



JANUARY 04 - MARCH 28

# 2021 WINTER TERM

Registration details and program information at [AutismUp.org](http://AutismUp.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1:1 Personal Fitness (In-Person/Virtual)</b></p> <p>Available throughout the week by appointment only.</p> <p>Please contact program department for scheduling details.</p> <p><b>Contact</b>  <a href="mailto:cjones@autismup.org">cjones@autismup.org</a></p>	<p><b>Full Life Foundations 101</b>            4p – 5p            (Virtual)</p>	<p><b>Arts &amp; Crafts</b>            4p – 4:40p            (Virtual)</p>	<p><b>Social Skills with Friends (6-12)</b>            3:30p – 4p            (Virtual)</p>	<p><b>Full Life Foundations 201</b>            4p – 5p            (Virtual)</p>	<p><b>Full Body Fitness</b>            4:20p – 5p            (Virtual)</p>	<p><b>Teen Kinect</b>            9:30a – 10:15a            (In-Person)</p>
	<p><b>Social Skills with Friends (6-12)</b>            4:30p – 5p            (Virtual)</p>	<p><b>Full Life Foundations 201</b>            4p – 5p            (Virtual)</p>	<p><b>Full Life Foundations 101</b>            4p – 5p            (Virtual)</p>	<p><b>Baking Time</b>            4:30p – 5:15p            (Virtual)</p>		<p><b>AlphaU I</b>            10:45a – 11:30a            (In-Person)</p>
	<p><b>Music &amp; Movement</b>            6p – 6:40p            (Virtual)</p>	<p><b>Minecraft</b>            5p – 6p            (Virtual)</p>	<p><b>Mindfulness &amp; Relaxation I</b>            4:30p – 5:10p            (Virtual)</p>	<p><b>Social Skills with Friends (13+)</b>            6p – 6:40p            (Virtual)</p>		<p><b>Motion Dynamics I</b>            11:45a – 12:30p            (Virtual)</p>
	<p><b>Social Skills with Friends (13+)</b>            6p – 6:40p            (Virtual)</p>	<p><b>Mindfulness &amp; Relaxation II</b>            6p – 6:40p            (Virtual)</p>	<p><b>Minecraft</b>            6p – 7p            (Virtual)</p>	<p><b>Minecraft</b>            7p – 8p            (Virtual)</p>		<p><b>Art</b>            12p – 12:45p            (In-Person)</p>
						<p><b>Motion Dynamics II</b>            1:15p – 2p            (Virtual)</p>
						<p><b>AlphaU II</b>            1:15p – 2p            (In-Person)</p>
						<p><b>AU Fit</b>            2:30p – 3:15p            (In-Person)</p>