



First Ascent Weekend Schedule Overview

Friday		
Time	Program	Location
1:30-2:30pm	First Ascent Check In	Coors Fitness Center, Studio D
2:30-3:00pm	Bus Loading	Buchtel Blvd. Circle Bus Parking
3:00pm	Van Departs	I-25 North
5:00-5:30pm	Arrive to KMC	Upper Campus Parking Lot
5:30-6:30pm	Settle into Cabins	Student Cabins/Staff Cabins
6:00pm-7:00pm	Dinner	Dining Hall
7:00pm-10:00pm	Welcome Activities*	Andy and Barbara Taylor Upper Campus
10:00pm-11:00pm	Free Time/Return to Cabins	KMC + Student/Staff Cabins
Saturday		
Time	Program	Location
7:00-8:00am	Morning Yoga & Wellness Activities (option)	KMC
8:00-9:00am	Breakfast	Dining Hall
9-12:00pm	First Ascent Activity Rotations*	KMC – Various
12-12:30pm	Transition Period	
12:30-1:30pm	Lunch	Dining Hall
1:30-4:30pm	First Ascent Activity Rotations*	KMC – Various
4:30-5:00pm	Transition Period	
5:00-6:30pm	Free Time – Explore, Relax, Reflect	KMC – Various
6:30-7:30pm	Dinner	Dining Hall
7:30-9:00pm	Evening Activities*	KMC – Various
9:00-10:30pm	Group Experience*	KMC – Various
10:30-11:00pm	Free Time/Return to Cabins	Staff/Student Cabins
Sunday		
Time	Program	Location
6:30-7:00am	Wake Up	Student/Staff Cabins
7:00-8:00am	Breakfast	Dining Hall
8:00-11:00am	First Ascent Activity Rotations*	KMC – Various
11:00-11:30am	Transition	
11:30-12:30pm	Lunch	Dining Hall
12:30-1:30pm	Pack Up/Check Out	Student/Staff Cabins
1:30pm-2:00pm	Bus Loading	Upper Campus Parking Lot
2:00pm	Bus Departs for DU Campus	I-25 South
4:30-4:30pm	Buses Arrive to DU Campus	Buchtel Blvd. Circle Bus Parking

*Full details will be provided prior to your First Ascent Weekend experience.

Welcome Activities will include a tour of the KMC campus, teambuilding exercises and opportunities for students to connect and get to know their peers.

Evening Activities will include opportunities such as:

- Smores Bar & Campfire
- Capture the Flag
- Interest Groups & Meetups
- Movie Night
- Game Night
- Additional opportunities to be shared at your First Ascent!

First Ascent Activity Rotations will include:

- [The 4D Experience](#)
- Challenge Course

- Homestead Trail Hike
- Cliff Lake Hike & Climb
- Free Time (academic study or other)
- Fitness Options
- Arts & Crafts
- Meditation & Mindfulness Activities
- Choose Your Own Adventure at the Activities Center