



2023

Program Catalog





Recognize **VALUE**

Actualize **POTENTIAL**

The first step toward self-actualization is understanding the value of who we are right now in this moment. From this place, the perception of personal growth shifts from a shame-driven chore to a celebration of our potential.





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# Who We Are

## Mission

Rocky Mountain Ascent (RMA) provides outdoor recreation opportunities to at-risk youth in the Colorado community. We encourage youth toward self-actualization through positive adult mentorship, life-skills development, and self-challenge. We are committed to nurturing a sense of value and purpose in each individual.

## Vision

To recognize the value and actualize the potential of each young individual in our community

## Values

- Openness: We remain open to new ideas, situations, and people
- Respect: We acknowledge the value in each unique life path
- Presence: We strive to give our full attention to every present moment.
- Self-challenge: We step out of our comfort zones to facilitate growth, and embrace failure as a learning opportunity.





# PROGRAM OFFERINGS



# 11 to 14 Years Old



## Adventure Camp

June 14 - 18

\$400

High & Low Ropes Course

Watersports

Rock Climbing

Hiking

Campfire Activities





# 15 to 17 Years old



## Holistic Adventure Series

3 trips throughout the summer

\$600 / \$900

### ADVENTURE

High Ropes

Low Ropes

Watersports

Rock Climbing

### LIFE SKILLS

Woodworking

Gardening

Finance

Automotive

+ more!

