Questions about activities during your stay? Call x1104. Kids under 13 must be accompanied by an adult.

PROGRAM FACILITY HOURS

SWEET MEMORIAL BUILDING
Open Friday–Saturday 8:30 AM–8:00 PM, Sunday–Thursday 8:30 AM–6:00 PM
The hub of the Programs Department, consider us your Activity Visitor Center. Come here to find out get a full schedule of activities, and plan out your fun! Make sure to check out our game room in the basement! Questions? Call us at x1104.

BOB ECKER ROLLER RINK
Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104

<table>
<thead>
<tr>
<th>Fri, Dec 30</th>
<th>Sat, Dec 31</th>
<th>Sun, Jan 1</th>
<th>Mon, Jan 2</th>
<th>Tues, Jan 3</th>
<th>Wed, Jan 4</th>
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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. Questions? Call us at x1132.

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

<table>
<thead>
<tr>
<th>Fri, Dec 30</th>
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<td>9 AM–12 PM</td>
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MAUDE JELLISON LIBRARY
Questions? Call us at x1133.

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<tr>
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BOONE FAMILY MOUNTAIN CENTER
Open Daily 9 AM –5 PM
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.

LONGHOUSE GYM
Come play basketball or volleyball! Pickleball available 9:00 AM–12:00 PM. Call x1104 for more information.

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DORSEY SWIMMING POOL
CLOSED UNTIL FURTHER NOTICE FOR RENOVATIONS AND REPAIRS.

Call 970–586–3341 ext. 1104 for more information.
ESCAPE ROOM  
Open Daily 
Enjoy a family-friendly, space-themed escape room where you can interpret clues, solve puzzles, unlock doors and decipher riddles in this immersive experience. The escape room is located in the Gaylord Program Building. Cost is $10 per person and 8 people can participate in each one hour session. 
Advanced registration is required. Please call x1104 or click here to check for availability! 

INDOOR CLIMBING WALL  
Open Thursday-Monday 
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, $10 per person for an hour. There can be up to 8 people in each session. Meet at the Boone Family Mountain Center. 
Advanced registration is required. Please call x1104 or click here to check for availability! 

INDOOR ARCHERY  
Open Daily 
Archery sessions allow beginners to learn the basics, while experienced archers get a chance to practice their skills. Open to ages 6 and up, $10 per person. Up to 12 per session. Meet at the Indoor Archery Range at the Roller Rink. 
Advanced registration is required. Please call x1104 or click here to check for availability! 

CHAPEL PROGRAMS 

Sunday, January 1 
10:00 am WORSHIP IN THE ROCKIES 
Guests and staff are invited to Ponder Chapel at the Legett Christian Center for an exciting time of worship. 

Additional Chapel Programs 

24/7 PRAYER CHAPEL – DANNEN CHAPEL 
Entrance located on the outside northeast corner of Hyde Chapel, is open 24/7 for your prayer needs. 

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. All ages will find this a fun and meaningful way to pray! 

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. Brochures about the Labyrinth and how to walk the Labyrinth are located at the starting point. 

BIBLE POINT TRAIL 
Along the trail you will encounter selected Psalms that sing to the glory of God revealed in nature. If you need help finding the trail, pick up a map in the Mountain Center. 

BEATITUDE STUDY TRAIL 
Enjoy a hike while studying the beatitudes from Jesus’ famous “Sermon on the Mount.” The trailhead and study guides are located at the Dorsey Lake parking lot. The trail makes a 1-mile loop. 

STORY WALK 
Enjoy a children’s book on a short walk equipped with reading stations. Story Walk begins on the walking path by the Hyde Chapel fire pit. 

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

Requires sign up: Register online or call the Boone Family Mountain Center at x8402. All hikes are free for YMCA of the Rockies guests and members.

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 two weeks 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.

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.

**NEW! ENGER FAMILY NATURE TRAIL**

The new Enger Family Nature Trail is built for all ages, with accessibility in mind. The trail starts at the Boone Family Mountain Center and makes a pet-friendly loop through the montane forest. Along the trail, guests can learn about the ecosystem, culture and history of the area through interpretive panels.

