

2025 Spring Term
4/21-6/24

Full Life Academy Classes

UConnect supervised meal break for Full Life Academy participants

Virtual Classes

Support Meetups

Anyday

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

ENRICHMENT CLASSES
 1:1 Music Lessons, Social Skills & Personal Training
 Inquiries & to schedule: programs@autismup.org

SUPPORT SERVICES
 1:1 Family Navigation
 Inquiries & to schedule: navigation@autismup.org
 Education & Information for Families & Caregivers
 Topics & Schedules autismup.org/support
 The Richard and Nancy Dorschel Family **Scholarship Program** is available to eligible families

Monday

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
Creative Expressions I 1:30 pm - 2:30 pm
Cooking I 2:00 pm - 3:45 pm
Healthy Relationships 2:30 pm - 3:20 pm
All About Anime I 4:30 pm - 5:20 pm
Girl Power 4:30 pm - 5:25 pm
Youth Kinect 4:30 pm - 5:25 pm
Swim Instruction I³ I: 5:00 pm - 5:30 pm II: 5:40 pm - 6:10 pm III: 6:20 pm - 6:50 pm
Cooking with Friends I 5:15 pm - 7:00 pm
AU Fit I 5:45 pm - 6:30 pm
Odyssey Inclusive 5:40 pm - 6:35 pm
Music & Movement I 6:00 pm - 6:40 pm
Drum It Up I 6:45 pm - 7:30 pm
Remote Minecraft I 7:00 pm - 8:00 pm
Early Childhood Virtual Meetup 9:30am-11:00am, 4/7, 5/5, 6/1
Lego Club 5:30pm - 6:30pm, 4/28, 5/19, 6/23

Tuesday

Functional Fitness II 10:00 am - 10:50 am
Cooking II 11:00 am - 12:45 pm
U-Connect 12:30 - 1:00 pm
Full Life Connections I³ 12:30 pm - 2:30 pm
Body Mind Connections 3:00 pm - 3:50 pm
Chef's Circle @The Commissary³ 3:15 pm - 5:00 pm
Baking Time & More² 4:00 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
Mindfulness & Relaxation 4:30 pm - 5:15 pm
Small Group Social Skills I 4:20 pm - 5:00 pm
Dungeons, Dragons & More I 4:30 pm - 6:30 pm
Vision in Motion I: 5:10 pm - 5:50 pm II: 6:00 pm - 6:40 pm III: 6:50 pm - 7:30pm
Small Group Social Skills II 5:10 pm - 5:50 pm
Small Group Social Skills III 6:00 pm - 6:40 pm
Social Skills with Friends 13+ I 6:15 pm - 7:00 pm
Small Group Social Skills IV 6:50 pm - 7:30 pm
Remote Minecraft II 7:00 pm - 8:00 pm
Spanish Speaker Virtual Meetup 7:00pm - 8:00pm, 4/15, 5/20, 6/17
18+ Parent Virtual Meetup 7:00pm - 8:00pm, 4/1, 5/6, 6/3

Wednesday

Cooking III 10:00 am - 11:45 am
Bowling League³ 10:30 am - 12:30 pm
U-Connect 12:30 - 1:00 pm
Basketball Basics² 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 Expressions II 3:00 pm - 4:00 pm
Financial Literacy I 4:15 pm - 5:45 pm
Boys Zone I 4:30 pm - 5:25 pm
Positive Vibes Yoga I 4:30 pm - 5:15 pm
Cooking with Friends II 5:15 pm - 7:00 pm
Baking Time I 5:15 pm - 6:00 pm
Motion Dynamics I 5:45 pm - 6:30 pm
Drum It Up II 6:15 pm - 7:00 pm
Crushing It Choreography! 6:45 pm - 7:30 pm
Remote Minecraft III 6:00 pm - 7:00 pm
Parent/Caregiver Morning Meetup 9:30am-11:00am 4/9, 5/14, 6/11
Parent/Caregiver Virtual Evening Meetup 7:00pm - 8:00pm, 4/30, 5/28, 6/25
Grandparent Meetup 12:00pm - 1:00pm, 4/16, 5/21, 6/18

