

ACTIVITY GUIDE

FRIDAY, DECEMBER 15– FRIDAY, DECEMBER 22

YMCA OF THE ROCKIES– ESTES PARK CENTER



Questions about activities during your stay? Call x1 104. Kids under 13 must be accompanied by an adult.

PROGRAM FACILITY HOURS

SWEET MEMORIAL BUILDING

Open Daily 8:30AM–6PM

Stop by to get a full schedule of activities, and plan out your fun! Make sure to check out our game room in the basement! Check out board games, puzzles, mini golf equipment, sports equipment and more! Questions? Call us at x1104.

BOONE FAMILY MOUNTAIN CENTER

Open Daily 8:30AM –6PM

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.

LOST?
CHECK OUT OUR
PROPERTY MAP



MOOTZ FAMILY CRAFT & DESIGN CENTER

Make a gift for a loved one or create a memory to take home and display, Santa's workshop offers it all! Check out our specialty ornaments and card making station. Be sure to drop wrap all of your presents before you go!

Acrylic Painting, Mosaic, Sand Art and Family Beads, Glazed Ceramics – **DAILY 9:30AM–5PM**

Jewelry, Tie Dye, Candle Making, Glass Fusion, Silk Painting, Bead Bar – **CALL IN ADVANCE X1132**

Prices vary. Glazed ceramics & Glass fusion **MUST** be finished by 2:00pm and placed at the appropriate table to be ready for pick up at 10am the next day. Finished silk paintings will be ready for pick up at 3pm the following day. No new projects after 4:30PM, clean up at 4:45PM. Questions? Call x 1132 for more information!

LULA W. DORSEY MUSEUM

Questions? Call us at x1136. Last admittance 30 minutes before closing.

Fri, Dec 15	Sat, Dec 16	Sun, Dec 17	Mon, Dec 18	Tues, Dec 19	Wed, Dec 20	Thurs, Dec 21	Fri, Dec 22
10AM–5:30PM	10AM–5:30PM	10AM–5:30PM	CLOSED	CLOSED	CLOSED	CLOSED	10AM–5:30PM

MAUDE JELLISON LIBRARY

Questions? Call us at x1133.

Fri, Dec 15	Sat, Dec 16	Sun, Dec 17	Mon, Dec 18	Tues, Dec 19	Wed, Dec 20	Thurs, Dec 21	Fri, Dec 22
9AM–5PM	9AM–5PM	1PM–5PM	9AM–5PM	9AM–5PM	9AM–5PM	9AM–5PM	9AM–5PM

DORSEY SWIMMING POOL

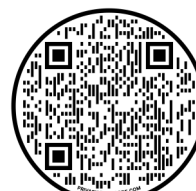
Capacity may be restricted to as low as 20 people. Pool is closed during lightning storms. Pool will be cleared 5 minutes before closing time. Call x1135 for space availability and weather conditions. Towels provided.

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.

FAMILY SWIM – Swim time designed for children 10 and younger and their favorite adults. All children must have an adult in the water. Play games and sing songs with us! Deep end and slide closed.

Fri, Dec 15	Sat, Dec 16	Sun, Dec 17	Mon, Dec 18	Tues, Dec 19	Wed, Dec 20	Thurs, Dec 21	Fri, Dec 22
FAMILY SWIM 10AM–12PM OPEN SWIM 1PM–6PM	OPEN SWIM 10AM–12PM 1PM–5PM	OPEN SWIM 10AM–12PM 1PM–5PM	FAMILY SWIM 10AM–12PM OPEN SWIM 1PM–6PM	OPEN SWIM 1PM–6PM	FAMILY SWIM 10AM–12PM OPEN SWIM 1PM–6PM	OPEN SWIM 1PM–6PM	FAMILY SWIM 10AM–12PM OPEN SWIM 1PM–6PM

WANT TO HIKE?
CHECK OUT OUR
TRAIL MAP



BOB ECKER ROLLER RINK

Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104

Fri, Dec 15	Sat, Dec 16	Sun, Dec 17	Mon, Dec 18	Tues, Dec 19	Wed, Dec 20	Thurs, Dec 21	Fri, Dec 22
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.

