

Mat Pilates Fusion

This class offers a variation of the Pilates Mat workout by incorporating balance, a Barre based warm-up, weights to train upper body, core strengthening, and ends with a yoga influenced stretch. Class is done barefoot and participants should bring their own mats. Weights, balls and bands are provided. As with any group exercise program, all levels of fitness will be accommodated.

Annie Niland is a fitness professional, educator, columnist, and content creator. Along with the ability to teach all forms of fitness and dance, her background includes designing and implementing group fitness programs in NYC and Long Island facilities.

Mondays 5:00-6:00 pm
\$70 for 8 sessions

Classes begin: Sept 30
\$15 drop in fee

Plant Based Hacks and Meditation (Zoom)

Want to know more about incorporating plant-based meals into your diet? Have you been curious about how to meditate? In a virtual setting, Sabrina Cali, plant based chef and master yoga and meditation instructor, will showcase key elements of creating time saving plant based meals and snacks. Each session will include a mediation and breath work portion that promises to calm and center participants.

Sabrina Cali Cafuoco is a Woodhull School alumni, Master Yoga Instructor trained in India, Meditation Teacher, Spiritual Mentor and Plant-Based Chef. Her background also includes event planning, restaurant and hospitality, content creation and former member of the Ocean Beach Volunteer Fire Department. Sabrina@sabrina.com

Tuesdays 5:30-6:30 pm

\$30 for the full 4-session virtual course

Sessions begin: Oct 8

Woodhull Book Club: American Classics

Welcome to the Woodhull Book Club! Host Tara Moira McBride will lead two book club evenings, the first featuring Harriet Beecher Stowe's *Uncle Tom's Cabin*, and the second, Upton Sinclair's *The Jungle*. On the dates and times outlined below, enrollees will meet at the Woodhull School for discussion of each book's merit and impact on American society and the world at large. Attendees will purchase their own books and commit to reading each in entirety. Light, book themed refreshments will be served. All readers are welcome!

Tara Moira McBride is a Fire Island year round resident and avid reader with decades of experience in publicity and classical artist management. tmcb@erols.com

Tuesday Oct 29

7:00 pm-8:30 pm

Tuesday Dec 3

7:00 pm-8:30 pm

Complimentary

Yoga for Every Body (Zoom)

Hatha yoga practices are designed to align and calm the body, mind, and spirit while exploring one's limits. Yoga for Every Body seeks to encourage people of all abilities to bring more movement and strength into their bodies by encouraging students to find their edge of resistance and gently work to that level. Yoga is never competitive and celebrates mindful, intentional movements. Stephanie teaches students to be present in one's body in a supportive, restorative climate.

Stephanie Rogers completed her 500-hour yoga teacher training in 2010. She has been studying yoga throughout her adult life and has been a Master teacher since the early 90s. She is also a registered Polarity and Craniosacral therapist. stephsbodyworks@me.com

Wednesdays 4:00 pm-5:00 pm

\$50 for the full 8-session virtual course

Classes begin: Oct 2

Mah Jongg

Participants will learn this ancient and intriguing rummy-like game of both skill and chance that, like dominos, employs the use of tiles rather than cards. It takes only a few classes to learn the basic playing principles. All levels are welcome. Come ready to have fun!

Peggy Danziger has been teaching Mah Jongg for over 10 years in both Adult Education programs and private settings. Her instructional approach, developed as an elementary school teacher for more than 30 years, makes the game easy to learn. Research has supported that engaging in games like Mah Jongg improves cognitive skills, sharpens memory and is a great way to meet new friends.

Wednesdays 4:00 pm-6:00 pm

\$70 for 8 sessions

Classes begin: Oct 9

\$10 drop in fee

Group Therapy with a Twist! (Zoom)

Under the direction of a licensed therapist, participants will share and discuss common challenges in a positive, social, and often humor-driven atmosphere. A focus on ingrained attitudes and behaviors which keep us from living our best lives will be explored. Specific topics will be determined by the interest and needs of the attendees. Get cozy, put on your favorite sweats and log on! Please note: this course is not to take the place of psychotherapy, or for anyone in crisis.

Gail Smith LCSW-R, Clinical Social Work/Therapist, is verified by Psychology Today. She has been practicing for over 25 years. Ms. Smith is known for her optimism and positive attitude which has served her clients well. gailsmithlcsw@gmail.com

Thursdays 7:00 pm-8:00 pm

\$35 for the full 6-sessions

Sessions begin: Oct 10

No session Oct 31

Registration Form: Please return the completed form with payment. All inquiries about the program should be directed to: Annie Niland at: aniland@fi.k12.ny.us

Name: _____

FI address: _____

Mainland address: _____

phone #: _____

e-mail (please write legibly) _____

I am enrolling in the following classes:

<input type="checkbox"/> Pilates Fusion	\$70
<input type="checkbox"/> Plant Based Meditation	\$30
<input type="checkbox"/> Yoga for Every Body	\$50
<input type="checkbox"/> Mah Jongg	\$70
<input type="checkbox"/> Group Therapy with a Twist!	\$35
<input type="checkbox"/> Woodhull Book Club	Complimentary

Make checks payable to Fire Island School

Sorry - Venmo, PayPal, or credit cards are not accepted for payment by the Fire Island School. Please allow ample time to ensure registration arrives before the first class.

Mail registration form with check or money order payment to: Fire Island School, P.O. Box 428, Ocean Beach, NY 11770. For those who live locally, cash payments can be made at Woodhull School cash window during normal school hours.

FOR OFFICE USE ONLY

Date Recd.: _____

\$Total _____

SCHOOL CLOSINGS:

Rosh Hashanah-Thursday, October 3rd and

Friday, October 4th

Columbus Day-Monday, October 14th

Veteran's Day-Monday, November 11th

POLICY INFORMATION

- Fire Island School cannot accept credit cards, Venmo or Zelle payments. Check or exact cash payments only please.
- Register early! Courses with low enrollment or poor attendance are subject to cancellation.
- Attendees, please use the main front entrance to gain access to the building.
- To accommodate Fire Islanders who live in off-season locations, remote classes with Fire Island School will be offered. Virtual participants are responsible for having their own electronic device with proper connectivity, as well as basic competence in the use of these platforms.
- Fire Island Adult Ed virtual courses are open to all interested parties regardless of location.
- All sessions are subject to change or cancellation due to weather or health circumstances. Please supply us with clear and accurate contact information on your registration form so we can update you in needed.
- Fitness classes require physical exertion and risk of exercise related injury. Class participation is with the understanding that you agree to hold FIUFSD, its contractors and agents harmless.
- All sessions are limited to people at least 18 years of age.

Fire Island School
P.O. Box 428
Ocean Beach, NY 11770

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