

# FALL SESSION 2022



Delaware Valley Adult & Community Education

*Educating for Life's Journey*



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Tammy Phipps, Secretary
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Delaware Valley School District
Milford, PA 18337
(570) 296-3615
dvace@dvdsd.org

DELAWARE VALLEY ADULT & COMMUNITY EDUCATION

The Delaware Valley School District is an equal opportunity agency and does not discriminate because of race, color, national origin, religion, age, gender, marital status, or non-relevant handicaps and disabilities as defined by law.

REGISTRATION INFORMATION

Please be aware, DV-ACE registration can now be completed online using a credit or debit card.

Visit https://www.dvdsd.org/ and click on DV-ACE under the Our District tab at the top of the page. If unable to register online, please mail the form on the last page of this catalog to DV-ACE along with your payment.

Notice to All Participants:

Non-residents are required to pay a \$20.00 non-resident fee for each class they are registering for, with a maximum amount of \$60.00 per participant or family per year. Notifications will NOT be mailed prior to the start of classes. Keep this catalog for the start date, time, and location information. Courses that do not have sufficient enrollment may be cancelled. You will be notified only if your class is cancelled, and your registration fee will be refunded. All participants are responsible to provide their own project materials and/or textbooks to be discussed in class. NO REFUNDS will be given after the first class begins! All courses have limited enrollments. If you have any questions please contact Tammy Phipps at (570) 296-3615 or dvace@dvdsd.org.

Abbreviations Used in This Catalog

DVES — Delaware Valley Elementary School, 500 Ave. S., Matamoras, PA
DVMS — Delaware Valley Middle School, Rt. 6 & 209, Milford, PA
DVHS — Delaware Valley High School, Rt. 6 & 209, Milford, PA
DDPS — Dingman-Delaware Primary School, Rt. 739, Dingmans Ferry, PA
DDES — Dingman-Delaware Elementary School, Rt. 739, Dingmans Ferry, PA

DDMS — Dingman-Delaware Middle School, Rt. 739, Dingmans Ferry, PA
SES — Shohola Elementary School, Twin Lakes Rd., Shohola, PA
ARC — American Red Cross
TBA — To Be Announced; TBD — To Be Determined
THE DAYS OF THE WEEK are listed as M (Monday); T (Tuesday); W (Wednesday); R (Thursday); F (Friday); S (Saturday)

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WEATHER RELATED CANCELLATIONS:

For weather related information please check www.dvdsd.org, DVSD social media accounts, or call 570-296-1800, select option 9, then 8 for closing information. If DVSD has a delayed start, the Early Morning Swim is cancelled. If school is cancelled or there is an early dismissal, all DV-ACE evening classes are cancelled. If a class is cancelled, the next class to be held follows the schedule that is posted in this catalog.

DV-ACE OFFICE HOURS ARE:

MONDAY-FRIDAY
8:00AM - 12:30PM

CONTACT INFORMATION:
TAMMY PHIPPS (570) 296-3615
OR EMAIL DVACE@DVSD.ORG

Call to schedule an appointment.



GENERAL EDUCATION

COURSE: #101 Lifeguarding/CPR Certification \*Blended Learning\*
ROOM: Natatorium & C1 DAY: T & R
BLDG: DVHS TIME: 6:00-8:00pm
# OF SESSIONS: 12 COST: \$200.00
AGE REQUIREMENTS: 15 and above by end of course - 10 student max.
SCHEDULED CLASSES: Sept 6, 8, 13, 15, 20, 22, 27, 29; Oct 4, 6, 11, 13
COURSE DESCRIPTION: This is a blended learning class: students will be doing a combination of online and classroom learning.

\*\* THIS COURSE IS NOT FOR WATERFRONT CERTIFICATION \*\*
Prerequisites: The skills below will be checked/tested at/in the pool at the first class, the student must pass to move on.

- 1. Must be 15 years old on or before the final scheduled session of this course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing.
3. Tread water for 2 minutes using only the legs.
4. Complete a timed event within 1 minute, 40 seconds: starting in the water, swim 22 yards.

