

Fall Session 2017



Delaware Valley
Adult & Community Education

Educating for Life's Journey



Mark McElroy, Director
DV-ACE, 258 Rt 6 & 209
Milford, PA 18337
Delaware Valley School District
570-296-3615
ckeegan@dvsd.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.

FIRST REGISTRATION: Saturday September 9, 2017 from 9:00 – 11:00am at the Delaware Valley Middle School Cafeteria. Delaware Valley School District residents are people residing in Delaware Township, Dingmans Township, Matamoras Borough, Milford Borough, Milford Township, Shohola Township, and Westfall Township. Registrants must show proof of residency.

Notice to All Participants:

Delaware Valley School District **residents** who register **in person** on Saturday will be **signed up first**, followed by registrations of non-residents who register in person, and then mail registrations will be processed. Non-residents and mail registrations will NOT be recorded on class lists until 11:00am on Saturday September 9, 2017.

Please sign the registration form where your signature is required.

Non-residents are required to pay \$20.00 non-resident fee for each class they are registering for, with a maximum amount of \$60.00 per participant or family.

REGISTRATIONS WILL NOT BE ACCEPTED THE FIRST DAY OF CLASSES!

ADDITIONAL REGISTRATIONS:

Tuesday September 12, 2017
Delaware Valley Middle School
10:00 -11:00 AM

Wednesday, September 13, 2017
Delaware Valley Middle School
1:00-2:00 PM

MAIL REGISTRATION: Deadline for Mail-in Registration is Friday, September 22, 2017.

All registrations after September 22 must be submitted in person with proof of residency at the DVMS Office.

Notifications will **NOT** be mailed prior to start of classes--keep this flyer for 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 call (570) 296-3615 or email us at ckeegan@dvsd.org.

Please make all checks payable to: DV-ACE for all Delaware Valley Adult & Community Education Courses.

Abbreviations Used in This Flyer

DVES - Delaware Valley Elementary School, 500 Avenue 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 Road, Shohola PA
THE DAYS OF THE WEEK are listed as **M**, (Monday); **T**, (Tuesday); **W**, (Wednesday); **R**, (Thursday); **F**, (Friday) and **S**, (Saturday); **TBA** To Be Announced
ARC - American Red Cross

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ACADEMIC/BASIC EDUCATION

COURSE: #101 AARP Driver Safety Long Program

ROOM: Library DAY: W & R
BLDG: DVHS TIME: 5:00-9:00pm
OF SESSIONS: 2 COST: \$15.00

AGE REQUIREMENTS: Adults 50 years and over

SCHEDULED CLASSES: Oct. 18 & 19

COURSE DESCRIPTION: An 8 hour refresher course designed for drivers age 50 and older to help drivers assess and enhance driving skills. Taught by AARP volunteer instructors, it covers rules of the road, age related physical changes that may impact driving and tips to compensate for these changes. Attendees should verify with their insurance carrier for eligibility and for available premium discounts. Students must bring their driver's license and a pen. Fee \$15.00/AARP Member- \$20.00/Non-Member

INSTRUCTOR: Stan Rothman

COURSE: #102 AARP Driver Safety Short Program

ROOM: Library DAY: R
BLDG: DVHS TIME: 5:00-9:00pm
OF SESSIONS: 1 COST: \$15.00

AGE REQUIREMENTS: Adults 50 years and over

SCHEDULED CLASSES: November 2

COURSE DESCRIPTION: A 4 hour refresher course designed for drivers age 50 and older to help drivers assess and enhance driving skills. This course is available only to those who have previously attended an 8 hour course and possess a valid PA license and insurance carrier. Taught by AARP volunteer instructors, it covers rules of the road, age related physical changes that may impact driving, and tips to compensate for these changes. Attendees should verify with their insurance carrier for eligibility and for available premium discounts. Students must bring their driver's license and a pen.

