

ACTIVITY SCHEDULE

FRIDAY, MARCH 14 – THURSDAY, MARCH 20
 YMCA OF THE ROCKIES – ESTES PARK CENTER



Children under the age of 13 must be accompanied by an adult(18+) at all times.

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

PROGRAM FACILITY HOURS

	FRI, MAR 14	SAT, MAR 15	SUN, MAR 16	MON, MAR 17	TUES, MAR 18	WED, MAR 19	THURS, MAR 20
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.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
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-5PM	9AM-5PM	9AM-12PM 1PM-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-6PM	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-5PM	CLOSED	CLOSED	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



LOST?
 CHECK OUT OUR
PROPERTY MAP



WANT TO HIKE?
 CHECK OUT OUR
TRAIL MAP



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](#)



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.



FREE FAMILY PROGRAMS

Family Programs * Little Learners (6 and under) * Young Adult+ (10 & up) ✨
Locations: Longhouse Gym (Longhouse) Sweet Memorial (Sweet)

FRIDAY, MAR 14

- 9:15AM * Dig in the Dirt @ Sweet
- 9:30AM * Parachute Games @ Sweet
- 10:15AM * Knots @ Sweet
- 10:30AM ✨ Walk in the Woods @ Sweet
- 12:30PM ✨ Ancient Discoveries @ Sweet
- 12:45PM * Little Explorers @ Sweet
- 12:45PM * Volleyball @ Longhouse
- 1:45PM * Capture the Flag @ Sweet
- 1:45PM ✨ Origami @ Sweet
- 2:00PM * Primitive Fire Building @ Sweet
- 2:15PM * Floor Hockey @ Longhouse
- 3:00PM * Tower Power @ Sweet
- 3:15PM * Junior Survival @ Sweet
- 3:45PM * Slime @ Sweet
- 4:15PM * What About Wolves @ Sweet
- 5:30PM * Bingo @ Sweet
- 6:30PM * Trivia @ Sweet

SATURDAY, MAR 15

- 9:15AM * Animal Detective @ Sweet
- 9:30AM * Parachute Games @ Sweet
- 10:15AM * Bird is the Word @ Sweet
- 10:30AM * Children's Story Time @ Library
- 10:30AM ✨ Stone Age Survival @ Sweet
- 12:30PM ✨ Ancient Discoveries @ Sweet
- 12:30PM * Little Explorers @ Sweet
- 12:45PM * Basketball @ Longhouse
- 1:45PM * Capture the Flag @ Sweet
- 1:45PM ✨ Origami @ Sweet
- 2:00PM * Primitive Fire Building @ Sweet
- 2:15PM * Floor Hockey @ Longhouse
- 3:00PM * Tower Power @ Sweet
- 3:15PM * Junior Survival @ Sweet
- 3:45PM * Make Ice Cream @ Sweet
- 4:15PM * Backyard Black Bears @ Sweet

COMMUNITY FIRE SATURDAY 5:30PM-7:30PM

Come join a free community campfire at Sweet Memorial. Get out of the snow and enjoy the cozy vibes. Feel free to bring smores supplies or purchase a smores kit when you arrive!

SUNDAY, MAR 16

- 9:15AM * Dig in the Dirt @ Sweet
- 9:30AM * Parachute Games @ Sweet
- 10:15AM * Knots @ Sweet
- 10:30AM ✨ Walk in the Woods @ Sweet
- 12:30PM * Little Explorers @ Sweet
- 12:45PM * Volleyball @ Longhouse
- 1:45PM ✨ Origami @ Sweet
- 2:00PM * Primitive Fire Building @ Sweet
- 2:15PM * Floor Hockey @ Longhouse
- 3:15PM * Junior Survival @ Sweet
- 3:45PM * Marshmallow Catapults @ Sweet
- 4:15PM * What About Wolves @ Sweet



