

# ACTIVITY SCHEDULE

## FRIDAY, OCTOBER 25 – THURSDAY, OCTOBER 31

EERIE ESTES PARK CENTER



Children under the age of 13 must be accompanied by an adult at all times.

Some programs require advanced registration and may fill quickly, click [here](#) or call x1104 to sign up.

### PROGRAM FACILITY HOURS

	FRI, OCT 25	SAT, OCT 26	SUN, OCT 27	MON, OCT 28	TUES, OCT 29	WED, OCT 30	THURS, OCT 31
<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, sports equipment and more! Questions? Call us at x1104.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
<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.						
	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM
<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.						
	10AM-5PM	12PM-5PM	10AM-5PM	CLOSED	CLOSED	CLOSED	CLOSED
<b>MAUDE JELLISON LIBRARY</b>	Grab a good book , cup of coffee, and get cozy . 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. Open crafting and craft classes available. 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. Some crafts have age restrictions. 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>	Maximum capacity limits may apply. 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.						
	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 1PM-6PM
<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	5:30PM-9:30PM	5:30PM-7PM	5:30PM-9:30PM	5:30PM-7:30PM
<b>LONGHOUSE GYM</b>	Pop over for a game of basketball or volleyball, equipment available in the gym. Questions? Call us at x1104.						
	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM	CLOSED

#### 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.



## GUIDED HIKING

Requires sign up: Call the Boone Family Mountain Center at x1311 or click [here](#) to register. 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.

It is imperative that all hikers check in with the hiking desk no later than 5pm the day before the hike. Check in can be done in person or over the phone. Please bring your Y lodge room number or cabin name at that time. A variety of circumstances may change the schedule of any hike. 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	ELEV. GAIN	GRADE	TERRAIN	HIKEMASTER
<b>FRIDAY, OCT 25</b>						
<b>8:30AM – 1:00 PM</b>	<b>Castle Mountain</b>	<b>2.5</b>	<b>1120'</b>	<b>F</b>	<b>D</b>	<b>Larry S.</b>
<i>Fun bushwhack to views of Macgregor Ranch &amp; Lumpy Ridge, then scramble to the exciting summit. Off-trail with rock scrambling and bushwhacking in steep terrain</i>						
<b>SATURDAY, OCT 26</b>						
<b>8:00AM – 1:30 PM</b>	<b>Mills Lake</b>	<b>5.2</b>	<b>850'</b>	<b>F</b>	<b>F</b>	<b>Tammy F.</b>
<i>Trail past Alberta Falls to a lake below Thatchtop Mtn &amp; craggy Glacier Gorge.</i>						
<b>SUNDAY, OCT 27</b>						
<b>1:00PM – 4:00 PM</b>	<b>Moraine Park Loop</b>	<b>3.3</b>	<b>400'</b>	<b>G</b>	<b>F</b>	<b>Pete P.</b>
<i>Hike from the Y into Rocky Mountain National Park and through a glacially carved valley with great views of the Continental Divide.</i>						

### MAUDE JELLISON LIBRARY PROGRAMS EMERALD LAKE QUARTET OCT 27 AT 3PM

Enjoy a classical string quartet matinee performance at the Maude Jellison Library . Robert Charles Howard leads this dynamic group of local and visiting artists. No registration required.



## HAUNTED MOUNTAINSIDE LODGE OCTOBER 26, 6PM-9PM

Welcome to the Haunted Mountainside Lodge, where history comes alive in more ways than one! This immersive experience is designed to be spooky but fun for all ages. Each room reveals a new chapter of a story —perfect for those who love a good ghost story without the fear factor being too intense. Come explore the lodge's secrets, but beware: some doors, once opened, might never close again.. The facility will not be heated, so dress warmly. You will also come across uneven ground and stairs inside the lodge, and there will not be any restroom access. Must register in advance. \$10 per person, to register, click [here](#). Parking available at Mountainside Lodge.

## DORSEY MUSEUM PROGRAMS

**SATURDAY, OCT 26**

**1PM – PRESIDENT TEDDY ROOSEVELT**

This mile long hike will take you to an excavated rock shelter on property. Learn about the early people who lived in the region.

Registration required, call x1104.



