

MONDAY

Nav. Relationships
9:00 am - 9:50 am

Navigating Nature
10:00 am - 11:30 am

My Place I
12:00 pm - 12:50 pm

U-Connect 1 - 2 pm

Creative Expressions
2:00 pm - 3:30 pm

Ready Set Goals I
3:30 pm - 5:30 pm

Create Connect Explore
5:30 - 6:20 PM

Girl Power
4:30 pm - 5:25 pm

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

Remote Minecraft^V
5:30 pm - 6:30 pm

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

Music & Movement^V
6:00 pm - 6:40 pm

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

Parent Effectiveness Program (PEP) Training
6:00 pm - 8:00 pm
4 Mondays 9/26 -10/24

TUESDAY

Functional Fitness
10:00 am - 10:50 am

Cooking Basics I
11:00 am - 1:00 pm

U-Connect 1 - 2 pm

My Place II
2:00 pm - 2:50 pm

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

Personal Training & Music Lessons by Appointment

Level Up
7:10 pm - 8:00 pm

Toddler Time
2:00 - 3:00 pm

Social Skills with Friends (ages 6-12)^V
3:40 pm - 4:15 pm

Mindfulness & Relaxation I^V
4:30 pm - 5:15 pm

Social Skills with Friends (ages 13+)^V
6:00 pm - 6:45 pm

Remote Minecraft^V
6:00 pm - 7:00 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
V: 7:40 pm - 8:20 pm

Body Awareness
I: 6:50 pm - 7:30 pm
II: 7:40 pm - 8:20 pm

Spanish Meet Ups^V
7:00 pm - 8:00 pm

WEDNESDAY

Parent Connections
9:30 am - 10:30 am

Ready, Set, Goals II
10:00 am - 12:00 pm

Functional Fitness II
12:00 pm - 12:50 pm

U-Connect 1 - 2 pm

Career Exploration³
2:00 pm - 3:30 pm

Personal Training & Music Lessons by Appointment

Financial Literacy I
5:00 pm - 7:00 pm

Boys Zone I
4:30 pm - 5:25 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
7:00 pm - 8:00 pm

ListenUp! Weekly Meet Ups, Speakers & Workshop^V
7:00 pm - 8:00 pm

THURSDAY

Toddler Time
10:00- 11:00 am

Functional Fitness
9:00 am - 9:50 am

Cooking Basics II
10:00 am - 12:00 pm

U-Connect 12 - 1 pm

Safety Awareness³
1:00 pm - 3:00 pm

Gardening³
1:00 pm - 3:00 pm

SibShop (ages 11-15)
4:00 pm - 4:40 pm

SibShop (ages 6-10)
5:00 pm - 5:40 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

Youth Minecraft II
5:30 pm - 6:30 pm

Beginner Fitness
5:45 pm - 6:30 pm

Social Skills with Friends^V (13+)
6:15 pm - 7:00 pm

Teens/Young Adults Minecraft
6:45 pm - 7:45 pm

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

FRIDAY

Grandparent Meet Ups
12:00 - 1:00 pm

Functional Fitness
9:00 am - 9:50 am

Ready, Set Goals III
10:00 am - 12:00 pm

U-Connect 12 - 1 pm

Full Life Connections
1:00 pm - 3:00 pm

Personal Training & Music Lessons by Appointment

Social Skills with Friends (ages 6-12)^V
4:15 - 4:50 pm

AU Bowling³
4:30 - 5:30 pm

Learn more & register at autismup.org

AutismUp
50 Science Parkway
Rochester, NY 14620
T: (585) 248-9011
programs@autismup.org

SATURDAY

Financial Literacy II³
9:00 am - 11:00 am

Personal Training & Music Lessons by Appointment

Basketball Skills & Drills I
8:30 am - 9:15 am

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

Teen Kinect
9:30 am - 10:25 am

Remote Minecraft Survival Saturday^V
10:15 am - 11:15 am

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

Motion Dynamics I^V
11:45 am - 12:30 pm

Exploring Sensations
VI: 10:45 am - 11:25 am
VII: 11:35 am - 12:15 pm
VIII: 12:25 pm - 1:05 pm

Art
12:00 pm - 12:45 pm

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

Baking Time
1:30 pm - 2:45 pm

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

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

ANYDAY

available by appointment in-person | virtual

Full Life Academy Tours
To schedule, contact jricigliano@autismup.org

FULL LIFE ACADEMY



1:1 Music Lessons
Guitar | Piano | Voice | Exploration
1:1 Personal Training
To schedule, contact cjones@autismup.org

CLASSES & WORKSHOPS



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

SUPPORT SERVICES
Meet Ups & Workshops offered at no cost T, W, F
Scan for topics & registration links



In-person classes are held at the Golisano Autism Center unless otherwise noted

² Must be enrolled in Full Life Academy classes to participate in U-Connect, a supervised meal break and social opportunity

³ Off-site location(s) ^V Virtual