INSTRUCTOR: Grace Riexinger



COURSE: #103 Driver's Training: Behind the Wheel
ROOM: Entrance Foyer DAY: TBD
BLDG: DVHS TIME: TBD
# OF SESSIONS: 6 COST: \$ 150.00
AGE REQUIREMENTS: Must have a Pennsylvania Learner's Driving Permit
SCHEDULED CLASSES: TBD
COURSE DESCRIPTION: A beginner's driving course for students with a Pennsylvania Learner's Driving Permit.
Prerequisite: 30 hours of classroom, PA Learner's Driving Permit.
\*\*\*\* CALL TO MAKE REGISTRATION ARRANGEMENTS \*\*\*\*
\*\*\*\*\* ONLINE REGISTRATON UNAVAILABLE \*\*\*\*\*
INSTRUCTOR: Sean Giblin



PERSONAL ENRICHMENT

COURSE: #201 S.E.A.L.S.: Social Education and Life Skills
ROOM: A1 DAY: W
BLDG: DVHS TIME: 4:30-6:30pm
# OF SESSIONS: 10 COST: \$130.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept 14, 21, 28; Oct 5, 12, 19, 26; Nov 2, 9, 16
COURSE DESCRIPTION: This course teaches students social strategies and real life skills within their community, including shopping, menu math, ordering, cooking, and technology skills.

INSTRUCTORS: Linda Huttman & Mignon Reisky



COURSE: #202 Creative Writing Workshop NEW
ROOM: M2 DAY: R
BLDG: DVHS TIME: 6:00-9:00pm
# OF SESSIONS: 1 COST: \$30.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Oct 20
COURSE DESCRIPTION: This course is open to aspiring writers and lovers of books. It is designed for participants to learn about literary terminology and get tips on the writing process as provided by a published author.

INSTRUCTOR: Christopher Maslin



COURSE: #203 Beautiful Germany: An Overview NEW
ROOM: M2 DAY: T
BLDG: DVHS TIME: 6:00-9:00pm
# OF SESSIONS: 1 COST: \$30.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Oct 18
COURSE DESCRIPTION: Interested in learning about another country, their history, culture and a little of their language? This overview seminar in Germany's rich history will be filled with culture, historical importance, and a basic working of the German language.

INSTRUCTOR: Christopher Maslin



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8:00AM - 12:30PM
CONTACT INFORMATION:
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OR EMAIL DVACE@DVSD.ORG





# PERSONAL ENRICHMENT

# FITNESS & RECREATION

**COURSE: #204** Conversational Sign Language for Beginners **NEW**  
**ROOM:** Learning Commons (Library) **DAY:** T  
**BLDG:** DVHS **TIME:** 6:30-8:00pm  
**# OF SESSIONS:** 6 **COST:** \$40.00

**AGE REQUIREMENT:** Adults  
**SCHEDULED CLASSES:** Sept 20, 27; Oct 4, 11, 18, 25  
**COURSE DESCRIPTION:** Participants will learn the sign language alphabet, as well as basic vocabulary words. This will enable them to communicate in a conversational setting using Signed English.  
**INSTRUCTOR:** Laraine Kensicki



**COURSE: #205** Homeopathic First Aid  
**ROOM:** LIBRARY **DAY:** R  
**BLDG:** DVMS **TIME:** 6:30-8:30pm  
**# OF SESSIONS:** 1 **COST:** \$25.00

**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Oct 13  
**COURSE DESCRIPTION:** Homeopathic First Aid provides insight into the philosophical background as well as the basic methodology of first aid and acute situations where homeopathic remedies may be helpful such as nausea, sprains, insect bites, achy joints and hangovers. The course is aimed at those who have little prior knowledge of homeopathy and no prior knowledge is required. Safety guidelines will be emphasized. In addition, class will cover noted historical and/or metaphysical principles and therapeutic actions of remedies. This course provides information that can be used not instead of, but in addition to, standard first aid and accident procedures. Remedies to be included; arnica, arsenicum, apis, hypericum and nux vomica among others.  
**INSTRUCTOR:** Micah Sweeney



**COURSE: #206** Essential Oil First Aid  
**ROOM:** F1 **DAY:** T  
**BLDG:** DVMS **TIME:** 6:30-8:30pm  
**# OF SESSIONS:** 1 **COST:** \$25.00

