ACTIVITY GUIDE
FRIDAY, JANUARY 7 – FRIDAY, JANUARY 14
YMCA OF THE ROCKIES- ESTES PARK CENTER

Questions about what’s available during your stay? Call x1104. Kids under 13 must be accompanied by an adult. Masks required in all indoor facilities.

PROGRAM FACILITY HOURS

SWEET MEMORIAL BUILDING
Friday and Saturday, 8:00 AM-8:00 PM; Sunday–Thursday 8:00 AM–5:30 PM
The hub of the Programs Department, consider us your Activity Visitor Center. Come here to get full schedules of activities, check out board games, mini golf equipment, basketballs, tennis equipment and to plan out your fun! Masks required inside facility. Questions? Call us at x1104.

MOOTZ FAMILY CRAFT & DESIGN CENTER
Open Daily 9:30 AM –5:00 PM
Try glazed ceramics, tie dye, mosaics, painting woodcrafts and more. Prices range from $5-$85. Activities may vary by day. Masks required inside facility. Questions? Call us at x1132.

BOONE FAMILY MOUNTAIN CENTER
Open Daily 9:00 AM –5:30 PM
Sign up for hikes, visit our nature center, or get info about our climbing and biking activities! Plus, find tons of information about hiking, both at the Y and in the National Park. Masks required inside facility. Questions? Call x8402.

LULA W. DORSEY MUSEUM
Questions? Call us at x1136. Last admittance 30 minutes before closing. Masks required inside facility.

MAUDE JELLISON LIBRARY
Masks required inside facility. Questions? Call us at x1133.

DORSEY SWIMMING POOL
Capacity may be restricted. Pool is closed during lightning storms. Call x1135 for space availability and weather conditions. Kids 12 and under must pass a swim test to enter the deep end. Kids 7 and under must have an adult in the water.

BOB ECKER ROLLER RINK & LONGHOUSE GYM
Roller Rink: Open Friday–Monday 5:30 PM–9:30 PM
Longhouse: Open Daily 8:30 AM– 9:30 PM
Check out some of our roller skates for a spin in the rink or play basketball, volleyball or pickleball in the gym.

SWEET MEMORIAL GAME ROOM
Friday –Saturday, 8:00 AM–8:00 PM; Sunday–Thursday 8:00 AM–5:30 PM
Our game room in the basement of Sweet Memorial is open! Play ping pong, pool, shuffleboard and toddler activities. Masks required inside facility. Questions? Call x1104

Call 970-586-3341 ext. 1104 for more information. Kids under 13 must be accompanied by an adult.
**TIPS FOR FIRST TIME GUESTS**

*Call Sweet Memorial at x1104.*

**First Time Visitor at YMCA of the Rockies? Let us Help!**

Activities at the Y open two weeks in advance. That means you can start planning your itinerary two weeks before you arrive! If there is a program or activity you know you want to do—we recommend making a reservation before you arrive. But not everything requires advanced registration. The swimming pool, museum, craft shop, and library are all first-come-first-serve. Here's our advice for planning a memorable and action-packed vacation at the Y:

1. Two weeks in advance, look through this activity guide and circle any programs of interest. Then book online or call us direct and we can book activities for you: 970-586-3341 ext 1104.

2. When you arrive, visit the Sweet Memorial Building to pick up property maps, paper versions of the Activity Guide, trail maps, board games, and more. Our staff are here to help!

3. Don’t forget to schedule free time for non-guided programs, such as mini golf, the new Outdoor Classroom, our hiking trails, or simply sit on the Administration porch with a book from the library.

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**PAID ACTIVITIES**

Must register in advance. [Click here to register](#) online or call Sweet Memorial at x1104. Registration opens two weeks in advance and some activities fill quickly. Masks required in all indoor facilities.

