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

Fri, Dec 23 | Sat, Dec 24 | Sun, Dec 25 | Mon, Dec 26 | Tues, Dec 27 | Wed, Dec 28 | Thurs, Dec 29 | Fri, Dec 30
---|---|---|---|---|---|---|---
9 AM-9 PM | 9 AM-9 PM | 9 AM-9 PM | 9 AM-9 PM | 9 AM-9 PM | 9 AM-9 PM | 9 AM-9 PM | 9 AM-9 PM

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

 Fri, Dec 23 | Sat, Dec 24 | Sun, Dec 25 | Mon, Dec 26 | Tues, Dec 27 | Wed, Dec 28 | Thurs, Dec 29 | Fri, Dec 30
---|---|---|---|---|---|---|---
5:30-9:30 PM | 5:30-9:30 PM | 5:30-9:00 PM | 5:30-9:30 PM | 5:30-9:30 PM | 5:30-9:30 PM | 5:30-9:30PM | 5:30-9:30PM

SWEET MEMORIAL BUILDING
Open Friday-Saturday 8:30 AM-8:00 PM, Sunday-Thursday 8:30 AM-6:00 PM
Sunday, December 25: 1PM-5PM
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.

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.

Fri, Dec 23 | Sat, Dec 24 | Sun, Dec 25 | Mon, Dec 26 | Tues, Dec 27 | Wed, Dec 28 | Thurs, Dec 29 | Fri, Dec 30
---|---|---|---|---|---|---|---
9 AM-4 PM | 9 AM-12 PM | CLOSED | 1 PM-5 PM | CLOSED | CLOSED | CLOSED | 9 AM-4 PM

Boone Family Mountain Center
Open Daily 9 AM – 5 PM Saturday, December 25: CLOSED
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.

Maude Jellison Library
Questions? Call us at x1133.

Fri, Dec 23 | Sat, Dec 24 | Sun, Dec 25 | Mon, Dec 26 | Tues, Dec 27 | Wed, Dec 28 | Thurs, Dec 29 | Fri, Dec 30
---|---|---|---|---|---|---|---
9 AM–5 PM | 9 AM–5 PM | 1–5 PM | 9 AM–5 PM | 9 AM–5 PM | 9 AM–5 PM | 9 AM–5 PM | 9 AM–5 PM

Dorsey Swimming Pool
CLOSED UNTIL FURTHER NOTICE FOR RENOVATIONS AND REPAIRS.

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

Must register in advance. [Link to register online] or call Sweet Memorial at x1104. Registration opens two weeks in advance and some activities fill quickly.

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 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!

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!

CHAPEL PROGRAMS

Saturday, December 24
5:00 – 6:30 CHRISTMAS EVE IN PONDER CHAPEL
With Hyde Chapel under construction, The YMCA of the Rockies Chapel Ministry invites you to Ponder Chapel for a family friendly Christmas experience. Follow the lighted luminaries leading to the front door and into the decorated chapel. Inside you will hear the music of Christmas played on Cello by Alexandria McClinton, and hear a reading of the Christmas story. As you make your way through the chapel, you will collect pieces of a "build your own" nativity scene (one per family), and receive cookies and hot cocoa/coffee as you leave the chapel through the basement doors, once again following the lighted luminaries back to the main sidewalk. You may come anytime between 5:00 – 6:30 pm.

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.

Sunday, December 25
NO WORSHIP IN THE ROCKIES
Have a Merry Christmas!

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.

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.

---

**Friday, December 23**

<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>Chasm Falls</td>
<td>3</td>
<td>G</td>
<td>F</td>
<td>500’</td>
<td>9160’</td>
<td>Will P.</td>
</tr>
</tbody>
</table>

Hike from the Endovalley Picnic Area up historic Fall River Road to beautiful, Chasm Falls grotto .

**Saturday, December 24**

<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-12:00 PM</td>
<td>Hidden Falls</td>
<td>1.8</td>
<td>G</td>
<td>F</td>
<td>235’</td>
<td>8500’</td>
<td>Karen A.</td>
</tr>
</tbody>
</table>

Enjoy this pleasant hike through lush forest to a shady rock cliff that retains a hidden falls.

