

# ACTIVITY SCHEDULE FRIDAY, MAY 10 – THURSDAY, MAY 16

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, May 10	Sat, May 11	Sun, May 12	Mon, May 13	Tues, May 14	Wed, May 15	Thurs, May 16
<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
<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
<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
<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
<b>MOOTZ FAMILY CRAFT &amp; DESIGN CENTER</b>	Drop in crafts available everyday, prices and availability vary. Glazed ceramics and 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 x1132.						
	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.						
	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 1PM-5PM	OPEN SWIM 1PM-6PM	OPEN SWIM 1PM-4PM	OPEN SWIM 3PM-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	CLOSED	CLOSED	CLOSED	5:30PM-9:30PM
<b>LONGHOUSE GYM</b>	Stop by our gymnasium for a game of volleyball or basketball. Call x1104 for more information.						
	CLOSED	CLOSED	CLOSED	12PM-5PM	9AM-7PM	9AM-8PM	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](#) or visit our website 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, MAY 10

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  
6:00PM † BINGO @ Sweet  
7:00PM † Trivia @ Sweet

### SATURDAY, MAY 11

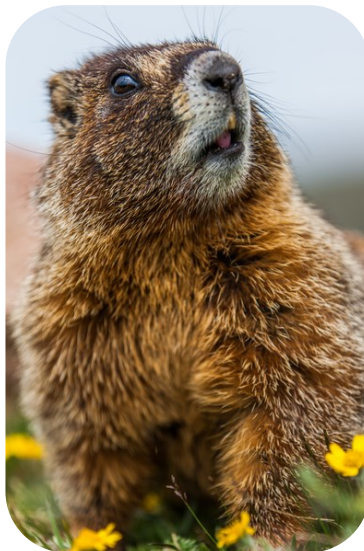
8:45AM \* Little Explorers @ Sweet  
9:30AM † Animal Detective @ Sweet  
9:45AM † Rocky Mtn Journals @ Sweet  
10:00AM \* Archeology Walk @ Museum  
10:30AM \* Children's Story Time @ Library  
10:45AM † Bird is the Word @ Sweet  
11:00AM † Outdoor Origami @ Sweet  
11:45AM \* Woolly Worm Hunt @ Sweet  
1:30PM † Critter Crafts @ Sweet  
2:45PM † Floor Hockey @ LH  
3:45PM † Wildland Wind Chimes @ Sweet  
5:00PM † Fire Quest @ Sweet  
6:00PM † Community Fire @ Sweet

### SUNDAY, MAY 12

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  
2:45PM † Floor Hockey @ LH  
3:45PM † Wildland Wind Chimes @ Sweet  
5:00PM † Fire Quest @ Sweet

### THURSDAY, MAY 16

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



### 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.

##### 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,

### CAN YOU FIND THE GOLDEN NUGGETS?

Follow our hiking trails around the YMCA and keep a look out for the golden nuggets. These shiny, golden rocks will be hiding all around the property. Check out the Glacier Creek and Wind River trails. If you collect one, turn in at the Boone Family Mountain Center for a special prize! One prize per person.

## CHAPEL ACTIVITIES

### SUNDAY, MAY 12

#### 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 Leggett 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.



## 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 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.

### NEW! 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 10 people per session.

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

# GUIDED HIKING

# REGISTRATION REQUIRED CALL x1311

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, MAY 10</b>						
8:00AM-12:00 PM	Calypso Cascades	3.6	G	F	650'	Megan B.
<i>Hike through lush woods along the North Saint Vrain river to the cascades of Cony Creek tumbling down from Pear Lake.</i>						
<b>SATURDAY, MAY 11</b>						
9:00AM-11:00 AM	Winder River Loop	2.0	H	G	200'	Michael P.
<i>Starting at the Mountain Center, following in the footsteps of Native Americans along the babbling Wind River.</i>						
<b>SUNDAY, MAY 12</b>						
8:00AM-2:00 PM	Deer Mountain	6.0	F	F	1400'	Megan B.
<i>Hike this historic trail up Deer Ridge to an accessible summit. From there we can appreciate the panoramic views while avoiding the Bear Lake corridor traffic!</i>						
9:00AM-11:30 PM	Glacier Creek Loop	2.5	G	F	350'	Christian D.
<i>From the Mountain Center, drop down to the frolicking Glacier Creek and experience the beauty of the YMCA property.</i>						
<b>MONDAY, MAY 13</b>						
8:00AM-12:00 PM	Bible Point	3.5	F	F	900'	Gabbi M.
<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.</i>						
<b>TUESDAY, MAY 14</b>						
8:00AM-12:00 PM	Sprague Lake via Mountainside	4.0	G	F	250'	Megan B.
<i>Beginning from Mountain Side Drive on the YMCA, follow this cascading stream to near Glacier Basin Campground &amp; onto Sprague Lake.</i>						
9:00AM-11:00 AM	Winder River Loop	2.0	H	G	200'	Thomas R.
<i>Starting at the Mountain Center, following in the footsteps of Native Americans along the babbling Wind River.</i>						
<b>WEDNESDAY, MAY 15</b>						
7:30AM-2:00 PM	Fern Lake	7.5	F	F	1400'	Megan B.
<i>Enjoy this scenic trail that passes Arch Rocks, The Pool, &amp; Fern Falls on the way to Fern Lake, reflecting "The Gables" arrete.</i>						
<b>THURSDAY, MAY 16</b>						
8:00AM-2:00 PM	Macgregor Falls	6.4	F	F	1250'	Megan B.
<i>Hike through lush woods along the North Saint Vrain river to the cascades of Cony Creek tumbling down from Pear Lake.</i>						
1:00PM-4:00 PM	Moraine Park Loop	3.3	G	F	450	Karen A.
<i>Hike through lush woods along the North Saint Vrain river to the cascades of Cony Creek tumbling down from Pear Lake.</i>						

## CAMPFIRE OPPORTUNITIES

### COMMUNITY FIRE

SATURDAYS & MONDAYS 6PM-8PM

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

### FIRE RING RENTAL

RESERVATION REQUIRED

Reserve one of our six fire rings located throughout property. Available every day from 5:30-7:30 or 7:45-9:45 for \$30. Reservation includes two bundles of firewood, fire starter and matches. Book online or call Sweet Memorial at x1104.

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.

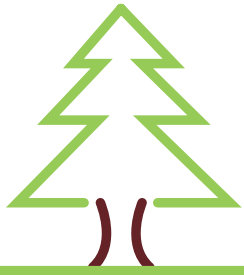
**HAYRIDES:** Private and public horse-drawn hayrides are available during the week. Cost is \$30 per person. Kids 3 years old and under are free. Each hayride lasts approximately 1½ hours and includes a campfire and marshmallow roast. A family favorite! Call the YMCA Livery (ext. 1140) for scheduling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

