QUALITY PROGRAMMING

Programming designed to enhance your YMCA of the Rockies experience. Nourish your spirit, mind, and body in a place where nature inspires. Enjoy this time. Create memories.

Our Mission:
YMCA of the Rockies puts Christian principles into practice through programs, staff, and facilities in an environment that builds healthy spirit, mind, and body for all.
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HELPFUL TIPS & TRICKS

CHECK IN & OUT
Our Front Desk is located in the Administration Building.

Your accommodations will be ready by 6:00 PM
If you your room is not ready upon arrival, come participate in our programs and utilize our recreational facilities. Peruse the Activity Guide or stop by Sweet Memorial to find out what’s going on.

Check out is 10:00 AM
You are also welcome to use our facilities and participate in programs the entire day of check out.

ASPEN DINING ROOM MEALS
Current hours and prices:
(Subject to change at anytime)

Breakfast:
7:00 – 9:00 AM, Adults: $10.50, Children: $7

Lunch:
11:30 AM – 1:30 PM, Adults: $12.50, Children: $8.50

Dinner:
5:00 – 7:30 PM, Adults: $15.50, Children: $10.50

Children: 6–12 years old. Children 5 and under are free. Buffet meals include salad bar, entrees, dessert and beverages.

EMERGENCY INFORMATION
First Responders – call x222
In case of a medical or non-medical emergency that requires an ambulance and first responders, contact any YMCA staff member or call x222 on any land line on property. First responders on property and local emergency personal will respond quickly.

HEALTH AT HIGH ALTITUDE
Altitude Sickness:
YMCA of the Rockies is located at an elevation of 8,010 feet above sea level. Signs and symptoms of altitude sickness include headache, nausea, vomiting, fatigue, and sleep disturbances.

Get plenty of rest and drink water throughout the days prior to arrival, upon arrival, and throughout your stay.

Yearly Membership

Becoming a member of the YMCA of the Rockies means becoming part of our family.

Family membership costs:

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<tr>
<th>Membership</th>
<th>Cost</th>
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<tbody>
<tr>
<td>One-Year</td>
<td>$250</td>
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<tr>
<td>Three-Year</td>
<td>$600</td>
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Not staying with us? Day passes may be purchased by anyone who is not staying on grounds at the YMCA of the Rockies but would like to join in on the fun! You can purchase a Day pass at the Administration Building, Sweet Memorial Building, or the Boone Family Mountain Center.

$10 – Children 6–12 years old
$25 – Adults 13+ years old
FREE – YMCA of the Rockies members and children 5 & under

The YMCA of the Rockies has an app!
Scan the QR code to see an up-to-date activity schedule and other useful information!
SWEET MEMORIAL BUILDING

HOURS OF OPERATION:
SUN-THURS 8:30 AM – 5:00 PM
FRI & SAT 8:30AM – 8:30 PM

FAMILY FUN JUST GOT “SWEET”ER
Located west of the Administration Building parking lot, the Sweet Memorial Building is the hub of the Program Department. If you have any questions, comments, or concerns about programs, come by or give us a call at 970-586-3341 ext. 1104.

CAMPFIRES
Campfires are allowed in designated fire rings located throughout the property. Please call ext. 1104 to check fire ring availability. A fee of $25 includes use of the site for up to 3 hours and two bundles of wood. Additional firewood is for sale at Sweet Memorial, or at the Administration Building for $5.00 plus tax. We also have a few gas fire rings to use at no cost that are first come, first serve. Just dial “0” on any YMCA phone and ask security to get it started for you!

FAMILY PROGRAMS
We provide a unifying experience for families through fun-filled activities! Our Program Department offers a variety of programs for you and your family to participate in together. From movie nights to fire building and wildlife viewing in Rocky Mountain National Park, we offer activities for all ages that are guaranteed to create lifelong memories. For the schedule of activities, check out our website two weeks before your stay!
https://ymcarockies.org/activity-guide/

GAME ROOM
Anyone for ping pong, pool, or table shuffleboard? Visit our game room in the Sweet Memorial Building. Come hang out and play a

ICE SKATING
Find ice skating at Dorsey Pond.
Closures contingent on weather and ice conditions.
Check out ice skates from Sweet Memorial Building.
FREE to guests and members.

Questions? Call Programs at x1104
FAMILY PROGRAMS

Programs are free and do not require sign up unless noted in the activity guide. Bring the whole family for these exciting activities! Children under 13 must be accompanied by an adult. Check the activity guide for specific program offerings as well as dates and times.

GUIDED EXPLORATION
Explore nature and outdoor skills with one of our instructors. Learn how to build fires, tie knots, or survive outdoors in the winter. Observe the wildlife around us and identify the signs of their presence. Programs are 30 minutes to an hour and are enjoyable learning experiences for the whole family.

FAMILY FUN
Spend time enjoying one of our fun family programs! Break out of our escape room or bundle up for a snowball showdown. Solve clues to search for treasure or team up for a sports activity like broomball, capture the flag, or ultimate frisbee.