**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Oct 11  
**COURSE DESCRIPTION:** Essential Oil First Aid provides insight into the philosophical background as well as the basic methodology of first aid and acute situations where essential oils may be helpful such as sunburns, scrapes, stings, toothaches and more. The course is aimed at those who have little prior knowledge of essential oils, no prior knowledge is required. Essential oil safety guidelines will be emphasized. In addition, class will cover noted historical and/or biochemical principles, applications and therapeutic actions. This course provides information that can be used not instead of, but in addition to, standard first aid and accident procedures. Oils to be included; blue tansy, clove, frankincense, helichrysum, lavender and sage among others.  
**INSTRUCTOR:** Micah Sweeney

**COURSE: #207** Beginner Crochet  
**ROOM:** Learning Commons (Library) **DAY:** R  
**BLDG:** DVHS **TIME:** 6:00-7:30pm  
**# OF SESSIONS:** 4 **COST:** \$20.00

**AGE REQUIREMENT:** Adults  
**SCHEDULED CLASSES:** Oct 27; Nov 3, 10, 17  
**COURSE DESCRIPTION:** Participants will learn basic crochet stitches to complete a simple project and learn to read a simple pattern for a hat or scarf. Participants should bring crochet hook size G or H, and 4 ply yarn in light colors - no black, navy blue, or brown.  
**INSTRUCTOR:** Joy Vierra

**COURSE: #301** Adult Volleyball  
**ROOM:** Gym **DAY:** W  
**BLDG:** DVES **TIME:** 8:00-10:00pm  
**# OF SESSIONS:** 18 **COST:** \$120.00



**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Sept 14, 21, 28; Oct 5, 12, 19, 26; Nov 2, 9, 16, 30; Dec 7, 14, 21; Jan 4, 11, 18, 25  
**COURSE DESCRIPTION:** A great way to exercise and play recreational volleyball. It is designed for those with adequate skills in volleyball.  
**INSTRUCTOR:** Scott Palermo

**COURSE: #302** Beginner Pickleball  
**ROOM:** Green Gym **DAY:** M  
**BLDG:** DVHS **TIME:** 6:00-8:00pm  
**# OF SESSIONS:** 8 **COST:** \$40.00

**AGE REQUIREMENTS:** Adults **MAXIMUM PARTICIPANTS - 20**  
**SCHEDULED CLASSES:** Sept 19, 26; Oct 3, 17, 24, 31; Nov 7, 14  
**COURSE DESCRIPTION:** Beginner Pickleball is designed to teach each participant all the required rules, scoring, and some basic strategy to play recreational pickleball. Pickleball paddles are a must and court shoes are highly recommended. Balls will be provided - please do not bring your own.  
**INSTRUCTOR:** Scott Vinson



**COURSE: #303** Recreational Pickleball **NEW**  
**ROOM:** Green Gym **DAY:** R  
**BLDG:** DVHS **TIME:** 6:00-8:00pm  
**# OF SESSIONS:** 8 **COST:** \$40.00

**AGE REQUIREMENTS:** Adults **MAXIMUM PARTICIPANTS - 20**  
**SCHEDULED CLASSES:** Sept. 22, 29; Oct 6, 13, 20, 27; Nov 3, 17  
**COURSE DESCRIPTION:** Recreational Pickleball is designed for players of basic -intermediate skill levels. The goal is to have fun and get great exercise. All adult ages are welcome, players will be expected to participate in randomized teams. Pickleball paddles are a must and court shoes are highly recommended. Ball will be provided - please do not bring your own.  
**INSTRUCTOR:** Scott Vinson

**COURSE: #304** Youth Race Series **NEW**  
**ROOM:** Track **DAY:** M/W\*  
**BLDG:** DVHS **TIME:** 5:00-6:00pm  
**# OF SESSIONS:** 8 **COST:** \$30.00

**AGE REQUIREMENTS:** Students in 3rd - 6th grades  
**SCHEDULED CLASSES:** \*9/7, 12, 19, 26; Oct 3, 12, 17, 24  
**COURSE DESCRIPTION:** Compete, have fun, and earn prizes!! Join the Youth Race Series this fall. Over eight weeks, you will train for running for and run distances from 400 to 1600 meters on the track and cross-country course. Focus will be on fitness and FUN! Participants should wear running attire and bring water. **\*\*LIMITED TO FIRST 60 REGISTRANTS\*\***  
**INSTRUCTORS:** Keith Fitzpatrick, Justin Roselli, Elizabeth Fitzpatrick



## REMEMBER TO REGISTER EARLY

Courses may be cancelled due to a lack of enrollment. Please register early to avoid a course cancellation.