Fee: \$15.00/AARP Member - \$20.00/Non-Member

INSTRUCTOR: Stan Rothman

COURSE: #103 Driver's Training "Behind the Wheel"

ROOM: Entrance Foyer DAY:
BLDG: DVHS TIME:
OF SESSIONS: 6 COST: \$235.00

AGE REQUIREMENTS:
SCHEDULED CLASSES:

COURSE DESCRIPTION: This is a beginner's driving course for students with Pennsylvania Permits for Licenses. It is a 6 hour "Behind the Wheel" course with driving sessions to be scheduled in the evenings, weekdays, or weekends, beginning September 25 2017. The schedule will be established by the instructor and student. The \$235.00 fee includes 6 hours driving time. Prerequisite: 30 hours of class-room.

INSTRUCTOR: Dan Quinlan & Sean Giblin

PERSONAL ENRICHMENT

COURSE: #201 Gentle Yoga

ROOM: Cafeteria DAY: M
BLDG: DVMS TIME: 6:00-7:00pm
OF SESSIONS: 6 COST: \$21.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Sept. 18, 25; Oct. 2, 16, 23, 30

COURSE DESCRIPTION: Gentle Yoga is a class to introduce the benefits and joy of yoga and will explore introductory exercises and breath awareness. Through focused movement and breath awareness this class will nurture self-awareness and self-discovery, flexibility, strength, balance and relaxation. The class is also appropriate for practitioners of all levels. Please bring a mat.

INSTRUCTOR: Lisa Krenkel

PERSONAL ENRICHMENT

COURSE: #202 Quilting Projects for the Holidays

ROOM: E4 DAY: T
BLDG: DVMS TIME: 5:30-7:30PM
OF SESSIONS: 3 COST: \$32.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Oct. 3, 10, 17

COURSE DESCRIPTION: This class is for beginning quilters. We will basically hand sew small projects for the holidays. The instructor will supply the material and the utensils needed for the class.

INSTRUCTOR: Linda Cowell

COURSE: #203 Ballet For Beginners

ROOM: Cafeteria DAY: T
BLDG: DVES TIME: 4:30-5:15pm
OF SESSIONS: 6 COST: \$26.00

AGE REQUIREMENTS: Grades 2-8

SCHEDULED CLASSES: Sept. 19, 26; Oct. 3, 10, 17, 24

COURSE DESCRIPTION: This class is an introduction into the Art of Ballet Dancing. Class will include a ballet warm-up, center combination and a dance routine. Students should wear a leotard, tights and slippers.

INSTRUCTOR: Rose Mary Buchholz

COURSE: #204 Creative Dance for Young Students

ROOM: Cafeteria DAY: W
BLDG: DVES TIME: 4:30-5:15pm
OF SESSIONS: 6 COST: \$26.00

AGE REQUIREMENTS: Ages 3-6

SCHEDULED CLASSES: Sept. 20, 27; Oct. 4, 11, 18, 25

COURSE DESCRIPTION: This program focuses on building coordination through dance & rhythmic movement. Pre-ballet is combined with gross motor skills to build flexibility & stamina.

INSTRUCTOR: Rose Mary Buchholz

COURSE: #205 Adult Special Needs Fitness Class

ROOM: Cafeteria DAY: W
BLDG: DVES TIME: 5:15-6:00pm
OF SESSIONS: 6 COST: \$26.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Sept. 20, 27; Oct. 4, 11, 18, 25,

COURSE DESCRIPTION: A special movement program designed for adults with special needs. The program will improve gross motor skills, coordination & balance.

INSTRUCTOR: Rose Mary Buchholz

COURSE: #206 Introduction to Penmanship

ROOM: Library DAY: T & R
BLDG: DDES TIME: 3:45-4:45pm
OF SESSIONS: 4 COST: \$19.00

AGE REQUIREMENTS: Grades 2-3

SCHEDULED CLASSES: Sept. 5, 7, 12, 14

COURSE DESCRIPTION: This class is an introduction to writing in cursive with proper posture and practice of letter formation with writing exercises.

