

ACTIVITY GUIDE

FRIDAY, JANUARY 21 – FRIDAY, JANUARY 28

YMCA OF THE ROCKIES – ESTES PARK CENTER



Questions about what's available during your stay? Call x1104. 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 21 | Sat, Jan 22 | Sun, Jan 23 | Mon, Jan 24 | Tues, Jan 25 | Wed, Jan 26 | Thurs, Jan 27 | Fri, Jan 28 |
|-------------|-------------|-------------|-------------|--------------|-------------|---------------|-------------|
| 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 21 | Sat, Jan 22 | Sun, Jan 23 | Mon, Jan 24 | Tues, Jan 25 | Wed, Jan 26 | Thurs, Jan 27 | Fri, Jan 28 |
|-------------|-------------|-------------|-------------|--------------|-------------|---------------|-------------|
| 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 |

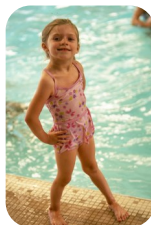


DORSEY SWIMMING POOL

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 21 | Sat, Jan 22 | Sun, Jan 23 | Mon, Jan 24 | Tues, Jan 25 | Wed, Jan 26 | Thurs, Jan 27 | Fri, Jan 28 |
|-------------|-------------|-------------|-------------|--------------|-------------|---------------|-------------|
| | | | | | | | |

CLOSED FOR ANNUAL MAINTENANCE



BOB ECKER ROLLER RINK & LONGHOUSE GYM

Masks required inside facility.

Roller Rink: Open Thursday–Sunday 5:30 PM–9:30 PM

Longhouse: Open Daily 8:30 AM– 9:30 PM; CLOSED Jan 22 from 1:30–5:30 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 21 | Sat, Jan 22 | Sun, Jan 23 | Mon, Jan 24 | Tues, Jan 25 | Wed, Jan 26 | Thurs, Jan 27 | Fri, Jan 28 |
|--|---|---|--|--------------------------------|--------------------------------|--------------------------------|--|---|
| 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 | 3:00 PM | 3:00 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 |
| 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 | CLOSED | CLOSED | CLOSED | 1:15 PM 2:15 PM 3:15 PM 4:15 PM | 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.

SLEDDING

Check out 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 22

| | Hike | Miles RT | Grade | Terrain | Elev. Gain | High Point | Hikemaster |
|-----------------|-------------|----------|-------|---------|------------|------------|------------|
| 8:00 AM–2:00 PM | Ouzel Falls | 5.5 | F | F | 900' | 9450' | Braxton P. |

Follow a forested trail up the North St Vrain River past Copeland Falls, Calypso Cascades and the 1978 fire area to feel the spray from the broad, impressive Ouzel Falls.

Sunday, January 23

| | Hike | Miles RT | Grade | Terrain | Elev. Gain | High Point | Hikemaster |
|-----------------|------------|----------|-------|---------|------------|------------|------------|
| 8:30 AM–1:30 PM | Fern Falls | 5.0 | F | F | 645' | 8800' | Karen A. |

Enjoy hiking past lush woods along the Big Thompson River, past the site of the Old Forest Inn, to thundering waterfalls.

Monday, January 24

| | 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' | NA |

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.

Thursday, January 27

| | Hike | Miles RT | Grade | Terrain | Elev. Gain | High Point | Hikemaster |
|------------------|--------------|----------|-------|---------|------------|------------|------------|
| 9:00 AM–11:30 AM | Alluvial Fan | 2.0 | G | F | 300' | 9160' | NA |

Join a naturalist for a closer look at the history and damage of the Lawn Lake Flood of 82. See boulders broken, carved and carried first by glaciers and later by raging flood waters.

Friday, January 28

| | Hike | Miles RT | Grade | Terrain | Elev. Gain | High Point | Hikemaster |
|------------------|-------------------------|----------|-------|---------|------------|------------|------------|
| 8:00 AM–2:00 PM | The Loch and Mills Lake | 6.5 | F | F | 1354' | 10180' | NA |
| 9:00 AM–12:00 PM | Moraine Park | 3.0 | G | F | 400' | 8400' | Karen A. |

Hike to the large, trout-filled lake nestled in Loch Vale above Alberta Falls then make your way to Mills Lake, one of the most picturesque lakes in the park.

Identify plants & wildlife along the Big Thompson River & an ancient glacial moraine.

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 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

Saturday, January 22

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
3:00 PM 🍷 Make Your Own Ice Cream! @ Sweet
3:30 PM ☀️ What about Wolves? @ Sweet
4:30 PM 🍷 Knots @ Sweet
4:30 PM 🍷 Origami @ Sweet
6:00 PM 🍷 Community Fire @ Sweet

Sunday, January 23

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 24

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 🍷 Floor Hockey @ LH
1:45 PM 🍷 Survival @ Sweet
3:30 PM 🍷 Rolling Thunder: The North American Bison @ Sweet
4:30 PM 🍷 Geocaching @ Sweet
4:30 PM 🍷 Knots @ Sweet

Tuesday, January 25

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 🍷 Ultimate Frisbee @ LH
2:45 PM 🍷 Walk in the Woods @ Sweet
3:30 PM 🍷 Dino Discovery @ Sweet
4:30 PM 🍷 Origami @ Sweet
4:45 PM 🍷 Rocky Mountain Journals @ Sweet

Wednesday, January 26

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 🍷 Floor Hockey @ LH
1:45 PM 🍷 Survival @ Sweet
3:30 PM 🍷 Rolling Thunder: The North American Bison @ Sweet
4:30 PM 🍷 Geocaching @ Sweet

4:30 PM 🍷 Knots @ Sweet

Thursday, January 27

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 🍷 Ultimate Frisbee @ LH
1:45 PM 🍷 Survival @ Sweet
3:00 PM 🍷 Science: Slime @ Sweet
3:30 PM ☀️ What about Wolves? @ Sweet
4:30 PM 🍷 Origami @ Sweet

Friday, January 28

8:15 AM * Little Explorers @ Sweet
9:00 AM 🍷 Animal Detective @ Sweet
9:45 AM * Woolly Worm Hunt @ 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.