

# ACTIVITY SCHEDULE

## FRIDAY, NOVEMBER 1 – THURSDAY, NOVEMBER 7

YMCA OF THE ROCKIES- 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, NOV 1	SAT, NOV 2	SUN, NOV 3	MON, NOV 4	TUES, NOV 5	WED, NOV 6	THURS, NOV 7
<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	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM
<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	12AM-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 x 1132.						
	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.						
	<b>OPEN SWIM</b> 10AM-12PM 1PM-6PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-5PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-5PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-6PM	<b>OPEN SWIM</b> 1PM-6PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-6PM	<b>OPEN SWIM</b> 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-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM
<b>LONGHOUSE GYM</b>	Pop over for a game of basketball or volleyball, equipment available in the gym. Questions? Call us at x1104.						
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	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

Registration Required

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, 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, NOV 1</b>						
8:00AM – 2:00PM	Ouzel Falls	5.5	900'	F	F	Tammy F.
<i>Follow a forested trail up the North St Vrain River past Copeland Falls, Calypso Cascades and the 1978 fire area to feel the spray from the broad, impressive Ouzel Falls.</i>						
<b>SATURDAY, NOV 2</b>						
8:00AM – 2:00PM	Cub Lake and the Pool	6.3	900'	F	F	Tammy F.
<i>Loop hike past aspen woods &amp; beaver ponds to Cub Lake, The Pool, &amp; Arch Rocks.</i>						
<b>SUNDAY, NOV 3</b>						
1:00PM – 5:00PM	Sprague Lake from the Y	4.0	400'	G	F	Pete P.
<i>Beginning from Mountain Side Drive on the YMCA, follow this cascading stream to near Glacier Basin Campground &amp; onto Sprague Lake. See rushing mountain streams &amp; glacier carved country.</i>						



## 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.



## HAVING FUN? BECOME A MEMBER TODAY!

ONE MEMBERSHIP,  
TWO LOCATIONS

Enjoy lodging perks, discounts, activities and more. Scan the QR Code for more information and registration details.



# DORSEY MUSEUM PROGRAMS

**SATURDAY, NOV 2**

## 10:30AM – ARCHAEOLOGY HIKE

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.

## 1PM – PRESIDENT TEDDY ROOSEVELT

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!

## MAUDE JELLISON LIBRARY NOV 4, 6:30PM POEMSHARE: OPEN MIC

Come recite a poem or sing a song for everyone in the cozy surroundings of the Maude Jellison Library. You may present your own original work or "cover" versions of a poem or song. Guitars are available for your use. Please keep presentations under 4 minutes. You may also just come to listen. No registration required.

# CHAPEL ACTIVITIES

**SUNDAY, NOV 3**

## 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!





# ADVENTURE ACTIVITIES

Registration Required

Archery, 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.

## INDOOR ARCHERY

Located at the Roller Rink. 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.

# 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, NOV 1

9:00AM \* Little Explorers @ Sweet  
9:15AM ‡ Floor Hockey @ LH  
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, NOV 2

8:45AM \* Little Explorers @ Sweet  
9:30AM ‡ Animal Detective @ Sweet  
9:45AM ‡ Woolly Worm Hunt @ Sweet  
10:30AM ‡ Children's Story Time @Library  
10:30AM ‡ Kickball @ Sweet  
10:45AM ‡ Bird is the Word @ Sweet  
11:45AM \* Parachute Games @ Sweet  
1:30PM ‡ Flag Football @ Sweet  
1:45PM ☼ Tower Power @ Sweet  
2:45PM ☼ Origami @ Sweet  
3:00PM ‡ What About Wolves @ Sweet  
3:45PM \* Junior Survival @ Sweet  
4:00PM ‡ Make Ice Cream @ Sweet  
4:45PM ‡ Fire Quest @ Sweet  
5:15PM ‡ Floor Hockey @ LH

### SUNDAY, NOV 3

8:45AM \* Little Explorers @ Sweet  
9:30AM ‡ Animal Detective @ Sweet  
10:45AM ‡ Knots @ Sweet  
11:45AM \* Parachute Games @ Sweet  
1:15PM ‡ Backyard Black Bears @ Sweet  
1:30PM ‡ Flag Football @ Sweet  
2:00PM ☼ Walk in the Woods @ Sweet  
2:45PM ☼ Origami @ Sweet  
3:45PM \* Junior Survival @ Sweet  
4:00PM ‡ Marshmallow Catapult @ Sweet  
4:45PM ‡ Fire Quest @ Sweet  
5:15PM ‡ Floor Hockey @ LH

