

ACTIVITY GUIDE

FRIDAY, May 20-27

YMCA OF THE ROCKIES- ESTES PARK CENTER



Questions about what's available during your stay? Call x1 104. Kids under 13 must be accompanied by an adult.

PROGRAM FACILITY HOURS

SWEET MEMORIAL BUILDING

Friday and Saturday, 8:00 AM-8:00 PM; Sunday-Thursday 8:00 AM-5:30 PM

The hub of the Programs Department, consider us your Activity Visitor Center. Come here to get full schedules of activities, check out board games, mini golf equipment, basketballs, tennis equipment and to plan out your fun!

Questions? Call us at x1104.



DORSEY SWIMMING POOL

Capacity may be restricted. Pool is closed during lightning storms. Call x1135 for space availability and weather conditions. Kids 12 and under must pass a swim test to enter the deep end. Kids 7 and under must have an adult in the water.

Fri, May 20	Sat, May 21	Sun, May 22	Mon, May 23	Tues, May 24	Wed, May 25	Thurs, May 26	Fri, May 27
Open Swim 1-5 PM 6-8 PM	Open Swim 1-5 PM 6-8 PM	Open Swim 9 AM-12 PM 1-5 PM	Open Swim 1-3 PM 6-8 PM	Open Swim 1-4 PM 6-8 PM	Open Swim 1-4 PM	Open Swim 1-4 PM 7-8 PM	Open Swim 1-5 PM 6-8 PM

MOOTZ FAMILY CRAFT & DESIGN CENTER

Open Thursday-Monday 9:30 AM -5:00 PM

Try glazed ceramics, tie dye, mosaics, painting woodcrafts, jewelry and more. Prices range from \$5-\$85. Activities may vary by day. Questions? Call us at x1132.



LULA W. DORSEY MUSEUM

Questions? Call us at x1136. Last admittance 30 minutes before closing.

Fri, May 20	Sat, May 21	Sun, May 22	Mon, May 23	Tues, May 24	Wed, May 25	Thurs, May 26	Fri, May 27
10 PM- 5 PM	10 AM- 5 PM	10 PM- 5 PM	9 AM- 12 PM	CLOSED	CLOSED	CLOSED	10 PM- 5 PM

MAUDE JELLISON LIBRARY

Questions? Call us at x1133.

Fri, May 20	Sat, May 21	Sun, May 22	Mon, May 23	Tues, May 24	Wed, May 25	Thurs, May 26	Fri, May 27
9 AM-5 PM	9AM -5 PM	1 - 5 PM	9 AM-5 PM	9 AM-5 PM	9 AM - 5 PM	9 AM - 5 PM	9 AM-5 PM



BOONE FAMILY MOUNTAIN CENTER

Open Daily 9 AM- 5 PM

Sign up for hikes, visitor our nature center, or get info about our climbing and biking activities! Plus, find tons of information about hiking, both at the Y and in the National Park.

Questions? Call x8402.

BOB ECKER ROLLER RINK

Fri, May 20	Sat, May 21	Sun, May 22	Mon, May 23	Tues, May 24	Wed, May 25	Thurs, May 26	Fri, May 27
5:30 PM-9:30 PM	5:30 PM-9:30 PM	5:30 PM- 9:30 PM	CLOSED	5:30-9:30 PM	8:00-9:30 PM	5:30 PM-9:30 PM	5:30 PM-7: 45 PM

LONGHOUSE GYM

Open Daily

8:30 AM-9:30 PM



SWEET MEMORIAL GAME ROOM

Friday -Saturday, 8:00 AM-8:00 PM; Sunday-Thursday 8:00 AM-5:30 PM

Our game room in the basement of Sweet Memorial is open! Play ping pong, pool, shuffleboard and toddler activities. Questions? Call x1104



Call 970-586-3341 ext. 1104 for more information. Kids under 13 must be accompanied by an adult.