**Hiking Poles** $5  
**Day Pack** $5  
**Kid Carrier** $10  
**Stroller** $5  
**Microspikes** $10  
**Snowshoes** $10

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**Friday, December 30**

<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>Arch Rock and the Pool</td>
<td>3.5</td>
<td>G</td>
<td>F</td>
<td>245'</td>
<td>8400'</td>
<td>Will P.</td>
</tr>
</tbody>
</table>

A magnificent hike along the level and beautiful Fern Lake Trail to The Pool on the Big Thompson River. Before The Pool, you will pass through several house-sized rocks call the "Arch Rocks."

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**Saturday, December 31**

<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>7:30 AM-1:30 PM</td>
<td>Bridal Veil Falls</td>
<td>6.6</td>
<td>F</td>
<td>E</td>
<td>960'</td>
<td>8900'</td>
<td>Karen A.</td>
</tr>
</tbody>
</table>

Enjoy a blissful hike past historic McGraw Ranch and through mountain meadows to the rocky grotto in Cow Creek canyon.

<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-12:00 PM</td>
<td>Emerald Lake</td>
<td>3.6</td>
<td>F</td>
<td>F</td>
<td>713'</td>
<td>10080'</td>
<td>Will P.</td>
</tr>
</tbody>
</table>

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.

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**Sunday, January 1**

<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>670'</td>
<td>9766'</td>
<td>Karen A.</td>
</tr>
</tbody>
</table>

Follow a mostly downhill trail through subalpine forest to Bierstadt Lake, then back to Bear Lake.

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**Monday, January 2**

<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>8:30 AM-1:00 PM</td>
<td>Cub Lake</td>
<td>4.8</td>
<td>F</td>
<td>F</td>
<td>610'</td>
<td>8620'</td>
<td>Roy P.</td>
</tr>
</tbody>
</table>

Good trail past beaver ponds to a pristine lake covered with lily pads.

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**Tuesday, January 3**

<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-1:00 PM</td>
<td>The Loch</td>
<td>5</td>
<td>F</td>
<td>F</td>
<td>1145'</td>
<td>10180'</td>
<td>Karen A.</td>
</tr>
</tbody>
</table>

Hike a gentle trail past the roaring Alberta Falls (the perfect photo op) to a large, trout-filled lake nestled in Loch Vale.

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**Wednesday, January 4**

<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>8:30 AM-3:30 AM</td>
<td>Deer Mountain</td>
<td>6</td>
<td>F</td>
<td>F</td>
<td>1359'</td>
<td>10013'</td>
<td>Programs Staff</td>
</tr>
</tbody>
</table>

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!

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**Thursday, January 5**

<table>
<thead>
<tr>
<th>Time</th>
<th>Hike</th>
<th>Miles RT</th>
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<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>Clyde M.</td>
</tr>
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</table>

Identify plants & wildlife along the Big Thompson River & an ancient glacial moraine.

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**Friday, January 6**

<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>8:30 AM-12:30 PM</td>
<td>Calypso Cascades</td>
<td>5.6</td>
<td>F</td>
<td>F</td>
<td>870'</td>
<td>9200'</td>
<td>Will P.</td>
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</table>

Nature walk through lush woods along the North Saint Vrain river to the cascades of Cony Creek tumbling down from Pear Lake.

---

Call 970-586-3341 ext. 1104 for more information.
New Year's Candlelight Yoga

Friday, December 30 7:00 PM
Join us in Legett Youth Building for an all-levels integral yoga class with a vinyasa flair. Class will include setting New Year intentions, and will be followed by a short craft activity to help your mind, body, and spirit welcome the new year.

