

Registration form

Name: _____

Phone: _____

Email: _____

Please place check mark next to course of choice

- Drum Circle \$40.
- Yoga, Meditation, Singing Bowls \$40.
- Mah Jongg \$70.
- Creative Writing \$50.
- Pickleball Clinic \$40.

**Please check brochure for drop-in fees*

Please fill out the registration form and bring a check, money order, or cash to the school prior to sessions.

**To mail your registration and fee:
Fire Island School, P.O. Box 428
Ocean Beach, NY 11770**

Please note: *The Fire Island School does not accept electronic payments.*

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.

For more information: aniland@fi.k12.ny.us

***School Closings: September 23, 24, October 13**

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

**BOX HOLDER
Ocean Beach, NY 11770**



Drum Circle!

In this lively 4-week course, you'll discover the joy of playing hand drums and other percussion instruments that bring a drum circle to life. Participants will get hands-on experience with instruments such as djembes, tubanos, shekere, gankogui, and apentema. Each session blends focused instruction with free-flowing drum circle improvisation so you'll leave each session energized, connected, and ready to make music with others.

Instructor: Andy Laster

Mondays 5:30-6:30 pm Oct: 6, 20, 27; Nov: 3

\$40. for 4 sessions

\$20. drop-in fee

Creative Writing Workshop!

Explore the power of storytelling and unlock your creative potential in this inspiring Creative Writing course. Designed for writers of all levels, this course offers a supportive environment to develop your voice, experiment with style, and build your skills across genres—including fiction, poetry, personal narrative, and more. No previous writing experience required—just an open mind and a willingness to write!

Instructor: Annie Niland

Tuesdays 5:30-6:45 pm Sept: 30; Oct: 7, 14, 21, 28; Nov: 4

\$50. for 6 sessions

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!

Wednesdays 4:30-6:00 pm Oct: 1, 8, 15, 22, 29; Nov: 5

Complimentary!

Yoga, Meditation & Sound Bath

Reset your nervous system with this deeply nourishing class that blends Yoga, Meditation, and the healing vibrations of crystal singing bowls. The session is designed to leave participants both grounded and lifted. This curated experience supports emotional and physical balance, reduces stress and promotes energized calm. No experience is necessary—just bring your breath and an open heart.

Instructor: Sabrina Calli Cafuoco

Mondays 4:00-5:00 pm Oct: 6, 20, 27; Nov 3

\$40. for 4 sessions

\$20. Drop-in fee

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 and help foster social connections. Come join the fun!

Instructor: Peggy Danziger

Wednesdays 4:00 pm Oct: 1, 8, 15, 22, 29; Nov: 5, 12, 19

\$70. for 8 sessions

\$10. Drop-in fee

Pickleball Clinic

This clinic is geared towards beginners who want to learn the fundamentals of Pickleball. Participants will learn basic rules, scoring, gameplay and technique. The course is designed to be a supportive environment where those with no experience can begin playing.

Instructor: Meryl Ortiz

Fridays 5:30-6:45 pm Sept: 19, 26; Oct: 3, 10

\$40. for 4 sessions

\$20. Drop-in fee

Instructors



Sabrina Calli Cafuoco is a Woodhull School graduate, Master Certified Yoga and Meditation Instructor trained in India, Spiritual Mentor Plant-Based Chef and Digital Creator. She is also a former volunteer firefighter of the OBFDF.



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.



Annie Niland is an educator, career fitness pro and motivational speaker. She is also the author of two long-running humor driven columns; *Raging Gracefully* and *Dogma*. She plans to publish the compilation in 2026.



Meryl Ortiz is a retired special education teacher. She is an avid pickleball player who wants to help others learn to play the fastest growing sport in America!



Andy Laster is an educator, performer, and composer. He has recorded eight albums of his composition and recently arranged songs for David Byrne (*Who is the Sky?*) and the Kronos Quartet (*Songs and Symphoniques*). He has performed with Lou Reed, Lyle Lovett, and Sting, among others.