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

SWEET MEMORIAL BUILDING
Sunday - Thursday 8:30 AM - 5:00 PM, Friday & Saturday 8:30 AM - 8:30 PM
The hub of the Programs Department, consider us your Activity Visitor Center. Come here to find out the inside scoop, get full schedules of activities, and plan out your fun!
Questions? Call us at x1104

<table>
<thead>
<tr>
<th>Fri, Mar 20</th>
<th>Sat, Mar 21</th>
<th>Sun, Mar 22</th>
<th>Mon, Mar 23</th>
<th>Tues, Mar 24</th>
<th>Wed, Mar 25</th>
<th>Thurs, Mar 26</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boone Family Mountain Center x8402</td>
<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 x1104</td>
<td>8:00 AM - 9:00 PM</td>
<td>8:30 AM - 9:00 PM</td>
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<tr>
<td>Bob Ecker Roller Rink x1159</td>
<td>5:30 - 9 PM</td>
<td>2 - 9 PM</td>
<td>2 - 9 PM</td>
<td>5:30 - 9 PM</td>
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<td>5:30 - 9 PM</td>
</tr>
<tr>
<td>Dorsey Swimming Pool x1135</td>
<td>10 AM - 12 PM 1 - 5 PM 6 - 8 PM</td>
<td>10 AM - 12 PM 1 - 5 PM 6 - 8 PM</td>
<td>9 AM - 12 PM 1 - 5 PM</td>
<td>9 AM - 12 PM 1 - 3:30 PM</td>
<td>1 - 6 PM</td>
<td>1 - 6 PM</td>
</tr>
<tr>
<td>Lap Swim</td>
<td>7 - 8 AM</td>
<td>7 - 9 AM</td>
<td>7 - 9 AM</td>
<td>7 - 8 AM</td>
<td>7 - 9 AM</td>
<td>7 - 9 AM</td>
</tr>
<tr>
<td>Mootz Family Craft &amp; Design Center x1132</td>
<td>9:30 AM - 5 PM</td>
<td>9:30 AM - 5 PM</td>
<td>9:30 AM - 5 PM</td>
<td>9:30 AM - 5 PM</td>
<td>9:30 AM - 5 PM</td>
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<tr>
<td>Dorsey Museum x1136</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>
</tr>
<tr>
<td>Maude Jellison Library x1133</td>
<td>9 AM - 5 PM</td>
<td>9 AM - 5 PM</td>
<td>1 - 5 PM</td>
<td>9 AM - 5 PM</td>
<td>9 AM - 5 PM</td>
<td>9 AM - 5 PM</td>
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</tbody>
</table>

GEAR SHOP
Stop by our retail store located in the Mountain Center to get all the gear you need for your next adventure. From sunscreen and bug spray to trekking poles and day packs, we’ve got you covered!

SELF-GUIDED HISTORY WALKING TOUR
Visit this link to start your tour: theclio.com/tour/982
This tour explores several of the historic buildings located at the YMCA of the Rockies in Estes Park, CO. This is an easy, fairly flat walking tour. If you decided to add Mountainside Lodge to the tour, be prepared for a steep hike and please note that Mountainside is often reserved for private events and is not open to the public. We hope you enjoy this beautiful and historic walk that captures not only the history of YMCA Of the Rockies but also the history of tourism and architecture of the area. To learn more visit the Dorsey Museum.

**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>Activity</th>
<th>Fri, Mar 20</th>
<th>Sat, Mar 21</th>
<th>Sun, Mar 22</th>
<th>Mon, Mar 23</th>
<th>Tue, Mar 24</th>
<th>Wed, Mar 25</th>
<th>Thu, Mar 26</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Escape Room</strong></td>
<td>1:30 PM</td>
<td>1:30 PM</td>
<td>3:15 PM</td>
<td>3:15 PM</td>
<td>10:15 AM</td>
<td>1:30 PM</td>
<td>10:15 AM</td>
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<tr>
<td>Sweet Memorial</td>
<td>3:15 PM</td>
<td>3:15 PM</td>
<td></td>
<td></td>
<td>1:30 PM</td>
<td></td>
<td></td>
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<tr>
<td>Sweet Memorial</td>
<td>$5/person</td>
<td>$5/person</td>
<td></td>
<td></td>
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<tr>
<td><strong>Archery</strong></td>
<td>N/A</td>
<td>N/A</td>
<td>10:00 AM</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Bob Ecker Roller Rink</td>
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<td></td>
<td>11:00 AM</td>
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<td></td>
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<tr>
<td>Ages 6+</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>
<td>9:00 AM</td>
<td>12:45 PM</td>
<td>9:00 AM</td>
<td>9:00 AM</td>
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<tr>
<td>Mountain Center</td>
<td>10:00 AM</td>
<td>10:00 AM</td>
<td>1:45 PM</td>
<td>10:00 AM</td>
<td>10:00 AM</td>
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<tr>
<td>Ages 5+</td>
<td>3:00 PM</td>
<td>3:00 PM</td>
<td>2:45 PM</td>
<td>11:00 AM</td>
<td>11:00 AM</td>
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<tr>
<td>$10/person</td>
<td>6:00 PM</td>
<td>6:00 PM</td>
<td>3:45 PM</td>
<td>12:45 PM</td>
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<tr>
<td><strong>Questions? Call x1104</strong></td>
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</tbody>
</table>