### WELLNESS

Movement

Music

Nutrition

Mindfulness

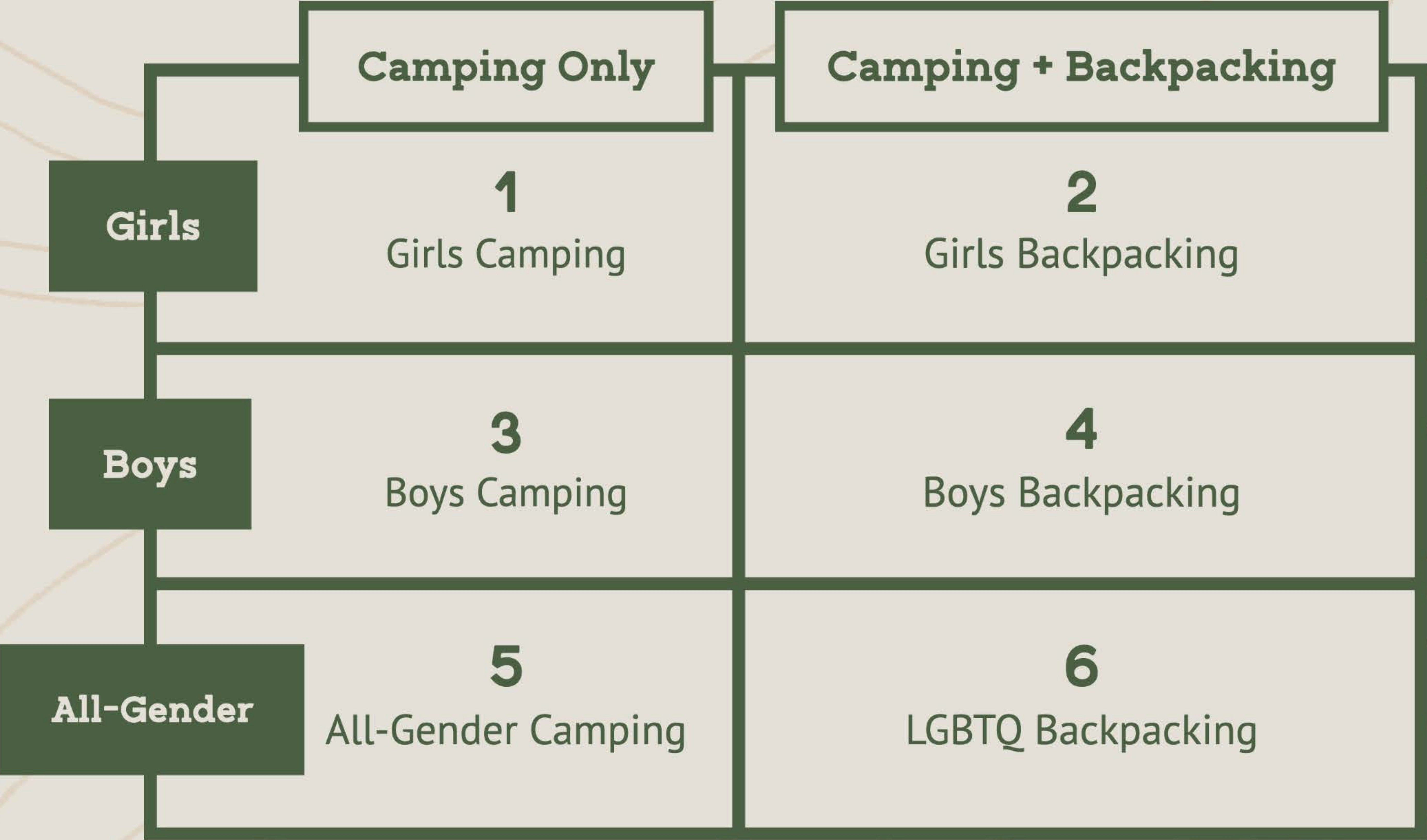
Goal Setting



# Holistic Adventure Series

## Program Types

Campers have the choice between  
6 offerings; 2 program types with  
3 groups for each





# Holistic Adventure Series

## Program Types

### Camping Only

\*For participants who would not like to go backpacking\*

- 1. Day visit: team building (1 day)
- 2. Overnight: life skill development (2 days, 1 night)
- 3. Retreat: wellness and adventure (3 days, 2 nights)

### Camping + Backpacking

\*For participants who are comfortable carrying 30-40lbs on their back while hiking 5-7 miles in a day\*

- 1. Overnight: team building and life skills (2 days, 1 night at camp)
- 2. Retreat: life skills, wellness, and adventure (3 days, 2 nights at camp)
- 3. Backpacking trip (3 days, 2 nights on trail; 1 day, 1 night at camp)



SERIES TYPE	TOTAL DAYS	COST
Camping Only	6 days 3 nights	\$600
Camping + Backpacking	9 days 6 nights	\$900

\*Scholarships Available\*



# Holistic Adventure Series

## *Program Groups*

### **Girls**

Our girls-only trips are true to the name, led by our experienced female guides. They have created a safe space for the girls and young women attending to learn, grow, and step outside of their comfort zones.

### **Boys**

While all of our groups participate in the same activities regardless of gender identity, this program provides a space for boys and young men who would prefer to have this experience with campers of the same gender.

### **All-Gender**

Our all-gender camping program is for campers of all genders to learn from each other and grow together. All are welcome.

### **LGBTQ**

While all of our programs are LGBTQ-inclusive, this series led by LGBTQ guides provides an opportunity to share with people of similar experiences. All are welcome.



# Holistic Adventure Series

## Program Dates

Girls	CAMPING ONLY	CAMPING + BACKPACKING
	<b>Day-Visit</b> 6/5 • 8a - 6:30p	<b>Overnight</b> 6/17 • 8a - 6/18 • 6:30p
	<b>Overnight</b> 7/17 • 8a - 7/18 • 6:30p	<b>Retreat</b> 7/19 • 8a - 7/21 • 6:30p
	<b>Retreat</b> 8/8 • 8a - 8/10 • 6:30p	<b>Backpacking</b> 8/1 • 8a - 8/4 • 6:30p

Boys	CAMPING ONLY	CAMPING + BACKPACKING
	<b>Day-Visit</b> 6/4 • 8a - 6:30p	<b>Overnight</b> 6/15 • 8a - 6/16 • 6:30p
	<b>Overnight</b> 6/28 • 8a - 6/29 • 6:30p	<b>Retreat</b> 7/6 • 8a - 7/8 • 5:30p
	<b>Retreat</b> 8/1 • 8a - 8/3 • 6:30p	<b>Backpacking</b> 8/8 • 8a - 8/11 • 6:30p