Friday, December 30
8:45 AM • Little Explorers @ Sweet
9:30 AM • Animal Detective @ Sweet
9:45 AM • Woolly Worm Hunt @ Sweet
10:30 AM • Survival Bracelets @ Sweet
10:45 AM • Knots @ Sweet
12:30 PM • Snowflake Wonders @ Sweet
12:45 PM • Parachute Games @ Sweet
1:30 PM • Walk in the Woods @ Sweet
2:00 PM • Floor Hockey @ LH
3:00 PM • Science: Obieck @ Sweet
3:15 PM • Bear Talk @ Sweet
4:00 PM • Fire Quest @ Sweet
4:15 PM • Jr. Survival @ Sweet
4:45 PM • Air-O-Sport @ LH
5:00 PM • Origami @ Sweet
5:15 PM • What about Wolves? @ Sweet
6:00 PM • Community Fire @ Sweet
7:00 PM • Trivia @ Sweet

Saturday, December 31
8:45 AM • Little Explorers @ Sweet
9:30 AM • Animal Detective @ Sweet
9:45 AM • Woolly Worm Hunt @ Sweet
10:30 AM • Survival Bracelets @ Sweet
10:30 AM • Children’s Story Time @ Library
10:45 AM • Bird is the Word @ Sweet
12:30 PM • Snowflake Wonders @ Sweet
1:30 PM • President Theodore Roosevelt @ Library
2:00 PM • Ultimate Frisbee @ LH
3:00 PM • Make your own Ice Cream! @ Sweet
3:15 PM • Bear Talk @ Sweet
4:00 PM • Fire Quest @ Sweet
4:15 PM • Junior Survival @ Sweet
4:45 PM • Capture the Flag @ LH
5:00 PM • Dino Discovery @ Sweet
5:15 PM • What about Wolves? @ Sweet
6:00 PM • Community Fire @ Sweet

Sunday, January 1
8:45 AM • Little Explorers @ Sweet
9:30 AM • Animal Detective @ Sweet
9:45 AM • Woolly Worm Hunt @ Sweet
10:30 AM • Survival Bracelets @ Sweet
10:45 AM • Knots @ Sweet
12:30 PM • Snowflake Wonders @ Sweet
12:45 PM • Parachute Games @ Sweet
1:30 PM • Walk in the Woods @ Sweet
2:00 PM • Floor Hockey @ LH
3:00 PM • Science: Obieck @ Sweet
3:15 PM • Bear Talk @ Sweet
4:00 PM • Fire Quest @ Sweet
4:15 PM • Jr. Survival @ Sweet
4:45 PM • Air-O-Sport @ LH
5:00 PM • Origami @ Sweet
5:15 PM • What about Wolves? @ Sweet
6:00 PM • Community Fire @ Sweet

Monday, January 2
8:45 AM • Little Explorers @ Sweet
9:30 AM • Animal Detective @ Sweet
10:30 AM • Knots @ Sweet
12:45 PM • Parachute Games @ Sweet
1:30 PM • Walk in the Woods @ Sweet
2:00 PM • Floor Hockey @ LH
3:00 PM • Science: Balloon Rockets @ Sweet
3:15 PM • Bear Talk @ Sweet
4:00 PM • Fire Quest @ Sweet
5:00 PM • Origami @ Sweet
5:15 PM • What about Wolves? @ Sweet
6:00 PM • Community Fire @ Sweet

Tuesday, January 3
8:45 AM • Little Explorers @ Sweet
9:30 AM • Animal Detective @ Sweet
10:45 AM • Bird is the Word @ Sweet
12:45 PM • Parachute Games @ Sweet
1:30 PM • Survival @ Sweet
2:00 PM • Ultimate Frisbee @ LH
3:00 PM • Science: Marshmallow Catapults @ Sweet
3:15 PM • Bear Talk @ Sweet
4:00 PM • Fire Quest @ Sweet
5:00 PM • Dino Discovery @ Sweet
5:15 PM • What about Wolves? @ Sweet

Wednesday, January 4
8:45 AM • Little Explorers @ Sweet
9:30 AM • Animal Detective @ Sweet
10:45 AM • Knots @ Sweet
12:45 PM • Parachute Games @ Sweet
1:30 PM • Walk in the Woods @ Sweet
2:00 PM • Floor Hockey @ LH
3:00 PM • Science: Slime @ Sweet
3:15 PM • Bear Talk @ Sweet
4:00 PM • Fire Quest @ Sweet
5:00 PM • Origami @ Sweet
5:15 PM • What about Wolves? @ Sweet