# AQUATICS & SWIMMING

## IMPORTANT REMINDER TO PARENTS

Please register your child(ren) for the appropriate age/ability level. There will be NO CHANGES of levels or refunds once classes have begun.

**COURSE: #401** ARC - Parent & Child Aquatics  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 2:30-3:00pm  
**# OF SESSIONS:** 7 **COST:** \$45.00  
**AGE REQUIREMENTS:** Ages 18 to 36 months  
**SCHEDULED CLASSES:** Sept 17, 24; Oct 1, 8, 15, 22, 29  
**COURSE DESCRIPTION:** Familiarize young children from 18 to 36 months with the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or how to survive in the water on their own. Registration for this course requires that the child be toilet trained and a parent accompanies his/her child in the water during instruction. Limited to 8 students.  
**INSTRUCTOR:** Grace Rixinger

**COURSE: #402** ARC - Preschool Aquatics Level 1  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 9:00-9:30am  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 17, 24; Oct 1, 8, 15, 22, 29  
**COURSE DESCRIPTION:** Familiarize preschool-age children with the aquatic environment and help them acquire rudimentary levels of basic aquatic skills. This course is intended for children between the ages of 3 and 5 years old. There are no skill prerequisites for Preschool Aquatics Level 1. Limited to 8 students.  
**INSTRUCTOR:** Joann Strattman

**COURSE: #403** ARC - Preschool Aquatics Level 1  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 12:00-12:30pm  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 17, 24; Oct 1, 8, 15, 22, 29  
**COURSE DESCRIPTION:** Familiarize preschool-age children with the aquatic environment and help them acquire rudimentary levels of basic aquatic skills. This course is intended for children between the ages of 3 and 5 years old. There are no skill prerequisites for Preschool Aquatics Level 1. Limited to 8 students.  
**INSTRUCTOR:** Joann Strattman

# AQUATICS & SWIMMING

**COURSE: #404** ARC - Preschool Aquatics Level 2  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 9:30-10:00am  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 17, 24; Oct 1, 8, 15, 22, 29  
**COURSE DESCRIPTION:** Build on the basic aquatic skills learned in Preschool Level 1 and is intended for children between the ages of 3 and 5 years old. Prerequisite: Students in this course must successfully complete a prior Preschool Aquatics course. Limited to 8 students.  
**INSTRUCTOR:** Joann Strattman

**COURSE: #405** ARC - Preschool Aquatics Level 2  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 12:30am-1:00pm  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 17, 24; Oct 1, 8, 15, 22, 29  
**COURSE DESCRIPTION:** Build on the basic aquatic skills learned in Preschool Level 1 and is intended for children between the ages of 3 and 5 years old. Prerequisite: Students in this course must successfully complete a prior Preschool Aquatics course. Limited to 8 students.  
**INSTRUCTOR:** Joann Strattman

**COURSE: #406** ARC - Preschool Aquatics Level 3  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 10:00-10:30am  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 17, 24; Oct 1, 8, 15, 22, 29  
**COURSE DESCRIPTION:** Increase proficiency and to build on the basic aquatic skills learned in a prior Preschool Aquatics course. This course is intended for children between the ages of 3 and 5 years old. Prerequisite: students in this course must be able to glide through the water, roll onto their backs, and float. Limited to 8 students.  
**INSTRUCTOR:** Joann Strattman

**COURSE: #407** ARC - Preschool Aquatics Level 3  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 1:30-2:00pm  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 17, 24; Oct 1, 8, 15, 22, 29  
**COURSE DESCRIPTION:** Increase proficiency and to build on the basic aquatic skills learned in a prior Preschool Aquatics course. This course is intended for children between the ages of 3 and 5 years old. Prerequisite: students in this course must be able to glide through the water, roll onto their backs, and float. Limited to 8 students.  
**INSTRUCTOR:** Grace Rixinger

