



January 7 - March 30

2019 WINTER TERM

Registration details and program information at AutismUp.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Swim @ RIT* (1/6 - 3/10) 4:30p - 6:00p	Open Gym 10a - 4p	Exploring Sensations 4:15p - 4:55p	Exploring Sensations 4:15p - 4:55p	Open Gym 3p - 6p	Open Gym 9a - 12p	Boys Zone 9a - 10a
	Boys Zone 4:30p - 5:30p	Exploring Sensations 5:05p - 5:45p	LinkUp Lab I 4:30p - 5:30p	LinkUp I: Bay View YMCA* 4:30p - 6p	Youth Bowling* 4:30p - 5:30p	Exploring Sensations 10a - 10:40a
	Girl Power 4:30p - 5:30p	Exploring Sensations 5:55p - 6:35p	Exploring Sensations 5:05p - 5:45p	LinkUp II: Vision Buick GMC* 4:30p - 6p	Teen Bowling* 4:30p - 5:30p	Minecraft Breakfast Buddies* 10:15a - 11:15a
1:1 Personal Fitness Please contact program department for details and availability.	AlphaU 5:45p - 6:45p	Exploring Sensations 5:05p - 5:45p	Cooking With Friends 5:15p - 7p	Youth Minecraft 4:45p - 5:45p	Adult Bowling* 4:30p - 5:30p	Exploring Sensations 10:45a - 11:25a
	Teen Kinect 5:45p - 6:45p	Exploring Sensations 5:55p - 6:35p	LinkUp Lab II 5:30p - 6:30p	LinkUp Lab II 5:30p - 6:30p	Cooking With Friends 5:15p - 7p	Open Gym 3:30p - 6p
Birthday Parties Available†	Art & Music For Relaxation 7p - 8p	Vision In Motion 6:45p - 7:25p	Exploring Sensations 5:55p - 6:35p	Beginner Fitness 6p - 6:45p	Teen Scene* Visit autismup.org for dates, times, and locations	AlphaU 11:30a - 12:30p
		Vision In Motion 7:35p - 8:15p	Speech Club @ Naz (SCAN)* (2/6 - 4/24) 6p - 7p	Youth Minecraft 6p - 7p	Adult MeetUps* Visit autismup.org for dates, times, and locations	Teen Kinect 11:30a - 12:30p
			Self-Regulation 6:45p - 7:25p	Body Jamz 7p - 7:45p		AU Fit 12:45p - 1:30p
		Self-Regulation 7:35p - 8:15p	Self-Regulation 7:35p - 8:15p	Teen / Young Adult Minecraft 7:10p - 8:10p		Cooking With Friends: Basics 12:45p - 1:45p
						Basketball Skills & Drills* 1p - 1:45p
						Open Gym 1:30p - 3p