

ACTIVITY GUIDE

FRIDAY, NOVEMBER 19– FRIDAY, NOVEMBER 26

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 x1 104.



MOOTZ FAMILY CRAFT & DESIGN CENTER

Open 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 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 x1 136. Last admittance 30 minutes before closing. Masks required inside facility.

| Fri, Nov 19 | Sat, Nov 20 | Sun, Nov 21 | Mon, Nov 22 | Tues, Nov 23 | Wed, Nov 24 | Thurs, Nov 25 | Fri, Nov 26 |
|-------------|-------------|-------------|-------------|--------------|-------------|---------------|-------------|
| 9 AM– 5 PM | 9 AM–5 PM | 10AM– 5 PM | 9 AM– 12 PM | Closed | Closed | Closed | 9 AM– 5 PM |



MAUDE JELLISON LIBRARY

Masks required inside facility. Questions? Call us at x1 133.

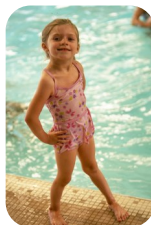
| Fri, Nov 19 | Sat, Nov 20 | Sun, Nov 21 | Mon, Nov 22 | Tues, Nov 23 | Wed, Nov 24 | Thurs, Nov 25 | Fri, Nov 26 |
|-------------|-------------|-------------|-------------|--------------|-------------|---------------|-------------|
| 9 AM–5 PM | 9AM–5 PM | 1– 5 PM | 9 AM–5 PM | 9 AM–5 PM | 9 AM – 5 PM | 9 AM – 5 PM | 9 AM–5 PM |



DORSEY SWIMMING POOL

Capacity may be restricted. Pool is closed during lightning storms. Call x1 135 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, Nov 19 | Sat, Nov 20 | Sun, Nov 21 | Mon, Nov 22 | Tues, Nov 23 | Wed, Nov 24 | Thurs, Nov 25 | Fri, Nov 26 |
|--------------------------|--------------------------|------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Open Swim 1-5; 6-8:30 | Open Swim 1-5; 6-8:30 | Open Swim 9-12; 1-5 | Open Swim 1-5; 6-8:30 | Open Swim 1-5; 6-8:30 | Open Swim 1-5; 6-8:30 | Open Swim 1-5; 6-8:30 | Open Swim 1-5; 6-8:30 |



BOB ECKER ROLLER RINK & LONGHOUSE GYM

Masks required inside facility.

Roller Rink: Open 5:30 PM–9:30 PM

Longhouse: Open 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 and 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 x1 104



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, Nov 19 | Sat, Nov 20 | Sun, Nov 21 | Mon, Nov 22 | Tues, Nov 23 | Wed, Nov 24 | Thurs, Nov 25 | Fri, Nov 26 |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------|--------------------------------|--------------------------------|------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|
| 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 | 12:00 PM 1:30 PM 3:00 PM | 12:00 PM 1:30 PM 3:00 PM | 8:30 AM 10:00 AM 12:00 PM 3:00 PM | 8:30 AM 10:00 AM 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 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 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 | 1:15 PM 2:15 PM 3:15 PM 4:15 PM | 1:15 PM 2:15 PM 3:15 PM 4:15 PM | 2:15 PM 3:15 PM 4:15 PM |

TIPS FOR FIRST TIME GUESTS

Call Sweet Memorial at x1104.

First Time Visitor at YMCA of the Rockies? Let us Help!

Activities at the Y open two weeks in advance. That means you can start planning your itinerary two weeks before you arrive! If there is a program or activity you know you want to do—we recommend making a reservation before you arrive. But not everything requires advanced registration. The swimming pool, museum, craft shop, and library are all first-come-first-serve. Here's our advice for planning a memorable and action-packed vacation at the Y:

1. **Two weeks in advance, look through this activity guide and circle any programs of interest. Then [book online](#) or call us direct and we can book activities for you: 970-586-3341 ext 1104.**
2. **When you arrive, visit the Sweet Memorial Building to pick up property maps, paper versions of the Activity Guide, trail maps, board games, and more. Our staff are here to help!**
3. **Don't forget to schedule free time for non-guided programs, such as mini golf, the new Outdoor Classroom, our hiking trails, or simply sit on the Administration porch with a book from the library.**