**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 x8402

<table>
<thead>
<tr>
<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, March 21</td>
<td>Gem Lake</td>
<td>3.5</td>
<td>F</td>
<td>E</td>
<td>1460’</td>
</tr>
<tr>
<td>8:30am-12:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8830’</td>
</tr>
</tbody>
</table>

Short, occasionally steep, hike past wonderful rock formation with names like “Twin Owls” and “Paul Bunyon’s Foot” to crystalline lake on Lumpy Ridge. Relax on the sandy “beach” once you get there. Subject to change.

**EQUIPMENT RENTALS**

**Mountain Bike Rentals** available at the Mountain Center

<table>
<thead>
<tr>
<th>Duration</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>8+ hours</td>
<td>$25</td>
</tr>
<tr>
<td>4-8 hours</td>
<td>$20</td>
</tr>
<tr>
<td>Up to 4 hours</td>
<td>$15</td>
</tr>
</tbody>
</table>

*Contact bike shop for overnight and multi-day rentals

**THE AMAZING RACE!**
Explore our property in an AMAZING way! Take the challenge and follow the clues around the YMCA to finish our Amazing Race. Come to Sweet Memorial to get started. Good luck!

**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!

**Questions? Call x8402**

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

**FREE FAMILY PROGRAMS**
No registration required

**Many of our classes go outdoors and classes run snow or shine!**

### Family Programs

**Friday, March 20**
- 8:45 AM • Little Explorers @ Sweet
- 9:30 AM • Animal Detective @ Sweet
- 1:30 PM • Floor Hockey @ Longhouse
- 2:30 PM • Treasure Trek @ Sweet
- 6:30 PM • S’mores @ Sweet

**Saturday, March 21**
- 8:45 AM • Animal Detective @ Sweet
- 10:00 AM • Survival @ Sweet
- 10:30 AM • Children’s Story Time @ Library
- 10:30 AM • Walk About the Y @ Museum
- 12:15 PM • What about Wolves? @ Sweet
- 1:00 PM • Hoot N’ Hurl @ Little Explorers @ Sweet
- 1:15 PM • Science: Bouncy Balls @ Sweet
- 2:00 PM • Family Movie @ Library
- 2:30 PM • Treasure Trek @ Sweet
- 3:15 PM • Capture the Flag @ Sweet
- 4:00 PM • Little Explorers @ Sweet
- 6:30 PM • BINGO @ Sweet

**Sunday, March 22**
- 7:30 PM • Trivia @ Sweet

**Monday, March 23**
- 8:45 AM • Animal Detective @ Sweet
- 10:00 AM • Survival @ Sweet

**Tuesday, March 24**
- 12:45 PM • Animal Detective @ Sweet
- 2:00 PM • Treasure Trek @ Sweet

**Wednesday, March 25**
- 3:00 PM • Ultimate Frisbee @ Longhouse

**Young Adults**

(10 & up)

**Thursday, March 26**
- 12:45 PM • Animal Detective @ Sweet
- 2:00 PM • Treasure Trek @ Sweet

**FREE FAMILY PROGRAMS**

**Friday, March 20**
- 8:45 AM • Little Explorers @ Sweet
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- 2:30 PM • Treasure Trek @ Sweet
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- 1:15 PM • Science: Bouncy Balls @ Sweet
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- 2:00 PM • Treasure Trek @ Sweet

**Wednesday, March 25**
- 3:00 PM • Ultimate Frisbee @ Longhouse

**Mountain Center**

**Spring Break: Frozen Worlds**
We are celebrating Spring Break at the Y this week! See back page of Activity Guide for special program offerings and more information.

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

---

**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!

**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!

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

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

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

**HOOT N’ HURL (1hr)**
Want to learn about a stealthy & adorable apex predator? If so, this all ages program about owls is for you! We will be showcasing the different owl species of the Rockies & then be digging into their diet by examining real life owl pellets. It’s a hoot!

**ORIGAMI (1hr)**
For centuries, cultures have created ways to artistically approach, adopt, & adapt the paper craft. We will explore basic folding patterns and replicate easy designs.

**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!

**TRIVIA (1hr)**
Test your random knowledge on a team with your family, or mix it up with other guests! Questions are designed with all ages in mind.

**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?

**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!

**YOUNG ADULT+**
Designed with adults in mind:

**WALK ABOUT THE Y (1hr 30min)**
Quarter-mile stroll. Explore the architectural and social history of YMCA of the Rockies main campus. Discover the “who” behind the names on buildings and enjoy sculptures on the main promenade.

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**SPECIAL OFFERINGS**

**OPEN MIC @ THE MAUDE**

Tuesday, March 24 at 7:00 PM
Come and share your hidden talents! Sing a song, play an instrument, tell a story, do some magic...The microphone is all yours. We have guitars and an 88-weighted-key electric piano available for your use. Meet at Maude Jellison Library.

