

Registration form

Name: _____

Phone: _____

Email: _____

Place check mark next to course of choice.

<u>Intro to AI</u>	<u>\$25.</u>
<u>Unpacking the Constitution</u>	<u>\$25.</u>
<u>Mah Jongg</u>	<u>\$70.</u>
<u>Yoga</u>	<u>\$70.</u>
<u>Latin Dance at Home</u>	<u>\$25.</u>

Please fill out the registration form and bring a check, money order, or cash to the school prior to sessions. *Note:* The Fire Island School does not accept electronic payments.

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

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:
April 6-10, May 7 (gymnasium not available)

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

*Photo credit: Diann Fountain

Box Holder
Ocean Beach, NY 11770

Fire Island School
PO Box 428
Ocean Beach, NY 11770



Introduction to AI

Introduction to AI is a practical, beginner-friendly online course that demystifies core AI concepts and real-world uses. Through short video lessons, direct demos and simple user-friendly projects, participants learn to evaluate, select, and integrate AI tools to improve teaching, work, and daily tasks. The course covers ethics, privacy, and bias, and includes guided practice and live Q&A. No technical background required—ideal for adults seeking an accessible, actionable AI foundation. *Instructor: Glenn Roesch*

Mondays 5:30-6:30 pm April 27; May 4, 11, 18

\$25 for 4 sessions 

Unpacking The Declaration of Independence and the Constitution: *Ideals That Shaped a Nation*

With the 250th year anniversary of our Declaration of Independence imminent, this course explores the ideas that shaped our nation. Through guided reading and discussion of the Declaration of Independence and the Constitution, we will analyze the foundational principles such as natural rights, equality, consent of the governed, and the separation of powers. The subject at hand is timely, but the course is educational by design and will avoid politics.

Instructor: Amy Lippmann

Tuesdays 12 noon-1pm April 14, 21, 28; May 5

\$25 for 4 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. Beyond tiles and tactics, playing Mah Jongg is about friendship, conversation, and connecting with the community. A bonus: research states that “minds-on” games and activities can improve cognitive function. Sign up! *Instructor: Peggy Danziger*

Wednesdays 3:30-5:30 pm April 15, 22, 29

May 6, 13, 20, 27; June 3

\$70 for 8 sessions- \$10 drop-in fee

Yoga for Renewal of Body and Spirit

This energizing yoga class is designed for adults seeking to deepen their practice while building strength, flexibility, and balance. Through a thoughtful sequence of postures, sustained holds, and focused breathwork, participants will improve alignment, increase mobility, and cultivate mental clarity. Suitable for those with prior experience, or novices, this class offers a supportive yet invigorating environment to move intentionally and leave feeling steady, refreshed, and renewed.

Instructor: Sabrina Calli Cafuoco

Thursdays 4-5:15 pm April 16, 23, 30; May 14, 21, 28; June 4, 11

\$70 for 8 sessions-\$10 Drop-in fee

Adult P.E. and Open Gym

The Fire Island School gym will open its doors to the community Thursday evenings for a night of fitness and recreation. Residents can enjoy activities such as power walking the perimeter of the gym to music, playing pickleball (one net set-up), half-court basketball, or organized games.

Thursdays 5:30-7:30 pm April 16, 23, 30;

May 14, 21, 28

Complimentary

Learn Latin Rhythms from Home!

Discover the fun of Latin-styled dance in this beginner-friendly 4-week course featuring the basics of Salsa, Merengue, Cumbia and Bachata. Each session breaks down foundational footwork, timing, and posture at a relaxed pace, with clear demonstrations and practice drills (no partner required). Following the 30-minute tutorial, participants will have the option of staying logged on for a 30-minute Zumba class. Beyond technique, the course focuses on recreation, levity, and well-being. Feeling stressed? Shake it off!

Instructor: Annie Niland

Saturdays 9 am-10 am

\$25 for 4 sessions 

April 4, 11, 18, 25



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 OBFD.



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, motivational speaker, and columnist. Her background also includes design and implementation of group fitness programs and personal training.



Amy Lippman practiced law for fifteen years before pivoting teaching adult learners in a variety of settings. She completed her graduate studies in American History through the Gilder Lehrman Institute—Gettysburg College while teaching American history and civics to high school equivalency students.



Glen Roesch is a seasoned software developer. He has over 12 years' experience building scalable and mobile applications such as .NET, FileMaker, cloud architecture, Security, and DevOps, delivering reliable solutions for healthcare, e-commerce, and enterprise clients worldwide. He is also a veteran Ocean Beach Lifeguard.