

ACTIVITY GUIDE

FRIDAY, JANUARY 14– FRIDAY, JANUARY 21

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. **Masks required in all indoor facilities.**

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! Masks required inside facility.

Questions? Call us at x1104.



MOOTZ FAMILY CRAFT & DESIGN CENTER

Open Daily 9:30 AM –5:00 PM

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

BOONE FAMILY MOUNTAIN CENTER

Open Daily 9:00 AM –5:30 PM

Sign up for hikes, visit 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. Masks required inside facility.

Questions? Call x8402.



LULA W. DORSEY MUSEUM

Questions? Call us at x1136. Last admittance 30 minutes before closing. Masks required inside facility.

Fri, Jan 14	Sat, Jan 15	Sun, Jan 16	Mon, Jan 17	Tues, Jan 18	Wed, Jan 19	Thurs, Jan 20	Fri, Jan 21
10 AM– 5 PM	10 AM– 5 PM	10AM– 5 PM	9 AM– 5 PM	Closed	Closed	CLOSED	10 AM– 5 PM



MAUDE JELLISON LIBRARY

Masks required inside facility. Questions? Call us at x1133.

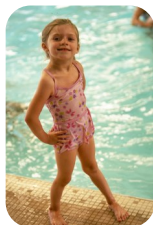
Fri, Jan 14	Sat, Jan 15	Sun, Jan 16	Mon, Jan 17	Tues, Jan 18	Wed, Jan 19	Thurs, Jan 20	Fri, Jan 21
9 AM–5 PM	9AM–5 PM	1 - 5 PM	9 AM-5 PM	9 AM-5 PM	9 AM - 5 PM	9 AM - 5 PM	9 AM–5 PM



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, Jan 14	Sat, Jan 15	Sun, Jan 16	Mon, Jan 17	Tues, Jan 18	Wed, Jan 19	Thurs, Jan 20	Fri, Jan 21	
Open Swim 1-5; 6-8:30	Open Swim 1-5; 6-8:30	Open Swim 9-12; 1-5	CLOSED FOR ANNUAL MAINTENANCE					



BOB ECKER ROLLER RINK & LONGHOUSE GYM

Roller Rink: Open Friday–Monday 5:30 PM–9:30 PM

Longhouse: Open Daily 8:30 AM– 9:30 PM

Check out some of our roller skates for a spin in the rink or play basketball, volleyball or pickleball in the gym.



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. Masks required inside facility. 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. Masks required in all indoor facilities.

	Fri, Jan 14	Sat, Jan 15	Sun, Jan 16	Mon, Jan 17	Tues, Jan 18	Wed, Jan 19	Thurs, Jan 20	Fri, Jan 21
Escape Room Coleman Cabin \$10/ person 8 person max *Harry Potter Theme* Masks Required.	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	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	3:00 PM	3:00 PM	3:00 PM	8:30 AM 10:00AM 12:00 PM 1:30 PM
Archery Indoor Archery Range Ages 6+ \$10/person 12 person max Masks Required.	8:30 AM 9:30 AM 10:30 AM 1:45 PM 2:45 PM 3:45 PM	8:30 AM 9:30 AM 10:30 AM 1:45 PM 2:45 PM 3:45 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 1:45 PM 2:45 PM 3:45 PM
Indoor Climbing Wall Mountain Center Ages 5+ \$10/person, 8 person max Masks Required.	1:15 PM 2:15 PM 3:15 PM 4:15 PM	1:15 PM 2:15 PM 3:15 PM 4:15 PM	1:15 PM 2:15 PM 3:15 PM 4:15 PM	1:15 PM 2:15 PM 3:15 PM 4:15 PM	CLOSED	CLOSED	CLOSED	1:15 PM 2:15 PM 3:15 PM 4:15 PM

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. Face coverings required.

For those who wish to join us online:

[Click here to tune in!](#)

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.

ICE SKATING/SLEDDING

Check out ice skates or sleds from Sweet Memorial and have some fun! Call x1104 or stop by Sweet Memorial to find out the current conditions.



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

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.

Saturday, January 15

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:30 AM–3:00 PM	Ypsilon Lake	9.1	E	F	2680'	10760'	Braxton P.
<i>Hike past the alluvial fan, up a wooded ridgeline to Upper & Lower Chipmunk Ponds, then on to Ypsilon Lake, a large tarn reflecting the Y-couloir of Mount Ypsilon.</i>							
8:30 AM– 11:30 AM	Dream Lake	2.2	G	F	425'	9900'	Karen A.
<i>Enjoy a gentle climb on trail past Nymph Lake to a rocky, trout-filled lake in Tyndall Gorge. This scenic RMNP trail is a good choice for families!</i>							

Sunday, January 16

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
8:00 AM–3:00 PM	Boulder Brook Loop	6.7	F	F	1300'	10300'	Karen A.
<i>Pass Alberta and Rebecca Falls, then east onto the little-used North Long's Peak Trail.</i>							

Thursday, January 20

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
8:00 AM–12:30 PM	Cub Lake	4.8	F	F	610'	8620'	Braxton P.
<i>Good trail past beaver ponds to a pristine lake covered with lily pads.</i>							