<table>
<thead>
<tr>
<th>Fri, Jan 7</th>
<th>Sat, Jan 8</th>
<th>Sun, Jan 9</th>
<th>Mon, Jan 10</th>
<th>Tues, Jan 11</th>
<th>Wed, Jan 12</th>
<th>Thurs, Jan 13</th>
<th>Fri, Jan 14</th>
</tr>
</thead>
</table>
| **Escape Room**  
Coleman Cabin  
$10/ person  
8 person max  
*Harry Potter Theme*  
Masks Required.  
| 8:30 AM | 10:00 AM | 12:00 PM | 1:30 PM | 3:00 PM | 8:30 AM | 10:00 AM | 12:00 PM | 1:30 PM | 3:00 PM | 8:30 AM | 10:00 AM | 12:00 PM | 1:30 PM | 3:00 PM | 8:30 AM | 10:00 AM | 12:00 PM | 1:30 PM | 3:00 PM |
| **Archery**  
Indoor Archery Range  
Ages 6+  
$10/person  
12 person max  
Masks Required.  
| 8:30 AM | 9:30 AM | 10:30 AM | 1:45 PM | 2:45 PM | 3:45 PM | 8:30 AM | 9:30 AM | 10:30 AM | 1:45 PM | 2:45 PM | 3:45 PM | 8:30 AM | 9:30 AM | 10:30 AM | 1:45 PM | 2:45 PM | 3:45 PM | 8:30 AM | 9:30 AM | 10:30 AM | 1:45 PM | 2:45 PM | 3:45 PM |
| **Indoor Climbing Wall**  
Mountain Center  
Ages 5+  
$10/person,  
8 person max  
Masks Required.  

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**Call 970-586-3341 ext. 1104 for more information.**
HIKING CALL 1311 TO REGISTER. ALL HIKES ARE FREE FOR YMCA OF THE ROCKIES GUESTS AND MEMBERS.

REQUIRES SIGN UP: REGISTER ONLINE OR VISIT THE BOONE FAMILY MOUNTAIN CENTER TO ASK QUESTIONS IN PERSON.

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.

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 three months before the hike. This means a C hike is the prerequisite for an A hike (some A hikes may require additional hiker scrutiny due to their high level of physical demand); a D hike is the prerequisite for a B hike, etc.

Saturday, January 8

<table>
<thead>
<tr>
<th>Time</th>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>High Point</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM–4:00 PM</td>
<td>Odessa Lake via Fern Lake TH</td>
<td>9.6</td>
<td>E</td>
<td>E</td>
<td>1870’</td>
<td>10020’</td>
<td>Braxton P.</td>
</tr>
<tr>
<td></td>
<td>Climb past the pool, Fern Falls, and Fern Lake to a stunning Lake Odessa. Enjoy great views of the Continental Divide and Odessa Gorge.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 AM–1:30 PM</td>
<td>The Loch</td>
<td>5.0</td>
<td>F</td>
<td>F</td>
<td>1145’</td>
<td>10180’</td>
<td>Karen A.</td>
</tr>
<tr>
<td></td>
<td>Hike a gentle trail past the roaring Alberta Falls (the perfect photo op) to a large, trout-filled lake nestled in Loch Vale.</td>
<td></td>
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</tbody>
</table>

Sunday, January 9

<table>
<thead>
<tr>
<th>Time</th>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>High Point</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM–12:30 PM</td>
<td>Bear to Bierstadt Lake</td>
<td>4.0</td>
<td>G</td>
<td>F</td>
<td>580’</td>
<td>9766’</td>
<td>Karen A.</td>
</tr>
<tr>
<td></td>
<td>Follow a mostly downhill trail through subalpine forest to Bierstadt Lake, then down the Bierstadt Moraine.</td>
<td></td>
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</tbody>
</table>