Fri, Dec 15	Sat, Dec 16	Sun, Dec 17	Mon, Dec 18	Tues, Dec 19	Wed, Dec 20	Thurs, Dec 21	Fri, Dec 22
9AM–9:30PM	9AM–9:30PM	9AM–9:30PM	12PM–9:30PM	9AM–9:30PM	9AM–9:30PM	9AM–9:30PM	9AM–9:30PM

STOP BY SANTA'S WORKSHOP AT THE MOOTZ FAMILY CRAFT AND DESIGN CENTER!

Make a gift for a loved one or create a memory to take home and display, Santa's workshop offers it all! Check out our specialty ornament classes and card making station. Be sure to drop wrap all of your presents before you go!

Call 970-586-3341 ext. 1104 for more information.

FREE FAMILY PROGRAMS

No registration required. Call x1104 for questions!

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) Dorsey Museum (Museum) Maude Jellison Library (Library)

FRIDAY, DEC 15

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
2:45PM * Origami @ 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, DEC 16

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
1:15PM * Backyard Black Bears @ Sweet
1:30PM * Flag Football @ Sweet
1:45PM * Tower Power @ Sweet
2:00PM * Survival @ Sweet
2:45PM * Paper Snowflakes @ Sweet
3:00PM * What About Wolves @ Sweet
3:45PM * Jr. Survival @ Sweet
4:00PM * Make Your Own Ice Cream @ Sweet
4:45PM * Fire Quest @ Sweet
5:15PM * Floor Hockey @ LH
6:00PM * Community Fire @ Sweet

SUNDAY, DEC 17

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 * Flag Football @ Sweet
2:00PM * Walk in the Woods @ Sweet
2:45PM * Paper Snowflakes @ Sweet
3:45PM * Jr. Survival @ Sweet
4:00PM * Marshmallow Catapults @ Sweet
4:45PM * Fire Quest @ Sweet
5:15PM * Floor Hockey @ LH

MONDAY, DEC 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
2:00PM * Walk in the Woods @ Sweet
3:45PM * Jr. Survival @ Sweet
4:45PM * Fire Quest @ Sweet

TUESDAY, DEC 19

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, DEC 20

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, DEC 21

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

FRIDAY, DEC 22

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
12:30AM * 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

Click [Here](#) or call x1132 to register for classes. Drop in crafts available everyday prices vary.

SATURDAY, DEC 16

10:00AM - Elastic Jewelry
1:00PM - Memory Wire Bracelets

SUNDAY, DEC 17

10:00AM - Elastic Jewelry
1:00PM - Memory Wire Bracelets

MONDAY, DEC 18

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

TUESDAY, DEC 19

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

FRIDAY, DEC 22

10:00AM - Elastic Jewelry
3:30PM - String Necklaces

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!

PROGRAMS 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.

BINGO (1hr)

B-I-N-G-O! Grab a card and get your game face on.

BIRD IS THE WORD (1hr)

Come learn about fall birds in our area and make your very own bird feeder.

COMMUNITY FIRE (1hr)

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.

FLOOR HOCKEY (1hr)

Whether we get a full game going or just practice penalty shots, grab a stick and let's go.

KNOTS (1hr)

Knot tying is an essential backcountry skill. Learn a half hitch, bowline, and more useful knots.

ORIGAMI (1HR)

We will explore basic folding patterns and replicate easy designs.

SCIENCE (1HR)

Become a scientist. make ice cream, Oobleck, Slime, marshmallow catapults, and balloon rockets.

SURVIVAL (1.5HR)

Learn some important tools to help you stay safe in the wilderness.

TRIVIA (1hr)

Test your random knowledge on a team with your family, or mix it up with other guests.

WALK IN THE WOODS (1.5hr)

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

LITTLE LEARNERS

FOR FAMILIES WITH CHILDREN UNDER AGE 6:

CHILDREN'S STORY TIME (30 min)

Act like a Weasel and Pop! by the Maude Jellison Library for fun stories about nature and animals and more.