INSTRUCTOR: Vivian Bruno

COURSE: #207 Introduction to Penmanship

ROOM: Library DAY: T & R
BLDG: DDES TIME: 3:45-4:45pm
OF SESSIONS: 4 COST: \$19.00

AGE REQUIREMENTS: Grades 2-3

SCHEDULED CLASSES: Sept. 19, 21, 26, 28

COURSE DESCRIPTION: This class is an introduction to writing in cursive with proper posture and practice of letter formation with writing exercises.

INSTRUCTOR: Vivian Bruno

Attention Out-of-District Registrants:

Please add a \$20.00 Non-Resident fee for each class that you register for. There is a \$60.00 maximum non-resident fee per participant or family.

KEEP THIS BROCHURE FOR START DATE, TIME AND LOCATION INFORMATION



PERSONAL ENRICHMENT

COURSE: #208

Surviving Junior High: A Writing Class for Girls

ROOM: Library

BLDG: DVES

OF SESSIONS: 6

AGE REQUIREMENTS: Girls 4, 5, 6 grades

SCHEDULED CLASSES: Sept. 25; Oct. 2, 16, 23, 30; Nov. 6

COURSE DESCRIPTION: Surviving Junior High is a six week writing class for girls only. We will focus on developing creativity and supporting self esteem for girls who entering or already attending Junior High. The work shop will feature a variety of writing strategies to inspire girls to discover their own unique voice in a safe and supportive environment

INSTRUCTOR: Alyce Skelton

DAY: M

TIME: 3:45-4:45pm

COST: \$26.00

COURSE: #209

Writing Through Loss

ROOM: Library

BLDG: DVMS

OF SESSIONS: 6

AGE REQUIREMENTS: Adult

SCHEDULED CLASSES: Sept. 25; Oct. 2, 16, 23, 30; Nov. 6

COURSE DESCRIPTION: Writing Through Loss is a six week writing workshop to help deal with losses of all kinds. We will use an eclectic assortment of writing techniques to explore losses in a safe and supportive writing environment. Using a variety of writing exercises and journaling processes, the writer will begin to come to terms with their losses. Because the class is geared to the needs of each student, writing experience is not required.

INSTRUCTOR: Alyce Skelton

DAY: M

TIME: 6:30-7:30pm

COST: \$26.00

COURSE: #210

Beginning Creative Writing

ROOM: Library

BLDG: DVMS

OF SESSIONS: 8

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Sept. 27; Oct. 4, 11, 18, 25; Nov. 1, 8, 15

COURSE DESCRIPTION: Beginning Creative Writing students will explore a variety of techniques, journaling processes and editing strategies to begin writing, or to apply these skills to either a work in progress, or a completely new piece. The class is geared to the goals and needs of each participant, using a diversity of new approaches to accomplish their goals.

INSTRUCTOR: Alyce Skelton

DAY: W

TIME: 6:30-7:30

COST: \$32.00

COURSE: #211

Writing Effective News Releases

ROOM: Library

BLDG: DVMS

OF SESSIONS: 8

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Sept. 28; Oct. 5, 12, 19, 26; Nov. 2, 9, 16

COURSE DESCRIPTION: Writing Effective News Releases is an eight week workshop that will have you writing news releases that work. Do you need to get yourself or your organization better media coverage? This workshop explores how to create an effective news release that will get your organization media coverage and better visibility in your community.

INSTRUCTOR: Alyce Skelton

DAY: R

TIME: 6:30-7:30pm

COST: \$32.00

RECREATIONAL

COURSE: #301

Volleyball

ROOM: Gym

BLDG: DVES

OF SESSIONS: 11

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Sept. 20, 27; Oct. 4, 11, 18, 25; Nov. 1, 8, 15, 29; Dec. 6

COURSE DESCRIPTION: This is a recreational course available for those interested in playing the game of volleyball for exercise and recreation. It is designed for those with adequate skills in volleyball.

