

ACTIVITY GUIDE

SATURDAY, JANUARY 23-FRIDAY, JANUARY 29

YMCA OF THE ROCKIES ESTES PARK CENTER



Questions about what's available during your stay? Visit our What-to-Expect page [here](#) or call x1104.

PROGRAM FACILITY HOURS Masks are required inside all facilities. Limited capacities.

SWEET MEMORIAL BUILDING

Open daily 8:00 AM - 5:30 PM

The hub of the Programs Department, consider us your Activity Visitor Center. Come here to find out the inside scoop, get full schedules of activities, and plan out your fun! **Questions? Call us at x1104**



BOONE FAMILY MOUNTAIN CENTER

Open Fri- Mon 9:00 AM - 5:00 PM

Sign up for hikes or get info about our climbing and biking activities!

Questions? Call us at x8402



MOOTZ FAMILY CRAFT & DESIGN CENTER

Open Thursday-Monday

9:30 AM - 5:00 PM

Unleash your creativity through any of our various crafts. Try glazed ceramics, tie dye, mosaics, painting woodcrafts and more. Prices range from \$6-\$85. Activities may vary by day.

Masks Required for ages 3+ when inside.

Questions? Call us at x1132



LULA W. DORSEY MUSEUM

Limited capacity first come basis. Please wait outside the museum until a staff member guides you inside!

Questions? Call us at x1136.

LULA W. DORSEY MUSEUM

Sat, Jan 23	Sun, Jan 24	Mon, Jan 25	Tues, Jan 26	Wed, Jan 27	Thurs, Jan 28	Fri, Jan 29
9 AM - 4 PM	1 - 5 PM	9 AM-12 PM	CLOSED	CLOSED	CLOSED	1-5 PM

Maude Jellison Library (Upper Level/Adult Section Only)

Limited capacity. Masks required. Children's books available by request. Questions? Call us at x1133.

Sat, Jan 23	Sun, Jan 24	Mon, Jan 25	Tues, Jan 26	Wed, Jan 27	Thurs, Jan 28	Fri, Jan 29
9AM - 5 PM	1 - 5 PM	9 AM-5 PM	CLOSED	9 AM - 5 PM	9 AM - 5 PM	9 AM-5 PM

DORSEY SWIMMING POOL

Sat, Jan 23	Sun, Jan 24	Mon, Jan 25	Tues, Jan 26	Wed, Jan 27	Thurs, Jan 28	Fri, Jan 29
12-5:30, 6:30-8:30 PM	12-6 PM	12-6 PM	12-6 PM	12-6 PM	12-6 PM	12-5:30, 6:30-8:30 PM

Rocky Mountain National Park is OPEN but may be restricted in some areas.

For more information, please visit the national park website.

Interested in going hiking? Trails on YMCA grounds are open! Pick up a map at the Boone Family Mountain Center!



LONGHOUSE GYM

Fri-Mon 5:30 PM - 9:30 PM

Play indoor basketball, volleyball and pickleball and more. Equipment available from the roller skating rink attendant. Limited to 25 guests.

BOB ECKER ROLLER RINK

Fri-Mon 5:30-9:30

Masks are required. Skating capacity limited to 25 total skaters and observers.

Questions? Call us at x1104

SWEET MEMORIAL GAME ROOM

Open daily 9am- 5pm

Our game room in the Sweet Memorial Building is now open! Your family will need to make a reservation to have this space.

[RESERVE HERE!](#)

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

PAID ACTIVITIES

Must register in advance. [Click here to register](#) online or call Sweet Memorial at x1104. Select Activities restricted to single family reservations. Masks Required.

	Sat, Jan 23	Sun, Jan 24	Mon, Jan 25	Tues, Jan 26	Wed, Jan 27	Thurs, Jan 28	Fri, Jan 29
Escape Room Sweet Memorial \$50/family	1:45 PM 3:15 PM	1:45 PM 3:15 PM	1:45 PM 3:15 PM	8:30 AM 1:30 PM	8:30 AM 1:30 PM	8:30 AM 1:30 PM	1:45 PM 3:15 PM
Archery Indoor Archery Range Ages 6+ \$50/family	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	CLOSED	CLOSED	CLOSED	8:30 AM 9:30 AM 10:30 AM
Indoor Climbing Wall Mountain Center Ages 5+ \$50 per family	1:00 PM 2:00 PM 3:00 PM 4:00 PM	1:00 PM 2:00 PM 3:00 PM 4:00 PM	1:00 PM 2:00 PM 3:00 PM 4:00 PM	CLOSED	CLOSED	CLOSED	1:00 PM 2:00 PM 3:00 PM 4:00 PM

HIKING & MORE Call 1104 to register!

