

Fall Session 2018



Delaware Valley Adult & Community Education

Educating for Life's Journey



Mark McElroy, Director
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Milford, PA 18337
Delaware Valley School District
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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 8, 2018 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 8, 2018.

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 11, 2018 Wednesday September 12, 2018
Delaware Valley Middle School Delaware Valley Middle School
10:00 - 11:00 AM 1:00 - 2:00 PM

MAIL REGISTRATION: Deadline for Mail-in Registration is Friday September 28, 2018.
All registrations after September 28 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, 940 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)
ARC - American Red Cross TBA - To Be Announced

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BASIC EDUCATION

COURSE: #101 **AARP Driver Safety Short Program**
ROOM: Library **DAY:** T & W
BLDG: DVHS **TIME:** 5:00-9:00pm
OF SESSIONS: 2 **COST:** \$15.00
AGE REQUIREMENTS: Adults 50 years and over
SCHEDULED CLASSES: Oct. 23 & 24
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:** T
BLDG: DVHS **TIME:** 5:00-9:00pm
OF SESSIONS: 1 **COST:** \$15.00
AGE REQUIREMENTS: Adults 50 years and over
SCHEDULED CLASSES: November 13
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 24 2018. The schedule will be established by the instructor and student. The \$235.00 fee includes 6 hours driving time. Prerequisite: 30 hours of classroom.
INSTRUCTOR: Dan Quinlan & Sean Giblin

PERSONAL ENRICHMENT

COURSE: #201 **SEALS - Social Education & Life Skills**
ROOM: A6 **DAY:** W
BLDG: DVHS **TIME:** 4:30-6:30pm
OF SESSIONS: 10 **COST:** \$140.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept. 26; Oct. 3, 10, 17, 24, 31; Nov. 7, 14, 28; Dec. 5
COURSE DESCRIPTION: Teaching students social strategies, real life skills within their community. (shopping, menu math, ordering, cooking, technological skills) A \$25.00 material fee is added in to the class cost. Deadline for registration is September 21st.
INSTRUCTOR: Carol Morgan & Lisa Huttman

COURSE: #202 **Creative Dance for Young Students**
ROOM: Music Room **DAY:** T
BLDG: DVES **TIME:** 4:30-5:15pm
OF SESSIONS: 6 **COST:** \$26.00
AGE REQUIREMENTS: Ages 3-5
SCHEDULED CLASSES: Sept. 25; Oct. 2, 9, 16, 23, 30
COURSE DESCRIPTION: This program will focus on building coordination through dance & rhythmic movement. Pre-ballet is combined with gross motor skills to build flexibility & stamina.
INSTRUCTOR: Rose Mary Buchholz

COURSE: #203 **Adult Special Needs Fitness Class**
ROOM: Cafeteria **DAY:** T
BLDG: DVES **TIME:** 5:30-6:15pm
OF SESSIONS: 6 **COST:** \$26.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept. 25; Oct. 2, 9, 16, 23, 30
COURSE DESCRIPTION: A special movement program designed for students with special needs. This class will improve gross motor skills, coordination & balance.
INSTRUCTOR: Rose Mary Buchholz

COURSE: #204 **Ballet for Beginners**
ROOM: Cafeteria **DAY:** W
BLDG: DVES **TIME:** 4:30-5:15pm
OF SESSIONS: 6 **COST:** \$26.00
AGE REQUIREMENTS: Grades K-5
SCHEDULED CLASSES: Sept. 26; Oct. 3, 10, 17, 24, 31
COURSE DESCRIPTION: This class is an introduction into the art of Ballet dancing. Class will include a ballet warm-up, combinations, and a dance routine. Students should wear a leotard, tights and slippers to class.
INSTRUCTOR: Rose Mary Buchholz

REGISTRATION IS SATURDAY
Sept. 8, 2018 from 9:00 – 11:00 AM

RECREATION

COURSE: #301 **Volleyball**
ROOM: Gym **DAY:** W
BLDG: DVES **TIME:** 8:00-10:00pm
OF SESSIONS: 11 **COST:** \$65.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept. 19, 26; Oct. 3, 10, 17, 24, 31; Nov. 7, 14, 28; Dec. 5
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

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

KEEP THIS BROCHURE FOR START DATE, TIME AND LOCATION INFORMATION



RECREATION

COURSE: #302 Running Basics: Cross Country
ROOM: Outdoor Track/Cross Country Course DAY: R, S*
BLDG: DVHS TIME: 4:30-5:30pm
OF SESSIONS: 8 COST: \$27.00
AGE REQUIREMENTS: Boys and Girls grades 2-6
SCHEDULED CLASSES: Oct. 4, 11, 18, 25; Nov. 1, 8, 15, *17
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 17 from 9:30-11:30am. (Race fee is not included in course costs.)
INSTRUCTOR: Audrey Josephite

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 DAY: S
BLDG: DVHS TIME: 10:00-10:30am
OF SESSIONS: 6 COST: \$40.00
AGE REQUIREMENTS: 18 to 36 months
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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

COURSE: #402 ARC-PreSchool Aquatics/Level I
ROOM: Natatorium DAY: S
BLDG: DVHS TIME: 12:00-12:30pm
OF SESSIONS: 6 COST: \$40.00
AGE REQUIREMENTS: 3-5 years old
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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

SWIMMING

COURSE: #403 ARC-PreSchool Aquatics/Level I
ROOM: Natatorium DAY: S
BLDG: DVHS TIME: 12:30-1:00pm
OF SESSIONS: 6 COST: \$40.00
AGE REQUIREMENTS: 3-5 years old
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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

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. 22, 29; Oct. 6, 13, 20, 27
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. 22, 29; Oct. 6, 13, 20, 27
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. 22, 29; Oct. 6, 13, 20, 27
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. 22, 29; Oct. 6, 13, 20, 27
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

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.

