



Fall Term 2026 9/9 - 12/19

Thanksgiving Break
11/25 - 11/28
No Classes Held

Full Life Academy
Classes

Virtual Classes

Support Meetups

Off-Site Sports Classes

Anyday

FULL LIFE ACADEMY



1:1 Ready, Set, Succeed! & Academy Tours

academy@autismup.org

ENRICHMENT CLASSES



1:1 Music and Fitness Lessons

programs@autismup.org

SUPPORT SERVICES



1:1 Family Navigation

navigator@autismup.org

The Richard and Nancy Dorschel Family Scholarship Program is available to eligible families
autismup.org/support/

Monday

Friendship & Relationship Concepts³
9:00 am - 9:45 am

My Place³
10:00 am - 10:45 am

Functional Fitness I³
11:00 am - 11:45 am

Adult Running³
12:00 pm - 12:45 pm

Creative Art I³
1:30 pm - 2:20 pm

Healthy Relationships³
2:30 pm - 3:20 pm

Anime Art I³
3:30 pm - 4:20 pm

Teen Social Skills
4:15 pm - 5:00 pm

Visual Awareness
4:30 pm - 5:15 pm

Basketball I³
4:30 pm - 5:15 pm

Virtual Dance & Movement
4:30 pm - 5:15 pm

Swimming³
I. 5:00 pm - 5:30 pm
II. 5:40 pm - 6:10 pm
III. 6:20 pm - 6:50 pm

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

Virtual Music & Movement
5:30 pm - 6:15 pm

Teen & Young Adult Sports Sampler³
5:30 pm - 6:15 pm

Group Fitness I
5:30 pm - 6:15 pm

**Dance Basics
6:30 pm - 7:15 pm

Drumming
6:30 pm - 7:15 pm

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

Tuesday

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

Everyday STEM
11:00 am - 11:50 am

**Ice Skating³
10:30 am - 11:30 am

Cooking I
11:00 am - 12:45 pm

Building Adult Connections I³
12:45 pm - 2:45 pm

Adult Baking I
1:30 pm - 3:00 pm

**Digital Illustration
3:00 pm - 4:30 pm

Advanced Cooking³
3:15 pm - 5:00 pm

**Soup'd Up
3:30 pm - 5:00 pm

Exploring Sensations
I (18+): 3:00 pm - 3:45 pm
II (5-10): 4:00 pm - 4:45 pm
III (5-10): 5:00 pm - 5:45 pm
IV (11-17): 6:00 pm - 6:45 pm

Mini Golf I³
3:30 pm - 4:30 pm

Mini Golf II³
4:30 pm - 5:30 pm

Virtual Mindfulness
4:30 pm - 5:15 pm

Small Group Social Skills I
5:00 pm - 5:45 pm

Dungeons & Dragons I
5:00 pm - 7:00 pm

Virtual Girls Empowerment Group
5:30 pm - 6:15 pm

Small Group Social Skills II
6:00 pm - 6:45 pm

Virtual Minecraft II
7:00 pm - 8:00 pm

Wednesday

Cooking II
10:00 am - 11:45 am

Fundamentals of Bowling
10:30 am - 12:00 pm

Photography³
12:15 pm - 1:45 pm

Adult Basketball
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 Art II
3:00 pm - 3:50 pm