PAID ACTIVITIES

Must register in advance. [Click here to register](#) online or call Sweet Memorial at x1104. Registration opens two weeks in advance and some activities fill quickly.

	Fri, May 20	Sat, May 21	Sun, May 22	Mon, May 23	Tues, May 24	Wed, May 25	Thurs, May 26	Fri, May 27
Escape Room Gaylord Program Building \$10/ person 8 person max *Space Theme*	8:30 AM 10:00AM 12:00 PM 1:30 PM 3:00 PM	8:30 AM 10:00AM 12:00 PM 1:30 PM 3:00 PM	12:00 PM 1:30 PM 3:00 PM	3:00 PM	12:00 PM 1:30 PM 3:00 PM	12:00 PM 1:30 PM 3:00 PM	12:00 PM	8:30 AM 10:00AM 12:00 PM 1:30PM 3:00 PM
Archery Outdoor Archery Range Ages 6+ \$10/person 12 person max	8:30 AM 9:30 AM 10:30 AM 12:45 PM 1:45 PM 2:45 PM	3:00 PM	8:30 AM 9:30 AM 10:30 AM	8:30 AM 9:30 AM 10:30 AM	8:30 AM 9:30 AM 10:30 AM	8:30 AM 9:30 AM 10:30 AM	8:30 AM 9:30 AM 10:30 AM	8:30 AM 9:30 AM 10:30 AM
Indoor Climbing Wall Mountain Center Ages 5+ \$10/person, 8 person max	9:00 AM 10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00 PM 4:00 PM	2:00 PM 3:00 PM 4:00 PM	9:00 AM 10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00 PM 4:00 PM	9:00 AM 10:00 AM 11:00 AM 1:00 PM 3:00 PM 4:00 PM	9:00 AM 10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00 PM 4:00 PM	9:00 AM 10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00 PM 4:00 PM	9:00 AM 10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00 PM 4:00 PM	9:00 AM 10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00 PM 4:00 PM
Outdoor Climbing Wall Mountain Center Ages 5+ \$10/person 8 person max	8:30 AM 9:30 AM 10:30 AM 11:30 AM	CLOSED	8:30 AM 9:30 AM 10:30 AM 11:30 AM	CLOSED	8:30 AM 9:30 AM 10:30 AM 11:30 AM 1:30 PM 2:30 PM 3:30 PM	CLOSED	CLOSED	CLOSED

FREE ACTIVITIES

Call Sweet Memorial at x1104.

WORSHIP IN THE ROCKIES

SUNDAY at 10 AM

Guests and staff are invited to Ponder Chapel for a wonderful hour of worship.

For those who wish to join us online:

[Click here to tune in!](#)

BIRD BANDING

SATURDAY, MAY 21

Drop in at the Bird Banding site located near the corner of Mineral Rd. and Association Dr. anytime between 4 PM– 6 PM to watch Scott Rashid, licensed bird bander, “net” different species of birds.

WHERE NATURE, HISTORY & ART INSPIRE!

The Lula W. Dorsey Museum has created two self-guided walking tours for you to enjoy! These informative strolls around our Estes Park center 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!

[PUBLIC ART TOUR](#)

[WALK ABOUT THE Y HISTORY TOUR](#)

Questions? Call x1136.

FIND THE GOLDEN NUGGETS!

Follow our hiking trails around the YMCA and keep a look out for the golden nuggets. These shiny, golden rocks will be hiding all around the property. If you collect at least one, turn in at Sweet Memorial for a special prize!



Call 970-586-3341 ext. 1104 for more information.

HIKING Call 1311 to register. All hikes are free for YMCA of the Rockies guests and members.

Requires sign up: Register online or visit the Boone Family Mountain Center to ask questions in person.

A variety of circumstances may change the schedule of any hike. It is imperative that all hikers check in at the Mountain Center hiking counter no later than 5pm the day before the hike. Please bring

your Y lodge room number or cabin name at that time.

