

# ACTIVITY SCHEDULE

## FRIDAY, MARCH 22– FRIDAY, MARCH 29

YMCA OF THE ROCKIES– ESTES PARK CENTER



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

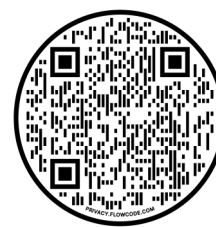
### PROGRAM FACILITY HOURS

	Fri, Mar 22	Sat, Mar 23	Sun, Mar 24	Mon, Mar 25	Tues, Mar 26	Wed, Mar 27	Thurs, Mar 28	Fri, Mar 29
<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.							
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
<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-12PM	CLOSED	CLOSED	CLOSED	9AM-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. <b>Upstairs Projects Only.</b> 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-5PM 6PM-8PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-5PM	<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-5PM
<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	5:30PM-9:30PM	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-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 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

## SATURDAY, MAR 23

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  
1:30PM ‡ Critter Crafts @ 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

## SUNDAY, MAR 24

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

## MONDAY, MAR 25

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

## TUESDAY, MAR 26

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 27

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 28

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 29

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 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

## SATURDAY, MAR 23

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

## SUNDAY, MAR 24

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

## MONDAY, MAR 25

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

## TUESDAY, MAR 26

10:00AM - Alpine Impressions: Leaf Rubbings

## WEDNESDAY, MAR 27

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

## THURSDAY, MAR 28

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

## FRIDAY, MAR 29

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



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 24

### 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.

# 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, MAR 22</b>						
<b>9:00AM-12:00 PM</b>	<b>Bible Point</b>	<b>3.5</b>	<b>F</b>	<b>F</b>	<b>900'</b>	<b>Program Staff</b>
<i>We will start by hiking along the frolicking Glacier Creek, then head up Bible Point, originally called "Buena Vista," which</i>						
<b>SATURDAY, MAR 23</b>						
<b>8:00AM-2:00 PM</b>	<b>Jim's Grove</b>	<b>5.0</b>	<b>E</b>	<b>E</b>	<b>1600'</b>	<b>Tom D.</b>
<i>Hike from the Long's Peak Trailhead to Jim's Grove, then snowshoe down Larkspur Creek and Alpine Brook.</i>						
<b>TUESDAY, MAR 26</b>						
<b>7:30AM-1:30 PM</b>	<b>Bridal Veil Falls</b>	<b>6.6</b>	<b>E</b>	<b>E</b>	<b>960'</b>	<b>Tom D.</b>
<i>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.</i>						
<b>THURSDAY, MAR 28</b>						
<b>1:00PM-4:00 PM</b>	<b>Bible Point</b>	<b>3.5</b>	<b>F</b>	<b>F</b>	<b>900'</b>	<b>Program Staff</b>
<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>						
<b>FRIDAY, MAR 29</b>						
<b>9:00AM-12:00 PM</b>	<b>Moraine Park Loop</b>	<b>3.0</b>	<b>G</b>	<b>F</b>	<b>400'</b>	<b>Program Staff</b>
<i>Identify plants &amp; wildlife along the Big Thompson River &amp; an ancient glacial moraine.</i>						

## 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.



## LIBRARY EVENTS

**PRESIDENT TEDDY ROOSEVELT**  
**MARCH 23, 1:30PM**

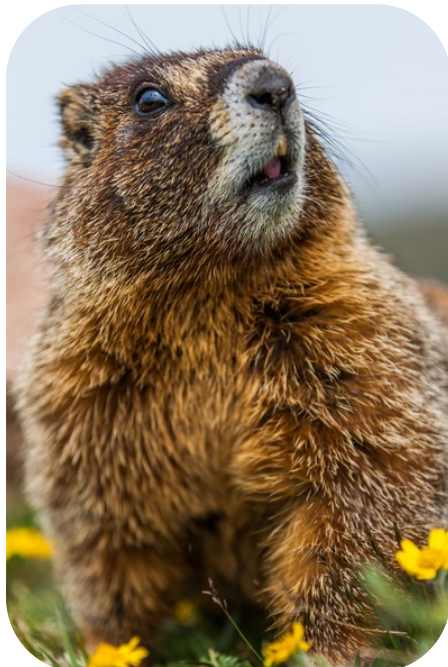
Meet the 26th president of the United States and listen as he shares his passion for the conservation of the West. Includes Q&A time with Teddy. Bully, Bully!

**PAPER GOLD: RARE HISTORIC POSTCARDS OF COLORADO**  
**MARCH 28, 7:00PM**

Interpretive presentation by local historian John Meissner. Everyone in the audience will receive an actual historic postcard to take home.

**ROCKY MOUNTAIN BEAVER POND: FILM AND DISCUSSION**  
**MARCH 29, 7:00PM**

Come enjoy a film that takes you inside a beaver lodge and shows the eco-system that it supports throughout a whole year in the Rocky Mountains. Followed by comments and Q&A with a beaver expert. Great for the whole family.



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](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"***