

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 M, T, W
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-Connect² 1 - 2 pm

Creative Expressions I
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

Full Life Foundations
1:1 Individual Sessions
by Appointment
Monday - Friday

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

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

TUESDAY

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

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

Roc Behind the Scenes³
1:00 pm - 2:30 pm

U-Connect² 2:30 - 3 pm

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

Personal Training &
Music Lessons by Appointment

Empower U^V
4:00 pm - 4:50 pm

**Social Skills with Friends
(ages 6-12)^V**
3:40 pm - 4:15 pm

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

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

Remote Minecraft^V
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^V**
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-Connect² 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^V
7:00 pm - 8:00 pm

**ListenUp!
Weekly Meet Ups,
Speakers & Workshop^V**
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-Connect² 12 - 1 pm

Safety Awareness³
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^V (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

**Parent Effectiveness
Program (PEP) Training**
7:00 pm - 9:00 pm
5 Weeks

FRIDAY

Aerial Arts³
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-Connect² 12:30 - 1

Full Life Connections³ I
1:00 pm - 3:00 pm

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

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

AU Bowling³
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 Connections³ 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^V**
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