

FALL TERM 10/6 - 12/21 2024

ANYDAY

available by appointment
in-person | virtual

FULL LIFE ACADEMY

1:1 Full Life Coaching & Academy Tours
Inquiries & to schedule:
academy@autismup.org



ENRICHMENT CLASSES

1:1 Music Lessons &
1:1 Personal Training
Individual Social Skills^N
Thursdays & Saturdays
Inquiries & to schedule:
programs@autismup.org



SUPPORT SERVICES

1:1 Family Navigation
To schedule, contact
navigator@autismup.org

Education & Information for Families & Caregivers

Topics & Schedules:
autismup.org/support



MONDAY

Early Childhood (Birth - 5)
Parent Meet Ups
19/9, 10/14, 11/11, 12/9
9:30 am - 11:00 am

Navigating Relationships³
9:00 am - 9:50 am

Functional Fitness I³
10:00 am - 10:50 am

My Place I³
11:00 am - 11:50 am

Run for Fun³
12:00 pm - 12:45 pm

U-Connect^{2,3} 12:45-1:15 pm

Creative Expressions I
1:30 pm - 2:30 pm

Cooking Basics I
2:00 pm - 4:00 pm

Healthy Relationships
2:30 pm - 3:20 pm

Ready Set Goals
3:30 pm - 4:20 pm

All About Anime
4:30 pm - 5:20 pm

Girl Power
4:30 pm - 5:25 pm

Youth Kinect
4:30 pm - 5:25 pm

LEGO Club
9/30, 10/8, 11/25
5:00 pm - 6:00 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

Odessey Inclusive^N
5:45 pm - 6:30 pm

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

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

NextUp: Transition Series^V
7:00 pm - 8:30 pm

En Español Workshop^V
Understanding The IEP
11/18, 7:00 pm - 8:00 pm

En Español Parent Effectiveness Program^V
10/14, 10/21, 10/26, 11/4
7:00 pm - 9:00 pm

TUESDAY

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

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

U-Connect² 12:00 - 12:30 pm

Roc Behind the Scenes³
1:00 pm - 3:00 pm

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

Cooking with Small Appliances I
4:15 pm - 5:45 pm

Dungeons, Dragons & More
4:30 pm - 6:30 pm

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

Small Group Social Skills I
4:20 pm - 5:00 pm

Small Group Social Skills II
5:10 pm - 5:50 pm

Small Group Social Skills III
6:00 pm - 6:40 pm

Small Group Social Skills IV^N
6:50 pm - 7:30 pm

Body Awareness
6:50 pm - 7:30 pm

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

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

Spanish Speaker Meet Ups^V
9/17, 10/15, 11/19, 12/17
7:00 pm - 8:00 pm

Housing Speaker Series
7:00 pm - 9:00 pm monthly

WEDNESDAY

Parent Meet Ups
9:30 am - 11:00 am

AU Shark Tank
10:00 am - 10:50 am

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

Grandparent Meet Ups
12:00 pm - 1:00 pm

Functional Fitness III
12:10 pm - 1:00 pm

U-Connect² 1 - 1:30 pm

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

My Place II
1:00 pm - 1:50 pm

Chef's Circle: Soup'd Up^N
2:00 pm - 3:30 pm

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

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

Positive Vibes Yoga^N
4:45 pm - 5:30 pm

Financial Literacy I
5:00 pm - 6:30 pm

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

Partner Connection^N
5:45 pm - 6:30 pm

Motion Dynamics II
5:45 pm - 6:30 pm

Crushing It Choreography!^N
6:45 pm - 7:30 pm

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

PerkUp Cafe^V
Wednesdays
5:30 - 6:30 PM

Parent/Caregiver Meet Ups
10/16, 11/6, 12/4
7:00 pm - 8:00 pm

Workshop Wednesdays^V
9/11: AU Classes |
11/20 Internet Safety
7:00 pm - 8:00 pm

18+ Parent Meet Ups^V
10/2, 11/6, 12/4
7:00 pm - 8:00 pm

THURSDAY

Navigating Nature Equicenter³
9:30 am - 11:30 am

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

Executive Functioning I
11:00 am - 11:50 am

U-Connect² 12 - 12:30 pm

The Recording Studio Experience
12:00 pm - 12:50 pm

Teach & Talk^N
12:00 pm - 12:50 pm

Healthy Lifestyles
1:00 pm - 1:50 pm

Safety Awareness³
1:00 pm - 3:00 pm

Cooking with Small Appliances II
2:00 pm - 3:30 pm

Readers & Writers Workshop
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

Musical Theatre
5:45 pm - 6:30 pm

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

Beginner Fitness
5:45 pm - 6:30 pm

Social Skills w/Friends^V 13+
6:15 pm - 7:00 pm

Teen/Young Adult Minecraft
6:45 pm - 7:45 pm

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

18+ Parent Meet Ups^V
3rd Thursday 7:00 - 8:00 pm

NextUp: Transition
FALL CONFERENCE
Thursday,
October 3, 2024
Nazareth University

FRIDAY

Functional Fitness V
9:00 am - 9:50 am

Everyday STEM
10:00 am - 10:50 am

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

U-Connect² 1:00 - 1:30 pm

Roc Art^N
11:15 am - 1:00 pm

Full Life Connections³ II
1:30 pm - 3:30 pm

Exploring Sensations
V: 4:30 pm - 5:10 pm^N
VI: 5:20 pm - 6:00 pm^N

AU Bowling³
4:30 pm - 5:30 pm



Friday Night Fun & Friends*
Social Respite for Teens &
Young Adults!
6:30 pm - 9:00 pm

Scholarships

The Richard and Nancy Dorschel Family Scholarship Program is available to eligible families

QUESTIONS?

Full Life Academy/18+
jricigliano@autismup.org
Classes/Lessons/All Ages
programs@autismup.org

Learn more & register
at autismup.org

AutismUp
50 Science Parkway
Rochester, NY 14620
Tel. (585) 248-9011



SATURDAY

Sports Sampler^N
8:30 am - 9:15 am

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

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

Football 101^N
9:30 am - 10:15 am

Teen Kinect
9:30 am - 10:25 am

Financial Literacy II
10:00 am - 11:30 am

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

Motion Dynamics IV
10:30 am - 11:15 am



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

Healthy Minds & Bodies^N
10:45 am - 11:30 am

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

U-Connect² 11:30 am-12 pm

Full Life Connections³ III
12:00 pm - 2:00 pm

Art
12:00 pm - 12:45 pm

Exploring Sensations
IX: 12:25 pm - 1:05 pm
X: 1:15 pm - 1:55 pm

Intro to Baking^N
1:00 pm - 1:45 pm

Alpha U II
1:20 pm - 2:15 pm

Baking Time
2:00 pm - 3:15 pm

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

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