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, November 20

| | Hike | Miles RT | Grade | Terrain | Elev. Gain | High Point | Hikemaster |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|----------|-------|---------|------------|------------|------------|
| 7:15 AM – 2:15 PM | Black Pool | 5.8 | E | C | 910' | 9060' | Braxton P. |
| <i>Black Pool is an isolated pond on the east ridge of Stones Peak that it is flanked by strategic highpoints with stunning views of Gabletop Mountain, Stones Peak, Trail Ridge and Moraine Park.</i> | | | | | | | |
| 9:00 AM – Noon | Bible Point/ Glacier Creek Loop | 3.3 | F | E | 750' | 8600' | Karen A. |
| <i>We will start by hiking along the frolicking Glacier Creek, then head up Bible Point (optional), originally called "Buena Vista" which provides great views into Rocky Mountain National Park.</i> | | | | | | | |

Sunday, November 21

| | Hike | Miles RT | Grade | Terrain | Elev. Gain | High Point | Hikemaster |
|-----------------------------------------------------------------------------------------------------------------|-----------------------------------|----------|-------|---------|------------|------------|------------|
| 8:00 AM – 3:00 PM | Sprague Lake Via Wind River Trail | 9.0 | F | F | 1050' | 8720' | Karen A. |
| <i>Take the back way in along this lovely trail. Great views of Rocky Mountain National Park and no crowds!</i> | | | | | | | |

Monday, November 22

| | Hike | Miles RT | Grade | Terrain | Elev. Gain | High Point | Hikemaster |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|----------|-------|---------|------------|------------|------------|
| 8:30 AM – 2:30 PM | The Loch and Mills Lake | 6.5 | F | F | 1354' | 10180' | Karen A. |
| <i>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.</i> | | | | | | | |

Thursday, November 25

| | Hike | Miles RT | Grade | Terrain | Elev. Gain | High Point | Hikemaster |
|--------------------------------------------------------------------------------------------------------|--------------|----------|-------|---------|------------|------------|------------|
| 1:30 PM – 5:00 PM | Hidden Falls | 1.8 | G | F | 235' | 8500' | Braxton P. |
| <i>Enjoy this pleasant hike through lush forest to a shady rock cliff that retains a hidden falls.</i> | | | | | | | |

Friday, November 26

| | Hike | Miles RT | Grade | Terrain | Elev. Gain | High Point | Hikemaster |
|-------------------------------------------------------------------------------------------------------------|-----------|----------|-------|---------|------------|------------|------------|
| 8:00 AM – 2:00 PM | Loch Vale | 5.8 | F | E | 980' | 10180' | Braxton P. |
| <i>Enjoy hiking past Alberta Falls & up the Loch Vale past the large trout filled lake, "The Loch".</i> | | | | | | | |

OUTDOOR ED KITS TO-GO

Did you take on the role of teacher this Spring? 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 x8402 Each class takes 3 hours. Pick up at the Mountain Center.

Classes include:

Montane Forest Ecology

Night Hike

Outdoor Living Skills

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

Route Orienteering

Water Ecology

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, November 19

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 🍷 Fire Quest @ Sweet
1:30 PM 🍷 Floor Hockey @ LH
2:45 PM 🍷 Walk in the Woods @ Sweet
3:00 PM 🍷 Science: Slime @ Sweet
4:15 PM 🍷 Geocaching @ Sweet
4:30 PM * Junior Survival @ Sweet
6:00 PM 🍷 BINGO @ Sweet
7:00 PM 🍷 Trivia @ Sweet

Saturday, November 20

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
1:00 PM ☀️ Bear Talk @ Sweet
1:30 PM 🍷 Ultimate Frisbee @ LH
1:45 PM 🍷 Survival @ Sweet
3:00 PM 🍷 Make Your Own Ice Cream! @ Sweet
3:30 PM ☀️ What about Wolves? @ Sweet
4:15 PM 🍷 Origami @ Sweet
4:30 PM 🍷 Knots @ Sweet
6:00 PM 🍷 Community Fire @ Sweet

Sunday, November 21

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 🍷 Fire Quest @ Sweet
2:45 PM 🍷 Walk in the Woods @ Sweet
3:00 PM 🍷 Science: Ooblek @ Sweet
4:15 PM 🍷 Geocaching @ Sweet
4:30 PM * Junior Survival @ Sweet

Monday, November 22

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
4:15 PM 🍷 Geocaching @ Sweet
4:30 PM 🍷 Knots @ Sweet

