



2025 - 2026 Winter Term 1/12 - 4/4

Full Life Academy
Classes

Virtual Classes

Support Meetups

Off-Site Sports Classes

Anyday

FULL LIFE ACADEMY



1:1 Full Life
Coaching &
Academy Tours

academy@
autismup.org

ENRICHMENT CLASSES



1:1 Music
Lessons, Social
Skills & Personal
Training

programs@
autismup.org

SUPPORT SERVICES



1:1 Family
Navigation

navigation@
autismup.org

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

autismup.org/support

Monday

Navigating Relationships³
9:00 am - 9:45 am

My Place³
10:00 am - 10:45 am

Functional Fitness I³
11:00 am - 11:45 am

Adult Running³
12:00 pm - 12:45 pm

Creative Art I
1:30 pm - 2:20 pm

Cooking I
1:30 pm - 3:15 pm

Healthy Relationships
2:30 pm - 3:20 pm

Anime Art I
3:30 pm - 4:20pm

Visual Awareness
I (18+): 2:30 pm - 3:15 pm
II: 3:30 pm - 4:15 pm
III: 4:30 pm - 5:15 pm

Teen Social Skills
4:15 pm - 5:00 pm

Teen & Young Adult Basketball³
4:30 pm - 5:15 pm

Virtual Dance & Movement
4:30 pm - 5:15 pm

Swimming³
I. 5:00 pm - 5:30 pm
II. 5:40 pm - 6:10 pm
III. 6:30 pm - 7:15 pm

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

Virtual Music & Movement
5:30 pm - 6:15 pm

Teen Football^{2,3}
5:30 pm - 6:15 pm

Group Fitness I
5:30 pm - 6:15 pm

Drumming I
6:30 pm - 7:15 pm

Virtual Minecraft I
6:30 pm - 7:30 pm

Tuesday

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

Cooking Essentials I²
10:00 am - 11:30 am

Everyday STEM
11:00 am - 11:50 am

Cooking II
12:00 pm - 1:45 pm

Adult Connections I
12:45 pm - 2:45 pm

Adult Baking I
2:30 pm - 4:00 pm

Cooking @ The Commissary
3:15 pm - 5:00 pm

Exploring Sensations
I (18+): 3:00 pm - 3:45 pm
II (3-13): 4:00pm - 4:45 pm
III (3-13): 5:00 pm - 5:45 pm
IV (13+): 6:00 pm - 6:45 pm
V (13+): 7:00 pm - 7:45 pm