All Gender	CAMPING ONLY	LGBTQ CAMPING + BACKPACKING
	<b>Day-Visit</b> 6/6 • 8a - 6:30p	<b>Overnight</b> 6/10 • 8a - 6/11 • 6:30p
	<b>Overnight</b> 7/4 • 8a - 7/5 • 6:30p	<b>Retreat</b> 6/30 • 8a - 7/2 • 6:30p
	<b>Retreat</b> 7/25 • 8a - 7/27 • 6:30p	<b>Backpacking</b> 7/25 • 8a - 7/28 • 6:30p





# CAMP ACTIVITIES



# Camp Activities

## Adventure

### Goals

- Promote mindset growth via self-challenge
- Build communication, teamwork, and leadership skills
- Learn to use nature as a tool for healing



**We believe passionately in the transformational properties of outdoor recreation. Facing the challenges adventure can bring facilitates growth in relation to ourselves, others, and the environment around us.**

### Activities

#### High Ropes:

- Leap of Faith
- Zipline
- Tower

#### Low Ropes

- Rock Climbing
- Hiking
- Mt Biking

#### Kayak & Canoe

- Swimming
- Slackline



# Camp Activities

## Wellness

### Goals

- Promote mindfulness
- Provide tools to process and express emotion
- Encourage healthy lifestyle habits
- Support a more positive relationship with mind, body, and spirit



Wellness can mean many different things to many different people! Our goal is introduce various forms of expression and self-care that encourage reflection, release, and inner peace.

