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.
## CONTENTS

### What’s Inside?

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helpful Tips &amp; Tricks</td>
<td>4</td>
</tr>
<tr>
<td>Spirit and Faith Programs</td>
<td>4</td>
</tr>
<tr>
<td>Sweet Memorial Program Building</td>
<td>5</td>
</tr>
<tr>
<td>Family Programs</td>
<td>6</td>
</tr>
<tr>
<td>Little Learners Programs</td>
<td>6</td>
</tr>
<tr>
<td>Young Adult+ Programs</td>
<td>6</td>
</tr>
<tr>
<td>Recreation and Fitness</td>
<td>7</td>
</tr>
<tr>
<td>Special Programs</td>
<td>7</td>
</tr>
<tr>
<td>Boone Family Mountain Center</td>
<td>8</td>
</tr>
<tr>
<td>Gear Shop and Rentals</td>
<td>8</td>
</tr>
<tr>
<td>Adventure Activities</td>
<td>9</td>
</tr>
<tr>
<td>Hiking</td>
<td>9</td>
</tr>
<tr>
<td>Mootz Family Craft and Design Center</td>
<td>10</td>
</tr>
<tr>
<td>Maude Jellison Library</td>
<td>11</td>
</tr>
<tr>
<td>Dorsey Museum</td>
<td>11</td>
</tr>
<tr>
<td>Partners of the YMCA of the Rockies</td>
<td>12</td>
</tr>
</tbody>
</table>
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 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 at 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, Adults: $10.50, Children: $7
Lunch:
11:30 – 1:30, Adults: $12.50, Children: $8.50
Dinner:
5:00 – 7:30, Adults: $15.50, Children: $10.50
Children: 6–12 years old. Children 5 and under are free.

EMERGENCY INFORMATION
First Responders – call 911
In case of a medical or non-medical emergency that requires an ambulance and first responders, contact 911.

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, drink water, and eat a high carbohydrate diet throughout the days prior to arrival, upon arrival, and throughout your stay.

SPIRIT & FAITH FOR ALL
Through faith based programs and activities, the YMCA of the Rockies Chapel Ministry seeks to honor God and embody the teachings of Jesus Christ through the fostering of relationships, stewardship of the natural environment, and creating faith-based programs that are spiritually engaging and respectful of all.

WORSHIP IN THE ROCKIES
Guests and staff are invited to join us every Sunday morning at 10:00 AM for a great hour of worship. Individuals, couples, families and groups are always welcome to Worship in the Rockies as we seek to make this your “church home away from home.” Join us online by following the link in the Activity Guide.

24/7 Prayer Chapel
Need a quiet place to pray, reflect, or meditate? Dannen Chapel, entrance located on the outside northeast corner of Hyde Chapel, is open 24/7 for your prayer needs. When closed for a special event, a notice will be posted.

Beatitude Study Trail
Enjoy a hike while studying the beatitudes from Jesus’ famous “Sermon on the Mount.” The trailhead and study guides are located at the Dorsey Lake parking lot. The trail makes a 1-mile loop.

Interactive Prayer Trail
Located behind the Legett Christian Center. Walk the trail and encounter 5 interactive stations that will engage you in active prayer. The stations are based on the prayer forms of Adoration, Confession, Thanksgiving, Supplication, and Intercession. All ages will find this a fun and meaningful way to pray!

Labyrinth
A Labyrinth is a spiritual tool, a path of prayer, a walking meditation. Our Labyrinth is designed out of stones and located behind the Museum. Brochures about the Labyrinth and how to walk the Labyrinth are located at the starting point.
SWEET MEMORIAL BUILDING

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 about programs, come by or give us a call at 970-586-3341 x1104.

FAMILY PROGRAMS
Family Programs provide unifying experiences for families through fun-filled activities! From mini golf to fire building to wildlife viewing, we offer activities for all ages that are guaranteed to create lifelong memories. Check the activity guide for specific program offerings as well as dates and times.

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

Family Membership Cost:
One Year: $250
Three Year: $600

Want to join our team of enthusiastic staff?
Join our community of staff for seasonal employment opportunities.

Inspired by nature. Motivated by fun.
Apply online at www.ymcarockies.org/work/seasonal-employment

Outdoor Ed Kits To-Go
Did you take on the role of teacher this fall? We have fully designed curriculum for kids in 3rd-8th grade. Bring your homeschool classroom to the Y!

Kits are free and can be reserved by calling x1104. Each class takes 3 hours.

Classes include:
- Elk Ecology
- Montane Forest Ecology
- Outdoor Living Skills
- Night Hike
- Route Orienteering
- Water Ecology

*No teaching experience is necessary. Follow step by step guides for a hands on educational experience.
FAMILY PROGRAMS

FAMILY FUN
Spend time enjoying one of our fun family programs! Children 13 and under must be accompanied by an adult. Check Activity Guide for available programming.

CAPTURE THE FLAG
A classic game pitting team against team in a fast-paced, strategy-based struggle for victory. Capture the other team’s flag before they get yours or before you get tagged.