INSTRUCTOR: Scott Palermo

DAY: W

TIME: 8:00-10:00pm

COST: \$65.00

KEEP THIS BROCHURE FOR START DATE, TIME AND LOCATION INFORMATION

RECREATIONAL

COURSE: #302

Running Basics: Cross Country

ROOM: Outdoor Track/Cross

Country Course

BLDG: DVHS

OF SESSIONS: 8

AGE REQUIREMENTS: Boys and Girls grades 2-6

SCHEDULED CLASSES: Oct. 5, 12, 19, 26; Nov. 2, 9, 16, *18

COURSE DESCRIPTION: This class will excite students about the fun competition of running. Students will develop fundamental skills including: running form, strength, flexibility, and racing tactics. Students will be divided by ability. You must wear running attire, running shoes and bring a water bottle. *The class will culminate with runners racing the DV Turkey Trot held at DVHS Saturday, November 18 from 9:30-11:30am. (Race fee is not included in course costs.)

INSTRUCTOR: Audrey Josephite

DAY: R, S*

TIME: 4:30-5:30pm

COST: \$27.00

SWIMMING

IMPORTANT REMINDER TO PARENTS

Please sign up your child(ren) appropriately to age/ability level. There will be **NO CHANGES** of levels or refunds once classes have begun.

COURSE: #401

ARC-Parent & Child Aquatics

ROOM: Natatorium

BLDG: DVHS

OF SESSIONS: 6

AGE REQUIREMENTS: 18 to 36 months

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: This course is to familiarize young children (from 18 to 36 months) to the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own. Registration for this course requires that the child be potty trained and a parent accompany his/her child in the water during instruction. Limited to 8 students.

INSTRUCTOR: Chelsea Shatt

DAY: S

TIME: 10:00-10:30am

COST: \$40.00

COURSE: #402

ARC-PreSchool Aquatics/Level I

ROOM: Natatorium

BLDG: DVHS

OF SESSIONS: 6

AGE REQUIREMENTS: 3-5 years old

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: This class is to orient preschool-age children to the aquatic environment and to 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 I. Limited to 8 students.

INSTRUCTOR: Kirsten Leili

DAY: S

TIME: 12:00-12:30pm

COST: \$40.00

COURSE: #403

ARC-PreSchool Aquatics/Level I

ROOM: Natatorium

BLDG: DVHS

OF SESSIONS: 6

AGE REQUIREMENTS: 3-5 years old

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: This class is to orient preschool-age children to the aquatic environment and to 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 I. Limited to 8 students.

INSTRUCTOR: Kirsten Leili

DAY: S

TIME: 12:30-1:00pm

COST: \$40.00

PLEASE REGISTER EARLY

Sometimes courses must be cancelled because everyone waits until the last minute to register. Please register early to avoid a class cancellation due to lack of enrollment.



SWIMMING

PLEASE NOTE:

IT IS THE PARENT/ GUARDIAN'S RESPONSIBILITY TO MAKE SURE THEIR CHILDREN ARE USING POOL FACILITIES PROPERLY

COURSE: #404

ARC-PreSchool Aquatics/Level I

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 1:00-1:30pm

OF SESSIONS: 6

COST: \$40.00

AGE REQUIREMENTS: 3-5 years old

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: This class is to orient preschool-age children to the aquatic environment and to 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 I. Limited to 8 students.

INSTRUCTOR: Kathy Stiger

COURSE: #405

ARC-PreSchool Aquatics/Level II

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 10:00-10:30am

OF SESSIONS: 6

COST: \$40.00

AGE REQUIREMENTS: 3-5 years old

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: To build on the basic aquatic skills learned in Preschool Level I. This course is intended for children between the ages of 3 and 5 years old. Prerequisite: students in this class must have successfully completed a prior Preschool class. Limited to 8 students.

