

ACTIVITY SCHEDULE

FRIDAY, NOVEMBER 29 – THURSDAY, DECEMBER 5

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 29	SAT, NOV 30	SUN, DEC 1	MON, DEC 2	TUES, DEC 3	WED, DEC 4	THURS, DEC 5
SWEET MEMORIAL	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.						
	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM	8:30AM-6PM
BOONE FAMILY MOUNTAIN CENTER	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
LULA W. DORSEY MUSEUM	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.						
	9AM-5PM	9AM-5PM	10AM-5PM	9AM-5PM	CLOSED	CLOSED	CLOSED
MAUDE JELLISON LIBRARY	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
MOOTZ FAMILY CRAFT & DESIGN CENTER	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
DORSEY SWIMMING POOL	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-5PM	OPEN SWIM 10AM-12PM 1PM-5PM	CLOSED	CLOSED	OPEN SWIM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 1PM-6PM
BOB ECKER ROLLER RINK	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
LONGHOUSE GYM	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	9AM-9:30PM

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
FRIDAY, NOV 29						
8:00AM – 2:00PM	Cub Lake and the Pool	6.3	980'	F	F	Laura B.
<i>Loop hike past aspen woods & beaver ponds to Cub Lake, The Pool, & Arch Rocks.</i>						
SATURDAY, NOV 30						
8:00AM – 3:00PM	Lake Helene	6.4	1350'	E	F	Pete P.
<i>Enjoy taking this forested trail around the north face of Flattop Mountain to a shallow lake below Notchtop Mountain. This lake almost feels like a secret because it is tucked out of the way of the main trail.</i>						

COLD WEATHER GEAR AVAILABLE!

Forgot your snow shoes? No worries, stop by the Boone Family Mountain Center to rent cold weather gear for the whole family. We have boots, microspikes, snow shoes, trekking poles and more. All equipment will be provided for guided hikes requiring specialized snow equipment, such as snowshoes or microspikes. Call x8402 for pricing and availability.

HOLIDAY SPECIAL EVENTS

AVAILABLE ALL WEEK THANKSGIVING TREE

Stop by Sweet Memorial to fill up our Thanksgiving Tree with all of the things you are thankful for!

THANKSGIVING PHOTO SCAVENGER HUNT

Pick up your photo scavenger hunt at Sweet Memorial. Prizes will be available for those who capture enough Thanksgiving moments on camera!

GINGERBREAD HOUSE VILLAGE

Enter our annual gingerbread house contest! Houses will be available at Sweet Memorial and cost \$20 each.

WINTER AND HOLIDAY CRAFTS

Join us at the Craft and Design center to pick out a festive craft. Drop in anytime to create ornaments, mugs for cocoa and so much more! Some crafts restricted to ages 10+. Call x1132 for more info.

SCHEDULED PROGRAMS

POLAR EXPRESS PAJAMA STORYTIME

SATURDAY – 5:30PM & 7:00PM

Come to the Library for a Polar Express Story Time with Songs and a Toy Train Village. You can wear your PJs to make it extra cozy! No registration required.



MAUDE JELLISON LIBRARY NOV 29, 2PM MEET THE AUTHOR: BOB RUESCH

Meet author Bob Ruesch and enjoy his unique perspective of the history of the YMCA of the Rockies as son of the legendary camp director Walter Ruesch. Bob will share stories from his books: In the Warmth of the Shadow; When We Were Pioneers, and The Elf Not on the Shelf; and his latest book on the challenges of raising a child with addictions. No registration required.

CHAPEL ACTIVITIES

SUNDAY, DEC 1

10:00AM – WORSHIP IN THE ROCKIES

Worship with us in Hyde Chapel. Everyone is invited to join us for this great hour of worship!

7:00PM – HO, HO, HOEDOWN

We will be rock'in around the Christmas tree with live music from Sugar Mountain at Hyde Chapel. Be sure to wear your dancing shoes and come ready to move and groove! Love offering collected.!

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!



HAVING FUN? BECOME A MEMBER TODAY!

ONE MEMBERSHIP, TWO LOCATIONS

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



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 hike descriptions. Call 970.586.3341x1104 for more information.