EVENING ACTIVITIES
Join us on Friday and Saturday evenings as we play family games like BINGO and trivia, roast s’mores, and enjoy time together.

ARCHERY
Requires early registration. Draw back and fire at the bulls-eye in one of our archery programs. Open to ages 8+.

LITTLE LEARNERS
For families with children ages 6 and under, come enjoy one of our little learners’ programs. Explore the natural world, run under a billowing parachute, or learn about camouflage as we hunt for wooly worms.

LOOKING FOR A SPACE TO LET THE LITTLE ONES PLAY?
Check out the basement lobby of the Sweet Memorial Building. Parents can relax with their morning coffee while the tots play! We have foosball, ping pong, pool, and shuffleboard for big kids and blocks, and trucks for the little ones!

YOUNG ADULT+
For families with older children, come to one of our young adult programs. Play a board game, challenge friends and family to a game of corn hole or ping pong, or peruse the many trails in and around the Y!
RECREATION & FITNESS

STRENGTHEN SPIRIT, MIND, BODY
Through exercise and fitness, experience growth and development in all aspects of your personal life.

FACILITIES
CHECK THE ACTIVITY GUIDE FOR FACILITY HOURS

LONGHOUSE GYM
Enjoy a full sized gym with volleyball, basketball, and shuffleboard. Balls available for use.

BOB ECKER ROLLER SKATING RINK
Located in the Longhouse Gym, skates are provided and rollerblades are welcome.

ADMINISTRATION FIELD
Located outside of the Administration Building. There are basketball courts, sand volleyball courts, gaga ball pits, horseshoe pits, a baseball field, and open field space. Equipment can be checked out from the Sweet Memorial Building.

MINI GOLF & TENNIS COURTS
Try our 18-hole course or an easier 9-hole course with larger holes for younger children. Equipment located outside the clubhouse!

HENRY DORSEY JR, MEMORIAL SWIMMING POOL
Grab your suit and come visit our swimming pool for some fun in the water. Open swim, lap swim, and water exercise classes available.

CLASSES
CHECK THE ACTIVITY GUIDE FOR SCHEDULE

BOOT CAMP
High intensity interval training workouts that include strength training and cardio. Workouts can be modified to fit all fitness levels. Come for some fun and fellowship!

HYDR02GA
Hydr02ga is a holistic therapeutic no-impact deep water exercise that is challenging, strengthening, toning, aerobic, relaxing, and balancing for the emotional, physical, and mental body.

MULTI-LEVEL YOGA CLASS
Join us for integral yoga with a vinyasa flair, suited for all levels. Class focuses on beginners, yet more advanced postures are suggested for those who are able. Each class ends in deep relaxation. Mats available for use during the class.

WATER EXERCISE
Enjoy a low impact water exercise class in our heated indoor pool. Exercises are done in 4-5 feet of water, with the option of moving to the deep end.

SPECIAL PROGRAMS

CHRISTMAS EVE SERVICES
Join us in Hyde Chapel on Christmas Eve to celebrate the Christmas season.
Tuesday, December 24th at 5:00 PM & 11:00 PM

CHRISTMAS FESTIVITIES
Throughout the week we will have special Christmas-themed activities. Check our Activity Guide two weeks before your stay for details.

Some of the fun will include:
- Christmas crafts
- S’mores around a campfire (or fireplace)
- Holiday movies and story time
- Snowman making contest
- Cookie decorating
- Visit with Santa at Sweet Memorial
- Sign up to have Santa stop by your cabin on Christmas Eve! Call Sweet Memorial at x1104 once you check in to make your reservation.

NEW YEARS EVE FAMILY DANCE
DECEMBER 31, 2019  8:00 – 10:30 PM
Dress up and get ready to ring in 2020! Enjoy a DJ, snacks and drinks, and watch the ball drop at 10:00 PM!
BOONE FAMILY MOUNTAIN CENTER

HOURS OF OPERATION:
SUNDAY - THURSDAY 8:30 AM – 5:00 PM
FRI & SAT 8:30 AM – 8:30 PM

ADVENTURE ACTIVITIES

Located near Upper Cookout on the north end of our property, the Mountain Center provides a base camp to launch outdoor and high-adventure activities such as hiking, biking, archery, an indoor climbing wall, and more!

The Mountain Center houses a hands-on educational nature center designed to allow you to explore local flora and fauna and other natural wonders in the incredible Rocky Mountains. Be sure to check out the 3D topographic map and all the other interactive displays.

Plan out your next hike by speaking with one of our expert Hikemasters. You can pick up tips from the pros, get suggestions for where to go, and grab trail maps for the area. We also rent microspikes, snowshoes, trekking poles, and child carriers.

GEAR SHOP

Forget something at home or need gear for your next adventure through Rocky Mountain National Park? The Gear Shop offers a wide variety of items ranging hiking poles to snowshoes that will help you make the most of your time in the mountains.