<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>12:30 PM-5:00PM</td>
<td>Bible Point and Emerald Mountain</td>
<td>4.5</td>
<td>F</td>
<td>E</td>
<td>1300’</td>
<td>9237’</td>
<td>Will P.</td>
</tr>
</tbody>
</table>

Enjoy a short hike up this steep peak. Once you arrive on the summit you will enjoy striking panoramic vistas—right here from the Y grounds!

**Monday, December 26**

<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>Karen A.</td>
</tr>
</tbody>
</table>

Enjoy this popular trail past the roaring Alberta Falls to a photogenic lake below Thatchtop Mountain and the craggy Glacier Gorge.

**Tuesday, December 27**

<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-2:00 PM</td>
<td>Wigwam Tea Room Snowshoe Hike</td>
<td>4.5</td>
<td>F</td>
<td>E</td>
<td>950’</td>
<td>8400’</td>
<td>Programs Staff</td>
</tr>
</tbody>
</table>

From Lily Lake, follow along a gentle trail along Aspen Brook the historic Wigwam Tea House, site of the first female Estes Valley homesteader.

**Wednesday, December 28**

<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</td>
<td>G</td>
<td>F</td>
<td>400’</td>
<td>8400’</td>
<td>Programs Staff</td>
</tr>
</tbody>
</table>

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

**Thursday, December 29**

<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-1:30 PM</td>
<td>Sprague Lake to Alberta Falls</td>
<td>6.8</td>
<td>G</td>
<td>F</td>
<td>820’</td>
<td>9445’</td>
<td>Karen A.</td>
</tr>
</tbody>
</table>

Starting at scenic Sprague Lake, follow a leisurely trail through Prospect Canyon to the 90 foot waterfall, Alberta Falls.

**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 Rocks 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.”

---

**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.

Call 970-586-3341 ext. 1104 for more information.
Wednesday, December 28  
9:00 AM Vinyasa Flow Yoga  
Join us in Legett Youth Building for an all-levels integral yoga class with a vinyasa flair. Class focuses on beginners with more advanced postures suggested for those who are able. Each class ends in a deep relaxation. Mats available.

Friday, December 30  
7:00 PM New Years Candlelight Yoga  
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.

Sunday, December 25  
No programs for Christmas day but Sweet Memorial is open for ice skates and games.

Monday, December 26  
8:45 AM • Little Explorers @ Sweet  
9:30 AM • Animal Detective @ Sweet  
10:45 AM • Knots @ Sweet  
12:30 AM • 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: Balloon Rockets @ 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 • BINGO @ Sweet  
7:00 PM • Trivia @ Sweet

Tuesday, December 27  
8:45 AM • Little Explorers @ Sweet  
9:30 AM • Animal Detective @ Sweet  
9:45 AM • Woolly Worm Hunt @ Sweet  
10:45 AM • Bird is the Word @ Sweet  
12:30 AM • Snowflake Wonders @ 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  
4:15 PM • Jr. 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

Wednesday, December 28  
8:45 AM • Little Explorers @ Sweet  
9:30 AM • Animal Detective @ Sweet  
9:45 AM • Woolly Worm Hunt @ Sweet  
10:45 AM • Knots @ Sweet  
12:30 AM • 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: Slime @ 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 • BINGO @ Sweet  
7:00 PM • Trivia @ Sweet

Christmas Around the World  
Saturday, December 24 4:00PM - 5:00PM  
Enjoy a cozy Christmas experience around the fireplace at the Maude Jellison Library. Try authentic German Christmas cake and gingerbread cookies as we talk about Christmas celebrations of various countries of the world.

Visit Santa at the North Pole  
Friday, December 23 6PM and 7PM  
Take a Christmas Trip to the North Pole! Visit with Santa, tell him what’s on your Christmas wish list, and enjoy hot chocolate and Christmas cookies. Please only register the children who will visit with Santa. Free.

*Sign Up Required*

Thursday, December 29  
8:45 AM • Little Explorers @ Sweet  
9:30 AM • Animal Detective @ Sweet  
9:45 AM • Woolly Worm Hunt @ Sweet  
10:45 AM • Bird is the Word @ Sweet  
12:30 AM • Snowflake Wonders @ 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  
4:15 PM • Jr. Survival @ Sweet  
4:45 PM • Capture the Flag @ LH  
5:00 PM • Dino Discovery @ Sweet  
6:00 PM • Community Fire @ Sweet

Friday, December 30  
8:45 AM • Little Explorers @ Sweet  
9:30 AM • Animal Detective @ Sweet  
9:45 AM • Woolly Worm Hunt @ 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: Balloon Rockets @ Sweet  
3:00 PM • Kickball @ 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 • BINGO @ Sweet  
7:00 PM • Trivia @ Sweet

Call 970-586-3341 ext. 1104 for more information.
FAMILY PROGRAMS DESCRIPTIONS

**FAMILY FUN**

**ANIMAL DETECTIVE (1 hr)**
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 (1 hr)**
Bring your friends and family to play a sport that combines frisbee golf and ultimate frisbee.

