

ACTIVITY GUIDE

FRIDAY, OCTOBER 22 – FRIDAY, OCTOBER 29

YMCA OF THE ROCKIES – ESTES PARK CENTER



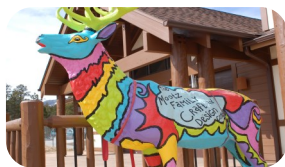
Questions about what's available during your stay? Call x1 104. Kids under 13 must be accompanied by an adult. Masks Required in all indoor facilities.

PROGRAM FACILITY HOURS

SWEET MEMORIAL BUILDING

Friday and Saturday, 9:00 AM–8:00 PM; Sunday–Thursday 9:00 AM–5:00 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! Questions? Call us at x1104.



MOOTZ FAMILY CRAFT & DESIGN CENTER

Open 9:30 AM –5:00 PM; Closes at 3:00 PM on Wednesdays

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

BOONE FAMILY MOUNTAIN CENTER

Open 9:00 AM –5:00 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. Questions? Call x8402.



LULA W. DORSEY MUSEUM

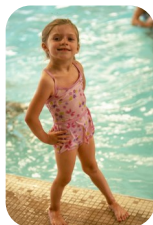
Questions? Call us at x1136. Last admittance 30 minutes before closing.

Fri, Oct 22	Sat, Oct 23	Sun, Oct 24	Mon, Oct 25	Tues, Oct 26	Wed, Oct 27	Thurs, Oct 28	Fri, Oct 29
9 AM– 5 PM	10 AM–5 PM	10AM– 5 PM	9 AM– 12 PM	Closed	Closed	Closed	9 AM– 5 PM

MAUDE JELLISON LIBRARY

Questions? Call us at x1133.

Fri, Oct 22	Sat, Oct 23	Sun, Oct 24	Mon, Oct 25	Tues, Oct 26	Wed, Oct 27	Thurs, Oct 28	Fri, Oct 29
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, Oct 22	Sat, Oct 23	Sun, Oct 24	Mon, Oct 25	Tues, Oct 26	Wed, Oct 27	Thurs, Oct 28	Fri, Oct 29
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 1-4; 6-8:30	Open Swim 1-5; 6-8:30

BOB ECKER ROLLER RINK & LONGHOUSE GYM

Roller Rink: Open Sunday–Friday 5:30 PM –9:00 PM; Open Saturday 2:00 PM–9:00 PM

Longhouse: Open daily 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 and Saturday, 9:00 AM–8:00 PM; Sunday–Thursday 9:00 AM–5:00 PM

Our game room in the basement of Sweet Memorial is open! Play ping pong, pool, shuffleboard and toddler activities. 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.

	Fri, Oct 22	Sat, Oct 23	Sun, Oct 24	Mon, Oct 25	Tues, Oct 26	Wed, Oct 27	Thurs, Oct 28	Fri, Oct 29
Escape Room Coleman Cabin \$10/ person 8 person max *Harry Potter Theme*	9:00 AM 10:30 AM 1:30 PM 3:00 PM	9:00 AM 10:30AM 12:00 PM 1:30 PM 3:00 PM	9:00 AM 10:30AM 1:30 PM 3:00 PM	1:30 PM 3:00 PM	9:00 AM 10:30 AM 3:00 PM	1:30 PM 3:00 PM	9:00 AM 10:30 AM 1:30 PM 3:00 PM	9:00 AM 10:30 AM 1:30 PM 3:00 PM
Archery Indoor Archery Range Ages 6+ \$10/person 12 person max *Main Archery Range*	9:00 AM 10:00 AM 11:00 AM 1:45 PM 2:45 PM 3:45 PM	9:00 AM 10:00 AM 11:00 AM 1:45 PM 2:45 PM 3:45 PM	9:00 AM 10:00 AM 11:00 AM	9:00 AM 10:00 AM 11:00 AM	9:00 AM 10:00 AM 11:00 AM	9:00 AM 10:00 AM 11:00 AM	9:00 AM 10:00 AM 11:00 AM	9:00 AM 10:00 AM 11:00 AM 1:45 PM 2:45 PM 3:45 PM
Indoor Climbing Wall Mountain Center Ages 5+ \$10/person, 8 person max	9:00 AM 10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00PM 4:00 PM	9:00 AM 10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00 PM 4:00 PM	9:00 AM 10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00 PM	9:00 AM 10:00 AM 11:00AM 1:00 PM 2:00 PM 3:00PM 4:00 PM	9:00 AM 10:00 AM 11:00AM 1:00 PM 2:00 PM 3:00PM 4:00 PM	9:00 AM 10:00 AM 11:00AM 1:00 PM 2:00 PM 3:00PM 4:00 PM	9:00 AM 10:00 AM 11:00AM 1:00 PM 2:00 PM 3:00PM	9:00 AM 10:00 AM 11:00 AM 1:00 PM 2:00 PM 3:00PM 4:00 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. Before you arrive, make a timed entry permit with Rocky Mountain National Park for access to Bear Lake or Trail Ridge Road.. Call our Hiking desk at 970-586-3341 ext 1311 with any questions about visiting the park.
2. 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.
3. 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!
4. 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, October 23

