

3+

Exploring Sensations  
 Family Swim 4+  
 Mindfulness & Relaxation  
 Motion Dynamics (Virtual)  
 Vision In Motion

6 - 12

Art & Music  
 Arts & Crafts 8+  
 AU Bowling 8+  
 Baking Time 10+ (IP)  
 Baking Time 6+ (V)  
 Basketball Skills & Drills 9+  
 Beginner Fitness  
 Board Gamers 8+  
 Boys Zone  
 Captivating Keys  
 Drum It Up 10+  
 Exploring Sensations  
 Family Swim  
 Full Body Fitness (V)  
 Girl Power  
 Guitar Fundamentals  
 Mindfulness & Relaxation  
 Minecraft/  
 Survival Saturday 7+ (V)  
 Motion Dynamics 7+ (IP)  
 Motion Dynamics (V)  
 Music & Movement 6+ (V)  
 Music & Movement 12+ (IP)  
 Musician Inside Us All  
 Personal Fitness 7+  
 Running Performance 8+  
 Soccer Skills & Drills 8+  
 Social Skills with Friends  
 Teen Kinect 12+  
 Ukulele Fundamentals  
 Vision In Motion  
 Vocal Expressions  
 Youth Minecraft 7-12

## CLASS OFFERINGS BY AGE

These are general guidelines and may be flexible. Please contact our Program Team with questions and to discuss placement options at 585-248-9011, ext 116.

13+

Art  
 Arts & Crafts  
 AU Bowling  
 AU Fit  
 Baking Time  
 (in person & virtual)  
 Basketball Skills & Drills  
 Beginner Fitness  
 Board Gamers  
 Body Awareness  
 Captivating Keys  
 Drum It Up  
 Exploring Sensations  
 Family Swim  
 Full Body Fitness (V)  
 Guitar Fundamentals  
 Mindfulness & Relaxation (V)  
 Minecraft/  
 Survival Saturday (V)  
 Motion Dynamics  
 (in person & virtual)  
 Music & Movement  
 (in person & virtual)  
 Musical Theatre  
 Musician Inside Us All  
 Personal Fitness  
 Running Performance  
 Soccer Skills & Drills  
 Social Skills with Friends  
 Survival Saturday Minecraft  
 Teen Kinect 12-15  
 Teen/Young Adult Minecraft  
 Ukulele Fundamentals  
 Vocal Expressions  
 Vision in Motion  
 Youth Engineering

16+

AlphaU  
 Art  
 Arts & Crafts  
 AU Bowling  
 AU Fit  
 Baking Time  
 (in person & virtual)  
 Basketball Skills & Drills  
 Beginner Fitness  
 Board Gamers  
 Body Awareness  
 Captivating Keys  
 Cooking with Friends 18+  
 Drum It Up  
 Exploring Sensations  
 Family Swim  
 Full Body Fitness  
 Full Life Academy  
 Mindfulness & Relaxation  
 Remote Minecraft/  
 Survival Saturday  
 Motion Dynamics  
 (in person & virtual)  
 Music & Movement  
 (in person & virtual)  
 Personal Fitness  
 Running Performance  
 Social Skills with Friends  
 Soccer Skills & Drills  
 Summer Communication  
 Bootcamp 16+  
 Teen/Young Adult Minecraft  
 Ukulele Fundamentals  
 Vision In Motion  
 Vocal Expressions

18+

Individuals 18+ may register for any of our classes and are eligible to enroll in Full Life Academy classes as follows

### Full Life Academy

Cooking with Friends  
 Navigating Nature  
 My Place  
 U-Connect  
 Creative Expressions  
 Ready, Set, Goals  
 Create, Connect, Explore  
 All About Anime  
 Functional Fitness  
 Cooking Basics  
 Roc Behind the Scenes  
 Body Mind Connections  
 Empower U  
 Financial Literacy  
 Everyday STEM  
 Cooking with Small Appliances  
 Safety Awareness  
 Readers & Writers Workshop  
 Full Life Connections  
 Social Awareness & Expression  
 Executive Fncctioning  
 Intro Computer  
 Programming/Game Design  
 Zoo Life  
 Aerial Arts  
 Staying Connected 30+



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 Music & Movement 6+ (V)  
 Music & Movement 12+ (IP)  
 Musician Inside Us All  
 Personal Fitness 7+  
 Running Performance 8+  
 Soccer Skills & Drills 8+  
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 Teen Kinect 12+  
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