



2025 Fall Term 9/8 - 12/20

Full Life Academy Classes

UConnect
supervised meal break
for Full Life Academy
participants

Virtual Classes

Support Meetups

Sports Programs @ JCC

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

Functional Fitness I³
10:00 am - 10:45 am

My Place³
11:00 am - 11:45 am

Run for Fun³
12:00 pm - 12:45 pm

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

Cooking I
1:30 pm - 3:15 pm

Healthy Relationships
2:30 pm - 3:20 pm

All About Anime I
3:30 pm - 4:20pm

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

Teen Basketball Skills and Drills³
5:00 pm - 5:45 pm

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

AU Fit I
5:45 pm - 6:30 pm

Odyssey Inclusive
5:45 pm - 6:40 pm

Music & Movement I
5:30 pm - 6:10 pm

Drum It Up I
6:15 pm - 7:00 pm

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

Parent Effectiveness Program
7:00 pm - 9:00 pm,
every Monday
9/29 - 10/27

Tuesday

Zoo Life³
10:00 am - 11:30 am

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

Cooking II
11:00 am - 12:45 pm

U-Connect 12:00 pm - 12:30 pm

Full Life Connections I³
12:45 pm - 2:45 pm

Chef's Circle @The Commissary³
3:15 pm - 5:00 pm

Baking Time & More I
3:00 pm - 4:30 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

NextUp Workshops
7:00 pm - 8:30 pm; 9/9, 10/14, 11/11, 12/9

18+ Parent Meetup
7:00 pm - 8:00 pm; 9/2, 10/7, 11/4, 12/2

Spanish Meetup
7:00 pm - 8:30 pm; 9/16, 10/21, 11/18, 12/16

Wednesday

Cooking III
10:00 am - 11:45 am

Bowling League³
10:00 am - 12:00 pm

U-Connect 12:00 pm - 12:30 pm

ROC Art Explore: Photography³
12:15 pm - 1:45 pm

Basketball Basics
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 - 3:50 pm

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

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

Positive Vibes Yoga I
4:30 pm - 5:15 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 II
5:15 pm - 7:00 pm

Healthy Minds and Bodies²
5:30 pm - 6:15 pm

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

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

Drum It Up II
6:15 pm - 7:00 pm

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

Early Childhood
9:30 am - 11:00 am; 9/3, 10/1, 11/5, 12/3

Parent Morning Meetup
9:30 am - 11:00 am; 9/10, 10/8, 11/12, 12/10

Grandparent Meetup
12:00 pm - 1:00 pm; 9/17, 10/15, 11/19, 12/17

Parent Evening Meetup
7:00 pm - 8:00 pm; 9/24, 10/22, 11/19, 12/17

Thursday

EmpowerU
10:00 am - 10:50 am

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

Executive Functioning
11:00 am - 11:50 am

U-Connect 12:00 pm - 12:30 pm

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

The Recording Studio
Experience³
12:00 pm - 12:50 pm

Healthy Lifestyles
12:00 pm - 12:50 pm

Safety Awareness³
1:30 pm - 2:45 pm

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

Readers & Writers Workshop
3:30 pm - 4:20 pm

Youth Minecraft & More
4:15 pm - 5:15 pm

Youth Art & Music
4:30 pm - 5:25 pm

Intro to Dance²
4:30 pm - 5:15 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 & More
5:30 pm - 6:30 pm

Latin Cardio Dance²
5:45 pm - 6:30 pm

Social Skills w/Friends 13+ II
6:15 pm - 7:00 pm

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

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

Friday

Functional Fitness IV³@ JCC
9:30 am - 10:15 am

My Place
9:30 am - 10:20 am

HydroMoves³@ JCC
10:30 am - 11:15 am

Cooking IV
11:00 am - 12:45 pm

Everyday STEM
12:00 pm - 12:50 pm

U-Connect 12:30 pm - 1:00 pm

Baking Time & More II
1:30 pm - 3:00 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?

For Full Life Academy
jricigliano@autismup.org

For All Ages Programs
hkmiecinski@autismup.org

Fall Events:

Young Adult Mixer:
Saturday, October 11

Trunk or Treat:
Saturday, October 18

Early Childhood Resource Conference:
Friday, November 7

Sound and Color:
Sunday, December 14

Saturday

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

Boy Zone II
9:30 am - 10:25 am

Positive Vibes Yoga II
9:45 am - 10:30 am

Sensory Art
9:45 am - 10:30 am

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

Youth Basketball Skills & Drills I³
12:00 pm - 12:45 pm

Soccer Skills³
1:00 pm - 1:45 pm

Teen Sports Sampler³
2:00 pm - 2:45 pm

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

Remote 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
IX: 12:25 pm - 1:05 pm
X: 1:15 pm - 1:55 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

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

Baking Time
2:00 pm - 3:15 pm

Accidental Social Skills
2:30 pm - 3:30 pm

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

Learn more & register at autismup.org

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