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

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. 22, 29; Oct. 6, 13, 20, 27
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

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. 22, 29; Oct. 6, 13, 20, 27
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. 22, 29; Oct. 6, 13, 20, 27
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. 22, 29; Oct. 6, 13, 20, 27
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: \$60.00**
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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

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

SWIMMING

COURSE: #413 Learn to Swim Level II-Guppies
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 12:00-1:00pm**
OF SESSIONS: 6 **COST: \$60.00**
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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

COURSE: #414 Learn to Swim Level II-Guppies
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 1:00-2:00pm**
OF SESSIONS: 6 **COST: \$60.00**
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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: 2:00-3:00pm**
OF SESSIONS: 6 **COST: \$60.00**
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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-Minnnows
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 9:00-10:00am**
OF SESSIONS: 6 **COST: \$60.00**
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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

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



SWIMMING

COURSE: #417 Learn to Swim Level III-Minnnows
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 1:00-2:00pm
OF SESSIONS: 6 **COST:** \$60.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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

COURSE: #418 Learn to Swim Level III-Minnnows
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 2:00-3:00pm
OF SESSIONS: 6 **COST:** \$60.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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:** \$60.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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 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: Cheryl Switzer

SWIMMING

COURSE: #420 Learn to Swim Level IV-Sea Turtles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:00-1:00pm
OF SESSIONS: 6 **COST:** \$60.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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 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: 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:** \$60.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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 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

COURSE: #422 Level VI: Skills Proficiency-Dolphins
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:30-11:30am
OF SESSIONS: 6 **COST:** \$60.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: Sept. 22, 29; Oct. 6, 13, 20, 27
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. 22, 29; Oct. 6, 13, 20, 27
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 Maryanne Ford

COURSE: #424 Early Morning Swim and Stay Fit-Sept.
ROOM: Natatorium **DAY:** M,T,W, R, F
BLDG: DVHS **TIME:** 6:45-7:45AM
OF SESSIONS: 5 **COST:** \$21.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept. 24, 25, 26, 27, 28
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.

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

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



SWIMMING

COURSE: #425 Early Morning Swim and Stay Fit-Oct.
ROOM: Natatorium **DAY:** M, T, W, R, F
BLDG: DVHS **TIME:** 6:45-7:45AM
OF SESSIONS: 22 **COST:** \$66.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Oct. 1, 2, 3, 4, 5, 9, 10, 11, 12, 15, 16, 17, 18, 19, 22, 23, 24, 25, 26, 29, 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 and Stay Fit-Nov.
ROOM: Natatorium **DAY:** M, T, W, R, F
BLDG: DVHS **TIME:** 6:45-7:45AM
OF SESSIONS: 14 **COST:** \$49.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Nov. 1, 2, 5, 6, 7, 8, 9, 12, 13, 14, 15, 20*, 27*, 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.
 * Denotes days changing to T & R only

COURSE: #427 Early Morning Swim and Stay Fit-Dec.
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 6:45-7:45AM
OF SESSIONS: 6 **COST:** \$24.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Dec. 4, 6, 11, 13, 18, 20
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: #428 Early Morning Swim and Stay Fit-Jan.
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 6:45-7:45AM
OF SESSIONS: 9 **COST:** \$33.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Jan. 3, 8, 10, 15, 17, 22, 24, 29, 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: #429 COMMUNITY SWIM
ROOM: Natatorium **DAY:** F
BLDG: DVHS **TIME:** 6:30-8:30pm
OF SESSIONS: 10 **COST:** \$0.00
AGE REQUIREMENTS:
SCHEDULED CLASSES: Oct. 5, 12, 26; Nov. 2, 9, 16, 30; Dec. 7, 14, 21
COURSE DESCRIPTION: These 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 must purchase a pool pass at registration or through the DV-ACE office.
INSTRUCTOR: Kathy Stiger

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.

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: #430 COMMUNITY LAP SWIM
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 4:30-6:00pm
OF SESSIONS: 16 **COST:** \$0.00
AGE REQUIREMENTS:
SCHEDULED CLASSES: Sept. 25, 27; Oct. 2, 4, 9, 11, 16, 18, 23, 25, 30; Nov. 1, 6, 8, 13, 15
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. 24, 26; Oct. 1, 3, 10, 15, 17, 22, 24, 29, 31; Nov. 5, 7
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 20 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. 24, 26; Oct. 1, 3, 10, 15, 17, 22, 24, 29, 31; Nov. 5, 7
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

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. 24, 26; Oct. 1, 3, 10, 15, 17, 22, 24, 29, 31; Nov. 5, 7
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

COURSE: #434 SCUBA
ROOM: Natatorium **DAY:** W
BLDG: DVHS **TIME:** 6:00-8:00pm
OF SESSIONS: 7 **COST:** \$101.00
AGE REQUIREMENTS: Must be 15 years and above
SCHEDULED CLASSES: Sept. 26; Oct. 3, 10, 17, 24, 31; Nov. 7
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 12 students.
INSTRUCTOR: Tim Simmons



REGISTRATION IS SATURDAY, SEPTEMBER 8, 2018 FROM 9:00 AM - 11:00 AM

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

**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.

Non-Resident Fee: \$ _____
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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: _____

PLEASE NOTE: A separate registration form must be completed for each course taken! 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 Received: _____ Received By: _____
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YOU WILL BE NOTIFIED ONLY IF YOUR CLASS IS CANCELLED - KEEP THIS BROCHURE FOR START DATE, TIME AND LOCATION