

**SPRING**  
**2023**  
**4/16-7/8**

**ANYDAY**

available by appointment  
in-person | virtual

**Full Life Academy Tours**  
To schedule, contact  
jricigliano@autismup.org

FULL LIFE ACADEMY



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

**1:1 Personal Training**  
To schedule, contact  
cjones@autismup.org

CLASSES & WORKSHOPS



**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**

**Nav. Relationships\***  
9:00 am - 9:50 am

**Navigating Nature**  
10:00 am - 11:30 am

**My Place I**  
12:00 pm - 12:50 pm

**U-Connect 1 - 2 pm**

**Creative Expressions**  
2:00 pm - 3:30 pm

**Ready Set Goals I**  
3:30 pm - 5:00 pm

**Create Connect Explore**  
5:30 - 6:30 pm

Personal Training &  
Music Lessons by Appointment

**Transition Education &  
Information Series**  
6:30 pm - 8:30 pm

**Girl Power**  
4:30 pm - 5:25 pm

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

**Remote Minecraft<sup>V</sup>**  
5:30 pm - 6:30 pm

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

**Music & Movement<sup>V</sup>**  
6:00 pm - 6:40 pm

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

**Parent Effectiveness  
Program (PEP) Training**  
6:00 pm - 8:00 pm  
4 Mondays

**TUESDAY**

**Functional Fitness I**  
10:00 am - 10:50 am

**Cooking Basics I**  
11:00 am - 1:00 pm

**Roc Behind the Scenes<sup>3</sup>**  
1:00 pm - 2:30 pm

**U-Connect 2:30 - 3 pm**

**Body Mind Connections**  
3:00 pm - 3:50 pm

Personal Training &  
Music Lessons by Appointment

**Empower U<sup>V</sup>**  
4:00 pm - 4:50 pm

**Social Skills with Friends  
(ages 6-12)<sup>V</sup>**  
3:40 pm - 4:15 pm

**Mindfulness & Relaxation<sup>V</sup>**  
4:30 pm - 5:15 pm

**Social Skills with Friends  
(ages 13+)<sup>V</sup>**  
6:15 pm - 7:00 pm

**Remote Minecraft<sup>V</sup>**  
6:00 pm - 7:00 pm

**Exploring Sensations**  
I: 4:20 pm - 5:00 pm  
II: 5:10 pm - 5:50 pm  
III: 6:00 pm - 6:40 pm  
IV: 6:50 pm - 7:30 pm  
V: 7:40 pm - 8:20 pm

**Body Awareness**  
I: 6:50 pm - 7:30 pm  
II: 7:40 pm - 8:20 pm

**Spanish Meet Ups &  
Workshops<sup>V</sup>**  
7:00 pm - 8:00 pm

**WEDNESDAY**

**Parent Connections**  
9:30 am - 10:30 am

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

**Functional Fitness II**  
12:00 pm - 12:50 pm

**U-Connect 1 - 2 pm**

**My Place II**  
2:00 pm - 2:50 pm

**Creative Expressions II**  
3:00 pm - 4:30 pm

Personal Training &  
Music Lessons by Appointment

**Financial Literacy I**  
5:00 pm - 7:00 pm

**Grandparent  
Meet Ups**  
2:00 pm - 3:00 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

**Musical Theater**  
6:45 pm - 7:30 pm

**Remote Minecraft<sup>V</sup>**  
7:00 pm - 8:00 pm

**ListenUp!  
Weekly Meet Ups,  
Speakers & Workshop<sup>V</sup>**  
7:00 pm - 8:00 pm

**THURSDAY**

**Functional Fitness III**  
9:30 am - 10:20 am

**Ready, Set, Goals II**  
10:30 am - 12:00 pm

**U-Connect 12 - 1 pm**

**Safety Awareness<sup>3</sup>**  
1:00 pm - 3:00 pm

**Readers & Writers  
Workshop**  
3:30 pm - 4:20 pm

Personal Training &  
Music Lessons by Appointment

**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<sup>V</sup> (13+)**  
6:15 pm - 7:00 pm

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

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

**FRIDAY**

**Aerial Arts<sup>3</sup>**  
9:30 am - 10:15 am

*\*six weeks 4/21 - 5/26  
no transportation provided*

**Cooking Basics III**  
10:30 am - 12:30 pm

**U-Connect 12:30 - 1 pm**

**Full Life Connections I**  
1:00 pm - 3:00 pm

**Social Awareness &  
Expression**  
3:30 pm - 4:20 pm

**Social Skills with  
Friends (ages 6-12)<sup>V</sup>**  
4:15 - 4:50 pm

**AU Bowling<sup>3</sup>**  
4:30 - 5:30 pm

**Learn more &  
register at  
autismup.org**

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

Questions related to  
programs, registration or  
payment options? Email:  
cjones@autismup.org

**Scholarships**

*The Richard and Nancy  
Dorschel Family  
Foundation Scholarship  
Program makes  
scholarships available for  
eligible families.*

**SATURDAY**

**Executive Functioning**  
9:00 am - 9:50 am

**Financial Literacy II**  
10:00 am - 12:00 pm

**Full Life Connections II**  
12:00 pm - 2:00 pm

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

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

**Teen Kinect**  
9:30 am - 10:25 am

**Motion Dynamics IV**  
10:00 am - 10:45 am

**Remote Minecraft  
Survival Saturday<sup>V</sup>**  
10:15 am - 11:15 am

**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 - 2:45 pm

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

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