

ACTIVITY SCHEDULE

FRIDAY, DECEMBER 27 – THURSDAY, JANUARY 2

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 27	SAT, DEC 28	SUN, DEC 29	MON, DEC 30	TUES, DEC 31	WED, JAN 1	THURS, JAN 2
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.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
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-1:30PM	10AM-4PM	9AM-5PM	9AM-5PM	9AM-12PM	CLOSED
MAUDE JELLISON LIBRARY	Grab a good book , cup of coffee, and get cozy . Questions? Call us at x1133.						
	9AM-5PM	9AM-5PM	12PM-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-6PM	OPEN SWIM 10AM-12PM 1PM-6PM	CLOSED	CLOSED	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 1PM-5PM
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
SATUDAY, DEC 28						
8:30AM – 2:00PM	Mills Lake	5.0	850'	F	F	Tom D.
<i>Take a scenic and snowy trail from the Glacier Gorge trailhead, past Alberta Falls and below Thatchtop Mountain to the picturesque Mills Lake.</i>						

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 27

10:00AM Elastic Bracelets or Necklaces

SATURDAY, DEC 28

10:00AM Elastic Bracelets or Necklaces

10:00AM Holiday Fabric Rag Wreath

SUNDAY, DEC 29

10:00AM Elastic Bracelets or Necklaces

10:00AM Holiday Fabric Rag Wreath

MONDAY, DEC 30

10:00AM Elastic Bracelets or Necklaces

10:00AM Holiday Fabric Rag Wreath

TUESDAY, DEC 31

10:00AM Elastic Bracelets or Necklaces

WEDNESDAY, JAN 1

10:00AM Elastic Bracelets or Necklaces

THURSDAY, JAN 2

10:00AM Elastic Bracelets or Necklaces

ROCKY MOUNTAIN NATIONAL PARK

Do you have questions about timed entry permits, road conditions, or entrance fees? Click [here](#) to visit the Rocky Mountain National Park website, or call 970.586.1206 to speak to the information office.

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.

CHRISTMAS COOKIE KIT

Grab a Christmas cookie decorating kit for a sweet treat and a fun activity. Kits include cookies, icing and sprinkles serves four. Kits will be available at Sweet Memorial and cost \$6 each.

SCHEDULED PROGRAMS

SATURDAY – MEET AND GREET WITH SANTA

Swing by the Museum for a visit with Santa! Sessions available every half hour between 3PM and 5PM. Registration required, call x1104 to register. Only register those who will meet Santa, families are welcome to watch and take pictures.

MAUDE JELLISON LIBRARY

AUTHOR TALK: BOB RUESCH

DEC 27, 2:00PM

Stop by the Maude Jellison Library to listen to Bob Ruesch read an excerpt from his novel. Q&A time, books, and signings available, no registration required.

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.



CHAPEL ACTIVITIES

SUNDAY, DEC 29

10:00AM – WORSHIP IN THE ROCKIES

Worship with us in Hyde Chapel. Everyone is invited to join us for this 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, 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 27

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
10:00AM ‡ Broomball @ Dorsey Pond
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 28

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
10:00AM ‡ Broomball @ Dorsey Pond
10:30AM ‡ Children's Story Time @ Library
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 29

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
10:00AM ‡ Broomball @ Dorsey Pond
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 ‡ Marshmallow Catapult @ Sweet
4:45PM ‡ Fire Quest @ Sweet
5:15PM ‡ Floor Hockey @ LH
6:00PM ‡ Bingo @ Sweet
7:00PM ‡ Trivia @ Sweet

MONDAY, DEC 30

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
10:00AM ‡ Broomball @ Dorsey Pond
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 ‡ Oobleck @ Sweet
4:45PM ‡ Fire Quest @ Sweet
5:15PM ‡ Floor Hockey @ LH
6:00PM ‡ Bingo @ Sweet
7:00PM ‡ Trivia @ Sweet

TUESDAY, DEC 31

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
10:00AM ‡ Broomball @ Dorsey Pond
10:30AM ‡ Children's Story Time @ Library
10:45AM ‡ Bird is the Word @ 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 ✨ Survival @ 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

WEDNESDAY, JAN 1

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
10:00AM ‡ Broomball @ Dorsey Pond
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 ‡ Marshmallow Catapult @ Sweet
4:45PM ‡ Fire Quest @ Sweet
5:15PM ‡ Floor Hockey @ LH
6:00PM ‡ Bingo @ Sweet
7:00PM ‡ Trivia @ Sweet

THURSDAY, JAN 2

8:45AM * Little Explorers @ Sweet
9:30AM ‡ Animal Detective @ Sweet
10:00AM ‡ Broomball @ Dorsey Pond
10:30AM ‡ Children's Story Time @ Library
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 ‡ 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 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.



COMMUNITY FIRE SAT, TUES and THURS 6PM-8PM

Come join a free fire 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.

COSMIC COUNTDOWN

NYE DANCE PARTY

December 31, 8PM-10PM

Assembly Hall, YMCA of the Rockies

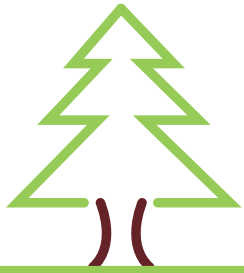
Get ready for an out-of-this-world experience with DJ Alsum at Cosmic Countdown!

Expect otherworldly mashups and gravity-defying transitions that will keep everyone orbiting the dance floor all night.

Dance is free for all!

Glow Sticks available for purchase.





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"

