

SUMMER 2024
7/8 - 9/23

ANYDAY

available by appointment
in-person | virtual



FULL LIFE
ACADEMY

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



CLASSES &
WORKSHOPS

1:1 Music Lessons &
1:1 Personal Training
Inquiries & schedule:
programs@autismup.org



SERVICES &
SUPPORT

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

Education & Information
for Families & Caregivers
Topics & Schedules:
autismup.org/support



MONDAY

Held at Nazareth University

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 - 3:00 pm

Cooking Basics I
2:00 pm - 4:00 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

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

Social Skills with Friends^V
(ages 6-12)
5:00 pm - 5:45 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 I
6:45 pm - 7:30 pm

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

TUESDAY

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

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

Create, Connect, Explore
10:00 am - 11:30 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**
4:00 pm - 5:30 pm

Dungeons, Dragons & More^N
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^N
4:30 pm - 5:15 pm

Small Group Social Skills II^N
5:30 pm - 6:15 pm

Small Group Social Skills III^N
6:30 pm - 7:15 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
7:00 pm - 8:00 pm

WEDNESDAY

AU Shark Tank^N
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
2:00 pm - 3:30 pm

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

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

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

Social Skills with Friends^V
(ages 6-12)
5:00 pm - 5:45 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

**Playground & Popsicles
Family Meet Ups**
June 5th 6 - 7pm
July 17th, 7 pm
August 14th, 6 - 7pm
September 18th, 6 - 7pm

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
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
3:00 pm - 4:00 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

FRIDAY

Global Rhythms Zumba II
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
3:45 pm - 5:00 pm

AU Bowling³
4:30 pm - 5:30 pm


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


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

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

**Participate in the KiteFlite
Amazing Race
and make stops at
summer fundays
along the way!**

Playground & Popsicles
Sound & Color Open hAU
Kite Making & Flying Picnic
Scoot, Skate & Bike Night
AU Olympiad
Ice Cream Party
Seabreeze Family Day
& more to be announced!

SATURDAY

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

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

Teen Kinect
9:30 am - 10:25 am

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

Motion Dynamics IV
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
V: 10:45 am - 11:25 am
VI: 11:35 am - 12:15 pm
VII: 12:25 pm - 1:05 pm
VIII: 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

Learn more & register
at autismup.org

QUESTIONS?
Full Life Academy/18+
jricigliano@autismup.org

Classes/Lessons/All Ages
programs@autismup.org

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

Catch the Wind. Lift Families. Keep AU Flying.

Join the KiteFlite "Krew" and together we'll take off on an amazing race to raise crucial funding to expand support and opportunities! AutismUp relies on KiteFlite fundraising efforts to provide free training, workshops and member events, and to ensure we have a robust team of Support Coaches and specialized instruction for our participants! Secure your **Passport to our Summer Adventure**, show your AUsome spirit and participate in fun events along the way at: autismup.org/events/kiteflite-2024 *Help Soar for AutismUp!*

