

# ACTIVITY SCHEDULE

## FRIDAY, DECEMBER 13 – THURSDAY, DECEMBER 19

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, DEC 13	SAT, DEC 14	SUN, DEC 15	MON, DEC 16	TUES, DEC 17	WED, DEC 18	THURS, DEC 19
<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.						
	8:30AM-6PM	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.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
<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	9AM-1:30PM	1PM-4PM	9AM-5PM	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-6PM	<b>CLOSED</b>	<b>CLOSED</b>	<b>OPEN SWIM</b> 1PM-5PM	<b>OPEN SWIM</b> 10AM-12PM 1PM-5PM	<b>OPEN SWIM</b> 1PM-5PM
<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.						
	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.



## SUSTAINABILITY AT THE Y

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

### 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.



## HOLIDAY SPECIAL EVENTS

### AVAILABLE ALL WEEK

#### GINGERBREAD HOUSE VILLAGE

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

#### ICE SKATES & SLEDS

Ice skates and sleds can be checked out, at no cost, at sweet memorial between 9AM-4PM. Availability dependent on weather conditions. Rentals may start or stop at anytime.

#### 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

#### CHRISTMAS OPEN HOUSE

##### SATURDAY - 10AM-12PM

Join us for a Story Time Open House at the Dorsey Museum. We'll have hot cocoa on the porch with open house style Christmas carols and story time inside.

#### MEET AND GREET WITH SANTA

##### SATURDAY - 2:30PM - 5PM

Swing by the Museum for a visit with Santa! Sessions available every 15min between 2:30PM and 5PM. Registration required, call x1104 to register. Please only register those who will meet with Santa, families are welcome to watch and take pictures

#### POLAR EXPRESS PAJAMA STORYTIME

##### SATURDAY - 6:30PM

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.

### 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.



## CHAPEL ACTIVITIES

### SUNDAY, DEC 15

#### 10:00AM - WORSHIP IN THE ROCKIES

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

#### 7:00PM - CONCERT

Opera Soprano Cree Carrico in concert, singing a variety of classical, modern, and sing-a-long Christmas songs! At Hyde Chapel, 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



### MAUDE JELLISON LIBRARY

#### DEC 16, 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.



# 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, DEC 13

- 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, DEC 14

- 8:45AM \* Little Explorers @ Sweet
- 9:30AM † Animal Detective @ Sweet
- 9:45AM † Woolly Worm Hunt @ Sweet
- 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 15

- 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 16

- 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 17

- 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 18

- 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 19

- 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.

### 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 explore 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.

# 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, DEC 13

- 10:00AM Elastic Bracelets or Necklaces
- 10:00AM Glass Fusion Ornaments

### SATURDAY, DEC 14

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

### SUNDAY, DEC 15

- 10:00AM Elastic Bracelets or Necklaces

### MONDAY, DEC 16

- 10:00AM Elastic Bracelets or Necklaces

### TUESDAY, DEC 17

- 10:00AM Elastic Bracelets or Necklaces

### WEDNESDAY, DEC 18

- 10:00AM Elastic Bracelets or Necklaces

### THURSDAY, DEC 19

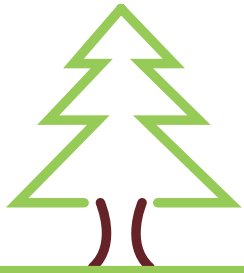
- 10:00AM Elastic Bracelets or Necklaces

## 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.

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"***