INSTRUCTOR: Lisa Legg

COURSE: #406

ARC-PreSchool Aquatics/Level II

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 1:30-2:00pm

OF SESSIONS: 6

COST: \$40.00

AGE REQUIREMENTS: 3-5 years old

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: To build on the basic aquatic skills learned in Preschool Level I. This course is intended for children between the ages of 3 and 5 years old. Prerequisite: students in this class must have successfully completed a prior Preschool class. Limited to 8 students.

INSTRUCTOR: Kathy Stiger

COURSE: #407

ARC-PreSchool Aquatics/Level III

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 10:30-11:00am

OF SESSIONS: 6

COST: \$40.00

AGE REQUIREMENTS: 3-5 years old

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: To increase proficiency and build on the basic aquatic skills learned in a prior Preschool class. This course is intended for children between the ages of 3 and 5 years old. Prerequisite: students in this class must be able to glide through the water, roll to their backs & float. Limited to 8 students.

INSTRUCTOR: Lisa Legg

COURSE: #408

Learn to Swim Level I-Tadpoles

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 8:45-9:30am

OF SESSIONS: 6

COST: \$48.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn-to-Swim Level 1 is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.

INSTRUCTOR: Cheryl Switzer

TO ENSURE MAXIMUM SAFETY IN THE WATER, ALL STUDENTS WITH LONG HAIR MUST WEAR A BATHING CAP OR TIE THE HAIR BACK. THIS WILL ALLOW FOR PROPER BREATHING AND VISION.

SWIMMING

PLEASE NOTE:

ALL SCHOOL AGE CHILDREN AND ADULTS MUST USE APPROPRIATE LOCKER ROOMS, GIRLS/WOMEN USE THE WOMEN'S LOCKER ROOM, BOYS/MEN USE THE MEN'S LOCKER ROOM

COURSE: #409

Learn to Swim Level I-Tadpoles

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 10:30-11:15am

OF SESSIONS: 6

COST: \$48.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn-to-Swim Level 1 is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.

INSTRUCTOR: Chelsea Shatt

COURSE: #410

Learn to Swim Level I-Tadpoles

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 11:15am-12:00pm

OF SESSIONS: 6

COST: \$48.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn-to-Swim Level 1 is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.

INSTRUCTOR: Chelsea Shatt

COURSE: #411

Learn to Swim Level I-Tadpoles

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 2:00-2:45pm

OF SESSIONS: 6

COST: \$48.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23,30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn-to-Swim Level 1 is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.

INSTRUCTOR: Kirsten Leili

COURSE: #412

Learn to Swim Level II-Guppies

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 11:00am-12:00pm

OF SESSIONS: 6

COST: \$56.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn-to-Swim Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and 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: Lisa Legg

COURSE: #413

Learn to Swim Level II-Guppies

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 12:00-1:00pm

OF SESSIONS: 6

COST: \$56.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn-to-Swim Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and 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: Kathy Stiger

ANY QUESTIONS ?????
YOU CAN CONTACT US BY E-MAIL - ckeegan@dvdsd.org



SWIMMING

COURSE: #414 Learn to Swim Level II-Guppies

ROOM: Natatorium DAY: S
BLDG: DVHS TIME: 1:00-2:00pm
OF SESSIONS: 6 COST: \$56.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn-to-Swim Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and 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: Kirsten Leili

COURSE: #415 Learn to Swim Level II-Guppies

ROOM: Natatorium DAY: S
BLDG: DVHS TIME: 1:00-2:00pm
OF SESSIONS: 6 COST: \$56.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn-to-Swim Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and 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: Cheryl Switzer

COURSE: #416 Learn to Swim Level III-Minnows

ROOM: Natatorium DAY: S
BLDG: DVHS TIME: 9:00-10:00am
OF SESSIONS: 6 COST: \$56.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn to Swim Level 3 builds on the skills learned in level 1 and 2. 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 9ft deep or deeper). On successful completion of Level 3 participants have achieved basic water competency in a pool environment. Limited to 10 students.