**COURSE: #408** ARC - Preschool Aquatics Level 3  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 2:00-2:30pm  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 17, 24; Oct 1, 8, 15, 22, 29  
**COURSE DESCRIPTION:** Increase proficiency and to build on the basic aquatic skills learned in a prior Preschool Aquatics course. This course is intended for children between the ages of 3 and 5 years old. Prerequisite: students in this course must be able to glide through the water, roll onto their backs, and float. Limited to 8 students.  
**INSTRUCTOR:** Grace Rixinger

KEEP THIS CATALOG FOR START DATE, TIME, AND LOCATION INFORMATION





# AQUATICS & SWIMMING

**COURSE: #409**      **ARC - Learn to Swim Level 1 - Tadpoles**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 8:15-9:00am**  
**# OF SESSIONS: 7**      **COST: \$65.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** A Level I course is designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.  
**INSTRUCTOR: Joann Strattman**

**COURSE: #410**      **ARC - Learn to Swim Level 1 - Tadpoles**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 10:30-11:15am**  
**# OF SESSIONS: 7**      **COST: \$65.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** A Level I course is designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.  
**INSTRUCTOR: Joann Strattman**

**COURSE: #411**      **ARC - Learn to Swim Level 1 - Tadpoles**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 11:15-12:00pm**  
**# OF SESSIONS: 7**      **COST: \$65.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** A Level I course is designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.  
**INSTRUCTOR: Joann Strattman**

**COURSE: #412**      **ARC - Learn to Swim Level 1 - Tadpoles**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 2:30-3:15pm**  
**# OF SESSIONS: 7**      **COST: \$65.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** A Level I course is designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.  
**INSTRUCTOR: Katherine Stiger**

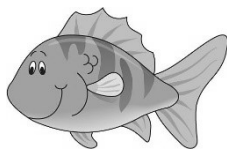
# AQUATICS & SWIMMING

**COURSE: #413**      **ARC - Learn to Swim Level 2 - Guppies**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 8:00-9:00am**  
**# OF SESSIONS: 7**      **COST: \$80.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** A Level II course is designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.  
**INSTRUCTOR: Grace Riexinger**

**COURSE: #414**      **ARC - Learn to Swim Level 2 - Guppies**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 12:30-1:30pm**  
**# OF SESSIONS: 7**      **COST: \$80.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** A Level II course is designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.  
**INSTRUCTOR: Grace Riexinger**

**COURSE: #415**      **ARC - Learn to Swim Level 2 - Guppies**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 1:30-2:30pm**  
**# OF SESSIONS: 7**      **COST: \$80.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** A Level II course is designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.  
**INSTRUCTOR: Katherine Stiger**

**WEATHER RELATED CANCELLATIONS:**  
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# AQUATICS & SWIMMING

**COURSE: #416**      **ARC - Learn to Swim Level 3 - Minnows**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 9:00-10:00am**  
**# OF SESSIONS: 7**      **COST: \$80.00**

**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** A Level III course is designed to build on the skills learned in Levels I and II. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissor and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level III, participants achieve basic water competency in a pool environment. Limited to 10 students.  
**INSTRUCTOR: Grace Riexinger**

**COURSE: #417**      **ARC - Learn to Swim Level 3 - Minnows**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 12:30-1:30pm**  
**# OF SESSIONS: 7**      **COST: \$80.00**

**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** A Level III course is designed to build on the skills learned in Levels I and II. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level III, participants achieve basic water competency in a pool environment. Limited to 10 students.  
**INSTRUCTOR: Katherine Stiger**

**COURSE: #418**      **ARC - Learn to Swim Level 4 - Sea Turtles**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 10:00-11:00am**  
**# OF SESSIONS: 7**      **COST: \$80.00**

**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** A Level IV course is designed to improve participants' proficiency in performing the swimming strokes that were introduced in Level III. Participants learn to perform these strokes with increased proficiency and swim them for greater distances. In addition, participants learn the arm actions that accompany the scissors kick and breaststroke kick in order to begin performing the sidestroke and breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at the wall. Limited to 15 students.  
**INSTRUCTOR: Grace Riexinger**

# AQUATICS & SWIMMING

**COURSE: #419**      **ARC - Learn to Swim Level 5 - Stingrays AND**  
**\* COMBINED CLASS \* ARC - Learn to Swim Level 6 - Dolphins**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 11:00am-12:00pm**  
**# OF SESSIONS: 7**      **COST: \$80.00**