## CHAPEL ACTIVITIES

**SUNDAY, OCT 27**

**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 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." Trailhead is located at Dorsey Lake

**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.

**LAWN GAMES**

Located on the west side of Hyde Chapel is a storage shed full of lawn games for your enjoyment. Feel free to play these games on the Hyde Chapel lawn anytime you wish!



Click [here](#) to register and find more hike descriptions. Call 970.586.3341x1104 for more information.

# ADVENTURE ACTIVITIES

Registration Required

Archery, Axe Throwing, Climbing \$12/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 lightning.

## OUTDOOR ARCHERY

Located at the Main Archery Range. 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 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.

## OUTDOOR AXE THROWING

Located at the Main Axe Throwing Range. Learn the basics of axe-throwing and have fun aiming for a bullseye! Open to ages 6 and older, up to 12 people per session.



# FREE FAMILY PROGRAMS

No registration required.

Age Ranges Family Programs (all ages) † Little Learners (6 and under) \* Young Adult+ (10 & up) ✨  
Locations: Leggett Youth Building (Leggett YB) Sweet Memorial (Sweet)

### FRIDAY, OCT 25

9:00AM \* Little Explorers @ Sweet  
9:15AM † Floor Hockey @ RR  
9:45AM † Animal Detective @ Sweet  
10:30AM ✨ Knots @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:00PM \* Parachute Games @ Sweet  
1:45PM ✨ Survival @ Sweet  
2:00PM † Marshmallow Catapult @ Sweet  
3:15PM † Kickball @ Sweet  
3:30PM † Fire Quest @ Sweet  
4:30PM † Woolly Worm Hunt @ Sweet  
5:30PM † BINGO @ Sweet  
6:30PM † Trivia @ Sweet

### SATURDAY, OCT 26

9:00AM \* Little Explorers @ Sweet  
9:15AM † Capture the Flag @ Sweet  
9:45AM † Animal Detective @ Sweet  
10:30AM † Children's Story Time @Library  
10:30AM † Origami @ Sweet  
11:00AM † Bird is the Word @ Sweet  
2:00PM † Make Ice Cream @ Sweet  
2:15PM ✨ Walk in the Woods @ Sweet  
3:15PM † Gaga Ball @ Sweet  
3:30PM † Fire Quest @ Sweet  
4:30PM † Sidewalk Chalk @ Sweet  
5:30PM † Community Fire @ Sweet

9:00AM \* Little Explorers @ Sweet  
9:15AM † Floor Hockey @ RR  
9:45AM † Animal Detective @ Sweet  
10:30AM ✨ Knots @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:00PM \* Parachute Games @ Sweet  
1:45PM ✨ Survival @ Sweet  
2:00PM † Slime @ Sweet  
3:15PM † Kickball @ Sweet  
3:30PM † Fire Quest @ Sweet  
4:30PM † Woolly Worm Hunt @ Sweet

### MONDAY, OCT 28

9:00AM \* Little Explorers @ Sweet  
9:15AM † Floor Hockey @ RR  
9:45AM † Animal Detective @ Sweet  
10:30AM ✨ Knots @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:00PM \* Parachute Games @ Sweet  
1:45PM ✨ Survival @ Sweet  
2:00PM † Tower Power @ Sweet  
3:15PM † Kickball @ Sweet  
3:30PM † Fire Quest @ Sweet  
4:30PM † Woolly Worm Hunt @ Sweet

9:15AM † Capture the Flag @ Sweet  
9:45AM † Animal Detective @ Sweet  
10:30AM † Origami @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:00PM \* Parachute Games @ Sweet  
1:45PM ✨ Walk in the Woods @ Sweet  
2:00PM † Oobleck @ Sweet  
3:15PM † Gaga Ball @ Sweet  
3:30PM † Fire Quest @ Sweet  
4:30PM † Sidewalk Chalk @ Sweet

### WEDNESDAY, OCT 30

9:00AM \* Little Explorers @ Sweet  
9:15AM † Floor Hockey @ RR  
9:45AM † Animal Detective @ Sweet  
10:30AM ✨ Knots @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:00PM \* Parachute Games @ Sweet  
1:45PM ✨ Survival @ Sweet  
2:00PM † Mineral Magic @ Sweet  
3:15PM † Kickball @ Sweet  
3:30PM † Fire Quest @ Sweet  
4:30PM † Woolly Worm Hunt @ Sweet