INSTRUCTOR: Lisa Legg

COURSE: #417 Learn to Swim Level III-Minnows

ROOM: Natatorium DAY: S
BLDG: DVHS TIME: 1:00-2:00pm
OF SESSIONS: 6 COST: \$56.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn to Swim Level 3 builds on the skills learned in level 1 and 2. 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 9ft deep or deeper). On successful completion of Level 3 participants have achieved basic water competency in a pool environment. Limited to 10 students.

INSTRUCTOR: Cheryl Switzer

**DELAWARE VALLEY SCHOOL DISTRICT & DV-ACE ARE
NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS!**

BE A TEACHER – SUGGEST A COURSE

We welcome suggestions for new courses from individuals qualified to teach a non-credit course. If you have a skill, talent or special knowledge you would like to share, or would like to suggest a course, we would like to hear from you!

**CALL (570) 296-3615 OR CONTACT US BY E-MAIL AT
ckeegan@dvsd.org**

SWIMMING

COURSE: #418 Learn to Swim Level III-Minnows

ROOM: Natatorium DAY: S
BLDG: DVHS TIME: 2:00-3:00pm
OF SESSIONS: 6 COST: \$56.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn to Swim Level 3 builds on the skills learned in level 1 and 2.

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 9ft deep or deeper). On successful completion of Level 3 participants have achieved basic water competency in a pool environment. Limited to 10 students.

INSTRUCTOR: Kathy Stiger

COURSE: #419 Learn to Swim Level IV-Sea Turtles

ROOM: Natatorium DAY: S
BLDG: DVHS TIME: 9:30-10:30am
OF SESSIONS: 6 COST: \$56.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn to Swim Level 4 seeks to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to 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 side-stroke 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 a wall. Limited to 15 students.

INSTRUCTOR: Cheryl Switzer

COURSE: #420 Learn to Swim Level IV-Sea Turtles

ROOM: Natatorium DAY: S
BLDG: DVHS TIME: 12:00-1:00pm
OF SESSIONS: 6 COST: \$56.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn to Swim Level 4 seeks to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to 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 side-stroke 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 a wall. Limited to 15 students.

INSTRUCTOR: Cheryl Switzer

COURSE: #421 Learn to Swim Level V-Stingrays

ROOM: Natatorium DAY: S
BLDG: DVHS TIME: 9:00-10:00am
OF SESSIONS: 6 COST: \$56.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28

COURSE DESCRIPTION: Learn to Swim Level 5 focuses on helping participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke 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 back. Limited to 15 students.

INSTRUCTOR: Chelsea Shatt

DV-ACE OFFICE HOURS ARE:

MONDAY-FRIDAY 8:00 AM - 3:30 PM
FOR ANY INFORMATION CALL (570) 296-3615
PRESS 1 FOR CLOSING INFORMATION
PRESS 2 FOR COURSE INFORMATION
PRESS 3 FOR REGISTRATION INFORMATION
PRESS 4 TO TALK TO A RECEPTIONIST



SWIMMING

COURSE: #422 **Level VI: Skills Proficiency-Dolphins**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:30-11:30am
OF SESSIONS: 6 **COST:** \$56.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28
COURSE DESCRIPTION: Level 6 focuses on refining strokes and turns and building 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 15 students.
INSTRUCTOR: Cheryl Switzer

COURSE: #423 **Adaptive Swim Lessons**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 3:15-4:00pm
OF SESSIONS: 6 **COST:** \$48.00
AGE REQUIREMENTS: Ages 3 and up
SCHEDULED CLASSES: Sept. 23, 30; Oct. 7, 14, 21, 28
COURSE DESCRIPTION: This course is designed to acclimate individuals with developmental disabilities to 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 participants needs. This class will be taught by an American Red Cross WSI experienced in the developmentally disabled population.
INSTRUCTOR: Kathy Stiger or Mary Ann Ford

COURSE: #424 **Early Morning Swim & Stay Fit-Sept.**
ROOM: Natatorium **DAY:** M,T,W, R, F
BLDG: DVHS **TIME:** 6:45-7:45AM
OF SESSIONS: 10 **COST:** \$35.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept. 18, 19, 20, 21, 22, 25, 26, 27, 28, 29
COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start your day off with a water workout. All Early Morning Swim Participants must be out of the school building by 8:15am.