ESCAPE ROOM
Work together to solve a mystery and escape the room! $5/person. Must register in advance.

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

TREASURE TREK
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?

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 wildlife around us and identify the signs of their presence. Programs are 30 minutes to an hour and are enjoyable for the whole family.

ANIMAL DETECTIVE
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
Explore the lives of bears and how to keep yourselves and them safe in this bear-y interesting talk!

FIRE QUEST
Fire can be a life-saving tool outdoors. Learn how to use various methods to spark safe fires.

SURVIVAL
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!

Young Adult +
For families with older children, come to one of our young adult programs. Play a board game, visit the museum, or peruse the many trails in and around the Y!

WALK ABOUT THE Y
Quarter-mile stroll. Explore the architectural and social history of the YMCA of the Rockies’ main campus. Discover the “who” behind the names on buildings and enjoy sculptures on the main promenade.

A.A. HYDE HISTORY WALK
Explore the history of family camp and conferences at the YMCA of the Rockies through the work of A.A. Hyde, founder of the Mentholatum Company and supporter of the YMCA. Discover how leaders like Hyde created a foundation for the YMCA of the Rockies on the principles of healthy spirit, mind and body on this mile long walk.

Little Learners
For families with children ages 6 and under. Explore the natural world or play games for young children in one of our little learners programs.

LITTLE EXPLORERS
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
Rise and fall with our big parachute as we play games on, under, and around the billowing parachute!

WOOLY WORM HUNT
Join our adventurous hunt for the mysterious wooly worms and learn about how animals use camouflage.

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

BINGO/TRIVIA
B-I-N-G-O! Grab a card and get your game face on or test your knowledge in one of our trivia games!

COMMUNITY FIRE
Come join a free community campfire. Feel free to bring your own s’mores supplies!
RECREATION & FITNESS

STRENGTHEN SPIRIT, MIND, BODY
Through exercise and fitness, experience growth in mind, body, and spirit.

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 ROLLERSKATING RINK
Located in the Longhouse Gym, skates are provided.

ADMINISTRATION FIELD
Located outside of the main 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
Located on the Administration Field, we boast two mini golf courses. Try our 18-hole course or an easier 9-hole course with larger holes for younger children. Equipment can be checked out from the Sweet Memorial Building. Check out tennis and mini golf equipment from the Sweet Memorial Building.

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

Campfires are allowed only in designated fire rings located throughout the property. A $25 fee includes use of the fire ring and two bundles of wood. Call ext. 1104 to check fire ring availability and make a reservation. Firewood is for sale at Sweet Memorial, or at the Administration Building for $5.00 plus tax.

SPECIAL PROGRAMS

FALL PHOTOGRAPHY FRIDAYS
September 12– October 9, 2020
Bring your camera and take aim at the fall colors and majestic wildlife in the Rocky Mountains. Every Friday between September 5th and October 9th, choose from programs like intro to photography, bird banding, and 3-hour guided hikes, or explore the mountains on your own. Tag us in your photos on Instagram or Facebook and we will choose a winner who will receive a YMCA activity gift certificate.

FALL FEST
October 3, 2020
Enjoy pumpkin painting, s’mores around the campfire, crafts, hay rides, line dancing and more! Festivities will occur at Dorsey Museum and the Mootz Family Craft and Design Center. Check the Activity Guide for schedule.

SPY WEEK
October 9–18, 2020
Do you have what it takes to solve the mystery? Are you a detective? Are you ready for your first mission? Pull out your secret agent hat and follow the clues to the YMCA of the Rockies.

HALLOWEEN SPOOKTACULAR
October 31, 2020
Explore our haunted house, dress in your best costume (masks required!), and trick or treat safely around the YMCA of the Rockies.

13TH ANNUAL TURKEY TROT
Our Turkey Trot is going virtual this year! The start and finish line will be set up all day on Thanksgiving. Find a time to run the 5K before your big meal. We’ll be using the strava app to recognize winners. Stick around for other unique and socially distanced Thanksgiving programs all weekend long!

NOVEMBER 26
BOONE FAMILY
MOUNTAIN CENTER

ADVENTURE IS OUT THERE
Located near Upper Cookout on the North end of our property, the brand new Mountain Center provides a base camp to launch outdoor and high-adventure activities: hiking, climbing walls, mountain biking, archery, and fly fishing!

PLAY
There’s something for everyone! Rent mountain bikes and go for a ride, test your strength on our indoor or outdoor climbing wall, take aim in archery, or reel in a big fish. Which fun activity will you choose to try?

PREPARE
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. The Mountain Center houses a full retail store where you can purchase any gear you may need for your next adventure.

DISCOVER
The Mountain Center houses a hands-on education 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 topography map and all the other interactive displays.