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
7:00AM – 3:30 PM	Sandbeach Lake	9.4	E	F	2010'	10283'	Alicia P.
<i>Hike through lush woodland along Hunters Creek to the lake where you can soak up the sun on the real sand beach below Mt. Orton.</i>							
8:00AM – 1:00 PM	Lake Haiyaha	4.0	F	E	745'	10220'	Karen A.
<i>Enjoy a relaxed hike to the alpine lake, guarded by huge boulders and an 800 year-old lumber pine.</i>							

Sunday, October 24

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
9:00 AM – Noon	Moraine Park Nature Walk	3.0	G	F	400'	8400'	Karen A.
<i>Identifying plants & wildlife along the Big Thompson River & ancient glacial moraine.</i>							
Noon – 4:00PM	Eagle Cliff	3.5	F	D	1240'	8906'	Alicia P.
<i>Starting from the Beaver Meadows Visitor Center, enjoy this short but steep climb to a rocky summit adjacent to the YMCA.</i>							

Monday, October 25

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
8:30 AM – 1:30 PM	Bierstadt Lake	4.8	F	F	675'	9766'	Pat N.
<i>Meander on the trail thru a shady lodgepole forest to the lake that is nestled in a hollow on Bierstadt Moraine.</i>							

Thursday, October 28

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
8:00 AM – 1:30 PM	Cub Lake and The Pool Circuit	6.3	F	F	675'	8620'	Karen A.
<i>Loop hike past aspen woods & beaver ponds to Cub Lake, The Pool, & Arch Rocks.</i>							

Friday, October 29

	Hike	Miles RT	Grade	Terrain	Elev. Gain	High Point	Hikemaster
8:45AM – 12:45 PM	Emerald Lake	3.6	F	E	713'	10080'	Clyde M.
<i>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.</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
- Outdoor Living Skills
- Water Ecology
- Night Hike
- Route Orienteering

*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, October 22

9:00 AM * Little Explorers @ Sweet
9:45 AM 🍷 Animal Detective @ Sweet
11:00 AM 🍷 Bird is the Word @ Sweet
12:00 PM 🍷 Here, Kitty Kitty @ Sweet
1:00 PM * Parachute Games @ Sweet
1:15 PM 🍷 Kickball @ Sweet
1:45 PM 🍷 Knots @ Sweet
1:45 PM 🍷 Treasure Trek @ MC
2:30 PM * Woolly Worm Hunt @ Sweet
3:00 PM 🍷 Fire Quest @ Sweet
3:00 PM 🍷 Geocaching @ Sweet
3:45 PM 🍷 Science: Slime @ Sweet
4:15 PM ☀️ What about Wolves? @ Sweet
6:00 PM 🍷 BINGO @ Sweet
7:00 PM 🍷 Trivia @ Sweet