Hike Difficulty

A = Most Difficult B = Very Demanding C = Demanding D = Strenuous E = Moderate Plus F = Moderate G = Easy H = Easiest

Prerequisites: To meet the prerequisite for an A, B, C, and D hike, a hiker must have completed without difficulty a YMCA of the Rockies (hikemaster-led) hike of no more than two grades lower

within three months before the hike. This means a C hike is the prerequisite for an A hike (some A hikes may require additional hiker scrutiny due to their high level of physical demand); a D hike is the prerequisite for a B hike, etc.

Friday, May 20

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
8:00 AM– 12:00 PM	Calypso Cascades	3.6	G	F	670'	9200'	Karen A.
<i>Nature walk through lush woods along the North Saint Vrain river to the cascades of Cony Creek tumbling down from Pear Lake.</i>							

Saturday, May 21

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
8:00 AM– 2:30 PM	Fern Lake	7.5	F	F	1375'	9530'	Karen A.
<i>Enjoy this scenic trail that passes Arch Rocks, The Pool, & Fern Falls on the way to Fern Lake, reflecting "The Gables" arrete. Enjoy the cooling spray of the waterfalls and the shady woods.</i>							

Sunday, May 22

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
1:00 PM–3:00 PM	Wind River Ramble	2	H	G	200'	8110'	Laura B.
<i>Come and discover some secrets of the riverside nature on the YMCA grounds. Enjoy the wonderful flora and fauna on this scenic nature walk.</i>							

Monday, May 23

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
9:00 AM–11:30 AM	Lily Lake Nature Walk	1.5	G	G	220'	9040'	Ginny K.
<i>Enjoy walking around one of the prettiest lakes in the National Park with a guide who is knowledgeable about the flora and fauna and is designed for those who want to take their time.</i>							
1:00 PM–3:00 PM	Emerald Lake	2	H	G	200'	8110'	Laura B.
<i>Come and discover some secrets of the riverside nature on the YMCA grounds. Enjoy the wonderful flora and fauna on this scenic nature walk.</i>							
1:00 PM–3:30 PM	Bible Point	2	G	E	600'	8600'	Laura B.
<i>Originally called "Belle Vista", this rocky high point on the YMCA grounds provides great views into Rocky Mountain National Park.</i>							

Tuesday, May 24

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
9:00 AM–11:00 AM	Bierstadt Lake	2.2	G	F	300'	8300'	Laura B.
<i>We will hike cross country to Friendship and then follow Frolicking Glacier Creek back to the Mountain Center.</i>							
1:00 PM–3:00 PM	The Loch	2	H	G	200'	8110'	Laura B.
<i>Come and discover some secrets of the riverside nature on the YMCA grounds. Enjoy the wonderful flora and fauna on this scenic nature walk.</i>							

Wednesday, May 25

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
9:00 AM–11:00 AM	Bridal Veil Falls	2.2	G	F	300'	8300'	Laura B.
<i>We will hike cross country to Friendship and then follow Frolicking Glacier Creek back to the Mountain Center.</i>							
1:00 PM–3:00 PM	Lily Mountain Hike with Lunch at the Seven Keys	2	H	G	200'	8110'	Laura B.
<i>Come and discover some secrets of the riverside nature on the YMCA grounds. Enjoy the wonderful flora and fauna on this scenic nature walk.</i>							

Call 970-586-3341 ext. 1104 for more information.