Thursday, January 13

<table>
<thead>
<tr>
<th>Time</th>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>High Point</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM–12:00 PM</td>
<td>Moraine Park Nature Walk</td>
<td>3.0</td>
<td>G</td>
<td>F</td>
<td>400’</td>
<td>8400’</td>
<td>Braxton P.</td>
</tr>
<tr>
<td></td>
<td>Identify plants &amp; wildlife along the Big Thompson River &amp; an ancient glacial moraine.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM–4:00 PM</td>
<td>Moraine Park Nature Walk</td>
<td>3.0</td>
<td>G</td>
<td>F</td>
<td>400’</td>
<td>8400’</td>
<td>NA</td>
</tr>
<tr>
<td></td>
<td>Identify plants &amp; wildlife along the Big Thompson River &amp; an ancient glacial moraine.</td>
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<td></td>
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</tbody>
</table>

Friday, January 14

<table>
<thead>
<tr>
<th>Time</th>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>High Point</th>
<th>Hikemaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM–1:30 PM</td>
<td>Mills Lake</td>
<td>5.2</td>
<td>F</td>
<td>F</td>
<td>850’</td>
<td>9940’</td>
<td>NA</td>
</tr>
<tr>
<td></td>
<td>Enjoy this popular trail past the roaring Alberta Falls to a photogenic lake below Thatchtop Mountain and the craggy Glacier Gorge.</td>
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</tbody>
</table>

OUTDOOR ED KITS TO-GO

We have fully designed curriculum for kids in 3rd-8th grade.

Kits are free and can be reserved by calling X8402 Each class takes 3 hours. Pick up at the Mountain Center. Classes include:

- Montane Forest Ecology
- Night Hike
- Outdoor Living Skills
- Route Orienteering
- Water Ecology

*No teaching experience is necessary. Follow step by step guides for a hands on educational experience.

HIKING RENTALS

Available at the Mountain Center.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiking Poles</td>
<td>$5</td>
</tr>
<tr>
<td>Day Pack</td>
<td>$5</td>
</tr>
<tr>
<td>Kid Carrier</td>
<td>$10</td>
</tr>
<tr>
<td>Stroller</td>
<td>$5</td>
</tr>
<tr>
<td>Microspikes</td>
<td>$10</td>
</tr>
<tr>
<td>Snowshoes</td>
<td>$10</td>
</tr>
<tr>
<td>LOWA Boots</td>
<td>FREE</td>
</tr>
</tbody>
</table>

Call 970-586-3341 ext. 1104 for more information.
### Family Programs Descriptions...

**FAMILY FUN**

**ANIMAL DETECTIVE (1hr)**
Learn about animals that call the Rockies home. We will observe tracks, scat, bones, and antlers, then put our detective skills to work 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!

**FLOOR HOCKEY (1hr)**
Whether we get a full game going or just practice penalty shots, grab a stick and let’s go!

**FIRE QUEST (1hr)**
Fire can be a life-saving tool outdoors. Come learn how to use various methods to spark safe fires.

**GEOCACHING (1hr)**
Join our instructor to learn the basics of Geocaching, and then set out to see what we can find. This class is designed for beginners.

**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, and marshmallow catapults.

**SURVIVAL (1.5hr)**
Learn some important skills to help you stay safe in the wilderness.

**SURVIVAL BRACELETS (1hr)**
Make your own survival bracelets for your outdoor adventures!

**TRIVIA (1hr)**
Test your random knowledge on a team with your family, or mix it up with other guests!

**ULTIMATE FRISBEE (1hr)**
A great hour of Frisbee team excitement!

**WALK IN THE WOODS (1hr)**
Take a leisurely hike around property to explore the trees, plants, and animals in our area and how they come together to thrive in our mountain woods.