**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. Call x1104 for current conditions.

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**Questions? Call x1104**

**SPRING BREAK: FROZEN WORLDS**
We are celebrating Spring Break at the Y this week! See back page of Activity Guide for special program offerings and more information.
**HEALTHY LIVING**  
Questions? Call x1104

**WATER EXERCISE**  
Monday, Wednesday, and Friday at 8:15 AM  
Geared towards all ages. Exercises aim at mobility, movement, and strength. Does not require swimming.  
Meet at Dorsey Pool.

**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

**CHAPEL MINISTRY**  
Questions? Call x1012

**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.

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

Check out our other offerings:  
Interactive Prayer Trail – Located behind the Legett Christian Center. Walking trail with 5 interactive stations.  
Labyrinth – Located behind the Museum  
Bible Point Trail – Pick up a trail map at the Mountain Center. Along the trail you will encounter selected Psalms that sing to the glory of God revealed in Nature.  
Beatitude Study Trail – Enjoy a hike while studying the beatitudes from Jesus’ famous “Sermon on the Mount.” Trailhead and study guide located at Dorsey Lake parking lot.

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

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**JACKSON STABLES, INC. – YMCA of the Rockies Livery**

**HORSEBACK RIDES**

Horseback Rides – We offer guided trail rides on the YMCA of the Rockies property. We require children age 6 and up to ride their own horse and the weight limit for an individual is 250 pounds.  
**Rocky Mountain National Park does not allow concession horseback rides within its boundaries before May 9, 2020.**

<table>
<thead>
<tr>
<th>Horseback Riding</th>
<th>Pony Rides</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hour ride</td>
<td>old and younger</td>
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<tr>
<td>$55</td>
<td>Cost is $20 per child. Daily times are 8:30am-11:30am and 1:00pm-4:30pm.</td>
</tr>
<tr>
<td>1 ½ hour ride</td>
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<tr>
<td>$65</td>
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</table>

**Deer Meadows:** A 1-hour trail ride that follows Glacier Creek to the Wind River area. We consider this a beginner level ride, appropriate for children and first-time riders.  
**Elk Meadows:** A 1 ½ hour extended version of Deer Meadows.  
**Hayrides:** Family hayrides include roasting marshmallows over a campfire and last about 1 ½ hours.  
Marshmallow Roast $23 (Children 3 years old and younger are free on hayrides)

Please call (970) 586-3341 ext.1140 or 1149 for reservations and additional information
Join us for themed spring break activities! Fun for the whole family!
March 13th - April 2nd

All Programs are designed for the family and meet at Sweet Memorial*

**Fridays:**
- 10:45–11:45 AM Science Experiment: Arctic Animals
- 1:45–2:15 PM Polar Bear Talk
- 3:15–3:45 PM Penguin Party
- 3:45–4:45 PM Snowpeople and Snow Forts

**Saturdays:**
- 12:45–1:15 PM Penguin Party
- 1:45–2:15 PM Polar Bear Talk
- 2:30 – 3:15 PM From Ice House to Ice Box*: exploring the history of ice-making at the YMCA of the Rockies.

**Sundays:**
- 10:45–11:45 PM Science Experiment: Blubbery Bears
- 1:45–2:15 PM Polar Bear Talk
- 3:45–4:45 PM Snowpeople and Snow Forts

**Mondays:**
- 1:45–2:15 PM Polar Bear Talk

**Tuesdays:**
- 9:00–9:30 AM Reindeer Antlers
- 3:00–4:00 PM Science Experiment: Snow Cream
- 3:30–4:30 PM Snowflakes & Puppets

**Wednesdays:**
- 2:00–4:00 PM Prince/Princess Hike

**Thursdays:**
- 9:00–9:30 AM Reindeer Antlers
- 3:00–4:00 PM Science Experiment: Snow Cream
- 3:30–4:30 PM Snowflakes & Puppets

*Meets at Dorsey Museum
Activity Descriptions

**Prince/Princess Hike:** Dress up as your favorite prince or princess and go for a short hike.

**Snowpeople and Snow Forts:** Go outside and build snow forts and snowmen! Activity is weather dependent.

**Snowflakes and Puppets:** Cut snowflakes from paper and make penguin and polar bear puppets!

**Reindeer Antlers:** Learn about the deer family and their unique antlers. Then construct your own set of antlers!

**Penguin Party!** Race frozen penguins and practice carrying eggs like penguins!

**Polar Bear Talk:** Learn all about the largest land carnivores in the world!

**Science Experiments:** In these special science experiments, make snow cream and practice staying warm like arctic animals!

**From Ice House to Ice Box:** Come learn about the history of ice cutting and the icemen of the YMCA of the Rockies at the Lula W. Dorsey Museum. You can even create your own “Frozen” origami ice cube, inspired by our favorite ice cutting duo, Kristoff and Sven! Great for ages Pre-K through 4th with assistance from guardians; 5th and above without.

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**Mootz Family Craft & Design Center**

“Explore your frozen world by creating a special keepsake of your own!
    Ceramics to paint or glaze, woodcrafts, mosaics, beaded projects, tie dye items and much, much more!”