HIKING RENTALS @ Mountain Center

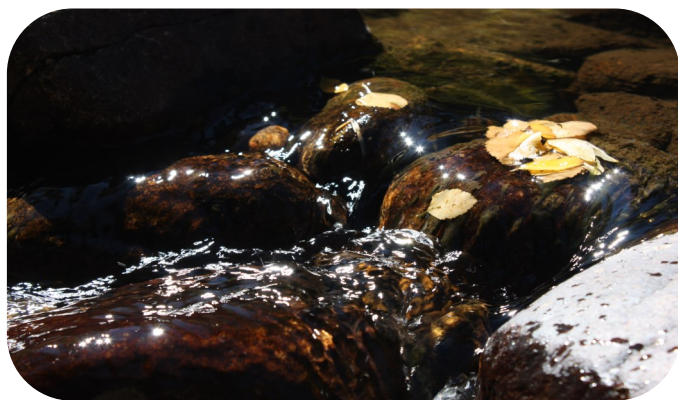
HIKING CONTINUED. Call 1311 to register. All hikes are free for YMCA of the Rockies guests and members.

Thursday May 26

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
9:00 AM-11:00 AM	Cub Lake	2.2	G	F	300'	8300'	Laura B.
<i>We will hike cross country to Friendship and then follow Frolicking Glacier Creek back to the Mountain Center.</i>							
1:00 PM-3:00 PM	Lake Haiyaha	2	H	G	200'	8110'	Laura B.
<i>Come and discover some secrets of the riverside nature on the YMCA grounds. Enjoy the wonderful flora and fauna on this scenic nature walk.</i>							
8:00 AM- 12:00 PM	Moraine Park Nature Walk	3.6	G	F	670'	9200'	Karen A.
<i>Nature walk through lush woods along the North Saint Vrain river to the cascades of Cony Creek tumbling down from Pear Lake.</i>							

Friday, May 27

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
9:00 AM-11:00 AM	Lake of Glass & Sky Pond	2.2	G	F	300'	8300'	Laura B.
<i>We will hike cross country to Friendship and then follow Frolicking Glacier Creek back to the Mountain Center.</i>							
1:00 PM-3:00 PM	Mills Lake	2	H	G	200'	8110'	Laura B.
<i>Come and discover some secrets of the riverside nature on the YMCA grounds. Enjoy the wonderful flora and fauna on this scenic nature walk.</i>							



MASTER NATURALIST COURSE
Monday, May 23 1:00-5:00 PM
Tuesday, May 24 9:00 AM-5:00 PM
Wednesday 9:00 AM-5:00 PM

Join The Outdoor Education Staff to become a Master Naturalist! Over the course of two days you will learn how to ID common plants and animals in a forest and riparian ecosystem, learn about the formation of the Rocky Mountains, and learn the science behind wildfires. At the end of the course you will be awarded a Master Naturalist certificate and celebrate with a campfire!

HIKING RENTALS @ Mountain Center

Hiking Poles	\$5
Day Pack	\$5
Kid Carrier	\$10
Stroller	\$5
Microspikes	\$10
Snowshoes	\$10
LOWA Boots	FREE

Hiking rentals are available Thursday- Sunday from 9 AM- 5 PM. If you would like to rent hiking gear on Monday- Wednesday, please email lbush@ymcarockies.org to schedule a pick up time.

OUTDOOR ED KITS TO-GO

We have fully designed curriculum for kids in 3rd-8th grade. Kits are free and can be reserved by calling x8402 Each class takes 3 hours. Pick up at the Mountain Center. Classes include:

- Montane Forest Ecology
- Water Ecology
- Route Orienteering
- Night Hike
- Outdoor Living Skills

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

Call 970-586-3341 ext. 1104 for more information.

FREE FAMILY PROGRAMS

Registration Required. Call x1104 or register online [by clicking here!](#)

Questions? Call x1104

**Our classes will go outdoors and classes run rain, snow or shine!

Age Ranges Family Programs (all ages) † Little Learners (6 and under) * Young Adult+ (10 & up) ☼

Locations: Mountain Center (MC) Sweet Memorial (Sweet) Legett Youth Building (Legett) Dorsey Pond (Dorsey) Maude Jellison Library (Library)

