

ANYDAY

available
by appointment
in-person | virtual

1:1 Personal Training

To schedule, contact
cjones@autismup.org

CLASSES & WORKSHOPS



1:1 Full Life Foundations

To schedule, contact
jricigliano@autismup.org

FULL LIFE ACADEMY



1:1 Family Navigation

To schedule, contact
navigator@autismup.org

SUPPORT SERVICES

Meet Ups & Workshops
offered at no cost T, W, F

Scan for topics &
registration links



MONDAY

Yoga I
9:00 am - 9:50 am

Full Life Foundations
10:00 am - 10:50 am

My Place
11:00 am - 11:50 am

Cooking Basics I
12:00 pm - 1:30 pm

Full Life Connections³
2:30 pm - 4:00 pm

Girl Power
4:30 pm - 5:25 pm

Remote Minecraft^V
5:30 pm - 6:30 pm

AU Fit I
5:45 pm - 6:30 pm

Music & Movement^V
6:00 pm - 6:40 pm

Drum It Up
6:45 pm - 7:30 pm

In-person classes are held
at the Golisano Autism
Center unless denoted

¹ Must be enrolled in
Career Exploration to
participate in LinkUp
Learning Lab

² Must be enrolled in Full
Life Academy classes to
participate in FLA FLEX

³ Facilitated in multiple
locations

⁴ Off-site location

^V Virtual

TUESDAY

**Navigating
Relationships**
9:00 am - 9:50 am

Creative Expressions
10:00 am - 11:30 am

Career Exploration³
1:00 pm - 2:00 pm

Navigating Nature³
2:00 pm - 3:30 pm

LinkUp Learning Lab¹
2:30 pm - 4:30 pm

Exploring Sensations I
4:20 pm - 5:00 pm

**Social Skills with
Friends (ages 6-12)^V**
4:30 pm - 5:05 pm

Exploring Sensations II
5:10 pm - 5:50 pm

**Social Skills with
Friends (ages 13+)^V**
6:00 pm - 6:45 pm

Remote Minecraft^V
6:00 pm - 7:00 pm

Exploring Sensations III
6:00 pm - 6:40 pm

Body Awareness I
6:50 pm - 7:30 pm

Exploring Sensations IV
6:50 pm - 7:30 pm

Spanish Meet Ups^V
7:00 pm - 8:00 pm

Exploring Sensations V
7:40 pm - 8:20 pm

Body Awareness II
7:40 pm - 8:20 pm

WEDNESDAY

Rise & Shine Fitness I
9:00 am - 9:50 am

**Parent Connections
Coffee Meet Ups**
9:30 am - 10:30 am

Cooking Basics II
10:30 am - 12:00 pm

Plugged In⁴
1:00 pm - 2:30 pm

Financial Literacy I
3:00 pm - 3:50 pm

Boys Zone
4:30 pm - 5:25 pm

**Mindfulness &
Relaxation I^V**
4:30 pm - 5:15 pm

**Wellness Series
Body Mind Connection
4/4 - 5/13
Nurture with Nature
5/16 - 6/26**
5:00 pm - 5:50 pm

Cooking with Friends I
5:15 pm - 7:00 pm

Motion Dynamics
5:45 pm - 6:30 pm

**Mindfulness &
Relaxation II^V**
6:00 pm - 6:45 pm

Music & Movement
6:45 pm - 7:30 pm

Remote Minecraft^V
7:00 pm - 8:00 pm

**ListenUp! Meet Ups,
Speakers & Workshop^V**
7:00 pm - 8:00 pm

THURSDAY

Financial Literacy II⁴
9:00 am - 9:50 am

Gardening⁴
10:00 am - 11:45 am

Safety Awareness³
1:00 pm - 3:00 pm

Yoga II
3:30 pm - 4:20 pm

Arts & Crafts^V
4:00 pm - 4:45 pm

Youth Minecraft I
4:15 pm - 5:15 pm

Cooking with Friends II
5:15 pm - 7:00 pm

Youth Minecraft II
5:30 pm - 6:30 pm

Baking Time^V
6:15 pm - 7:00 pm

**Social Skills with
Friends^V (13+)**
6:15 pm - 7:00 pm

**Teens/Young Adults
Minecraft**
6:45 pm - 7:45 pm

FRIDAY

Full Life Foundations^V
10:00 - 10:50 am

FLA FLEX²
12:00 - 2:00 pm

Grandparent Meet Ups
12:00 - 1:00 pm

**Social Skills with
Friends (ages 6-12)^V**
4:15 - 4:50 pm

Full Body Fitness^V
5:20 - 6:05 pm

SATURDAY

**Basketball
Skills & Drills I**
8:30 am - 9:15 am

Teen Kinect
9:30 am - 10:25 am

**Remote Minecraft
Survival Saturday^V**
10:15 am - 11:15 am

Alpha U I
10:45 am - 11:40 am

Motion Dynamics I^V
11:45 am - 12:30 pm

Art
12:00 pm - 12:45 pm

Alpha U II
1:15 pm - 2:10 pm

AU Fit II
2:30 pm - 3:15 pm

**Basketball
Skills & Drills II**
3:30 pm - 4:15 pm

register at
autismup.org

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Rochester, NY 14620
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programs@autismup.org