

## WINTER TERM 1/13 - 4/5/2025

### 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, Social Skills & Personal Training  
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

#### SCHOLARSHIPS

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

### MONDAY

**Fun With Food I<sup>M</sup>**  
9:00 am - 10:00 am

**Fun With Food II<sup>M</sup>**  
10:30 am - 11:30 am

**Navigating Relationships<sup>3</sup>**  
9:00 am - 9:50 am

**Functional Fitness I<sup>3</sup>**  
10:00 am - 10:50 am

**My Place I<sup>3</sup>**  
11:00 am - 11:50 am

**Run for Fun<sup>3</sup>**  
12:00 pm - 12:45 pm

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

**Cooking 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 I**  
4:30 pm - 5:20 pm

**Girl Power**  
4:30 pm - 5:25 pm

**Youth Kinect**  
4:30 pm - 5:25 pm

**LEGO CLUB: 1/27, 2/24, 3/31**  
5:30 pm - 6:30 pm

**Swim Instruction I<sup>3M</sup>**  
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

**Odessey Inclusive**  
5:45 pm - 6:30 pm

**Music & Movement<sup>V</sup>**  
6:00 pm - 6:40 pm

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

**Remote Minecraft<sup>V</sup>**  
7:00 pm - 8:00 pm

**NextUp: Transition Series<sup>V</sup>**  
1/14, 2/11, 3/11 | 7 pm - 8:30 pm

### TUESDAY

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

**Moving & Grooving<sup>N</sup>**  
10:00 am - 11:00 am

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

**U-Connect<sup>2</sup> 12:30 - 1:00 pm**

**Roc Behind the Scenes<sup>3</sup>**  
1:00 pm - 3:00 pm

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

**Chef's Circle<sup>3</sup> The Commissary**  
3:30 pm - 5:00 pm

**My Place II**  
4:00 pm - 4:50 pm

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

**Mindfulness & Relaxation<sup>V</sup>**  
4:30 pm - 5:15 pm

**Soccer<sup>3</sup>**  
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

**Vision In Motion<sup>N</sup>**  
I: 5:10 pm - 5:50 pm  
II: 6:00 pm - 6:40 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**  
6:50 pm - 7:30 pm

**Social Skills with Friends 13+<sup>V</sup>**  
6:15 pm - 7:00 pm

**Remote Minecraft<sup>V</sup>**  
7:00 pm - 8:00 pm

**Spanish Speaker Meet Ups<sup>V</sup>**  
1/21, 2/18, 3/18 | 7 pm - 8 pm

**Housing Speaker Series**  
1/28, 2/25, 3/25 | 7 pm - 9 pm

**18+ Parent Meet Ups<sup>V</sup>**  
1/7, 2/4, 3/4 | 7 pm - 8 pm

### WEDNESDAY

**Parent Meet Ups (all ages)**  
1/8, 2/12, 3/12: 9:30 - 11 am

**Early Childhood (Birth - 5)**  
2/5, 3/5: 9:30 am - 11 am

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

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

**Bowling League I<sup>3N</sup>**  
11:00 am - 12:30 pm

**Grandparent Meet Ups**  
1/15, 2/19, 3/19 | 12 - 1 pm

**U-Connect<sup>2</sup> 12:30 - 1:00 pm**

**Roc Art Explore**  
1:00 pm - 2:30 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**  
4:45 pm - 5:30 pm

**Bowling League II<sup>3</sup>**  
5:00 pm - 6:30 pm

**Baking Time I<sup>V</sup>**  
5:15 pm - 6:00 pm

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

**Motion Dynamics I**  
5:45 pm - 6:30 pm

**Remote Minecraft<sup>V</sup>**  
6:00 pm - 7:00 pm

**Crushing It Choreography!**  
6:45 pm - 7:30 pm

**Parent/Caregiver Meet Ups**  
1/22, 2/26, 3/26 | 7 pm - 8 pm

### THURSDAY

**Navigating Nature Equicenter<sup>3</sup>**  
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<sup>2</sup> 12 - 12:30 pm**

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

**Teach & Talk**  
12:00 pm - 12:50 pm

**Healthy Lifestyles**  
1:00 pm - 1:50 pm

**Safety Awareness<sup>3</sup>**  
1:00 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

**SibShops**  
5:00 pm - 5:45 pm

**Swim Instruction II<sup>3N</sup>**  
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

**Musical Theatre**  
5:45 pm - 6:30 pm

**Beginner Fitness**  
5:45 pm - 6:30 pm

**Social Skills w/Friends<sup>V</sup> 13+**  
6:15 pm - 7:00 pm

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

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

### FRIDAY

**Lift It Up<sup>N</sup>**  
9:00 am - 9:50 am

**Everyday STEM**  
10:00 am - 10:50 am

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

**Partner Connection<sup>N</sup>**  
12:00 pm - 12:50 pm

**U-Connect<sup>2</sup> 12:30 - 1:00 pm**

**Full Life Connections<sup>3</sup> I**  
1:00 pm - 3:00 pm

**All About Anime II**  
3:10 pm - 4:00 pm

**Dungeons & Dragons<sup>V</sup>**  
4:30 pm - 6:30 pm

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

**AU Bowling<sup>3</sup>**  
4:30 pm - 5:30 pm

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



Transition from School Age Programs to Adulthood

**FEBRUARY 28, 2025**

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

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

Classes/Lessons/All Ages  
programs@autismup.org

Learn more & register at  
[autismup.org](http://autismup.org)

### SATURDAY

**Sports Sampler**  
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**  
9:30 am - 10:15 am

**Teen Kinect**  
9:30 am - 10:25 am

**Positive Vibes Yoga II<sup>V</sup>**  
9:45 am - 10:30 am

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

**Survival Saturday Minecraft<sup>V</sup>**  
10:15 am - 11:15 am

**Healthy Minds & Bodies**  
10:45 am - 11:30 am

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

**Motion Dynamics II<sup>V</sup>**  
10:45 am - 11:30 am

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

**Swim Instruction III<sup>3N</sup>**  
VII: 11:00 am - 11:30 am  
VIII: 11:35 pm - 12:05 pm

**Art**  
12:00 pm - 12:45 pm

**U-Connect<sup>2</sup> 11:30 am-12 pm**

**Full Life Connections<sup>3</sup> II**  
12:00 pm - 2:00 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<sup>N</sup>**  
1:00 pm - 1:45 pm

**Alpha U II**  
1:15 pm - 2:10 pm

**Baking Time III**  
2:00 pm - 3:15 pm

**Drawing Skills<sup>V</sup>**  
2:30 pm - 3:15 pm

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

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