Friday, January 21

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
8:00 AM–1:00 PM	Lake Haiyaha	4.0	F	E	745'	10220'	Braxton P.
<i>Enjoy a relaxed hike to the alpine lake, guarded by huge boulders and an 800 year-old limber pine. "Haiyaha" is an indigenous Indian word meaning 'rock.'</i>							
9:00 AM–1:30 PM	Mill Creek Loop	4.3	F	E	600'	9000'	Karen A.
<i>Enjoy this loop hike past old beaver ponds, historic logging roads, aspen forests, and rushing Mill Creek to the meadows of Upper Mill Creek Basin.</i>							

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

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



HIKING RENTALS

Available at the Mountain Center.

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

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, January 14

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 * Junior Survival @ Sweet
1:30 PM 🌿 Floor Hockey @ LH
2:45 PM 🌿 Walk in the Woods @ Sweet
3:00 PM 🌿 Science: Slime @ Sweet
4:30 PM 🌿 Geocaching @ Sweet
4:30 PM 🌿 Fire Quest @ Sweet
6:00 PM 🌿 BINGO @ Sweet
7:00 PM 🌿 Trivia @ Sweet

Saturday, January 15

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
1:30 PM 🌿 President Teddy Roosevelt @ Library
1:30 PM 🌿 Ultimate Frisbee @ LH
3:00 PM 🌿 Make Your Own Ice Cream! @ Sweet
3:30 PM ☀️ What about Wolves? @ Sweet
4:30 PM 🌿 Knots @ Sweet
4:30 PM 🌿 Paper Snowflakes @ Sweet
6:00 PM 🌿 Community Fire @ Sweet

Sunday, January 16

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 * Junior Survival @ Sweet

1:30 PM 🌿 Floor Hockey @ LH
2:45 PM 🌿 Walk in the Woods @ Sweet
3:00 PM 🌿 Science: Ooblek @ Sweet
4:30 PM 🌿 Geocaching @ Sweet
4:30 PM 🌿 Fire Quest @ Sweet

Monday, January 17

8:15 AM * Little Explorers @ Sweet
9:00 AM 🌿 Animal Detective @ Sweet
10:15 AM 🌿 Fire Quest @ Sweet
11:30 AM * Parachute Games @ Sweet
1:00 PM ☀️ Bear Talk @ Sweet
1:30 PM 🌿 Floor Hockey @ LH
1:45 PM 🌿 Survival @ Sweet
3:00 PM 🌿 Science: Slime @ Sweet
3:30 PM ☀️ What about Wolves? @ Sweet
4:30 PM 🌿 Geocaching @ Sweet
4:30 PM 🌿 Knots @ Sweet

Tuesday, January 18

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
1:00 PM ☀️ Bear Talk @ Sweet
1:30 PM 🌿 Ultimate Frisbee @ LH
1:45 PM 🌿 Survival @ Sweet
3:30 PM 🌿 Rolling Thunder: The North American Bison @ Sweet
4:30 PM 🌿 Paper Snowflakes @ Sweet
4:30 PM 🌿 Knots @ Sweet

Wednesday, January 19

8:15 AM * Little Explorers @ Sweet
9:00 AM 🌿 Animal Detective @ Sweet
10:15 AM * Junior Survival @ Sweet
11:30 AM * Parachute Games @ Sweet
1:00 PM * Woolly Worm Hunt @ Sweet
1:30 PM 🌿 Floor Hockey @ LH
1:45 PM 🌿 Walk in the Woods @ Sweet

3:30 PM 🌿 Dino Discovery @ Sweet
4:30 PM 🌿 Geocaching @ Sweet
4:45 PM 🌿 Rocky Mountain Journals @ Sweet

Thursday, January 20

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
1:00 PM ☀️ Bear Talk @ Sweet
1:30 PM 🌿 Ultimate Frisbee @ LH
1:45 PM 🌿 Survival @ Sweet
3:30 PM 🌿 Rolling Thunder: The North American Bison @ Sweet
4:30 PM 🌿 Knots @ Sweet
4:30 PM 🌿 Paper Snowflakes @ Sweet

Friday, January 21

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 * Junior Survival @ Sweet
1:30 PM 🌿 Floor Hockey @ LH
2:45 PM 🌿 Walk in the Woods @ Sweet
3:00 PM 🌿 Science: Slime @ Sweet
4:30 PM 🌿 Geocaching @ Sweet
4:30 PM 🌿 Fire Quest @ Sweet
6:00 PM 🌿 BINGO @ Sweet
7:00 PM 🌿 Trivia @ Sweet

Family Programs Descriptions....

FAMILY FUN

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

COMMUNITY FIRE (1hr)

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

DINO DISCOVERY (1hr)

Learn about the rich history of Dinosaurs in Colorado and get ready to put your paleontology skills to the test!

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!

ORIGAMI (1hr)

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 bracelets 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 and how they come together to thrive in our mountain woods.

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)

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 (30 min)

Rise and fall with our big parachute as we play games

WOOLLY 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.