### Activities

Goal setting  
habit building  
Mindfulness

Art  
Music  
Nutrition

Yoga  
Exercise  
Dance



# Camp Activities

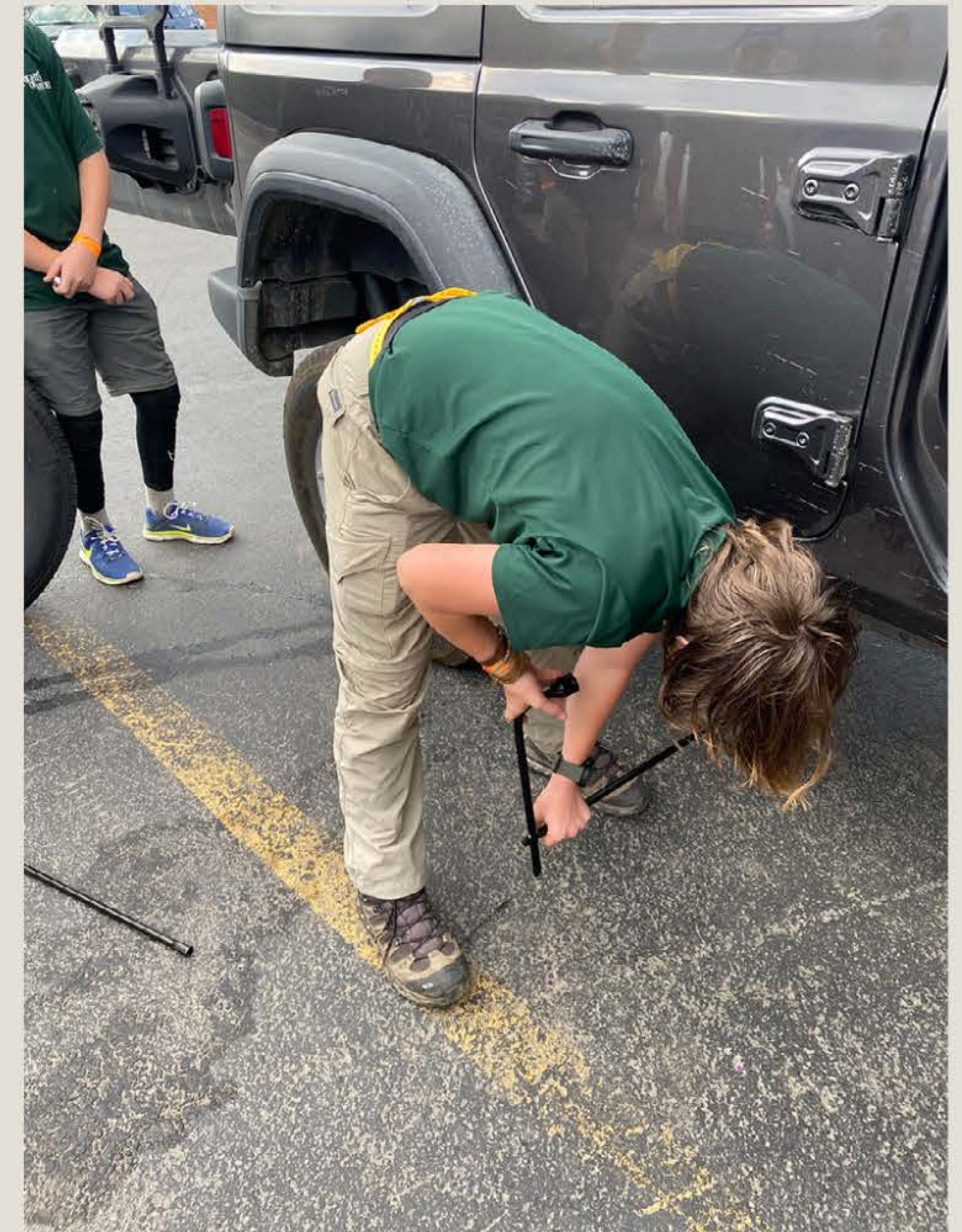
## Life Skills

### Goals

- To provide real-world skills which will ease the transition into adulthood
- To spark interest in a trade skill
- To connect youth to local opportunities
- To build self-efficacy



If you want to learn it, we've got the resources for it! Our favorite thing is seeing someone light up after learning a new skill. We are committed to helping the youth in our program find their path and have the courage to follow it.



### Activities

Welding  
Plumbing  
Electrical  
Carpentry

Gardening  
Automotive  
Cooking

Resume Building  
Finance  
Scholarships



# Camp Activities

## Backpacking

### Goals

- Overcome perceived limitations of the mind and body
- Learn to interact with the environment in a responsible manner
- Develop basic outdoor skills
- Provide opportunity for connection

Backpacking is the perfect culminating experience for our campers. It is an opportunity to put into practice the mental, emotional, and physical skills learned throughout the summer, and connect more deeply with themselves others, and the nature around them.

### Activities

Trail	Length (mi)	Level	Min Age (yrs)
1. Lost Creek Wilderness:			
<ul style="list-style-type: none"><li>• Custom</li><li>• Inner loop</li><li>• Outer loop</li></ul>	<div>3 - 15</div> <div>15</div> <div>32</div>	<div>Beginner</div> <div>Beginner</div> <div>Intermediate</div>	<div>11</div> <div>13</div> <div>15</div>
2. Maroon Bells:			
<ul style="list-style-type: none"><li>• Four Pass loop</li></ul>	<div>16</div>	<div>Advanced</div>	<div>16</div>
3. Pikes Peak:			
<ul style="list-style-type: none"><li>• Crags Trail</li><li>• Barr Trail</li></ul>	<div>14.5</div> <div>25</div>	<div>Intermediate</div> <div>Advanced</div>	<div>15</div> <div>16</div>



# Accommodations

Throughout the summer, campers will likely try out all three of our camping arrangements! We have a beautiful wooded hammocking grove, a tent campsite overlooking the mountains, and of course our cabins outfitted with bathrooms and hot showers. Special accommodations can be made with prior notice.