Saturday, January 23

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
8:00am - 2:00pm	Deer Mountain	6.0	F	F	1359'	10013'	Pat N.

Hike this historic trail up Deer Ridge to an accessible summit. From there we can appreciate the panoramic views.

MOUNTAIN BIKE RENTALS

ADULT & YOUTH SIZES.
Available at the Mountain Center.

4 hours	\$15
24 Hour	\$30

HIKING RENTALS

Prices per day.
Available at the Mountain Center.

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

Make sure to sign our Virtual Guest Book!

[Click here!](#)



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:

- 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.

Check out all of the on grounds hiking trails using our hiking trail map: [CLICK HERE!](#)

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](#)

Or download The Clio app and search tours:
YMCA of the Rockies, Estes Park.

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

FREE FAMILY PROGRAMS

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

Questions? Call x1104

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

Family Programs ‡ Little Learners (6 and under) * Young Adult+ (10 & up) ☀ Mountain Center MC

Saturday, January 23

8:00 AM * Parachute Games @ Sweet
8:45 AM ‡ Animal Detective @ Sweet
9:15 AM ‡ Origami @ Sweet
10:00 AM * Little Explorers @ Sweet
10:30 AM * Children's Story Time @ Library
10:45 AM ‡ Bird is the Word @ Sweet
10:45 AM ‡ Hoot N' Hurl @ Sweet
1:15 PM ‡ What about Wolves? @ Sweet
2:15 PM ‡ Fire Quest @ Sweet
3:30 PM ‡ Knots @ Sweet
4:45 PM ‡ Science: Oobleck @ Sweet
6:00 PM ‡ BINGO @ Virtual
7:00 PM ‡ Trivia @ Virtual

Sunday, January 24

8:00 AM * Little Explorers @ Sweet
8:45 AM ‡ Animal Detective @ Sweet
9:15 AM ‡ Geocaching @ Sweet
10:00 AM ‡ Bird is the Word @ Sweet
10:45 AM ‡ Treasure Trek @ MC
11:15 AM ‡ What about Wolves? @ Sweet
1:00 PM ‡ Bear Talk @ Sweet
1:45 PM ‡ Fire Quest @ Sweet
3:00 PM ‡ Survival @ Sweet
4:45 PM ‡ Science: Bouncy Balls @ Sweet
6:00 PM ‡ BINGO @ Virtual

7:00 PM ‡ Trivia @ Virtual

Monday, January 25

8:00 AM * Parachute Games @ Sweet
8:45 AM ‡ Glacier Creek Hike @ Sweet
8:45 AM ‡ Animal Detective @ Sweet
9:15 AM ‡ Origami @ Sweet
10:00 AM * Little Explorers @ Sweet
10:45 AM ‡ Ultimate Frisbee @ Sweet
10:45 AM ‡ Hoot N' Hurl @ Sweet
1:15 PM ‡ What about Wolves? @ Sweet
2:15 PM ‡ Fire Quest @ Sweet
3:30 PM ‡ Knots @ Sweet
4:45 PM ‡ Science: Marshmallow Catapults @ Sweet
6:00 PM ‡ BINGO @ Virtual
7:00 PM ‡ Trivia @ Virtual

Tuesday, January 26

10:00 AM ‡ What about Wolves? @ Sweet
12:15 PM * Parachute Games @ Sweet
3:00 PM ‡ Animal Detective @ Sweet
4:15 PM ‡ Ultimate Frisbee @ Sweet

Wednesday, January 27

10:00 AM ‡ Fire Quest @ Sweet
12:15 PM * Woolly Worm Hunt @ Sweet
3:00 PM ‡ Geocaching @ Sweet
4:15 PM ‡ Origami @ Sweet

Thursday, January 28

8:00 AM * Little Explorers @ Sweet
8:45 AM ‡ Glacier Creek Hike @ Sweet
10:00 AM ‡ What about Wolves? @ Sweet
11:45 AM ‡ Bear Talk @ Sweet
12:15 PM * Parachute Games @ Sweet
12:30 PM ‡ Survival @ Sweet
2:15 PM ‡ Walk in the Woods @ Sweet
3:00 PM ‡ Animal Detective @ Sweet
4:15 PM ‡ Ultimate Frisbee @ Sweet