### MONDAY, NOV 4

8:45AM \* Little Explorers @ Sweet  
9:30AM ‡ Animal Detective @ Sweet  
10:45AM ‡ Knots @ Sweet  
11:45AM \* Parachute Games @ Sweet  
1:15PM ‡ Backyard Black Bears @ Sweet  
2:00PM ☼ Walk in the Woods @ Sweet  
3:45PM \* Junior Survival @ Sweet  
4:45PM ‡ Fire Quest @ Sweet

### TUESDAY, NOV 5

8:45AM \* Little Explorers @ Sweet  
9:30AM ‡ Animal Detective @ Sweet  
10:45AM ‡ Bird is the Word @ Sweet  
11:45AM \* Parachute Games @ Sweet  
1:15PM ‡ Backyard Black Bears @ Sweet  
2:00PM ☼ Survival @ Sweet  
3:45PM \* Junior Survival @ Sweet  
4:45PM ‡ Fire Quest @ Sweet

### WEDNESDAY, NOV 6

8:45AM \* Little Explorers @ Sweet  
9:30AM ‡ Animal Detective @ Sweet  
10:45AM ‡ Knots @ Sweet  
11:45AM \* Parachute Games @ Sweet  
1:15PM ‡ Backyard Black Bears @ Sweet  
2:00PM ☼ Walk in the Woods @ Sweet  
3:45PM \* Junior Survival @ Sweet  
4:45PM ‡ Fire Quest @ Sweet

### THURSDAY, NOV 7

8:45AM \* Little Explorers @ Sweet  
9:30AM ‡ Animal Detective @ Sweet  
10:45AM ‡ Bird is the Word @ Sweet  
11:45AM \* Parachute Games @ Sweet  
1:15PM ‡ Backyard Black Bears @ Sweet  
1:30PM ‡ Flag Football @ Sweet  
2:00PM ☼ Survival @ Sweet  
2:45PM ☼ Origami @ Sweet  
3:45PM \* Junior Survival @ Sweet  
4:00PM ‡ Oobleck @ Sweet  
4:45PM ‡ Fire Quest @ Sweet  
5:15PM ‡ Floor Hockey @ LH

# 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.

### BACKYARD BEARS (30min)

Discover the fascinating world of black bears and learn to live in harmony with these magnificent animals.

### BIRD IS THE WORD (1hr)

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

### FIRE QUEST (1hr)

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

### JUNIOR SURVIVAL (30min)

Come learn about the 10 essentials for hiking before we head outside for an outdoor treasure hunt.

### 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.

### PARACHUTE GAMES (30min)

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

### SURVIVAL (1hr)

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

### TOWER POWER (1hr)

Unleash your inner engineer and build towering structures

### WALK IN THE WOODS (1.5hr)

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

### WHAT ABOUT WOLVES(30min)

Grey wolves were extirpated from Colorado in the late 1800s. As wolves begin to migrate back, learn about the effect of these large carnivores on their ecosystems.

## 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 adventurous hunt for the mysterious woolly worms and learn about how animals use camouflage.

## COMMUNITY FIRE SATURDAY; 6PM-8PM

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.

# SUSTAINABILITY AT THE Y

How many sustainability icons can you find in the Activity Guide? Bring your answer to Sweet Memorial for a prize!

At YMCA of the Rockies, we are committed to an emissions reduction goal that aims to cut our greenhouse gas emissions by a minimum of 50% by 2050.

Objectives included in the plan address 8 sustainability sectors. Learn about a few below, check out our website to learn about the other sectors and more about our sustainability practices and goals.

## REDUCING EMISSIONS

**WASTE:** Expand recycling, divert food waste from the landfill and reduce overall waste generation.

## REDUCING LOCAL IMPACT

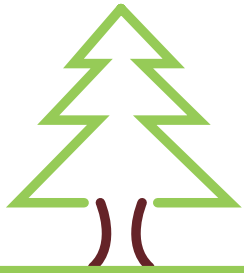
**WATER:** Maximize water efficiency and water quality of local streams.

**RESILIENCE AND LAND MANAGEMENT:** Increase resilience and fire preparedness through sustainable land stewardship practices.

## ENGAGING VISITORS

**EDUCATION AND ENGAGEMENT:** Engage guests in campus sustainability opportunities and education, and continuously share our story with guests and visitors.

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



# 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"***