**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** A Level V course is designed to help participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and the back.  
A Level VI course is designed to help participants refine strokes and turns and build endurance. Three options (Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer) provide participants with the opportunity to learn information and skills for specific aquatic activities. Limited to 25 students.  
**INSTRUCTOR: Grace Riexinger**

**COURSE: #440**      **Adaptive Swim Lessons**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 3:15-4:00pm**  
**# OF SESSIONS: 7**      **COST: \$65.00**

**AGE REQUIREMENTS: Ages 3 and above**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** Individuals with developmental disabilities will become acclimated with the swimming pool environment in a more intimate setting with parent/adult designee assisting in the water. Appropriate flotation devices and assistance will be available based on each participant's needs. This course will be taught by an American Red Cross Water Safety Instructor (WSI) experienced with students who have developmental disabilities.  
**INSTRUCTOR: Grace Riexinger**

**COURSE: #451**      **Adult Swim Lessons**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 4:00-5:00pm**  
**# OF SESSIONS: 7**      **COST: \$55.00**

**AGE REQUIREMENTS: ADULTS**  
**SCHEDULED CLASSES: Sept 17, 24; Oct 1, 8, 15, 22, 29**  
**COURSE DESCRIPTION:** New swimmer? Always wanted to learn? Good, but would like to be better? This class is for you, all of you! From beginner to experienced, this class will help if you're looking to learn how, or refine and improve your skills. Basic water safety and survival skills in and around water will be taught. Cap and goggles are optional.  
**INSTRUCTOR: Grace Riexinger**

**IMPORTANT REMINDER TO PARENTS**  
**Please register your child(ren) for the appropriate age/ability level.**  
**There will be NO CHANGES of levels or refunds once classes have begun.**

**PLEASE NOTE: IT IS THE PARENT/GUARDIAN'S RESPONSIBILITY TO MAKE SURE THEIR CHILDREN**







# AQUATICS & SWIMMING

# AQUATICS & SWIMMING

**COURSE: #441** Community Lap Swim  
**ROOM:** Natatorium **DAY:** T & R  
**BLDG:** DVHS **TIME:** 4:30-6:00pm  
**# OF SESSIONS:** 14 **COST:** Free to Local Residents  
**AGE REQUIREMENTS:** All Ages  
**SCHEDULED CLASSES:** Sept 13, 15, 20, 22, 27, 29;  
 Oct 4, 6, 11, 13, 18, 20, 25, 27

**COURSE DESCRIPTION:** This course is intended for lap swimming only. There is a fee of \$3 per person per swim for non-residents of the school district. Non-residents have a pool pass waiting for them at the pool after completing online registration.

Participants under 18 years of age must be accompanied by an adult.

**INSTRUCTOR:** Grace Riexinger & Katherine Stiger

**COURSE: #442** Community Swim  
**ROOM:** Natatorium **DAY:** F  
**BLDG:** DVHS **TIME:** 6:00-8:00pm  
**# OF SESSIONS:** 4 **COST:** Free to Local Residents  
**AGE REQUIREMENTS:** All Ages  
**SCHEDULED CLASSES:** Sept 16, 30; Oct 7, 21

**COURSE DESCRIPTION:** All sessions will be supervised by an adult instructor and several lifeguards. Participants will enjoy freedom of relaxing or exercising at their pace. Limited to 100 participants. There is a fee of \$3 per swim for non-residents of the school district. Non-residents will have a pool pass waiting for them at the pool after completing online registration.

Participants under 18 years of age must be accompanied by an adult.

**INSTRUCTOR:** Katherine Stiger

**COURSE: #443** Rusty Hinges  
**ROOM:** Natatorium **DAY:** M & W  
**BLDG:** DVHS **TIME:** 4:30-5:30pm  
**# OF SESSIONS:** 13 **COST:** \$65.00  
**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Sept 12, 14, 19, 21, 26, 28;  
 Oct 3, 5, 12, 17, 19, 24, 26

**COURSE DESCRIPTION:** A water exercise program designed to increase range of motion in stiffening joints, increase body flexibility, and develop muscular strength. This course will consist of a series of gentle low impact aerobics. Older citizens might like to "Oil Their Rusty Hinges" with this water exercise program. This course will also benefit those who are told to exercise following surgery, fractures, etc. It is not necessary to know how to swim since all workouts are conducted in shallow water. Limit 20 participants.

