

SPRING TERM 2024 4/9 - 6/24

ANYDAY

available by appointment
in-person | virtual

1:1 Full Life Coaching

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

FULL LIFE ACADEMY



1:1 Music Lessons & 1:1 Personal Training

Inquiries & schedule:
programs@autismup.org

CLASSES & WORKSHOPS



1:1 Family Navigation

To schedule, contact
navigator@autismup.org

SERVICES & SUPPORT
Education and Information for
Families and Caregivers

Topics & Schedules:
autismup.org/support



MONDAY

1:1 Personal Training & Music Lessons (Guitar, Piano, Ukelele, Voice, Exploration) available daily by appointment

Held at Nazareth University

Navigating Relationship³
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 Fun^{3N}
12:00 pm - 12:45 pm

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

Creative Expressions I
1:30 pm - 3:00 pm

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

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

All About Anime
5:00 - 6:00 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

Youth Kinect
5:45 pm - 6:30 pm

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

Global Rhythms Zumba^N
6:45 pm - 7:30 pm

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

Early Childhood Meet Up^V
9:30 am - 11:00 am

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

Scholarships

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

TUESDAY

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

Create, Connect, Explore^N
10:00 am - 11:30 am

Cooking Basics II
11:30 am - 1:30 pm

U-Connect² 12:00 - 1 pm

Roc Behind the Scenes³
1:30 pm - 3:00 pm

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

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

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

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

Youth STEM
4:30 pm - 5:30 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

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

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

**Teen & Young Adult
Engineering**
5:45 pm - 6:45 pm

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

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

WEDNESDAY

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

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

U-Connect² 1 - 1:30 pm

Chef's Circle^N
1:00 pm - 2:30 pm

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

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

Creative Expressions II
3:15 pm - 4:45 pm

Financial Literacy I
5:00 pm - 6:30 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

Musical Theater
6:45 pm - 7:30 pm

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

PerkUp Cafe[†]

Wed | Thurs | Fri
12 - 1:30 PM
Wednesdays
5:30 - 6:30 PM
Saturdays
10:30 - 11:30 AM



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

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

Evening Meet Ups^V
7:00 pm - 8:00 pm
4th Wed: Taboo Topics

Workshop Wednesdays^V
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
Experiment^N**
12:00 pm - 12:50 pm

Healthy Lifestyles^N
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

Toddler Time^N
11:00 am - 12:00 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

Chorus
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

Dad's Meet Up³
Last Thurs of month 7-8 pm

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

FRIDAY

1:1 Personal Training & Music Lessons by scheduled appointment

Global Rhythms Zumba II^N
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

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

Baking Time & More^N
4:30 pm - 5:45 pm

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

AU Bowling³
4:30 pm - 5:30 pm

**Friday Fun Nights
Social Respite Program**
6:30 pm - 9:00 pm

^{*}OPWDD
eligibility requirements

Learn more &
register at
autismup.org

QUESTIONS?
[Full Life Academy/18+
jricigliano@autismup.org](mailto:FullLifeAcademy18+@autismup.org)
[Classes/Lessons/All Ages
programs@autismup.org](mailto:Classes/Lessons/AllAges@autismup.org)

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

20 Years Of
Au
2004.2024

SATURDAY

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

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

U-Connect² 11:30 am-12 pm

Full Life Connections³ III
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^V
10:30 am - 11:15 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
IX: 1:15 pm - 1:55 pm

Art
12:00 pm - 12:45 pm

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

Baking Time
1:45 pm - 3:00 pm

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

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

good as
gold
20 Years of AutismUp