

# ACTIVITY SCHEDULE FRIDAY, APRIL 19– FRIDAY, APRIL 26

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, Apr 19	Sat, Apr 20	Sun, Apr 21	Mon, Apr 22	Tues, Apr 23	Wed, Apr 24	Thurs, Apr 25	Fri, Apr 26
<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 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>	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. <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-6PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-5PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-5PM	<b>OPEN SWIM</b> 1PM-6PM	<b>OPEN SWIM</b> 1PM-4PM	<b>OPEN SWIM</b> 1PM-6PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-6PM
<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	CLOSED	CLOSED	5:30PM-9:30PM	5:30PM-7:30PM
<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-7PM	9AM-9:30PM	9AM-9:30PM	9AM-12PM	9AM-9:30PM

### 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](#)

LOST?  
CHECK OUT OUR  
PROPERTY MAP



WANT TO HIKE?  
CHECK OUT OUR  
TRAIL MAP



At YMCA of the Rockies we are stewards of the Earth. Please do your part and recycle this Activity Guide. Click [here](#) to learn more about our sustainability goals and practices.



# 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, APR 19

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, APR 20

9:30AM † Animal Detective @ Sweet  
10:00AM\* Archeology Walk @ Museum  
10:30AM\* Children's Story Time@ Library  
10:45AM † Bird is the Word@ Sweet  
11:45AM \* Wooly Worm Hunt @ Sweet  
1:15PM † Backyard Black Bears @ Sweet  
2:00PM † Survival @ Sweet  
3:45PM † Wildland Wind Chimes @ Sweet  
5:00PM † Fire Quest @ Sweet  
6:00PM † Community Fire @ Sweet

### SUNDAY, APR 21

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

### WEDNESDAY, APR 23

8:45AM \* Little Explorers @ Sweet  
9:30AM † Animal Detective @ Sweet  
10:45AM † Knots@ 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, APR 25

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

### FRIDAY, APR 26

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

## LOREN SHIVERS SPACE SHUTTLE MISSION

APRIL 24, 6PM-8PM,  
HEMPEL AUDITORIUM

Discover the fascinating space missions world . During the presentation, you will get an insider's view of the challenges and strategies involved in embarking on a Space Shuttle Mission, specifically deploying the Hubble Space Telescope. Don't miss this opportunity to satisfy your curiosity about the captivating world beyond our planet.

FREE ADMISSION, REGISTER [HERE](#).

### 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.

#### WALK IN THE WOODS (1.5hr)

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

# ADVENTURE ACTIVITIES

Registration Required

Archery, Climbing \$12 per person. Aerial Challenge Course \$45 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 AND 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.

### AERIAL CHALLENGE COURSE

Located at the Boone Family Mountain Center. Traverse from tree to tree, well above the forest floor on our new high ropes course. Each session begins with a 30 minute ground school that each participant must pass before entering the course. People with know heart conditions or who are pregnant may not participate. Participants must be between 35 and 250 pounds and meet the minimum height requirement of 4'9. Up to 15 people per session.

# CHAPEL ACTIVITIES

### SUNDAY, APRIL 21

#### 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 trail-head 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.

### LIBRARY EVENTS

NO REGISTRATION REQUIRED

#### EARTH DAY & ENO MILLS BIRTHDAY CELEBRATION

APRIL 20, 1PM-4PM

Come celebrate Earth Day and Enos Mills' birthday at the Maude Jellison Library. Enos Mills was born exactly 100 years to the day before the establishment of Earth Day on April 22, 1970. Mills is known as the "Father of Rocky Mountain National Park" as he fought tirelessly to have it established in the early 1900s. Our celebration on Saturday will feature activities related to environmentalism, and of course, a delicious B'Earthday cake.

#### POEMSHARE: SONG AND POETRY OPEN MIC

APRIL 22, 6:30PM - 7:30PM

Read a poem, sing a song, play a guitar piece, or just sit back and enjoy listening to the presentations of others.

#### ESTES PARK: PRE-HISTORY TO PRESENT WITH JOHN MEISSNER

APRIL 25, 7PM - 8PM

Come enjoy this informative and entertaining survey of the history of Estes Park presented by local historian John Meissner. Learn about the original inhabitants, the hunters, settlers, exploiters, adventurers, and entrepreneurs of your favorite destination: Estes Park, Colorado.

#### APRIL IS NATIONAL POETRY MONTH

Come celebrate with fun poetry activities for all ages at the Maude Jellison Library and claim a prize! Available all day during Library open hours.

Click [here](#) to register and find more course descriptions. Call x1104 for more information.

**JACKSON STABLES, INC.**  
**Estes Park Center**  
**YMCA of the ROCKIES LIVERY**



**SPRING SCHEDULE**  
**March 16 - May 3, 2024**

**LIVERY OFFICE HOURS:**

**8:30 am-4:30 pm**

**Phone- (970) 586-3341, ext. 1140 or 1149**

**Closed on Wednesdays**

**ALL RATES: \$80 1 hour ride                      Deer Meadows**  
**(per person) \$105 1½ hour ride                  Elk Meadows**

**RIDES ARE AVAILABLE AT THESE TIMES**

**10:30 am**

**1:30 pm**

**3:00 pm**

**HORSE RIDING TRAIL INFORMATION:**

All the horseback rides are guided trail rides on YMCA property. 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 per child. Available times: Daily: 9:00-11:30am and 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.

**ELK MEADOWS:** A 1½-hour extended version of Deer Meadows.

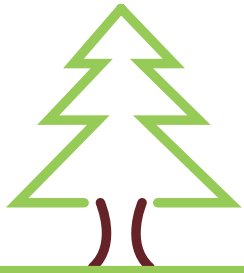
**HAYRIDES:** Private and public horse-drawn hayrides are available during the week. Cost is \$30 per person. Kids 3 years old and under are free. Each hayride lasts approximately 1½ hours and includes a campfire and marshmallow roast. A family favorite! Call the YMCA Livery (ext. 1140) for scheduling and additional information. Group rates are available with advanced contract and deposit.

\* Rocky Mountain National Park does not allow concession horseback rides within its boundaries before May 4, 2024.

- **All rides are subject to cancellation due to unfavorable weather.**
- **No campfires during fire bans.**

**PLEASE CALL FOR RESERVATIONS**





**HOMEGROWN**  
yoga & massage

# 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	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"*