**INSTRUCTOR:** Grace Riexinger

**COURSE: #445** Water Aerobics  
**ROOM:** Natatorium **DAY:** M & W  
**BLDG:** DVHS **TIME:** 5:30-6:30pm  
**# OF SESSIONS:** 13 **COST:** \$65.00  
**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Sept 12, 14, 19, 21, 26, 28;  
 Oct 3, 5, 12, 17, 19, 24, 26

**COURSE DESCRIPTION:** This course is designed to increase cardiovascular activity, body strength, and flexibility through a progressive series of exercises. Limited to 14 students.

**INSTRUCTOR:** Grace Riexinger

**COURSE: #446** Deep Water Aerobics  
**ROOM:** Natatorium **DAY:** M & W  
**BLDG:** DVHS **TIME:** 6:30-7:30pm  
**# OF SESSIONS:** 13 **COST:** \$65.00  
**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Sept 12, 14, 19, 21, 26, 28;  
 Oct 3, 5, 12, 17, 19, 24, 26

**COURSE DESCRIPTION:** This course is designed to increase cardiovascular activity, body strength, and flexibility through a progressive series of exercises in deep water. Aqua belts are used to aid buoyancy. Participants should feel comfortable in deep water for this course. Limited to 12 students.

**INSTRUCTOR:** Grace Riexinger

**COURSE: #460** Early Morning Swim & Stay Fit - September  
**ROOM:** Natatorium **DAY:** M & W  
**BLDG:** DVHS **TIME:** 6:45-7:45am  
**# OF SESSIONS:** 6 **COST:** \$30.00  
**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Sept 12, 14, 19, 21, 26, 28

**COURSE DESCRIPTION:** This course is an adult lap swim for the early riser. Start your day off with a water workout.

**COURSE: #461** Early Morning Swim & Stay Fit - October  
**ROOM:** Natatorium **DAY:** M & W  
**BLDG:** DVHS **TIME:** 6:45-7:45am  
**# OF SESSIONS:** 7 **COST:** \$35.00  
**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Oct 3, 5, 12, 17, 19, 24, 26  
**COURSE DESCRIPTION:** This course is an adult lap swim for the early riser. Start your day off with a water workout.

**COURSE: #462** Early Morning Swim & Stay Fit - November  
**ROOM:** Natatorium **DAY:** M & W  
**BLDG:** DVHS **TIME:** 6:45-7:45am  
**# OF SESSIONS:** 7 **COST:** \$35.00  
**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Nov 2, 7, 9, 14, 16, 21, 30  
**COURSE DESCRIPTION:** This course is an adult lap swim for the early riser. Start your day off with a water workout.

**COURSE: #463** Early Morning Swim & Stay Fit - December  
**ROOM:** Natatorium **DAY:** M & W  
**BLDG:** DVHS **TIME:** 6:45-7:45am  
**# OF SESSIONS:** 6 **COST:** \$30.00  
**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Dec 5, 7, 12, 14, 19, 21  
**COURSE DESCRIPTION:** This course is an adult lap swim for the early riser. Start your day off with a water workout.

**COURSE: #464** Early Morning Swim & Stay Fit - January  
**ROOM:** Natatorium **DAY:** M & W  
**BLDG:** DVHS **TIME:** 6:45-7:45am  
**# OF SESSIONS:** 7 **COST:** \$35.00  
**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Jan 4, 9, 11, 18, 23, 25, 30  
**COURSE DESCRIPTION:** This course is an adult lap swim for the early riser. Start your day off with a water workout.



**PLEASE NOTE: ALL SCHOOL-AGE CHILDREN AND ADULTS MUST USE THE APPROPRIATE LOCKER ROOMS. GIRLS/WOMEN USE THE WOMEN'S LOCKER ROOM, BOYS/MEN USE THE MEN'S LOCKER ROOM.**





Please be aware, DV-ACE registration can be completed online using a credit or debit card. Visit <https://www.dvsd.org/> and click on DV-ACE under the Our District tab at the top of the page. If unable to register online, please mail the form below to DV-ACE along with your payment.