COURSE: #425 **Early Morning Swim & Stay Fit-Oct.**
ROOM: Natatorium **DAY:** M,T,W, R, F
BLDG: DVHS **TIME:** 6:45-7:45AM
OF SESSIONS: 21 **COST:** \$61.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Oct. 2, 3, 4, 5, 6, 10, 11, 12, 13, 16, 17, 18, 19, 20, 23, 24, 25, 26, 27, 30, 31
COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start your day off with a water workout. All Early Morning Swim Participants must be out of the school building by 8:15am.

COURSE: #426 **Early Morning Swim & Stay Fit-Nov.**
ROOM: Natatorium **DAY:** M,T,W, R, F
BLDG: DVHS **TIME:** 6:45-7:45AM
OF SESSIONS: 15 **COST:** \$49.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Nov. 1, 2, 3, 6, 7, 8, 9, 10, 13, 14, 15, 16, 21*, 28*, 30*
COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start your day off with a water workout. All Early Morning Swim Participants must be out of the school building by 8:15am.
 * Denotes days changing to T & R only

COURSE: #427 **Early Morning Swim & Stay Fit-Dec.**
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 6:45-7:45AM
OF SESSIONS: 6 **COST:** \$23.00
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. All Early Morning Swim Participants must be out of the school building by 8:15am.

KEEP THIS BROCHURE FOR START DATE, TIME AND LOCATION INFORMATION

SWIMMING

COURSE: #428 **Early Morning Swim & Stay Fit-Jan.**
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 6:45-7:45AM
OF SESSIONS: 9 **COST:** \$32.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Jan. 2, 4, 9, 11, 16, 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. All Early Morning Swim Participants must be out of the school building by 8:15am.

COURSE: #429 **Community Swim**
ROOM: Natatorium **DAY:** F
BLDG: DVHS **TIME:** 6:00-8:00pm
OF SESSIONS: 11 **COST:** \$0.00
AGE REQUIREMENTS:
SCHEDULED CLASSES: Sept. 29; Oct. 6, 13, 27; Nov. 3, 10, 17; Dec. 1, 8, 15, 22
COURSE DESCRIPTION: These sessions will be supervised by an adult instructor and several life-guards. 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 must purchase a pool pass at registration or through the DV-ACE office.
INSTRUCTOR: Kathy Stiger

COURSE: #430 **Community Lap Swim**
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 4:30-6:00pm
OF SESSIONS: 18 **COST:** \$0.00
AGE REQUIREMENTS:
SCHEDULED CLASSES: Sept. 19, 21, 26, 28; Oct. 3, 5, 10, 12, 17, 19, 24, 26, 31; Nov. 2, 7, 9, 14, 16
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 must purchase a pool pass at registration or through the DV-ACE office.
INSTRUCTOR: Kathy Stiger

COURSE: #431 **Rusty Hinges**
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 4:00-5:00pm
OF SESSIONS: 13 **COST:** \$58.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept. 18, 20, 25, 27; Oct. 2, 4, 11, 16, 18, 23, 25, 30; Nov. 1
COURSE DESCRIPTION: A water exercise program designed to increase range of motion in stiffening joints, increase body flexibility and develop muscular strength. 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 is also a plus program for 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. Limited to 16 students.
INSTRUCTOR: Karen VanDuzer

COURSE: #432 **Deep Water Aerobics**
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 6:00-7:00pm
OF SESSIONS: 13 **COST:** \$58.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept. 18, 20, 25, 27; Oct. 2, 4, 11, 16, 18, 23, 25, 30; Nov. 1
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. Students should feel comfortable in deep water for this course. Limited to 14 students.
INSTRUCTOR: Karen VanDuzer

TAKE NOTE!