Friday, January 29

8:00 AM * Little Explorers @ Sweet
8:45 AM ‡ Animal Detective @ Sweet
9:15 AM ‡ Geocaching @ Sweet
10:00 AM ‡ Bird is the Word @ Sweet
10:45 AM ‡ Treasure Trek @ MC
11:15 AM ‡ What about Wolves? @ Sweet
1:00 PM ‡ Bear Talk @ Sweet
1:45 PM ‡ Capture the Flag @ Sweet
3:00 PM ‡ Survival @ Sweet
4:45 PM ‡ Science: Slime @ Sweet
6:00 PM ‡ BINGO @ Virtual
7:00 PM ‡ Trivia @ Virtual

FAMILY PROGRAM DESCRIPTIONS



FAMILY FUN

Get the entire family together for these fun experiences:

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!

BEAR TALK (30 min)

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

BINGO (1hr)

B-I-N-G-O! Grab a card and get your game face on. For 2020, pick up a card from Sweet Memorial and participate virtually!

BIRD IS THE WORD (1hr)

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

CAPTURE THE FLAG (1hr)

How well can you hike, sneak, run, and chase in this classic camp game to retrieve your flag from the other team's side!

FIRE QUEST (1hr)

Fire can be a life-saving tool outdoors. Come learn how to use curious 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.

GLACIER CREEK HIKE (2hr)

Join one of our instructors on a family friendly hike along our Glacier Creek Trail. Dress for the weather!

HOOT N' HURL (1hr)

Want to learn about a stealthy and adorable apex predator? We will be showcasing the owls of the Rockies and then dig into their diet by examining pellets. It's a hoot!

KNOTS (1hr)

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

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 EXPERIMENTS (30 min)

Check the schedule to see what cool experiment we're doing today!

SURVIVAL (1.5 hr)

Learn some important skills to help you stay safe in the wilderness. We'll go over what to do if you're lost and practice building a shelter!

TREASURE TREK (1hr)

Put your thinking cap on and unravel clues that will lead you around property to find the treasure.

TRIVIA (1hr)

Test your random knowledge on a team with your family, or mix it up with other guests! Questions are designed with all ages in mind.

ULTIMATE FRISBEE (1hr)

A great hour of Frisbee team excitement!

WALK IN THE WOODS (1.5 HR)

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 wild mountain woods.

WHAT ABOUT WOLVES? (45 min)

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

For families with children 6 and under:

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 on, under, and around the billowing parachute!

WOOLLY WORM HUNT (30 min)

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

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.

All skates & sleds are sanitized between each use.

Call 970-586-3341 ext. 1104 for

more information.

Limited Contact Activities

WORSHIP IN THE ROCKIES

Sunday at 10:00 AM

Guests and staff are invited for a special hour of worship for people of all denominations and of all ages!

[Click here to tune in!](#)



ROCKY RUMBLINGS AT THE YMCA

Listen in as Donovan and Jessika discuss all things YMCA of the Rockies. Each month we'll talk about news, special events and things you need to know about both Snow Mountain Ranch and the Estes Park Center. We'll also sit down with a special guest to talk about the how the YMCA is fulfilling its mission to build a healthy mind, body and spirit for all!

[Click here to tune in to the most recent podcasts!](#)

IT'S STORY TIME!

Recommended for ages 2-8

Every Saturday morning at 10:30, our librarian reads a children's book from our collection in the Maude Jellison Library.

[Click here to sign up!](#)



MAUDE JELLISON LIBRARY "CURBSIDE" PICK UP

Enjoy some great books or videos during your stay at the Y! Maude Jellison Library is offering "curbside" check-out service *as well as physical entry of the library building*. Follow the simple steps below to order your Bag o' Books :

1. Find word documents of books and DVDs by category by clicking [here!](#)
2. Request the books/DVDs you'd like by emailing your requests to epclbrary@ymcarockies.org

INFO NEEDED: Your Name, contact info, departure date and the title and author of the material you would like to check out.

3. We will contact you when your order is ready! Pick up your bag of books/DVDs at the back porch (south side/Uphill side) of the library! Your bag will be clearly labeled with your name and return date.
5. Return all materials by your due date using the same bag given to you to the return box located on the back porch (south side/Uphill side).



Questions? Call x1133