Friday, May 20

8:15 AM * Little Explorers @ Sweet
9:00 AM † Animal Detective @ Sweet
9:45 AM * Woolly Worm Hunt @ Sweet
10:15 AM † Bird is the Word @ Sweet
10:30 AM † Survival @ Sweet
11:30 AM * Parachute Games @ Sweet
1:30 PM † Dig Deep! @ Sweet
1:30 PM † Floor Hockey @ LH
2:00 PM ☼ What about Wolves? @ Sweet
2:30 PM † Let's Make Some Waves @ Museum
2:45 PM † Walk in the Woods @ Sweet
3:00 PM † Balloon Rockets @ Sweet
3:00 PM † Kickball @ Sweet
4:15 PM * Junior Survival @ Sweet
4:30 PM † Air-O-Sport @ LH
4:30 PM † Fire Quest @ Sweet
4:30 PM † Geocaching @ Sweet
6:00 PM † BINGO @ Sweet
7:00 PM † Trivia @ Sweet

Saturday, May 21

8:15 AM * Little Explorers @ Sweet
9:00 AM † Animal Detective @ Sweet
9:45 AM * Woolly Worm Hunt @ Sweet
10:15 AM † Fire Quest @ Sweet
10:30 AM * Children's Story Time @ Library
10:30 AM † Survival Bracelets @ Sweet
11:30 AM * Parachute Games @ Sweet
12:30 PM † Moon Madness @ Sweet
1:30 PM † President Teddy Roosevelt @ Library
1:30 PM † Ultimate Frisbee @ LH
1:45 PM † Balloon Rockets @ Sweet
3:00 PM † Make Your Own Ice Cream! @ Sweet
3:30 PM ☼ What about Wolves? @ Sweet

4:15 PM * Junior Survival @ Sweet
4:30 PM † Origami @ Sweet
4:30 PM † Capture the Flag @ LH
4:30 PM † Knots @ Sweet
6:00 PM † Community Fire @ Sweet

Sunday, May 22

8:15 AM * Little Explorers @ Sweet
9:00 AM † Animal Detective @ Sweet
10:15 AM † Bird is the Word @ Sweet
11:30 AM * Parachute Games @ Sweet
1:30 PM † Dig Deep! @ Sweet
1:30 PM † Floor Hockey @ LH
2:45 PM † Walk in the Woods @ Sweet
3:00 PM † Science: Ooblek @ Sweet
4:30 PM † Fire Quest @ Sweet
4:30 PM † Geocaching @ Sweet

Monday, May 23

8:15 AM * Little Explorers @ Sweet
9:00 AM † Animal Detective @ Sweet
10:45 AM † Knots @ Sweet
12:45 PM † Fire Quest @ Sweet
1:30 PM † Floor Hockey @ LH
2:00 PM † Survival @ Sweet
3:00 PM † Balloon Rockets @ Sweet
3:45 PM ☼ Bear Talk @ Sweet

Tuesday, May 24

8:15 AM * Little Explorers @ Sweet
9:00 AM † Animal Detective @ Sweet
10:45 AM † Bird is the Word @ Sweet
12:45 PM † Fire Quest @ Sweet
1:30 PM † Ultimate Frisbee @ LH
2:00 PM † Survival @ Sweet

3:00 PM † Science: Marshmallow Catapults @ Sweet
3:45 PM * Bugs, Bugs, Bugs! @ Sweet

Wednesday, May 25

8:15 AM * Little Explorers @ Sweet
9:00 AM † Animal Detective @ Sweet
10:45 AM † Knots @ Sweet
12:45 PM † Fire Quest @ Sweet
1:30 PM † Floor Hockey @ LH
2:00 PM † Survival @ Sweet
3:00 PM † Science: Slime @ Sweet
3:45 PM ☼ Bear Talk @ Sweet