### THURSDAY, OCT 31

9:00AM \* Little Explorers @ Sweet  
9:15AM † Capture the Flag @ Sweet  
9:45AM † Animal Detective @ Sweet  
10:30AM † Origami @ Sweet  
11:00AM † Bird is the Word @ Sweet  
1:45PM ✨ Walk in the Woods @ Sweet  
2:00PM † Tower Power @ Sweet  
3:15PM † Gaga Ball @ Sweet  
3:30PM † Fire Quest @ Sweet  
4:30PM † Sidewalk Chalk @ Sweet

## ELASTIC NECKLACE AND BRACELETS EVERYDAY - 10AM

Stop by the Mootz Family Craft and Design Center to create an elastic necklace or bracelet. \$10 per person, registration required. Call x1104 to register.

## COMMUNITY FIRE

SATURDAY; 5:30PM - 7:30PM

Come join a free community campfire at Sweet Memorial. Feel free to bring your own s'mores supplies or purchase a s'mores kit when you arrive.

## ACCESSIBLE ENGER FAMILY NATURE TRAIL

The Enger Family Nature Trail is built with accessibility in mind. The trail starts at the Boone Family Mountain Center and makes a pet-friendly loop through the forest. Learn about the ecosystem, culture and history of the area through interpretive panels.

Click [here](#) to register and find more program descriptions. Call 970.586.3341x1104 for more info.

# PROGRAM DESCRIPTIONS

## FAMILY FUN

### ANIMAL DETECTIVE (1hr)

Learn about animals at the Y! We will observe tracks, scat, bones, and antlers, then use your skills to see what animal clues are outside.

### BIRD IS THE WORD (1hr)

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

### CREEK STOMPIN (1hr)

Learn what makes a healthy waterway, and the importance of keeping our water clean!

### FIRE QUEST (1hr)

Fire can be a life-saving tool. Learn how to spark safe fires.

### MINERAL MAGIC (1hr)

Elevate your décor with unique handmade rocks, adding a touch of elegance and intrigue to any space!

### 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.

### WALK IN THE WOODS (1.5hr)

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

## LITTLE LEARNERS

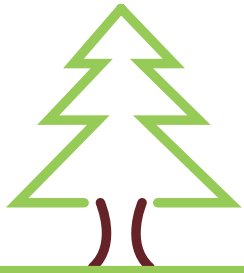
### FOR KIDS UNDER AGE 6:

#### LITTLE EXPLORERS (30 min)

Explorers use their senses to observe and investigate the world.

#### WOOLLY WORM HUNT (30 min)

Join our hunt for woolly worms and learn how animals use camouflage.



# MASSAGE THERAPY

Here at the YMCA!

Massage (Birch) Cabin  
**(720)218-1953 - Text is best!**  
**www.homegrownyoga.com**

**HOMEGROWN**  
yoga & massage



*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:**

Daily 9am-5pm

**To schedule your appointment:**

Text Laura: (720) 218-1953 - texting is the most reliable and quickest way!

Email: [laura@homegrownyoga.com](mailto:laura@homegrownyoga.com)

Please let me know:

- 1) Ideal day and time you'd like to receive your massage
- 2) Dates you are staying in Estes
- 3) Your full name
- 4) Number and length of massage(s) you would like.

By providing me this information, it will expedite the scheduling process.

**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.

**Yoga classes:**

Private yoga classes available for individuals and groups. See website for information and pricing.

**Services & Prices:**

30 min	\$70	Perfect for achy feet or a great neck and back massage
60 min	\$110	Perfect for full body massage focusing on relaxation and health promotion
90 min	\$160	Allows additional time to focus on a certain pain issue
120 min	\$230	Allows time for multiple modalities and an in-depth full body massage

**No time add ons:**

Deep Tissue: Included	Body Brushing: \$15
Foot Sugar Scrub: \$10	Hot Stone: \$20

**Four pack/one hour: \$420**

Complimentary aromatherapy with every massage.

**48 hour cancellation policy or full charge.**

***"helping people be their best"***

