

ANYDAY

available
by appointment
in-person | virtual

1:1 Music Lessons
Guitar | Piano | Voice | Exploration
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

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

Creative Expressions I
10:00 am - 11:30 am

Navigating Nature I
12:00 pm - 1:30 pm

Communication Camp A
1:00 pm - 4:00 pm

Musical Theatre
2:00 pm - 3:00 pm

Full Life Connections I³
3:10 pm - 4:40 pm

Girl Power
4:30 pm - 5:25 pm

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

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

Cooking Basics I
10:00 am - 12:00 pm

Communication Camp B
1:00 pm - 4:00 pm

Career Exploration³
1:00 pm - 2:30 pm

Nurture with Nature
3:00 pm - 4:00 pm

**Social Skills with
Friends (ages 6-12)^V**
3:30 pm - 4:15 pm

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

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

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

Parent Connections
9:30 am - 10:30 am

My Place
10:00 am - 10:50 pm

**Motion Dynamics
@ Noon**
12:00 pm - 12:45 pm

Full Life Foundations I
1:10 pm - 2:00 pm

Communication Camp A
1:00 pm - 4:00 pm

Plugged In⁴
2:30 pm - 3:30 pm

Boys Zone I
4:30 pm - 5:25 pm

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

Motion Dynamics II
5:45 pm - 6:30 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 II³
9:00 am - 9:50 am

Gardening³
10:00 am - 11:30 am

Communication Camp B
1:00 pm - 4:00 pm

Safety Awareness³
2:00 pm - 3:00 pm

Yoga & Movement
3:30 pm - 4:20 pm

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

Youth Art & Music
4:30 pm - 5:25 pm

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

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

Beginner Fitness
5:45 pm - 6:30 pm

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

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

Learn more &
register at
autismup.org

FRIDAY

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

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

Creative Expressions II
12:30 pm - 2:00 pm

Grandparent Meet Ups
12:00 - 1:00 pm

Navigating Nature II³
2:15 pm - 3:45 pm

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

AU Bowling⁴
4:30 - 5:30 pm

KITE FLITE 2022
10th Anniversary
Family FUNdraising
Festival to support
AutismUp programs

Show your spirit
Support our programs
Form a *KiteFlite* team
Help raise needed \$
Earn tickets & prizes
March in a Kite Parade
Ride, slide, eat & play
all day @ Seabreeze
autismup.org/events

AutismUp
50 Science Parkway
Rochester, NY 14620
T: (585) 248-9011
programs@autismup.org

SATURDAY

Saturdays @ NAZ⁴
Golisano Training Center
6 week series
7/11-8/20/22

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

Running Performance
9:30 am - 10:15 am

Basketball Skills & Drills II
10:30 am - 11:15 am

Soccer Skills & Drills
11:30 am - 12:15 pm

Boys Zone II
9:15 am - 10:10 am

Teen Kinect
9:30 am - 10:25 am

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

Motion Dynamics IV
11:45 am - 12:30 pm

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

Exploring Sensations
VI: 10:45 am - 11:25 am
VII: 11:35 am - 12:15 pm
VIII: 12:25 pm - 1:05 pm

Art
12:00 pm - 12:45 pm

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

Baking Time
1:30 pm - 3:00 pm

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