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.

PARACHUTE GAMES (30 min)

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

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. \$8 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. \$12 per person, ages 10+.

PENDANT EARRINGS

Learn how to use pins or hoops to string beads and connect them to their earring posts. \$12 per person, ages 10+.

STRING NECKLACES

Learn the basics of using jewelry wire, crimp beads, lobster clasps, a crimping tool, and a wire cutter. \$12 per person, ages 10+.

WOOD BURNING ORNAMENTS

Learn how to use a variety of wood burning tools to make a beautiful ornament. \$15 per person, ages 12+.

GLASS FUSION ORNAMENTS

Make adorable triangle based glass fusion Christmas ornaments \$15 per person, ages 12+.

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, DEC 17

10:00AM - Worship in The Rockies

Worship with us in [Hyde 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.

LIBRARY EVENTS

PRESIDENT TEDDY ROOSEVELT DEC 16, 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!

MEET THE AUTHOR: BOB RUESCH DEC 22, 2:00PM

Come enjoy the stories of Bob Ruesch as he recounts his years growing up at the YMCA of the Rockies in Estes Park and his eye-witness account of the creation of Snow Mountain Ranch. He will also share the process of writing his books including *In the Warmth of the Shadow*; *We Were Pioneers*; and *Elf Not on the Shelf*. No registration is required. Cookies will be served!

WINTER SPECIAL EVENTS

FRIDAY, DECEMBER 15

5:30 PM POLAR EXPRESS PAJAMA STORY TIME

Enjoy the magic of a Winter Wonderland at the Library! Nestle up snug in your pajamas around the cozy fireplace for some Christmas music and a reading of the classic *The Polar Express*.

SATURDAY, DECEMBER 16

9:00 AM-12:00 PM SANTA MEET AND GREET

Visit Santa's house located inside the Dorsey Museum for an exclusive visit with Santa Claus. Bring your wish lists and cameras for a one-on-one opportunity to meet with Mr. Claus. No registration, hot chocolate and Christmas cookies provided.

5:30 PM & 7:00 PM POLAR EXPRESS

PAJAMA STORY TIME

Enjoy the magic of a Winter Wonderland at the Library! Nestle up snug in your pajamas around the cozy fireplace for some Christmas music and a reading of the classic *The Polar Express*. Be sure not to miss the beautiful train set village!

SUNDAY, DECEMBER 17

7:00 PM ESTES PARK JAZZ CONCERT

Estes Park Jazz Big Band presents "Home for the Holidays." A concert featuring favorite holiday hits! Love offering collected. Meet at Hyde Chapel.

FRIDAY, DECEMBER 22

5:30 PM POLAR EXPRESS PAJAMA STORY TIME

Enjoy the magic of a Winter Wonderland at the Library! Nestle up snug in your pajamas around the cozy fireplace for some Christmas music and a reading of the classic *The Polar Express*.

AVAILABLE ALL WEEK

COOKIE DECORATING KITS

Stop by Sweet Memorial to pick up a tasty take home activity. Grab a cookie decorating kit with everything included! \$6 each contains 4 cookies.

GINGERBREAD HOUSE VILLAGE

Enter our annual gingerbread house contest! Houses will be available at the Sweet Memorial Building and cost \$20.

SANTAS MAILBOX

Drop off your letters to Santa at the Mailbox to the North Pole located at the Post Office! Be sure to make sure your name and return address are legible. No postage required.

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, DEC 15						
8:30AM-1:PM	Cub Lake	4.5	F	F	650'	Tori P.
<i>Hike past aspen woods and beaver ponds to Cub Lake.</i>						
SATURDAY, DEC 16						
8:30AM-2:15 PM	Deer Mountain	6.0	F	F	1360'	Tori P.
<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>						
FRIDAY, DEC 22						
8:30AM-12:30PM	Emerald Lake	3.6	F	F	700'	Tori P.
<i>Climb a smooth trail past Nymph and Dream Lakes up to the beautiful green gem-of-a-lake in Tyndall Gorge. This hike is perfect for most families.</i>						

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](#)



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"