Saturday, October 23

9:00 AM * Little Explorers @ Sweet
9:45 AM 🍷 Animal Detective @ Sweet
10:30 AM * Children's Story Time @ Library
11:00 AM 🍷 Walk About the Y @ Museum
11:15 AM 🍷 Treasure Trek @ MC
12:00 PM 🍷 Rocky Mountain Journals @ Sweet
12:15 PM 🍷 Gold! @ Sweet
1:00 PM * Parachute Games @ Sweet
1:15 PM 🍷 Gaga Ball @ Sweet
1:30 PM 🍷 Make Your Own Trail Mix @ Sweet
1:30 PM 🍷 President Teddy Roosevelt @ Library
1:45 PM 🍷 Origami @ Sweet
2:30 PM ☀️ Bear Talk @ Sweet
2:30 PM 🍷 Survival Bracelets @ Sweet
3:00 PM 🍷 Fire Quest @ Sweet
3:00 PM * Up, Up and Away @ Sweet
3:45 PM 🍷 Ice Cream & Root Beer Floats! @ Sweet
4:15 PM 🍷 Rolling Thunder: American Bison @ Sweet
6:00 PM 🍷 Community Fire @ Main Fire Ring

Sunday, October 24

9:00 AM * Little Explorers @ Sweet
9:45 AM 🍷 Animal Detective @ Sweet
10:00 AM 🍷 Hannah Goes West! @ Museum
11:00 AM 🍷 Bird is the Word @ Sweet
1:00 PM * Parachute Games @ Sweet
1:15 PM 🍷 Kickball @ Sweet
1:45 PM 🍷 Treasure Trek @ MC
1:45 PM 🍷 Knots @ Sweet
2:30 PM * Woolly Worm Hunt @ Sweet
3:00 PM 🍷 Fire Quest @ Sweet
3:00 PM 🍷 Geocaching @ Sweet
3:45 PM 🍷 Science: Oobleck @ Sweet
4:15 PM ☀️ What about Wolves? @ Sweet

Monday, October 25

9:00 AM * Little Explorers @ Sweet
9:45 AM 🍷 Animal Detective @ Sweet
11:15 AM 🍷 Treasure Trek @ MC
1:00 PM * Parachute Games @ Sweet
1:15 PM 🍷 Survival @ Sweet
1:45 PM 🍷 Knots @ Sweet
3:00 PM 🍷 Fire Quest @ Sweet
3:00 PM 🍷 Geocaching @ Sweet
4:15 PM 🍷 Rolling Thunder: American Bison @ Sweet

Tuesday, October 26

9:00 AM * Little Explorers @ Sweet
9:45 AM 🍷 Bible Point Hike @ Sweet
1:00 PM 🍷 Animal Detective @ Sweet
1:00 PM * Parachute Games @ Sweet
1:15 PM 🍷 Gaga Ball @ Sweet
1:45 PM 🍷 Origami @ Sweet
2:15 PM 🍷 Fire Quest @ Sweet
2:30 PM ☀️ Bear Talk @ Sweet
3:00 PM * Up, Up, and Away! @ Sweet
3:30 PM 🍷 Survival @ Sweet
4:45 PM 🍷 Marshmallow Catapults @ Sweet

Wednesday, October 27

9:00 AM * Little Explorers @ Sweet
9:45 AM 🍷 Dino Discovery @ Sweet
11:00 AM 🍷 Bird is the Word @ Sweet
1:00 PM 🍷 Animal Detective @ Sweet
1:00 PM * Parachute Games @ Sweet
1:45 PM 🍷 Knots @ Sweet
2:15 PM 🍷 Rocky Mountain Journals @ Sweet
3:00 PM 🍷 Geocaching @ Sweet
4:00 PM 🍷 Treasure Trek @ MC

Thursday, October 28

9:00 AM 🍷 Bible Point Hike @ Sweet
1:00 PM 🍷 Animal Detective @ Sweet
1:00 PM * Parachute Games @ Sweet
1:15 PM 🍷 Gaga Ball @ Sweet
1:45 PM 🍷 Origami @ Sweet
2:15 PM 🍷 Fire Quest @ Sweet
2:30 PM ☀️ Bear Talk @ Sweet
3:00 PM * Up, Up and Away @ Sweet
3:30 PM 🍷 Survival @ Sweet
3:45 PM 🍷 Marshmallow Catapults @ Sweet

Friday, October 29

9:00 AM * Little Explorers @ Sweet
9:45 AM 🍷 Animal Detective @ Sweet
11:00 AM 🍷 Bird is the Word @ Sweet
12:00 PM 🍷 Here, Kitty Kitty @ Sweet
1:00 PM * Parachute Games @ Sweet
1:15 PM 🍷 Kickball @ Sweet
1:45 PM 🍷 Knots @ Sweet
1:45 PM 🍷 Treasure Trek @ MC
2:30 PM * Woolly Worm Hunt @ Sweet
3:00 PM 🍷 Fire Quest @ Sweet
3:00 PM 🍷 Geocaching @ Sweet
3:45 PM 🍷 Science: Slime @ Sweet
4:15 PM ☀️ What about Wolves? @ 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!

