Wire Ring

THURSDAY, MAR 21

10:00AM - Elastic Jewelry
10:00AM - Botanical Weaves: Yarn Painting
2:30PM - Wrapped Earrings

FRIDAY, MAR 22

10:00AM - Elastic Jewelry
10:00AM - Art Journaling : The Spirit of the Forest
1:00PM - Nature Collage: Watercolor and Mixed Media
2:30PM - Braided Rings

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 17

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 15						
9:00AM-12:00 PM	Moraine Park Loop	3.0	G	F	400'	Program Staff
Identify plants & wildlife along the Big Thompson River & an ancient glacial moraine.						
SATURDAY, MAR 16						
8:00AM-1:30 PM	Bierstadt Lake Loop	4.7	E	E	660'	Tom D.
Snowshoe off Trail down the Bierstadt Moraine, up to the picturesque Bierstadt Lake. Then, return via trail to Bear Lake.						
SUNDAY, MAR 17						
9:00AM-12:00 PM	Glacier Creek Loop	2.2	G	F	300'	Program Staff
Starting from the Mountain Center, follow the Frolicking Glacier Creek then loop back to the Mountain Center This hike is entirely on the Y grounds.						
WEDNESDAY, MAR 20						
8:30AM-4:00PM	Eugenia Mine	3.0	F	F	520'	Tom D.
Hike from Longs Peak Ranger Station, follow the trail toward Longs Peak, but then turn off and follow a level trail to a historic cabin and mine site on Inn Brook, just south of Estes Cone.						
FRIDAY, MAR 22						
9:00AM-12:00 PM	Bible Point	3.5	F	F	900'	Program Staff
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.						



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARTS IN THE OUTDOORS

Spring Break 2024 YMCA OF THE ROCKIES

Embark on a week-long artistic adventure in nature with our "Arts in the Outdoors" Spring Break Extravaganza! Join us for diverse programs such as photography hikes, outdoor painting, and poetry writing programs. Immerse yourself in a canvas of creativity, from capturing sunset hues in watercolors to nature collages.

Programs include:

- Haiku Writing at the Library
- Critter Crafts
- Woodland Wind Chimes
- Block Printing in Bloom Workshop
- Spring Yarn Painting
- Spring Leaf Rubbings
- Cyanotype Sun Prints
- Photography Walks
- And more!!

WHEN: March 9-29
TIME: Check the Activity Guide for program times





MASSAGE THERAPY

Here at the YMCA!

Massage (Birch) Cabin conveniently located
on grounds of YMCA

(720)218-1953 - Text!

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

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"