Tuesday, November 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
1:00 PM ☀️ Bear Talk @ Sweet
1:30 PM 🍷 Ultimate Frisbee @ LH
1:45 PM 🍷 Survival @ Sweet
3:00 PM 🍷 Marshmallow Catapults @ Sweet
3:30 PM 🍷 Rolling Thunder: The North American Bison @ Sweet
4:15 PM 🍷 Origami @ Sweet
4:30 PM * Junior Survival @ Sweet

Wednesday, November 24

8:15 AM * Little Explorers @ Sweet
9:00 AM 🍷 Animal Detective @ Sweet
10:15 AM 🍷 Knots @ 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
3:00 PM 🍷 Science: Ooblek @ Sweet
3:30 PM 🍷 Dino Discovery @ Sweet
4:15 PM 🍷 Geocaching @ Sweet
4:45 PM 🍷 Survival Bracelets @ Sweet
6:00 PM 🍷 BINGO @ Sweet
7:00 PM 🍷 Trivia @ Sweet

Thursday, November 25

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
3:00 PM 🍷 Marshmallow Catapults @ Sweet
3:30 PM 🍷 Rolling Thunder: The North American Bison @ Sweet
4:15 PM 🍷 Origami @ Sweet
4:30 PM * Junior Survival @ Sweet
6:00 PM 🍷 BINGO @ Sweet
7:00 PM 🍷 Trivia @ Sweet

Friday, November 26

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 🍷 Fire Quest @ Sweet
1:30 PM 🍷 Floor Hockey @ LH
2:45 PM 🍷 Walk in the Woods @ Sweet
3:00 PM 🍷 Science: Slime @ Sweet
4:15 PM 🍷 Geocaching @ Sweet
4:30 PM * Junior Survival @ 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.

GAGA BALL (1hr)

Played with a rubber ball, this game combines the skills of dodging, striking, running, jumping, while trying to hit opponents below the knees.

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.

KICKBALL (1hr)

Join other game enthusiasts for kicking and running fun!

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!

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!

NEW! OUTDOOR CLASSROOM

Don't miss a visit to our brand new Outdoor Classroom and playground, located in front of the Mootz Family Craft and Design Center.

This free play area is designed for kids 0-18, and is an opportunity to use their imagination in a setting inspired by nature. Discover a fort building area, water table, building blocks, musical instruments and more!

WORSHIP IN THE ROCKIES

SUNDAY at 10 AM

Guests and staff are invited to Hyde Chapel on for a wonderful hour of worship. Face coverings required. For those who wish to join us online:

[Click here to tune in!](#)

FIND THE GOLDEN NUGGETS!

Follow our [hiking trails](#) around the Y and keep a look out for the shiny, golden rocks hiding all around the property. If you collect at least one, turn it in at Sweet Memorial for a special prize!



AUTHOR SIGNING: BOB RUESCH

Wednesday, November 24 at 3:00 PM
Friday, November 25 at 3:00 PM
At the Maude Jellison Library

Come hear Bob Ruesch share his heart touching experiences of growing up at the YMCA of the Rockies as the son of the legendary camp director Walter Ruesch. Bob will be sharing stories from and signing his books *In the Warmth of the Shadow* and *When We Were Pioneers*, which will be available at discounted prices.

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](#)

ROCKY MOUNTAIN NATIONAL PARK

IS OPEN!

Those looking to hike on their own in the park must have a park entry pass.

For more information,

click here: [RMNP](#)



CAMPFIRES

Campfires are allowed in designated fire rings located throughout the property. Call x1104 to check fire ring availability.

A fee of \$25 includes use of the site and two bundles of wood.

(Subject to local county fire regulations—please call x1104 for current status.)





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE ROCKIES 14TH ANNUAL TURKEY TROT



November 25th 8:00AM

Follow our traditional 5k Turkey Trot route.

Register In Advance: [CLICK HERE!](#)

Get out and get active before celebrating the Thanksgiving holiday! Walkers and strollers are welcome to participate in the race. Dogs are also welcome, as long as they remain on a leash. Check-in at the Sweet Memorial Building beginning at 8am and the race will begin shortly after at 9am. Hang out after the race for a fun drawing to win great prizes! The YMCA of the Rockies Turkey Trot is free and open to the public, free-will donations will be accepted to support the camper scholarship program. Celebrate after the race in the Sweet Memorial Building with refreshments and door prizes! For any inquiries, please call 970-586-3341, ext. 1104.



FANTASTIC PRIZES will be awarded for:

- 1st place female
- 1st place male
- 1st place child under 16