MONDAY, MAR 17

- 9:15AM * Dig in the Dirt @ Sweet
- 9:30AM * Parachute Games @ Sweet
- 10:15AM * Knots @ Sweet
- 10:30AM ✨ Walk in the Woods @ Sweet
- 12:30PM * Little Explorers @ Sweet
- 2:00PM * Primitive Fire Building @ Sweet
- 2:15PM * Floor Hockey @ Longhouse
- 3:15PM * Junior Survival @ Sweet
- 3:45PM * Oobleck @ Sweet
- 4:15PM * What About Wolves @ Sweet

TUESDAY, MAR 18

- 9:15AM * Animal Detective @ Sweet
- 9:30AM * Parachute Games @ Sweet
- 10:15AM * Bird is the Word @ Sweet
- 10:30AM ✨ Stone Age Survival @ Sweet
- 12:30PM * Little Explorers @ Sweet
- 3:15PM * Junior Survival @ Sweet
- 3:45PM * Slime @ Sweet
- 4:15PM * Backyard Black Bears @ Sweet

WEDNESDAY, MAR 19

- 9:15AM * Dig in the Dirt @ Sweet
- 9:30AM * Parachute Games @ Sweet
- 10:15AM * Knots @ Sweet
- 10:30AM ✨ Walk in the Woods @ Sweet
- 12:30PM * Little Explorers @ Sweet
- 2:00PM * Primitive Fire Building @ Sweet
- 2:15PM * Floor Hockey @ Longhouse
- 3:15PM * Junior Survival @ Sweet
- 3:45PM * Marshmallow Catapults @ Sweet
- 4:15PM * What About Wolves @ Sweet

THURSDAY, MAR 20

- 9:15AM * Animal Detective @ Sweet
- 9:30AM * Parachute Games @ Sweet
- 10:15AM * Bird is the Word @ Sweet
- 10:30AM ✨ Stone Age Survival @ Sweet
- 12:30PM * Little Explorers @ Sweet
- 3:15PM * Junior Survival @ Sweet
- 3:45PM * Oobleck @ Sweet
- 4:15PM * Backyard Black Bears @ Sweet

CRAFT CLASSES

Registration Required for Craft Classes;
Prices vary, Drop in crafts available all day

FRIDAY, MAR 14

- 10:00AM * Elastic Necklace or 2 Elastic Bracelets 4+ @ Craft and Design Center
- 11:00AM * Dinosaur Jar Lanterns 4+ @ Craft and Design Center

SATURDAY, MAR 15

- 10:00AM * Elastic Necklace or 2 Elastic Bracelets 4+ @ Craft and Design Center
- 11:00AM * Dinosaur Jar Lanterns 4+ @ Craft and Design Center
- 1:00PM ✨ Preserved in Amber Pendant or Keychain 10+ @ Craft and Design Center

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- 1:00PM ✨ Preserved in Amber Pendant or Keychain 10+ @ Craft and Design Center

PROGRAM DESCRIPTIONS

FAMILY FUN

AMBER PENDANT (1hr)
Participants will delve into the process of encasing bugs and plants in crystal-clear, amber-colored resin. This activity is for ages 10+.

ANCIENT DISCOVERIES (1hr)
Join us in discovering ancient artifacts out of a disc of earth.

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.

TOWER POWER (1hr)
Learn how structures get their strength and construct our own.

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: DINOCONES (1hr)

Crafters will create a dinosaur using a pinecone and pre-cut head, legs, and tail pieces. Hot melt glue will be assisted by staff.

DINOSAUR JAR LANTERN (1hr)
Get ready to light up your world with creativity! In this fun and engaging class, you will learn how to make enchanting tea light lanterns using plastic mason jars, paint, and silhouette dinosaur stickers. Ages 4 and up.

ELASTIC JEWELRY (1hr)
Beginner beading class for everyone 4 years or older.

LITTLE EXPLORERS (30 min)
Explorers use their senses to observe and investigate the world.

Click [here](#) to register or call 970.586.3341x1104 for more info.

At YMCA of the Rockies we are stewards of the Earth. Please do your part and recycle this Activity Guide.

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.

DORSEY MUSEUM PROGRAMS

FRIDAY MARCH 14
2PM - DINO DIG

Join us on the museum lawn for a scavenger hunt and excavation of dinosaurs. Dress warmly as we'll be digging in the ice and snow to find dinos buried below. The entire program will be outside; no registration required.

