DOWNLOAD OUR APP
YMCA of the Rockies has gone digital to be more environmentally friendly! You can download our YMCA of the Rockies App to get all the information you need on activities, dining, maps, weather and local information. Use your camera to scan the QR code on the left to get started!
https://guidebook.com/guide/94656/

PROGRAM FACILITY HOURS

<table>
<thead>
<tr>
<th>Facility</th>
<th>Fri, Feb 21</th>
<th>Sat, Feb 22</th>
<th>Sun, Feb 23</th>
<th>Mon, Feb 24</th>
<th>Tues, Feb 25</th>
<th>Wed, Feb 26</th>
<th>Thurs, Feb 27</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SWEET MEMORIAL BUILDING</strong></td>
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<td>8:30 AM - 8:30 PM</td>
<td>8:30 AM - 8:30 PM</td>
<td>8:30 AM - 5:00 PM</td>
<td>8:30 AM - 5:00 PM</td>
<td>8:30 AM - 5:00 PM</td>
<td>8:30 AM - 5:00 PM</td>
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<tr>
<td>Longhouse Gym</td>
<td>8:00 AM - 9:00 PM</td>
<td>8:00 AM - 9:00 PM</td>
<td>8:00 AM - 9:00 PM</td>
<td>8:00 AM - 9:00 PM</td>
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<tr>
<td>Bob Ecker Roller Rink</td>
<td>2 – 9 PM</td>
<td>2 – 9 PM</td>
<td>2 – 9 PM</td>
<td>2 – 9 PM</td>
<td>5:30 – 9 PM</td>
<td>5:30 – 9 PM</td>
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<tr>
<td>Dorsey Swimming Pool</td>
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<tr>
<td>Mootz Family Craft &amp; Design Center</td>
<td>10 AM - 5 PM</td>
<td>10 AM - 5 PM</td>
<td>1 - 5 PM</td>
<td>10 AM - 5 PM</td>
<td>CLOSED</td>
<td>CLOSED</td>
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<tr>
<td>Dorsey Museum</td>
<td>9 AM - 5 PM</td>
<td>9 AM - 5 PM</td>
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<tr>
<td>Maude Jellison Library</td>
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</table>

**Please note: All youth, 12 and under, must be accompanied by an adult in all program facilities and activities**
**PAID ACTIVITIES**

<table>
<thead>
<tr>
<th></th>
<th>Friday, Feb 21</th>
<th>Saturday, Feb 22</th>
<th>Sunday, Feb 23</th>
<th>Monday, Feb 24</th>
<th>Tuesday, Feb 25</th>
<th>Wednesday, Feb 26</th>
<th>Thursday, Feb 27</th>
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</thead>
<tbody>
<tr>
<td><strong>Escape Room</strong></td>
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<tr>
<td>Sweet Memorial</td>
<td>1:45 PM</td>
<td>1:45 PM</td>
<td>3:15 PM</td>
<td>3:15 PM</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>$5/person</td>
<td>3:15 PM</td>
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<tr>
<td><strong>Archery</strong></td>
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<tr>
<td>Bob Ecker Roller Rink</td>
<td>10:00 AM</td>
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<td>10:00 AM</td>
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<td>N/A</td>
<td>N/A</td>
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<tr>
<td>Ages 6+</td>
<td>11:00 AM</td>
<td>11:00 AM</td>
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<tr>
<td>$10/person</td>
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<tr>
<td><strong>Indoor Climbing Wall</strong></td>
<td>9:00 AM</td>
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<tr>
<td>Mountain Center</td>
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<td>10:00 AM</td>
<td>10:00 AM</td>
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<tr>
<td>Ages 5+</td>
<td>11:00 AM</td>
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<td>11:00 AM</td>
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<td>11:00 AM</td>
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<tr>
<td>$10/person</td>
<td>12:45 PM</td>
<td>12:45 PM</td>
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**GUIDED HIKES**

Take a hike in Rocky Mountain National Park with one of our experienced Hikemasters.

*Must register in advance. FREE! Register online or at the Mountain Center. Questions? Call us at x8402*

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Hike</th>
<th>Miles RT</th>
<th>Grade</th>
<th>Terrain</th>
<th>Elev. Gain</th>
<th>High Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, February 22</td>
<td>8:30am-12:30pm</td>
<td>Emerald Lake Snowshoe</td>
<td>3.6</td>
<td>F</td>
<td>F</td>
<td>713’</td>
<td>10080’</td>
</tr>
</tbody>
</table>

*Climb a smooth trail past Nymph and Dream Lakes up to the beautiful green gem-of-a-lake in Tyndall Gorge. This hike is perfect for most families. Subject to change.*

**EQUIPMENT RENTALS**

<table>
<thead>
<tr>
<th>Service</th>
<th>Available at the Mountain Center</th>
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</thead>
<tbody>
<tr>
<td>Mountain Bike Rentals</td>
<td></td>
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<tr>
<td>8+ hours</td>
<td>$25</td>
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<tr>
<td>4–8 hours</td>
<td>$20</td>
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<tr>
<td>Up to 4 hours</td>
<td>$15</td>
</tr>
</tbody>
</table>

*Contact bike shop for overnight and multi-day rentals

**Please note: All youth, 12 and under, must be accompanied by an adult in all program facilities and activities**
FAMILY PROGRAM DESCRIPTIONS

FAMILY FUN
Get the entire family together for these fun experiences:

ANIMAL DETECTIVE (1hr)
Learn about animals that call the Rockies home. We will observe tracks, scat, bones, and antlers, then put our detective skills to work to see what animal signs we can find outside!