If classes have to be cancelled the next class to be held follows the schedule that is posted in this flyer.



SWIMMING

COURSE: #433

Water Aerobics

ROOM: Natatorium

DAY: M & W

BLDG: DVHS

TIME: 7:00-8:00pm

OF SESSIONS: 13

COST: \$58.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Sept. 18, 20, 25, 27; Oct. 2, 4, 11, 16, 18, 23, 25, 30; Nov. 1

COURSE DESCRIPTION: Through a progressive series of exercises this course is designed to increase cardiovascular activity, body strength and flexibility. Limited to 16 students.

INSTRUCTOR: Karen VanDuzer



SWIMMING

COURSE: #434

Scuba Diving

ROOM: Natatorium

DAY: W

BLDG: DVHS

TIME: 6:00-8:00pm

OF SESSIONS: 7

COST: \$99.00

AGE REQUIREMENTS: Must be 15 years and above

SCHEDULED CLASSES: Sept. 20, 27; Oct. 4, 11, 18, 25; Nov. 1

COURSE DESCRIPTION: This is the course that covers the classroom and pool instruction in scuba diving. This leads up to the open water portion for certification through the National Association of Underwater Instructors as a scuba diver. Additional 'Open Water' time is necessary after the classroom and pool sessions are completed. A \$65 student kit is required and may be purchased the first night of class. If you do not have your own tanks, regulators, b/c and weight belts, they can be rented for the pool sessions for \$50.00. You must bring your own masks, fins, booties and snorkels. There is an additional fee for the open water dives. For students age 15 and up. Limited to 15 students

INSTRUCTOR: Tim Simmons

DV-ACE OFFICE HOURS ARE:

MONDAY – FRIDAY 8:00 AM - 3:30 PM. FOR ANY INFORMATION CALL-570-296-3615

PRESS 1 FOR CLOSING INFORMATION • PRESS 2 FOR COURSE INFORMATION
PRESS 3 FOR REGISTRATION INFORMATION • PRESS 4 TO TALK TO A RECEPTIONIST

REGISTRATION IS SATURDAY, SEPTEMBER 9, 2017 FROM 9:00 – 11:00 AM

TAKE NOTE! IF CLASSES HAVE TO BE CANCELLED THE NEXT CLASS TO BE HELD FOLLOWS THE SCHEDULE THAT IS POSTED IN THIS FLYER.

COMPLETE FORM AND MAIL TO: DV-ACE, 258 ROUTE 6 & 209, MILFORD, PA 18337-9454

All out-of-district enrollees must pay a \$20.00 non-resident fee per class, with a maximum of \$60.00 per participant or family

Please Note: A separate registration form must be completed for each course taken.

FIRST NAME _____ LAST NAME _____

MAILING ADDRESS: STREET _____

CITY/STATE/ZIP _____

HOME PHONE _____ BUSINESS PHONE _____

COURSE TITLE _____ # OF COURSE _____

SCHOOL & ROOM _____ COST _____

STUDENT'S GRADE LEVEL (if applicable) _____

PARENT'S NAME (if applicable) _____

ALTERNATE SELECTION: If this course is cancelled, please enroll me in: _____

Non-Resident Fee:

\$ _____

Please sign below

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 which may arise associated with this Adult Education Class. I, the undersigned willfully, voluntarily, and intelligently acknowledge the existence of risks in connection with this Adult 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.

Signature _____ Date _____

OFFICE USE ONLY:

AMOUNT PD. _____ CASH/ CHECK/ MONEY ORDER # _____

NAME & ADDRESS IF DIFFERENT FROM ABOVE _____

NOTES: _____

Date Recieved:

Recieved By:

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