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, 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!

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 1800s. As wolves begin to migrate back, learn about the effect of these large carnivores on their ecosystems.

LITTLE LEARNERS

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!

UP, UP AND AWAY (1 HR)

It's all things up! We'll blow bubbles and let our kits drift up into the sky. Weather dependent.

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

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!

YOGA

Vinyasa Flow: Saturday, October 23 at 9:00 AM

Join instructor Laura Collins for integral yoga with a vinyasa flair, suited for all levels.

Relaxation Yoga: Thursday, October 28 at 7:00 PM

Join instructor Alese Hansen for a mellow class focusing on relaxation, letting go of tension, and relieving muscles.

Click [here](#) to register. Mats available. Meets at Legett

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!](#)

WHERE NATURE, HISTORY & ART INSPIRE!

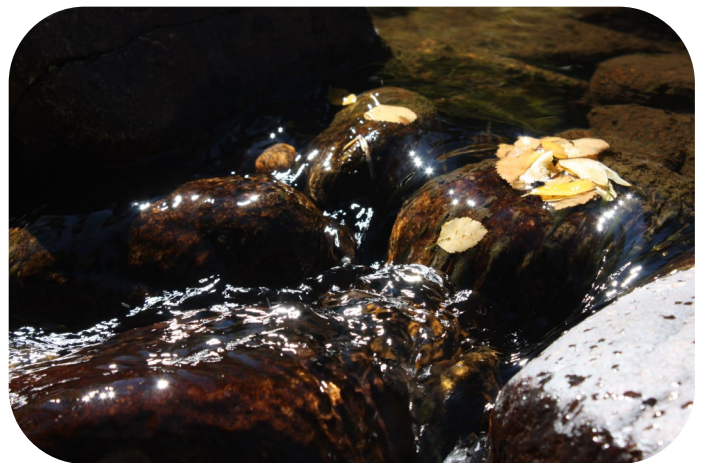
The Lula W. Dorsey Museum has created two self-guided walking tours for you to enjoy! These informative strolls around our Estes Park center explore our history and public art and encourage you to engage with art and nature. Access the tours by clicking on the tour you are interested in!

[PUBLIC ART TOUR](#)

[WALK ABOUT THE Y HISTORY TOUR](#)

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!



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.)





FALL BREAK OCT 9TH -29TH

JOIN US FOR WILD WEST FUN AND GAMES

Wild West Rodeo

Drop in on Saturdays between 9:15 and 11:15 on the Admin Field

Join the rodeo! Learn how to lasso, race stick horses, or play bottle toss.

Rocky Mountain Journals

Saturdays at 12:00pm & Wednesdays at 2:15pm in Sweet Memorial

Create an old west scrapbook to commemorate your time at the YMCA. All scrapbooking materials provided. If you would like to bring family photos add, please do so. Advanced registration required.

Gold!

Saturdays at 12:15pm in Sweet Memorial

Become an old West miner and hunt for gold in our stream bed. Available Advanced registration required.

Make Your Own Trail Mix

Saturdays at 1:30pm in Sweet Memorial

Prepare for your own travels by making your own trail mix! All materials provided, Advanced registration required.



Ice Cream and Root Beer Floats

Saturdays at 3:45pm in Sweet Memorial

You will make your own ice cream in a baggie and then enjoy it with a Western classic root beer float! Advanced registration required.

Rolling Thunder: The North American Bison

Saturdays and Mondays at 4:15pm in Sweet Memorial

Learn about the history and ecology of a North American icon, the bison, from the massive herds that once covered the Plains to near-extinction and back. Advanced registration required.

Line Dancing

Saturdays at 7:00pm at Jellison Youth Building

Put on your cowboy hat and come get wild with us! Bring the family and learn a new dance.