BEAR TALK (30min)
Explore the lives of bears and how to keep yourselves and them safe in this bear-y interesting talk!

BINGO (1hr)
B-I-N-G-O! Grab a card and get your game face on.

BIRD IS THE WORD (1hr)
Come learn about winter birds in our area & make your very own pinecone birdfeeder.

CAPTURE THE FLAG (1hr)
How well can you hike, sneak, run, and chase in this classic camp game to retrieve your flag from the other team’s side!

CHESS/SCRABBLE CLUB (1hr)
Whether you’re a beginner or a skilled player, join others interested in these classic games of the mind and strategy.

FAMILY MOVIE (1hr 30min)
Come watch a family video. First family to arrive gets to choose!

FAMILY GAME NIGHT (1hr)
Get your team together and join us for fun, family games like charades, Pictionary, or trivia!

FLOOR HOCKEY (1hr)
Whether we get a full game going or just practice penalty shots, grab a stick and let’s go!

GEOCACHING (1hr)
Navigate to a specific set of GPS coordinates and then attempt to find the geocache hidden at the location!

KICKBALL (1hr)
Join other game enthusiasts for some outdoor kicking and running fun.

KNOTS (1hr)
Knot tying is an essential backcountry skill. Learn a half hitch, bowline, and more useful knots!

S’MORES (2hr)
A tasty treat that everyone likes to eat! We’ll provide the s’mores supplies, all you need to bring is your marshmallow roasting skills.

SCIENCE EXPERIMENTS (30min)
Check the schedule to see what cool experiment we’re doing today!

SURVIVAL (1hr 30min)
Learn some important skills to help you stay safe in the wilderness. We’ll go over what to do if you find yourself lost and practice building a shelter!

TREASURE TREK (1hr)
Put your thinking cap on and unravel clues that will lead you around property to find the treasure. Who knows where you’ll go, or what you’ll find?

ULTIMATE FRISBEE (1hr)
A great hour of Frisbee team excitement!

LITTLE LEARNERS
For families with children 6 and under:

CHILDREN’S STORY TIME (45min)
Act like a weasel and POP by Maude Jellison Library for stories about nature and animals

LITTLE EXPLORERS (30min)
Explorers use their senses to observe and investigate the world around them. Take a walk with our facilitator and practice your exploring skills!

PARACHUTE GAMES (30min)
Rise and fall with our big parachute as we play games on, under, and around the billowing parachute!

PLAYING IN THE PINES (30min)
There’s no better playground than the great outdoors! Get the kids together for fun, forest games.

WOOLY WORM HUNT (30min)
Join our adventurous hunt for the mysterious wooly worms and learn about how animals use camouflage!

PLEASE NOTE:
Many of our classes go outdoors and classes run snow or shine, so come bundled up to be outside!

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MASSAGE THERAPY
Enjoy a therapeutic massage in a serene cabin here at the YMCA!
Located in Oak Cabin on Friendship Lane. Open daily by appointment.
Please call/text: 720-218-1953, email: laura@homegrownyoga.com,
or call x4101 from a Y phone.
Prices and services can be found at www.homegrownyoga.com

PASSPORT TO ADVENTURE
Make memories you’ll never forget!
Pick up your passport at Sweet Memorial, the Mountain Center, the Craft & Design Center, or the Admin Building. Then, take part in all of our activities, record your experiences, and turn your passport back in at Sweet for a chance to win a free two-night stay at YMCA of the Rockies!

INTERNATIONAL DINNER
Wednesday, February 26 from 5:00 - 7:00 PM
Taste your way around the world with samples from different countries! Please join us for an evening of diverse food prepared by our International Staff members during the Winter International Dinner at YMCA of the Rockies.
Meet at the Assembly Hall.

ICE SKATING!
Check out ice skates from Sweet Memorial and have some fun on Dorsey Lake! Call x1104 or stop by Sweet Memorial to find out the current conditions.

WORSHIP IN THE ROCKIES
Sundays at 10:00 AM
Guests, staff, individuals, couples, families, and groups are invited to a great hour of worship. Dress is always mountain casual and weather appropriate. Come early to enjoy coffee and breakfast pastries as we fellowship together before worship!
Meet at Ponder Chapel.

SLEDDING!
Sledding is permitted on our sledding hill, located South of Dorsey Lake near the final disc golf hole. Bring your own or check out sleds from Sweet Memorial.

PRAYER MEETING
Wednesdays from 12:00 - 12:30 PM
30-minute prayer meeting for all guests and staff.
Meet at Ponder Chapel.

Questions? Call x1012

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