**Questions? Call x1104**
**“Our classes will go outdoors and classes run rain, snow or shine!”**

<table>
<thead>
<tr>
<th>Age Ranges Family Programs (all ages)</th>
<th>Little Learners (5 and under)</th>
<th>Young Adult (10 &amp; up)</th>
<th>Maude Jellison Library (Library)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Locations: Mountain Center (MC)</td>
<td>Sweet Memorial (Sweet)</td>
<td>Legett Youth Building (Legett)</td>
<td>Dorsey Pond (Dorsey)</td>
</tr>
</tbody>
</table>

**Friday, January 7**

- 8:15 AM • Little Explorers @ Sweet
- 9:00 AM • Animal Detective @ Sweet
- 9:45 AM • Wooly Worm Hunt @ Sweet
- 10:15 AM • Bird is the Word @ Sweet
- 10:30 AM • Survival @ Sweet
- 11:30 AM • Parachute Games @ Sweet
- 1:30 PM • Junior Survival @ Sweet
- 2:45 PM • Walk in the Woods @ Sweet
- 3:00 PM • Science: Oobleck @ Sweet
- 3:30 PM • Geocaching @ Sweet
- 4:30 PM • Fire Quest @ Sweet

**Monday, January 10**

- 8:15 AM • Little Explorers @ Sweet
- 9:00 AM • Animal Detective @ Sweet
- 10:15 AM • Bird is the Word @ Sweet
- 11:30 AM • Parachute Games @ Sweet
- 1:00 PM • Bear Talk @ Sweet
- 1:30 PM • Floor Hockey @ LH
- 1:45 PM • Survival @ Sweet
- 3:00 PM • Science: Slime @ Sweet
- 3:30 PM • What about Wolves? @ Sweet
- 4:30 PM • Geocaching @ Sweet
- 4:30 PM • Knots @ Sweet

**Tuesday, January 11**

- 8:15 AM • Little Explorers @ Sweet
- 9:00 AM • Animal Detective @ Sweet
- 10:15 AM • Bird is the Word @ Sweet
- 11:30 AM • Parachute Games @ Sweet
- 1:00 PM • Bear Talk @ Sweet
- 1:30 PM • Ultimate Frisbee @ LH
- 1:45 PM • Survival @ Sweet
- 3:00 PM • Science: Slime @ Sweet
- 3:30 PM • Rolling Thunder: The North American Bison @ Sweet
- 4:30 PM • Paper Snowflakes @ Sweet
- 4:30 PM • Knots @ Sweet

**Wednesday, January 12**

- 8:15 AM • Little Explorers @ Sweet
- 9:00 AM • Animal Detective @ Sweet

**Sunday, January 9**

- 8:15 AM • Little Explorers @ Sweet
- 9:00 AM • Animal Detective @ Sweet
- 10:15 AM • Bird is the Word @ Sweet

**Thursday, January 13**

- 8:15 AM • Little Explorers @ Sweet
- 9:00 AM • Animal Detective @ Sweet
- 10:15 AM • Bird is the Word @ Sweet
- 11:30 AM • Parachute Games @ Sweet
- 1:00 PM • Bear Talk @ Sweet
- 1:30 PM • Ultimate Frisbee @ LH
- 1:45 PM • Survival @ Sweet
- 3:30 PM • Rolling Thunder: The North American Bison @ Sweet
- 4:30 PM • Paper Snowflakes @ Sweet

**Friday, January 14**

- 8:15 AM • Little Explorers @ Sweet
- 9:00 AM • Animal Detective @ Sweet
- 9:45 AM • Wooly Worm Hunt @ Sweet
- 10:15 AM • Bird is the Word @ Sweet
- 10:30 AM • Survival @ Sweet
- 11:30 AM • Parachute Games @ Sweet
- 1:30 PM • Junior Survival @ Sweet
- 1:45 PM • Floor Hockey @ LH
- 2:45 PM • Walk in the Woods @ Sweet
- 3:00 PM • Science: Slime @ Sweet
- 3:30 PM • Geocaching @ Sweet
- 4:30 PM • Fire Quest @ Sweet
- 6:00 PM • BINGO @ Sweet
- 7:00 PM • Trivia @ Sweet

Call 970-586-3341 ext. 1104 for more information.
MORE ACTIVITIES  Call Sweet Memorial at x1104.