Virtual Mindfulness
4:30 pm - 5:15 pm

Small Group Social Skills I
5:00 pm - 5:45 pm

Dungeons & Dragons
5:00 pm - 7:00 pm

Small Group Social Skills II
6:00 pm - 6:45 pm

Small Group Social Skills III
7:00 pm - 7:30 pm

Virtual Minecraft II
7:00 pm - 8:00 pm

18+ Parent Meetup
7:00 pm - 8:00 pm; 1/6, 2/3, 3/3, 4/7

Spanish Speakers Meetup
7:00 pm - 8:00 pm; 1/20, 2/17, 3/17, 4/21

NextUp Workshop
TBD

Advocacy Speaker Series
TBD

Wednesday

Cooking III
10:00 am - 11:45 am

Bowling League³
10:00 am - 12:00 pm

Photography³
12:15 pm - 1:45 pm

Adult Basketball
1:00 pm - 1:50 pm

Functional Fitness III
2:00 pm - 2:50 pm

Cooking w/Small Appliances I
2:00 pm - 3:30 pm

Creative Art II
3:00 pm - 3:50 pm

Financial Literacy I
4:15 pm - 5:45 pm

Youth Music & Movement
2:30 pm - 3:15 pm

Teen My Place²
3:00 pm - 3:45 pm

Youth Social
3:30 pm - 4:15 pm

Floor Hockey^{2,3}
4:30 pm - 5:15 pm

Yoga
4:15 pm - 5:00 pm

Boys Social I
4:30 pm - 5:15 pm

Swimming³
IV: 5:00 pm - 5:30 pm
V: 5:40 pm - 6:10 pm
VI: 6:20 pm - 6: 50 pm

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

Dance & Movement
5:30 pm - 6:15 pm

Virtual Minecraft III
6:00 pm - 7:00 pm

Dance Choreography
6:30 pm - 7:15 pm

Early Childhood
8:30 am - 10:00 am; 1/7, 2/4, 3/4, 4/1

Parent Morning Meetup
9:30 am - 11:00 am; 1/14, 2/11, 3/11, 4/8

Grandparent Meetup
12:00 pm - 1:00 pm; 1/21, 2/18, 3/18, 4/15

Parent Evening Meetup
7:00 pm - 8:00 pm; 1/28, 2/25, 3/25, 4/29

Thursday

Navigating Nature³ @ Equicenter
9:30 am - 11:30 am

Self- Advocacy
10:00 am - 10:50 am

Executive Functioning
11:00 am - 11:50 am

Plant-Based Cooking²
11:30 am - 1:00 pm

Comic Art²
12:00 pm - 12:50 pm

ROC Behind the Scenes³
12:00 pm - 1:30 pm

Music Production
12:00 pm - 12:50 pm

Safety Awareness
1:30 pm - 2:45 pm

Cooking w/Small Appliances II
2:00 pm - 3:30 pm

Adult Golf^{2,3}
2:00 pm - 4:00 pm

Connecting through Music²
2:30 pm - 3:15 pm

Youth Art²
3:30 pm - 4:15 pm

Youth Minecraft
4:15 pm - 5:15 pm

Improv
4:15 pm - 5:00 pm

Youth Music²
4:30 pm - 5:15 pm

Swimming³
VII: 5:00 pm - 5:30 pm
VIII: 5:40 pm - 6:10 pm
IX: 6:20 pm - 6: 50 pm

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

Teen Minecraft
5:30 pm - 6:30 pm

Latin Cardio Dance
5:30 pm - 6:15 pm

Virtual Social Skills I
6:15 pm - 7:00 pm

Teen/Young Adult Music & Movement
6:30 pm - 7:15 pm

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

Friday

Functional Fitness III³
9:00 am - 9:45 am

HydroMoves³
10:00 am - 10:45 am

Adult Sports Sampler³
11:00 am - 11:45 am

My Place Essentials²
9:30 am - 10:20 am

Cooking IV
11:00 am - 12:45 pm

Creative Writing
12:00 pm - 12:50 pm

Adult Connections II³
1:00 pm - 3:00 pm

Adult Baking II
1:30 pm - 3:00 pm

Anime Art II
3:10 pm - 4:00 pm

Bowling³
4:30 pm - 5:30 pm

Exploring Sensations
VI: 4:30 pm - 5:15 pm
VII: 5:30 pm - 6:15 pm

Dungeons & Dragons II
4:30 pm - 6:30 pm

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

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Saturday

Executive Functioning: Social Skills
9:00 am - 9:50 am

Boy Social II
9:30 am - 10:15 am

Youth Sensory Art
9:30 am - 10:15 am

Teen & Young Adult Sensory Art
10:15 am - 10:45 am

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

Virtual Minecraft IV
10:15 am - 11:15 am

Adult Social Skills I
10:30 am - 11:15 am

Exploring Sensations
VIII: 10:30 am - 11:15 am
IX: 11:30 am - 12:15 pm
X: 12:30 pm - 1:15 pm
XI: 1:30 pm - 2:15 pm

Youth Sports Sampler³
11:00 am - 11:45 am

Teen & Young Adult Art
11:30 am - 11:45 am

Youth Basketball³
12:00 pm - 12:45 pm

Adult Connections III & IV³
12:00 pm - 2:00 pm

Swimming³
X: 12:00 pm - 12:30 pm
XI: 12:35 pm - 1:05 pm
XII: 1:10 pm - 1:40 pm
XIII: 1:45 pm - 2:15 pm

Teen Cooking Essentials²
12:15 pm - 1:15 pm

Youth Soccer³
1:00 pm - 1:45 pm

Cooking Essentials²
2:00 pm - 3:30 pm

Group Fitness
2:30pm - 3:15 pm

Learn more at autismup.org

2- new class section or offering
3- Off-site location