**YOU WILL BE NOTIFIED ONLY IF YOUR CLASS IS CANCELLED - KEEP THIS CATALOG FOR START DATE, TIME, AND LOCATION**

**IF UNABLE TO REGISTER ONLINE, COMPLETE FORM AND MAIL TO:  
DV-ACE, 252 ROUTE 6 & 209, MILFORD, PA 18337-9454**

|  |
|--|
| <b>Non-Resident<br/>Fee:</b><br><br>\$ _____ |
|--|

**Please Note:**

- \* **Make all checks payable to DV-ACE.**
- \* **All out-of-district enrollees must pay a \$20.00 non-resident fee per course, with a maximum of \$60.00 per participant/family per year.**
- \* **A separate registration form and check must be completed for each participant and course.**

PARTICIPANT'S FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHYSICAL ADDRESS (if different): \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

COURSE #: \_\_\_\_\_ COURSE TITLE: \_\_\_\_\_

COURSE SCHOOL/ROOM LOCATION: \_\_\_\_\_ COST: \_\_\_\_\_

GRADE LEVEL (2022-2023) (if applicable): \_\_\_\_\_ PARENT/GUARDIAN NAME (if applicable): \_\_\_\_\_

**PLEASE NOTE: A separate registration form must be completed for each course and participant!**  
*The undersigned acknowledges that he/she is responsible for the proper utilization of the facility and equipment and acknowledges that there are inherent risks and dangers that may arise associated with this Adult/Community Education Class. I, the undersigned, willfully, voluntarily, and intelligently acknowledge the existence of risks in connection with this Adult/Community Education Class, the use of the facility and equipment, the personal injury due to the use of the facility and equipment, and do hereby assume such risk and agree to accept the responsibility for any injuries sustained.*

**Please sign below:**

Signature \_\_\_\_\_ Date \_\_\_\_\_

**OFFICE USE ONLY:**

AMOUNT PD. \_\_\_\_\_ CASH / CHECK / MONEY ORDER # \_\_\_\_\_

NAME & ADDRESS IF DIFFERENT FROM ABOVE \_\_\_\_\_

NOTES \_\_\_\_\_

|  |
|--|
| <b>Date Received:</b><br><br>_____<br><br><b>Received By:</b><br><br>_____ |
|--|

**YOU WILL BE NOTIFIED ONLY IF YOUR CLASS IS CANCELLED - KEEP THIS CATALOG FOR START DATE, TIME, AND LOCATION**

# DV-ACE FALL 2022

## LEVEL 100 COURSES **GENERAL EDUCATION**

|   |     |
|---|-----|
| Lifeguarding / CPR Certification .....  | 101 |
| Driver Training: Behind the Wheel ..... | 103 |

## LEVEL 200 COURSES **PERSONAL ENRICHMENT**

|   |     |
|---|-----|
| S.E.A.L.S. - Social Education and Life Skills .....         | 201 |
| Creative Writing Workshop <b>NEW</b> .....                  | 202 |
| Beautiful Germany: An Overview <b>NEW</b> .....             | 203 |
| Conversational Sign Language for Beginners <b>NEW</b> ..... | 204 |
| Homeopathic First Aid .....                                 | 205 |
| Essential Oil First Aid .....                               | 206 |
| Beginner Crochet .....                                      | 207 |

## LEVEL 300 COURSES **FITNESS & RECREATION**

|  |     |
|--|-----|
| Adult Volleyball .....                   | 301 |
| Beginner Pickleball .....                | 302 |
| Recreational Pickleball <b>NEW</b> ..... | 303 |
| Youth Race Series <b>NEW</b> .....       | 304 |

## LEVEL 400 COURSES **AQUATICS & SWIM**

|   |           |
|---|-----------|
| ARC Parent & Child Aquatics .....             | 401       |
| ARC Pre-School Aquatics: Levels I - III ..... | 402 - 408 |
| ARC Learn to Swim: Levels I - VI .....        | 409 - 419 |
| Adaptive Swim Lessons .....                   | 440       |
| Lap Swim & Community Swim .....               | 441 - 442 |
| Rusty Hinges .....                            | 443       |
| Water Aerobics .....                          | 445       |
| Deep Water Aerobics .....                     | 446       |
| Adult Swim Lesson .....                       | 451       |
| Early Morning Swim & Stay Fit .....           | 460 - 465 |