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

**Virtual Teen Healthy Social Boundaries
4:00 pm - 4:45 pm

Floor Hockey³
4:30 pm - 5:15 pm

Yoga
4:30 pm - 5:15 pm

Boys Social I
4:30 pm - 5:15 pm

Swimming³
IV: 5:00 pm - 5:30 pm
V: 5:40 pm - 6:10 pm
VI: 6:20 pm - 6:50 pm

**Virtual Teen Thinking Flexibly
5:00 pm - 5:45 pm

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

Group Fitness II³
5:30 pm - 6:15 pm

Dance & Movement
5:30 pm - 6:15 pm

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

Dance Choreography
6:30 pm - 7:15 pm

Thursday

Navigating Nature³
9:30 am - 11:30 am

Advocacy
10:00 am - 10:50 am

**Breakfast Bistro
10:00 am - 11:30 am

Executive Functioning
11:00 am - 11:50 am

Plant-Based Cooking
12:00 pm - 1:30 pm

Community & Resource Exploration³
12:00 pm - 1:30 pm

Music Production
12:00 pm - 12:50 pm

Safety Awareness
1:45 pm - 3:00 pm

Digital Storytelling
2:00 pm - 2:50 pm

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

Adult Golf³
2:00 pm - 3:30 pm

**Digital Storytelling Jr.
3:30 pm - 4:15 pm

Baseball³
4:00 pm - 4:45 pm

Youth Minecraft
4:15 pm - 5:15 pm

Improv
4:15 pm - 5:00 pm

Youth Art & Music
4:30 pm - 5:15 pm

Swimming³
VII: 5:00 pm - 5:30 pm
VIII: 5:40 pm - 6:10 pm
IX: 6:20 pm - 6:50 pm

Outdoor Games³
5:00 pm - 5:45 pm

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

Virtual Social Expression Studio
5:15 pm - 6:00 pm

Teen Minecraft
5:30 pm - 6:30 pm

**Teach & Talk
5:30 pm - 6:15 pm

Virtual Social Skills
6:15 pm - 7:00 pm

Teen & Young Adult Music & Movement
6:30 pm - 7:15 pm

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

Friday

Functional Fitness IV³
9:00 am - 9:45 am

HydroMoves³
10:00 am - 10:45 am

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

Cooking III
11:00 am - 12:45 pm

Creative Writing
12:00 pm - 12:50 pm

Building Adult Connections II³
1:00 pm - 3:00 pm

Adult Baking II
1:30 pm - 3:00 pm

Anime Art II
3:10 pm - 4:00 pm

**Intro to Photography
3:15 pm - 4:00 pm

**Fundamentals of Bowling Jr.³
3:30 pm - 4:15 pm

Bowling³
4:30 pm - 5:30 pm

Exploring Sensations
V (5-10): 4:30 pm - 5:15 pm
VI (5-10): 5:30 pm - 6:15 pm

Dungeons & Dragons II
4:30 pm - 6:30 pm

Friday Night Social
Social Respite
for Teens & Young Adults!
6:30 pm - 9:00 pm

AutismUp
50 Science Parkway
Rochester, NY 14620

Jeanne Ricigliano
Director of Full Life Academy
jricigliano@autismup.org

Hannah Kmiecinski
Program Director
hkmiecinski@autismup.org

**New Class Offering
Offsite Location

Visit our
website to
explore
classes:



Saturday

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

Boy Social II
9:30 am - 10:15 am

Hands-On Art I
9:30 am - 10:00 am

Adult Baking III
10:00 am - 11:30 am

Hands-On Art II
10:15 am - 10:45 am

Virtual Minecraft IV
10:15 am - 11:15 am

Everyday Social Interactions I
10:30 am - 11:15 am

Exploring Sensations
VII (5-10): 10:30 am - 11:15 am
VIII (5-10): 11:30 am - 12:15 pm

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

Teen & Young Adult Art
11:30 am - 12:15 pm

Basketball II³
12:00 pm - 12:45 pm

Building Adult Connections III³
12:00 pm - 2:00 pm

Swimming³
X (3+): 12:00 pm - 12:30 pm
XI (3+): 12:35 pm - 1:05 pm
XII (3+): 1:10 pm - 1:40 pm
XIII (13+): 1:45 pm - 2:15 pm

Everyday Social Interactions II
12:30 pm - 1:15 pm

Youth Soccer
1:00 pm - 1:45 pm

**Art Studio³
1:15 pm - 2:00 pm

Small Group Cooking Essentials
1:15 pm - 2:00 pm

Financial Literacy II
2:00 pm - 3:30 pm

**Art Studio 2D³
2:15 pm - 3:00 pm

Group Fitness III
2:30 pm - 3:15 pm

Teen Cooking Essentials
2:30 pm - 3:30 pm

**Art Studio 3D³
3:15 pm - 4:00 pm