

Registration Form:

Name: _____

Phone: _____

Email: _____

I am enrolling in the following classes:

- Mah Jongg \$70
- Navigating Grief (Zoom) \$35
- Restorative Yoga (Zoom) \$50
- Barre-Pilates \$70
- Mid-Life Reset \$35
- Open Gym-Adult PE Free

Mail registration form and check or money order to:

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

The Fire Island School does not accept electronic payments. For those who live locally, cash payments can be made at Woodhull School cash window during normal school hours.

Efforts will be made to reschedule sessions that are canceled due to inclement weather or illness. However, sessions not attended by enrollee's choice cannot be rescheduled or credited.

Participation in all sessions is with the understanding that attendees agree to hold FIUFSD, its contractors and agents harmless. Participants must be 18 years or older.

SCHOOL CLOSINGS:

Spring Vacation: April 14-21

*For more information contact Annie Niland:
aniland@fi.k12.ny.us*

Fire Island UFSD
P.O. Box 428
Ocean Beach, N.Y. 11770

Box Holder
Ocean Beach, NY 11770



Navigating Grief: A Road Map for Finding Peace and the Return to Joy (Google Meet)

For those navigating grief, whether it is the loss of a loved one, the end of significant relationships, or other life-changing events, this course is essential for healing. Participants will have the opportunity to channel and share personal experiences under the compassionate guidance of Dan Costello. Course content will borrow from his book, *It's All Good: The Road to Living Peacefully*, where Daniel offers a manual of cognitive, emotional, and spiritual tools designed to move you past obstacles, and find a path to peace, joy, and self-realization.

Instructor: Dan Costello

Mon 7:00 pm: Apr 28, May 5, 12, 19, June 2, 9

\$35 for 6 sessions

Restorative Yoga (Zoom)

Restorative yoga is slow, supportive and relaxing. Props are used to help hold the body in longer poses. The slow pace allows the muscles to soften and prompts the nervous system to step down in preparation for a relaxed dinner, calmer evening, and better night's sleep.

Instructor: Stephanie Rogers

Tues 5:00 pm: Apr 8, 15, 22, 29, May 6, 13, 20, 27

\$50 for 8 sessions:

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. Research has shown that activities like Mah Jongg help improve cognitive function.

Instructor: Peggy Danziger

Wed 4:00 pm: Apr 9, 23, 30, May 7, 14, 21, 28, June 4

\$70 for 8 sessions

Drop-in: fee \$10

Midlife Reset: A Blueprint for Energy, Strength and Wellness After 40 (Zoom)

This 6-week course will take a deep dive into lifestyle shifts to unlock health and strength after 40. Topics will include the importance of sustainable nutrition, incorporating on-the-go exercise outside of the gym, creating healthy sleep protocols, and balancing work and family. Participants will have the opportunity to share strategies that have worked for them in the past as they create game plans for optimal health in the future.

Instructor: Donnie DeSanti

Wed 7:00 pm: Apr 9, 16, 23, 30, May 7, 14

\$35 for 6 sessions

Barre-Pilates Mash-Up

Barre classes combine elements of ballet, Pilates, yoga, and strength training. Focusing on small, controlled movements, participants will use chairs in place of a "barre" while performing moves that build strength, improve flexibility, and highlight postural alignment. All equipment needed is on site, but participants should bring a cushioned mat and be prepared to work barefoot or wear grip socks. This session is suitable for all fitness levels.

Instructor: Annie Niland

Thurs 4:00 pm: Apr 10, 24, May 1, 8, 15, 22, 29, June 5

\$70 for 8 sessions

Drop-in fee: \$15

Open Gym: Got Game?

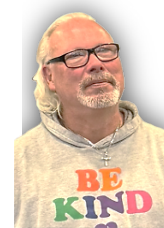
Adult PE! Offered as a *trial* program, The Fire Island School gymnasium will open its doors to the community for an opportunity to enjoy P.E. as much as the students do! Don't miss this chance to play after work! Participants must be over 18 years old.

Thurs 5:30-7:30 pm:

Apr 24, May 1, 8, 15, 22, 29, June 5, 12

Complimentary

Instructors



Dan Costello is a professor at Adelphi University and holds degrees in both social work and addiction counseling. His background also includes training in Energetics and Reiki. His book, *It's All Good: The Road to Living Peacefully* has helped countless people return to joy and live their best lives.



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.



Donnie DeSanti has been a health coach for over 13 years, specializing in helping people restore their health through nutrition and lifestyle changes. He is the founder of Project Healthy Dad, helping dads reclaim their health so they can lead by example and be the energetic, present fathers their families deserve.



Annie Niland is an educator, career fitness pro, columnist and content creator. Her background includes presenting at national and international fitness and wellness conventions. As well as Group Fitness Program implementation and design in several NYC and Long Island gyms.



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.