



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