WHERE NATURE, HISTORY & ART INSPIRE!

The Lula W. Dorsey Museum has created two self-guided walking tours for you to enjoy! These informative strolls around our Estes Park center 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!

PUBLIC ART TOUR

WALK ABOUT THE Y HISTORY TOUR

Questions? Call x1136.

SLEDDING

Check out sleds from Sweet Memorial and have some fun! Call x1104 or stop by Sweet Memorial to find out the current conditions.

WORSHIP IN THE ROCKIES

SUNDAY at 10 AM

Guests and staff are invited to Ponder Chapel for a wonderful hour of worship. Face coverings required. For those who wish to join us online:

Click here to tune in!

Poem Share

Monday, January 10 at 6:30 PM

Enjoy an informal evening of poetry and song at the Maude Jellison Library as participants share their favorite poetry with each other. You can read your own original work, poetry from books, poems in a foreign language (with English translation), classic to avant garde. Or you can play your guitar and sing a song for everyone! No registration required.

Call 970-586-3341 ext. 1104 for more information.
**REGISTRATION REQUIRED FOR ALL SPECIALTY CLASSES**

**FRIDAY JANUARY 14**
- Screen Printing @ 10 am — $10/person, Ages 9+
- Candle Making @ 1 pm — $12/person

**SATURDAY JANUARY 15**
- Winter Photography Workshop @ 9am — FREE
- Glass Fusion @ 10 am — price varies. Ages 9+
- Improvisational Acting @ 1 pm — FREE

**SUNDAY JANUARY 16**
- Glass Fusion @ 10 am — price varies. Ages 9+
- Screen Printing @ 1 pm — $10/person, Ages 9+

**MONDAY JANUARY 17**
- Candle Making @ 10 am — $12/person
- Improvisational Acting @ 1 pm — FREE

— silk painting and jewelry will not be available in general craft areas this weekend —

**PLUS! SAVE 20% OFF ALL OTHER CRAFTS**

QUESTIONS?
Call 970-586-3341 ext. 1132
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 Monday through Saturday by appointment 10am - 8pm.

To schedule your appointment:
Text Laura: (720) 218-1953 or
Email: laura@homegrownyoga.com
Call Ext 4101 from YMCA phone.
Texting is the most reliable and quickest way!
Let me know the ideal day and time you’d like to receive your massage, how long you are staying in Estes, and other pertinent information such as your name, where you are staying and how long of massage you would like.

Location:
Massage (Birch) Cabin at corner of Friendship Lane and Association Drive. If driving, please take Program Way and park at the end of the way. There is no parking on Friendship Ln or Association Dr.

Payment:
All forms of payment accepted at the massage cabin. Cash and room charge are preferred. No insurance reimbursement.

COVID protocols:
Please bring and wear a mask during the treatment as mandated by Larimer County. (No bandanas).
Laura, the massage therapist is vaccinated and boosted and wears an N95 mask.

Services & Prices:

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min</td>
<td>$50</td>
<td>Perfect for achy feet or a great neck and back massage</td>
</tr>
<tr>
<td>60 min</td>
<td>$90</td>
<td>Perfect for full body massage focusing on relaxation and health promotion</td>
</tr>
<tr>
<td>90 min</td>
<td>$130</td>
<td>Allows additional time to focus on a certain pain issue</td>
</tr>
<tr>
<td>120 min</td>
<td>$170</td>
<td>Allows time for multiple modalities and an in-depth full body massage</td>
</tr>
</tbody>
</table>

No time add ons:
Deep Tissue: Included
Fruit Refresh: $20
Foot Sugar Scrub: $10
Body Brushing: $15

Four pack/one hour: $340
Complimentary aromatherapy with every massage.

Text (720) 218-1953 to schedule
“helping people be their best”