**BINGO (1 hr)**
Grab a card and get your game face on.

**BIRD IS THE WORD (1 hr)**
Come learn about fall birds in our area and make your very own bird feeder.

**CAPTURE THE FLAG (1 hr)**
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 (1 hr)**
Come join a free community campfire. Feel free to bring your own s’mores supplies.

**DINO DISCOVERY (1 hr)**
Learn about the rich history of Dinosaurs in Colorado and get ready to put your paleontology skills to the test.

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

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

**GAGA BALL (1 hr)**
Played with a rubber ball, this game combines the skills of dodging, striking, running, jumping, while trying to hit opponents below the knees.

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

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

**KNOTS (1 hr)**
Knot tying is an essential backcountry skill. Learn a half hitch, bowline, and more useful knots.

**ORIGAMI (1 hr)**
We will explore basic folding patterns and replicate easy designs.

**SCIENCE (1 hr)**
Become a scientist. Make ice cream, Oobleck, Slime, marshmallow catapults, and balloon rockets.

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

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

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

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

**WALK IN THE WOODS (1.5 hr)**
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.

**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**

**WHAT ABOUT WOLVES? (45 min)**
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 the 10 essentials for hiking before we head outside for an outdoor treasure hunt.

**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.

**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!

**President Theodore Roosevelt**

1:30 PM Saturdays @ Maude Jellison 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!

**ICE SKATING**

**SLEDGING**

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.
Holiday Special Events

Saturday, December 17

10:00 AM - 12:00PM Museum Christmas Open House
Enjoy an old-fashioned Christmas tradition of music, story time, carols, and hot chocolate and cookies at the Lula W. Dorsey Museum.

6:00PM & 7:00PM Visit Santa at the North Pole
Take a Christmas Trip to the North Pole! Visit with Santa, tell him what’s on your Christmas wish list, and enjoy hot chocolate and Christmas cookies. Please only register the children who will visit with Santa. Free.*Sign Up Required*

Thursday, December 22

6:00PM & 7:00 PM Visit Santa at the North Pole
Take a Christmas Trip to the North Pole! Visit with Santa, tell him what’s on your Christmas wish list, and enjoy hot chocolate and Christmas cookies. Please only register the children who will visit with Santa. Free.*Sign Up Required*

Friday, December 23

6:00PM & 7:00PM Visit Santa at the North Pole
Take a Christmas Trip to the North Pole! Visit with Santa, tell him what’s on your Christmas wish list, and enjoy hot chocolate and Christmas cookies. Please only register the children who will visit with Santa. Free.*Sign Up Required*

Saturday, December 24

10:00AM – 2:00PM Museum Christmas Open House
Enjoy an old-fashioned Christmas tradition of music, story time, carols, and hot chocolate and cookies at the Lula W. Dorsey Museum.

5:00PM – 6:30PM Christmas Eve in Ponder Chapel
Stop by Ponder Chapel for a family friendly Christmas experience. As you make your way through the chapel, you will collect pieces of a “build your own” nativity scene, and receive cookies and hot cocoa/coffee as you leave the chapel through the basement doors. You may come anytime between 5:00 – 6:30 pm.

7:00PM – 9:00PM Santa Deliveries
Santa will deliver to your door on Christmas Eve. Call x1104 after you arrive to sign up.

Tuesday, December 27

7:00PM – 8:00PM Cowboy Brad Christmas Sing-A-Long
Join local singer/songwriter/guitarist Cowboy Brad at Hempel Auditorium for a special holiday concert with songs and fun for the whole family!

Saturday, December 31

8:00PM–10:00PM New Years Eve Family Dance
Join us in Assembly Hall for an evening of fun. Dress in neon and get ready to dance under the black light and watch the ball drop!
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
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”