GEAR RENTALS AND DEMOS
Rentals:
- Daypacks - $5
- Trekking Poles - $5
- Microspikes - $10
- Snowshoes - $10
- Child Hiking Carriers - $10
- Strollers - $10
- FREE LOWA boot demos

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

GEAR SHOP

MOUNTAIN BIKE RENTALS
Come by the Mountain Center to rent your bikes and head out to the trails!
ADULT & YOUTH SIZES AVAILABLE.
Bike rental includes a helmet.

Mountain Bike Rental Fees (Trek Marlin)

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<th>Duration</th>
<th>Fee</th>
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</thead>
<tbody>
<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>24 hours</td>
<td>$30</td>
</tr>
</tbody>
</table>
ADVENTURE ACTIVITIES

ADVANCED REGISTRATION REQUIRED
Test your strength on the Climbing Wall, rent a Mountain Bike and explore the YMCA Grounds, or take your aim in Archery! Register online or at the Mountain Center.

OUTDOOR CLIMBING WALL
Check the Activity Guide for availability.
Experience the thrill and challenge of scaling our 25-foot outdoor climbing wall. All gear is provided; must wear sturdy, hiking or tennis shoes. This activity is geared towards climbers with beginner to intermediate abilities. Meet at the Mountain Center 15 minutes prior to session. Weather dependent.
Ages 5+

FAMILY ARCHERY & AXE THROWING
Check the Activity Guide for availability.
Draw back and fire at the bulls-eye in one of our archery programs or learn how to throw an axe and stick it in the target.
Ages 6+

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.

GUIDED HIKES

HIKES GRADED A-H
We offer a variety of treks graded A–H. Higher level hikes require hikers to complete pre-requisite hikes. Check the Activity Guide for scheduled hikes, then register online: http://tinyurl.com/ymcaepc

Easy & Easiest (Grades G & H) – Thoroughly enjoyable and informational, these hikes are perfect for grandchildren and grandparents.

Moderate (Grade E & F) – Moderate in difficulty, these hikes provide spectacular views, points of interest, and serene settings.

Hard (Grades C & D) – Perfect for conditioning, these hikes are physically demanding and sure to excite.

Most Difficult (Grades A & B) – These hikes face greater exposure, greater mileage, more difficult terrain, and higher altitudes. Even in summer, be prepared for inclement weather: lightning storms may arise, and rain, hail, and snow may make difficult terrain treacherous.

SIGN UP & AVAILABILITY
Sign up is required for guided hikes. Check the Activity Guide for current hike schedules and to sign up!
Craft & Design Center
Facility Information

- Masks are required, ages 3 and older in our facility.
- If we meet capacity allowances, we will have to limit additional guests from entering the building.
- Typically open 5 days a week, 9:30AM–4:30pm.
  - Closed on Tuesdays and Wednesdays
  - Hours may vary, please call ext 1132.
- Children 12yrs and under must be accompanied by an adult or a responsible party, 13yrs or older.

Questions?
Call Ext. 1132

Craft Kits
Limited Contact Crafting Option
Craft Kits ordered after 3:00pm Monday, all day Tuesday or all day Wednesday will be fulfilled and ready for pickup on Thursday.

Make crafts at your cabin or lodge room in three easy steps!

Step 1) View available craft items by clicking on this link https://ymcarockies.org/craftkits/
Step 2) Fill out your Craft Kit order form. Don’t forget to add your paint colors to your order.
Step 3) You will be contacted when your Craft Kit is complete and ready for pick up at the Craft & Design Center.

Your Craft Kit will also include: basic paint brush, newspaper for protecting work surfaces, paper pallet and paper towels.
GET LOST IN A GOOD BOOK
Browse among our 11,000 volumes including books on our Y history, Estes Park history, RMNP history, hiking/wildlife/wildflower guides and more. We carry the latest editions of the Wall Street Journal, USA Today, and many magazines. Relax on our porch swings with inspiring mountain views.

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

LARGE SECTION OF CHILDREN’S AND YOUNG ADULT LITERATURE
Parents may enter the children’s library to choose books for their children while that section is closed to children this season.

CURBSIDE PICK-UP SERVICE
Order books from our catalog from the comfort of your computer. We will have the books bagged and ready for you to pick up at our front porch. Check the weekly Activity Guide for links to our catalog and directions for making online orders.

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

HISTORY COMES ALIVE...
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. Tours of the Estes Park Center provide deeper dives into our rich institutional history and local landscapes.

Archaeology Walk
Stroll along the pathways of the early peoples as we take a 1.5 mile round trip walk to our archaeological site– a rock shelter. On this walk you’ll explore the Ice Age and the geological features of the area and the lifeways of Paleo-Indians who lived here. Suitable for all ages, check the activity guide for schedule!
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

HOMEGROWN YOGA & MASSAGE

Located in Oak Cabin on the YMCA grounds. Enjoy a therapeutic massage in a serene cabin. Schedule your massage by using the binder on the porch or call ext. 4101.

Yoga classes offered various weekends throughout fall. Check the Activity Guide for an up to date schedule.

Call 970-586-3341 ext. 4101 for more information. www.homegrownyoga.com