Located on the main floor of the mountain center, the shop offers the latest apparel from Osprey and Outdoor Research, some of the more trusted brands in the outdoor industry.

Safety in the wilderness is essential, so whether it’s the beating sun’s rays at our high elevation or supplies to keep you warm, such as hiking socks, hats, and gloves, the Gear Shop is a great place to stop before your next adventure!
HIKING

HIKING INFORMATION DESK

Bordering Rocky Mountain National Park on three sides, we are blessed by an amazing hiking program. In the Mountain Center you will find our hiking information desk (Base Camp) where you can ask our Hikemasters questions, look up hikes in our guide books, grab a map, or sign up for a guided hike.

Winter Hikes

Saturdays starting at 9:00 AM

Let nature, and a Hikemaster, be your guide on one of our guided hikes! Each Saturday will be a new destination. All hikes will go into the mountains with great views along the way. Check the Activity Guide for the hiking schedule. Microspikes, snowshoes and poles may be checked out from the Mountain Center. A credit card number is required but no charges will be made unless equipment is not returned. PLEASE sign up for this hike ahead of time and call ext.1311 to cancel if you decide not to go.

ADVENTURE ACTIVITIES

INDOOR CLIMBING WALL

Check the Activity Guide for availability.

Get your hands on our brand new indoor climbing wall that is molded 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. Climbing shoes and harnesses are provided and all participants will be given an introduction to the equipment and beginner climbing technique. This activity accommodates a wide range of abilities. Meet at the Mountain Center.

Ages 5+, $10 per person

<table>
<thead>
<tr>
<th>Mountain Bike Rental Fees</th>
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<tr>
<td>8+ hours</td>
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<tr>
<td>4-8 hours</td>
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<tr>
<td>Up to 4 hours</td>
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</table>

*Contact the Mountain Center x8402 for overnight and multi-day rentals

ARCHERY

One of our favorite camp activities!

Archery sessions are typically available on Friday, Saturday, Sunday, and Monday.

Ages 6+; $10 per person

See the full schedule two weeks in advance on our website. Sign up for an archery session online http://tinyurl.com/ymcaepc, by phone, or at Sweet Memorial.

Questions? Call Programs at x1104
Craft & Design Center

Individual Crafts From $6–$85

For Any Age
Glazed & Painted Ceramics
Wood Crafts to Paint or Mosaic
Leather Stamping
Tie Dye
Kids Jewelry

For Adults and Youth, 4th Grade+
Jewelry
Wood Burning (14 yr+)

Questions? Call Ext. 1132

- Typically open 7 days a week, 9:30am–5:00pm. Our hours may vary for holidays, please check the Activity Guide.
- Children 12yrs and under must be accompanied by an adult or a responsible party 13yrs or older.
- Bringing a group of 15 or more? Please contact the Craft & Design Center Director: sgabelhouse@ymcarockies.org
MAUDE JELLISON LIBRARY

Visit the beautiful Maude Jellison Library located behind the Administration Building & Hyde Chapel.

GET LOST IN A GOOD BOOK
Browse among our 15,000 volumes including books on our Y history, Estes Park history, RMNP history, hiking/wildlife/wildflower guides, fiction, and more. We carry the latest editions of the Wall Street Journal, USA Today, the Sunday New York Times, and many magazines. Relax on our porch swings with inspiring mountain views.

AN ENCHANTING YOUTH LIBRARY
Children of all ages enjoy our youth library with a large selection of children’s and young adult literature. We have daily story times, giant puzzles, and comfy bean bag chairs.

PROGRAMMING
Check the Activity Guide for dates and times of special programs featuring author talks, live musical performances, guest lecturers, poetry readings, and more!

DORSEY MUSEUM

Visit the historical and captivating Dorsey Museum located behind Sweet Memorial and the swimming pool.

HISTORY COMES ALIVE...
Housed in a 1924 guest lodge, the Dorsey Museum celebrates its 40th anniversary this year! Visit and explore our period room settings and display galleries to learn more about the rich history of the YMCA of the Rockies. Come relax on our porch swing or in our gardens and experience the quiet natural surroundings.

PROGRAMMING
The museum offers historical programming for all ages. Hikes and tours of the Estes Park Center provide deeper dives into our rich institutional history and local landscapes, while other activities offer hands-on learning opportunities and experiences into the history of the American West.

Questions? Call Programs at x1104
PARTNERS OF THE YMCA OF THE ROCKIES

JACKSON STABLES
Located on YMCA property, Jackson Stables offers guided Horseback Rides in Rocky Mountain National Park and on YMCA grounds.

Pony Rides and Hayrides also available.

Call 970-586-3341, ext. 1140 or 1149 for reservations. www.jacksonstables.com

HOME GROWN YOGA & MASSAGE
Enjoy a therapeutic massage in a serene cabin. Located in Oak Cabin on Friendship Lane. Open everyday by appointment.

To schedule your massage, please call/text (720) 218-1953 or email laura@homegrownyoga.com

See www.homegrownyoga.com for a complete list of services and prices.