Thursday

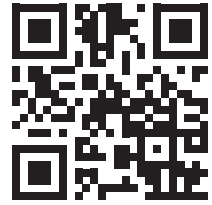
Navigating Nature @ Equicenter³ 9:30 am - 11:30 am
Functional Fitness IV 10:00 am - 10:50 am
Executive Functioning I 11:00 am - 11:50 am
U-Connect 12:00 - 12:30pm
The Recording Studio Experience 12:00 pm - 12:50 pm
Roc Behind The Scenes 12:00 pm - 1:30 pm
Healthy Lifestyles 1:00 pm - 1:50 pm
Safety Awareness³ 1:30 pm - 3:00 pm
Cooking w/Small Appliances II 2:00 pm - 3:30 pm
Readers & Writers Workshop 3:30 pm - 4:20 pm
Youth Minecraft 4:15 pm - 5:15 pm
Youth Art & Music 4:30 pm - 5:25 pm
Swim Instruction II³ IV: 5:00 pm - 5:30 pm V: 5:40 pm - 6:10 pm VI: 6:20 pm - 6:50 pm
Cooking with Friends III 5:15 pm - 7:00 pm
Teen Minecraft 5:30 pm - 6:30 pm
Beginner Fitness 5:45 pm - 6:30 pm
Young Adult Minecraft 6:45 pm - 7:45 pm
Music & Movement II 6:45 pm - 7:30 pm
Social Skills w/Friends 13+ II 6:15 pm - 7:00 pm

Friday

Lift It Up 9:00 am - 9:50 am
Everyday STEM 10:00 am - 10:50 am
Cooking IV 11:00 am - 12:45 pm
U-Connect 12:30 - 1:00 pm
Full Life Connections II³ 1:00 pm - 3:00 pm
All About Anime II 3:10 pm - 4:00 pm
Exploring Sensations V: 4:30 pm - 5:10 pm VI: 5:20 pm - 6:00 pm
Dungeons, Dragons & More II 4:30 pm - 6:30 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

AutismUp
 50 Science Parkway
 Rochester, NY 14620
 (585) 248-9011
 Questions?
jricigliano@autismup.org
 For All Ages Programs
programs@autismup.org

Day of Giving
Wednesday
April, 16, 2025



Saturday

Executive Functioning II 9:00 am - 9:50 am
Boys Zone II 9:30 am - 10:25 am
Teen Kinect 9:30 am - 10:25 am
Positive Vibes Yoga II 9:45 am - 10:30 am
Sports Sampler³ 10:00 am - 10:45 am
Financial Literacy II 10:00 am - 11:30 am
Survival Saturday Minecraft IV 10:15 am - 11:15 am
Motion Dynamics II 10:45 am - 11:30 am
Alpha U I 10:45 am - 11:40 am
Exploring Sensations VII: 10:45 am - 11:25 am VIII: 11:35 am - 12:15 pm
Basketball Skills & Drills I³ 11:00 am - 11:45 am
Swimming III @ Nazareth University³ I: 10:00 am - 11:40 am II: 10:35 am - 11:05 am III: 11:10 am - 11:40 am IV: 11:45 am - 12:15 pm
U-Connect 11:30am - 12:00 pm
Art 12:00 pm - 12:45 pm
Full Life Connections III³ 12:00 pm - 2:00 pm
Soccer Skills³ 12:00 pm - 12:45 pm
Exploring Sensations IX: 12:25 pm - 1:05 pm X: 1:15 pm - 1:55 pm
Baking Time II 12:30 pm - 1:45 pm
Sensory Art 1:00 pm - 1:45 pm
Alpha U II 1:20 pm - 2:15 pm
Baking Time III 2:00 pm - 3:15 pm
AU Fit II 2:30 pm - 3:15 pm
Accidental Social Skills: A Comedy Improv Class² 2:30 pm - 3:30 pm
Drawing Skills 2:45 pm - 3:30 pm
Basketball Skills & Drills II 3:30 pm - 4:15 pm

NextUp Virtual Workshops: 7:00pm - 8:30 pm 4/8, 5/13, 6/10

Learn more & register at autismup.org

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