# Meet Our Team

## Leadership Team

**Jordan**

Dev. & Comm. Director



**Tanner**

Program Director



**Steve**

KOH Board President



**Danny**

Staff Advisor



**Katie**

KOH Board Member



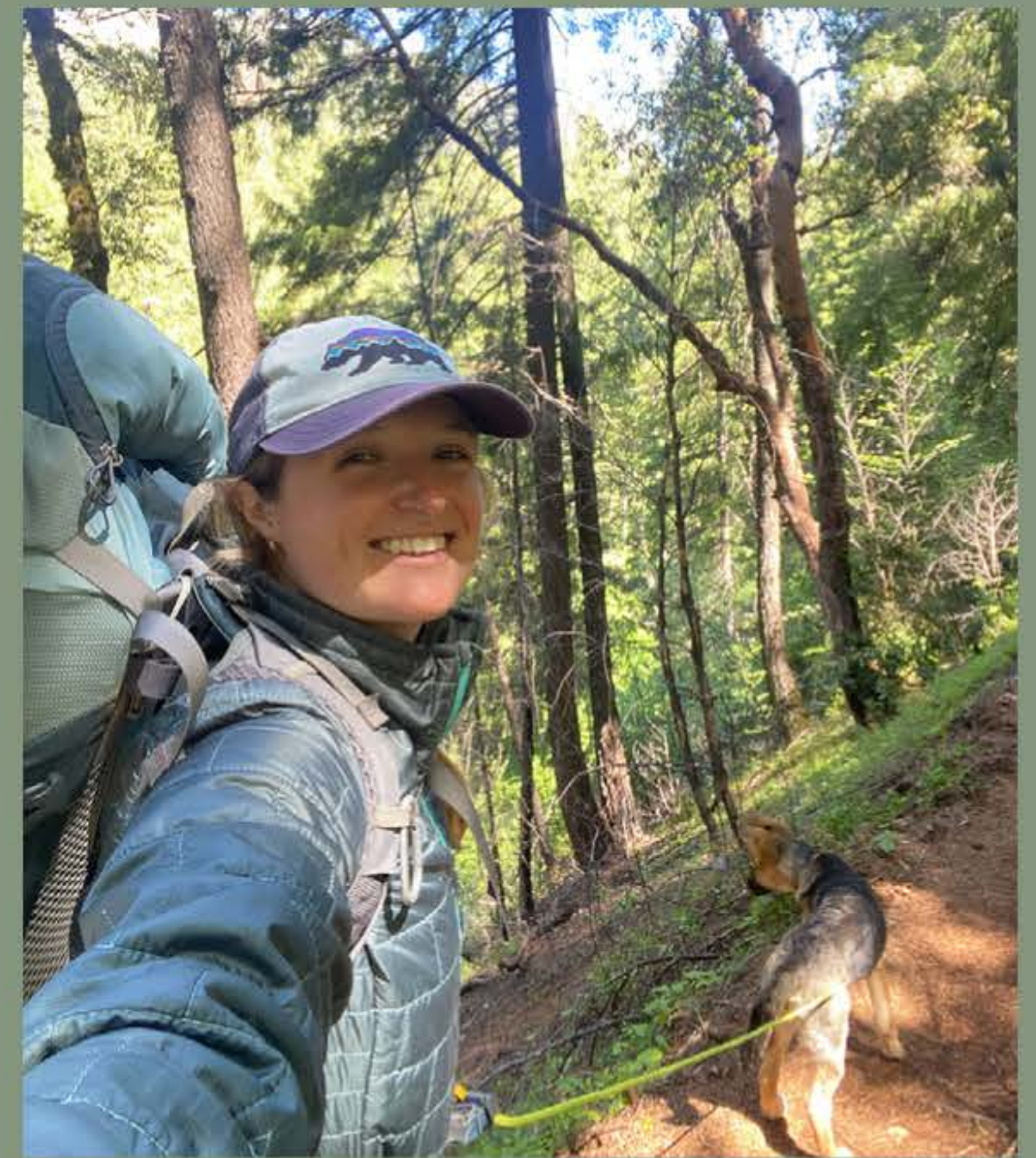