Thursday, May 26

8:15 AM * Little Explorers @ Sweet
9:00 AM † Animal Detective @ Sweet
10:45 AM † Bird is the Word @ Sweet
12:45 PM † Fire Quest @ Sweet
1:30 PM † Ultimate Frisbee @ LH
2:00 PM † Survival @ Sweet
3:00 PM † Science: Marshmallow Catapults @ Sweet

Friday, May 27

8:15 AM * Little Explorers @ Sweet
9:00 AM † Animal Detective @ Sweet
10:45 AM † Bird is the Word @ Sweet
12:00 PM * Woolly Worm Hunt @ Sweet
1:30 PM † Treasure Trek @ MC
1:30 PM † Floor Hockey @ LH
2:00 PM ☼ What about Wolves? @ Sweet
2:30 PM † Let's Make Some Waves @ Museum
2:45 PM † Walk in the Woods @ Sweet
3:00 PM † Balloon Rockets @ Sweet
3:00 PM † Kickball @ Sweet
4:15 PM * Parachute Games @ Sweet
6:00 PM † BINGO @ Sweet

Family Programs Descriptions

FAMILY FUN

AIR-O-SPORT (1hr)

Air-O-Sport is a fast-paced, non-contact team sport that combines frisbee golf and ultimate frisbee. No matter the age or ability level, anyone can participate in Air-O-Sport.

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!

BALLOON ROCKETS (1hr)

Build a balloon-propelled rocket and see how far you can get it to go!

BINGO (1hr)

B-I-N-G-O! Grab a card and get your game face on!

BIRD IS THE WORD (1hr)

Come learn about fall birds in our area and make your very own bird feeder!

CAPTURE THE FLAG (1hr)

How well can you hide, sneak, run and chase in the classic camp game to retrieve your flag from the other team's side. Come find out!

COMMUNITY FIRE (1hr)

Come join a free community campfire. Feel free to bring your own s'mores supplies!

FLOOR HOCKEY (1hr)

Whether we get a full game going or just practice penalty shots, grab a stick and let's go!

FIRE QUEST (1hr)

Fire can be a life-saving tool outdoors. Come learn how to use various methods to spark safe fires.

GEOCACHING (1hr)

Join our instructor to learn the basics of Geocaching, and then set out to see what we can find. This class is designed for beginners.

KNOTS (1hr)

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

MOON MADNESS (1hr)

Explore the phases and eclipses of Earth's nearest neighbor using a simple Earth-Sun-Moon model.

ORIGAMI (1hr)

For centuries, cultures have created ways to artistically approach, adopt, and adapt the paper craft. We will explore basic folding patterns and replicate easy designs.

SCIENCE (1hr)

Become a scientist. Make Ice Cream, Ooblek, Slime, and marshmallow catapults.

SURVIVAL (1.5hr)

Learn some important skills to help you stay safe in the wilderness.

SURVIVAL BRACELETS (1hr)

Make your own survival bracelet for your outdoor adventures!

TRIVIA (1hr)

Test your random knowledge on a team with your family, or mix it up with other guests!

ULTIMATE FRISBEE (1hr)

A great hour of Frisbee team excitement!

WALK IN THE WOODS (1hr)

Take a leisurely hike around property to explore the trees, plants, and animals in our area

YOUNG ADULT

BEAR TALK (30 min)

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

WHAT ABOUT WOLVES? (45min)

Grey wolves were extirpated from Colorado in the late 1800's. As wolves begin to migrate back, learn about the effect of these large carnivores on their ecosystems.

LITTLE LEARNERS

JUNIOR SURVIVAL (1hr)

Come learn about the 10 essentials for hiking before we head outside for an outdoor treasure hunt!

LITTLE EXPLORERS (30 min)

Take a walk with our facilitator and practice your exploring skills!

PARACHUTE GAMES (30 min)

Rise and fall with our big parachute as we play games.

WOOLY WORM HUNT (30 min)

Join our adventurous hunt for the mysterious woolly worms and learn about how animals use camouflage!

Call 970-586-3341 ext. 1104 for more information.