

# ACTIVITY GUIDE

## FRIDAY, JANUARY 28– FRIDAY, FEBRUARY 4

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, jewelry 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 28	Sat, Jan 29	Sun, Jan 30	Mon, Jan 31	Tues, Feb 1	Wed, Feb 2	Thurs, Feb 3	Fri, Feb 4
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.

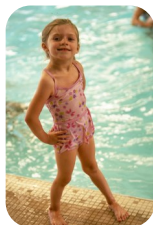
Fri, Jan 28	Sat, Jan 29	Sun, Jan 30	Mon, Jan 31	Tues, Feb 1	Wed, Feb 2	Thurs, Feb 3	Fri, Feb 4
9 AM–5 PM	9AM–5 PM	1 - 5 PM	9 AM-5 PM	9 AM-5 PM	9 AM - 5 PM	9 AM - 5 PM	9 AM–5 PM



#### 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 28	Sat, Jan 29	Sun, Jan 30	Mon, Jan 31	Tues, Feb 1	Wed, Feb 2	Thurs, Feb 3	Fri, Feb 4
CLOSED FOR ANNUAL MAINTENANCE							



#### BOB ECKER ROLLER RINK & LONGHOUSE GYM

**Roller Rink: Open Thursday–Sunday 5:30 PM–9:30 PM; FEB 2–4 OPEN 5:30 PM– 9:00 PM**

**Longhouse: Open Daily 8:30 AM– 9:30 PM; FEB 2–4 OPEN 8:30 AM–9:00 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 28	Sat, Jan 29	Sun, Jan 30	Mon, Jan 31	Tues, Feb 1	Wed, Feb 2	Thurs, Feb 3	Fri, Feb 4
<b>Escape Room</b> 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
<b>Archery</b> 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
<b>Indoor Climbing Wall</b> 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!](#)

### YMCA Letras:

### Programa en Espanol

Viernes 4 de Febrero

Este programa es para niños de 0 a 6 años y esta en Espanol. Cantar canciones y hacer una actividad.

### 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.

### POEM SHARE

Monday, January 31 at 6:30 PM

Enjoy an informal evening of poetry and song at the Maude Jellison Library as participants share their favorite poetry with each other. You can read your own original work, poetry from books, poems in a foreign language (with English translation), classic to avant garde. Or you can play your guitar and sing a song for everyone! No registration required.

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 29**

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:30 AM-4:00 PM	Black Lake	9.5	E	E	1390'	10620'	Braxton P.

*Take the Glacier Gorge trail to a spectacular lake in the deep cirque between the east face of McHenry's Peak & Arrowhead Arete.*

8:30 AM-12:30 PM	Emerald Lake	3.6	F	F	713'	10080'	Karen A.
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*Climb a smooth trail past Nymph and Dream Lakes up to the beautiful green gem-of-a-lake in Tyndall Gorge. This hike is perfect for most families.*

**Sunday, January 30**

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
8:00 AM-1:00 PM	Bierstadt Lake	4.8	F	F	675'	9766'	Karen A.

*Meander on the trail thru a shady lodgepole forest to the lake that is nestled in a hollow on Bierstadt Moraine. See world-class views of the Continental Divide from the lake.*

**Monday, January 31**

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
9:00 AM-12:30 PM	Hidden Falls	1.8	G	F	235'	8500'	Karen A.

*Enjoy this pleasant hike through lush forest to a shady rock cliff that retains a hidden falls.*

**Thursday, February 3**

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
9:15 AM-12:15 PM	Glacier Creek Loop	2.2	G	F	300'	8300'	Braxton P.

*We will hike cross country to Friendship and then follow Frolicking Glacier Creek back to the Mountain Center.*

**Friday, February 4**

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
8:30 AM-1:30 PM	Lake Haiyaha	4.0	F	E	745'	10220'	Braxton P.

*Enjoy a relaxed hike to the alpine lake, guarded by huge boulders and an 800 year-old limber pine.*

**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.

**SLEDDING/ICE SKATING**

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



**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 28

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 29

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 🍷 Origami @ Sweet  
6:00 PM 🍷 Community Fire @ Sweet

## Sunday, January 30

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: Oobleck @ Sweet  
4:30 PM 🍷 Geocaching @ Sweet  
4:30 PM 🍷 Fire Quest @ Sweet

## Monday, January 31

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, February 1

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, February 2

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, February 3

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, February 4

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, Oobleck, 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.