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: Legett Youth Building (Legett YB) Sweet Memorial (Sweet)

FRIDAY, NOV 29

8:45AM * Little Explorers @ Sweet
9:30AM † Animal Detective @ Sweet
9:45AM † Woolly Worm Hunt @ Sweet
10:30AM † Kickball @ Sweet
10:45AM † Knots @ Sweet
11:45AM * Parachute Games @ Sweet
12:30PM † Wildland Windchimes @ Sweet
1:15PM † Backyard Black Bears @ Sweet
1:30PM † Flag Football @ Sweet
1:45PM ☆ Tower Power @ Sweet
2:00PM ☆ Walk in the Woods @ Sweet
2:45PM ☆ Origami @ Sweet
3:00PM † What About Wolves @ Sweet
3:45PM * Junior Survival @ Sweet
4:00PM † Slime @ Sweet
4:45PM † Fire Quest @ Sweet
5:15PM † Floor Hockey @ LH
6:00PM † Bingo @ Sweet
7:00PM † Trivia @ Sweet

SATURDAY, NOV 30

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
1:15PM † Backyard Black Bears @ Sweet
1:30PM † Flag Football @ Sweet
1:45PM ☆ Tower Power @ Sweet
2:00PM ☆ Survival @ 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, DEC 1

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, DEC 2

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, DEC 3

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, DEC 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

THURSDAY, DEC 5

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
5:15PM † Floor Hockey @ LH

THE CITY OF ESTES PARK PRESENTS: THE ANNUAL CATCH THE GLOW PARADE

FRIDAY, NOVEMBER 29 AT 5:30PM
DOWNTOWN ESTES PARK; ELKHORN AVENUE

Each year as many as 20,000 people line Elkhorn Avenue to "Catch the Glow" of this whimsical holiday parade. Join us as we set off on a Holiday Adventure with the YMCA of the Rockies! Our holiday adventurers are here to guide you into the festive spirit, celebrating the joy of exploration and the magic of the season. We welcome you to the Rockies for a winter filled with fun, adventure, and holiday cheer!

CRAFT CLASSES

Registration required

Registration Required, Click [Here](#) or call x1104 to register. Refunds not given within 24 hours of a paid program. All classes meet at the Mootz Family Craft and Design Center.

FRIDAY, NOV 29

10:00AM Elastic Bracelets or Necklaces
10:00AM Glass Fusion Ornaments
10:00AM Holiday Fabric Rag Wreath

SATURDAY, NOV 30

10:00AM Elastic Bracelets or Necklaces
10:00AM Glass Fusion Ornaments
10:00AM Holiday Fabric Rag Wreath

SUNDAY, DEC 1

10:00AM Elastic Bracelets or Necklaces

MONDAY, DEC 2

10:00AM Elastic Bracelets or Necklaces

TUESDAY, DEC 3

10:00AM Elastic Bracelets or Necklaces

WEDNESDAY, DEC 4

10:00AM Elastic Bracelets or Necklaces

THURSDAY, DEC 5

10:00AM Elastic Bracelets or Necklaces

COMMUNITY FIRE SATURDAY ; 6PM-8PM

Come join a free community campfire at Sweet Memorial. Get out of the snow and enjoy the cozy atmosphere. Feel free to bring your own s'mores supplies or purchase a s'mores kit when you arrive.

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.

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.

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

BEGINNER CRAFTS

ELASTIC JEWELRY \$10

String beads onto elastic cord for one necklace or two bracelets.

Designed for ages 4 and up.

INTERMEDIATE CRAFTS

FOR CRAFTERS OVER AGE 10:

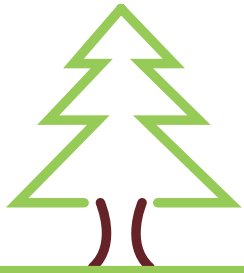
GLASS FUSION ORNAMENT \$20

Pick from a variety of designs to make your own glass fusion ornament. ORNAMENT MUST BE KILN FIRED OVERNIGHT.

RAG WREATH MAKING \$20

Make a holiday wreath by tying fabric stripes to a wire frame.

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

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"