Thursday, January 5
8:45 AM • Little Explorers @ Sweet
9:30 AM • Animal Detective @ Sweet
10:45 AM • Bird is the Word @ Sweet
12:45 PM • Parachute Games @ Sweet
1:30 PM • Survival @ Sweet
2:00 PM • Ultimate Frisbee @ LH
3:00 PM • Science: Marshmallow Catapults @ Sweet
3:15 PM • Bear Talk @ Sweet
4:00 PM • Fire Quest @ Sweet
4:45 PM • Capture the Flag @ LH
5:00 PM • Dino Discovery @ Sweet

ICE SKATING SLEDDING
Check out ice skates and sleds from Sweet Memorial and have some fun! Call x1104 or stop by Sweet Memorial to inquire about the current conditions and availability.

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

**AIR-O-SPORT (1hr)**
Bring your friends and family to play a sport that combines frisbee golf and ultimate frisbee.

**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.

**CAPTURE THE FLAG (1hr)**
How well can you hide, sneak, run, and chase in the classic camp game to retrieve your flag from the other team’s side? Come find out!

**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.

**GAMES TO ENJOY**

**BASKETBALL (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.

**HANNAH GOES WEST! (1hr)**
Hannah goes West explores the life of Hannah and her family as they make their new home on the eastern plains.

**KICKBALL (1hr)**
Join other game enthusiasts for kicking and running fun.

**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.

**SNOWFLAKE WONDERS (1hr)**
Using simple materials and techniques, participants will learn how to fold and cut paper to create their own paper snowflakes. This program is perfect for anyone who loves the magic of snowflakes and paper crafting.

**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 (1.5hr)**
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 wild mountain woods.

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**WHERE NATURE, HISTORY & ART INSPIRE!**

The Lula W. Dorsey Museum has created two self-guided walking tours for you to enjoy! 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:

- **PUBLIC ART TOUR**
- **WALK ABOUT THE Y HISTORY TOUR**

---

**President Theodore Roosevelt**

1:30 PM Saturdays @ Library
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!

**YOUNG ADULT**

**FOR THOSE 10 AND OLDER:**

**BEAR TALK (30 min)**
Explore the lives of bears and how to keep yourselves and them safe in this bear-y interesting talk!

**WHAT ABOUT WOLVES? (45min)**
Grey wolves were extirpated from Colorado in the late 1800’s. As wolves begin to migrate back, learn about the effect of these large carnivores on their ecosystems.

**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.

**JUNIOR SURVIVAL (30 min)**
Come learn about the 10 essentials for hiking before we head outside for an outdoor treasure hunt.

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Call 970-586-3341 ext. 1104 for more information.
NEW YEAR'S EVE PARTY

Get ready to get your glow on at our neon and black light, family friendly, New Year Eve’s party! We will have our very own DJ Alsum playing dance music. Come decked out in neon and white clothing and accessories. Glow sticks and glow paint will be provided.

December 31, 8PM–10PM

Located in Assembly Hall

Guests and Staff: Free
General Public: $5 per person at the door
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:
All forms of payment accepted. Cash and room charge are preferred, credit cards fine. No insurance reimbursement.

COVID protocols:
The massage therapist is vaccinated and up to date on boosters. Therapist can certainly wear a mask upon request and asks client to wear one as well in that case. Please do not come in if you have a fever, cough or cold like symptoms. Please wear a mask if you have been around someone who recently tested positive for COVID.

Services & Prices:

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min</td>
<td>$60</td>
<td>Perfect for achy feet or a great neck and back massage</td>
</tr>
<tr>
<td>60 min</td>
<td>$100</td>
<td>Perfect for full body massage focusing on relaxation and health promotion</td>
</tr>
<tr>
<td>90 min</td>
<td>$150</td>
<td>Allows additional time to focus on a certain pain issue</td>
</tr>
<tr>
<td>120 min</td>
<td>$190</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
Hot Stone: $20

Four pack/one hour: $380
Complimentary aromatherapy with every massage.

48 hour cancellation policy or full charge.

“helping people be their best”