# Meet Our Team

## Guides



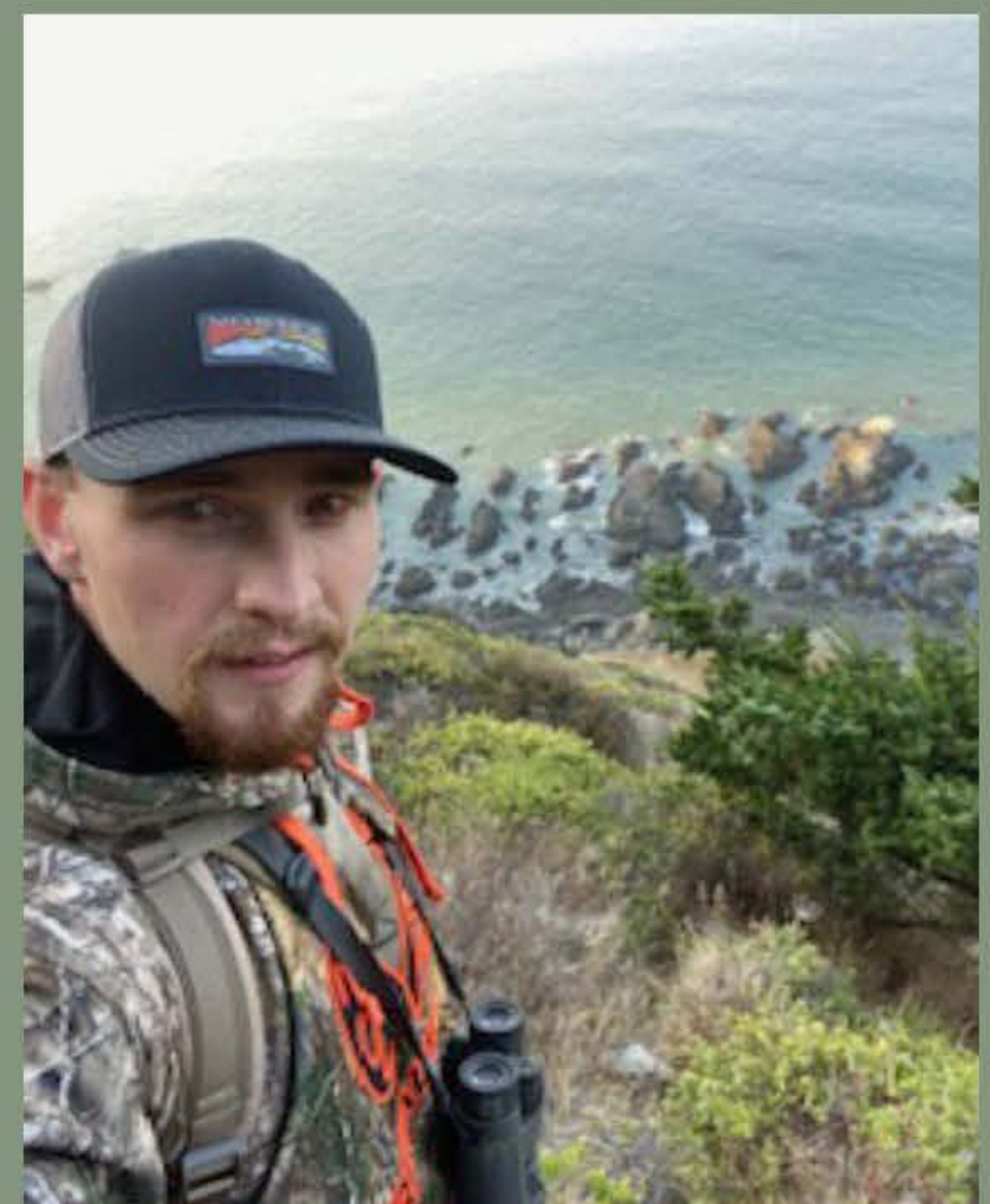
**Alaya**



**Journeye**



**Joey**



**Kellen**



**Zoe**



# Meet Our Team

## Interns



**Tristan**

**Miranda**



**We look forward to  
seeing you soon!**