SATURDAY MARCH 15

10AM - ARCHAEOLOGY HIKE

This mile long hike will take you to an excavated rock shelter on property and provides an opportunity to learn about the early people who lived in the region. Please bring your own water and comfortable hiking shoes. Capacity limited; no registration required.

2PM - DOLL MAKING

Ever wonder what dolls were made from before modern technology? Join us at the museum and learn about the history of dolls and make your own!



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. . Call x8402 for pricing and availability.

GUIDED HIKING

Registration Required

Call 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. 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 snow-shoes or microspikes. Please dress in layers and be prepared for snow and cold temperatures, especially for hikes higher than 8500' in elevation.

Difficulty: A=Difficult B=Demanding+ C=Demanding D=Strenuous E=Moderate+ F=Moderate G=Easy

	HIKE	MILES RT	ELEV. GAIN	GRADE	HIKEMASTER
FRIDAY, MAR 14					
8:00AM-12:00PM	Bierstadt Lake	4.8	675	F	Tammy F.
<i>Meander through a snowy and shady trail through a Lodgepole forest to a lake with world class views of the continental divide.</i>					
SATURDAY, MAR 15					
8:30AM-2:00PM	Loch Vale	5.0	1300'	E	Program Staff
<i>Explore the frozen drainage all the way up to Loch Vale, then down via Serendipity Pond and snowy gullies back to Bear Lake.</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.



CHAPEL ACTIVITIES



SUNDAY, MAR 16
10:00AM WORSHIP IN THE ROCKIES

Worship with us in Ponder 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.

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 mile hike while studying the beatitudes from Jesus' famous "Sermon on the Mount." Trailhead is 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.



Click [here](#) to register or call 970.586.3341x1104 for more info.

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SPRING BREAK PROGRAMS

JURASSIC ESTES PARK

YMCA OF THE ROCKIES

Journey back in time with our “Jurassic Estes Park” themed programs for spring break! Enjoy these limited-time programs during the month of March at Estes Park Center.

Family Programs (March 8–April 2)

- 📍 Sweet Memorial Program Building (unless noted)
 - Diggin’ in the Dirt – Unearth history (Sun, Mon, Wed, Fri – 9:15 AM)
 - Primitive Fire Building – Learn survival fire-making (Sun, Mon, Wed, Tue, Thu, Sat – 2:00 PM)
 - Jr. Survival – Hiking skills & scavenger hunt (Sun, Mon, Wed, Tue, Thu, Fri, Sat – 3:15 PM)
 - Stone Age Survival – Master ancient survival techniques (Tue, Thu, Sat – 10:30 AM)
 - Ancient Discoveries – Test your paleontology skills (Fri, Sat – 12:30 PM)
 - Dino Dig – Scavenger hunt & icy dino excavation (Fri – 2:00 PM, Lula Dorsey Museum)
 - Arch Hike – Explore an ancient rock shelter (Sat – 10:00 AM, Lula Dorsey Museum)

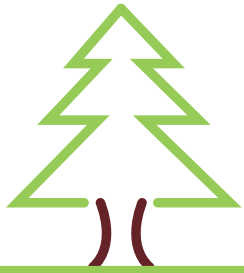
Craft Workshops (March 1– April 6)

- 📍 Mootz Family Craft & Design Center
 - Daily (10:00 – 11:00 AM) – Jewelry Making (Elastic Necklace or Bracelets) – \$10 | Ages 4+
 - Select Dates (11:00 AM – 12:00 PM) – Dinocones (Pinecone Dinosaurs) – \$5 | Ages 4+
 - Select Dates (11:00 AM – 12:00 PM) – Dinosaur Jar Lanterns – \$10 | Ages 4+
 - Select Dates (1:00 – 2:30 PM) – Preserved in Amber (Custom Pendant/Keychain) – \$15 | Ages 10+

Craft workshops run on select dates—check the Activity Guide for availability!

View the Activity Guide here





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"

