

Spring Session 2017



Delaware Valley
Adult & Community Education

Educating for Life's Journey



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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 January 21, 2017 from 9:00 – 11:00 AM 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 11:00 AM on Saturday January 21, 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 January 24, 2017
Delaware Valley Middle School
10:00 -11:00 AM

Wednesday January 25, 2017
Delaware Valley Middle School
1:00-2:00 PM

MAIL REGISTRATION: Deadline for Mail-in Registration is Friday February 3, 2017. All registrations after February 3 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, Rt. 6 & 209, Milford 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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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.



BASIC EDUCATION

COURSE: #101 AARP Driver Safety Short Program

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

AGE REQUIREMENTS: Must be at least 50 years old.

SCHEDULED CLASSES: April 25

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: #102 AARP Driver Safety Program

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

AGE REQUIREMENTS: Must be at least 50 years old.

SCHEDULED CLASSES: April 19 & 20

COURSE DESCRIPTION: An 8 hour refresher course designed for drivers age 55 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: #103 Driver's Training "Behind the Wheel"

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

AGE REQUIREMENTS:

SCHEDULED CLASSES: Mar. 1-May 13

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 or weekends. 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: Joe Sain or Dan Quinlan

COURSE: #104 Blended Learning Lifeguarding w/Waterfront

ROOM: Natatorium/Media Ctr. DAY: W
BLDG: DVHS TIME: 5:30 - 8:30pm
OF SESSIONS: 9 COST: \$148.00

AGE REQUIREMENTS: Must be 15 years and above.

SCHEDULED CLASSES: Mar. 8*, 22, 29; Apr. 5, 12, 19, 26; May 3, 10

COURSE DESCRIPTION: The purpose of the American Red Cross Lifeguarding Course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services(EMS) personnel take over. This program is offered in a blended learning(online learning with instructor-led skill session)format. Students must provide their own zip drive to download the course manual. The student is responsible to pay the American Red Cross fees. *March 8th' s class runs from 4:30-7:30pm.

Prerequisites

The skills below must be completed and 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. Candidates may swim using the front crawl, breathstroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds.

Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10 pound object.

Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

INSTRUCTOR: Kathy Stiger/Cheryl Switzer

BASIC EDUCATION

COURSE: #105 Lifeguard/CPR Recertification

ROOM: Natatorium DAY: M & W
BLDG: DVHS TIME: 4:30-7:30pm
OF SESSIONS: 2 COST: \$64.00

AGE REQUIREMENTS: Must be 15 years and above

SCHEDULED CLASSES: May 22* & 24

COURSE DESCRIPTION: Lifeguard/CPR Recertification includes CPR, AED & First Aid for lifeguards only. *Students must bring recuscitation mask May 22.

INSTRUCTOR: Joe Kusner

PERSONAL ENRICHMENT

COURSE: #201 Ballet for Beginners

ROOM: Cafeteria/Gym DAY: R
BLDG: DVES TIME: 4:00-4:45pm
OF SESSIONS: 8 COST: \$38.00

AGE REQUIREMENTS: K-5 grade

SCHEDULED CLASSES: February 9, 16, 23; March 2, 9, 16, 23, 30

COURSE DESCRIPTION: This is an introduction to the art of ballet dancing. Class will include a ballet warm-up, center combinations and a dance routine. Students should wear proper attire to class.

INSTRUCTOR: Rose Mary Buchholz

COURSE: #202 Gentle Yoga

ROOM: Media Center DAY: M
BLDG: DVHS TIME: 6:00-7:00pm
OF SESSIONS: 6 COST: \$23.00

AGE REQUIREMENTS: Adult

SCHEDULED CLASSES: Apr. 3, 10, 18*, 24; May 1, 8

COURSE DESCRIPTION: Gentle Yoga is a class to introduce the benefits and joy of yoga. We will explore introductory yoga exercises, breath awareness and basic yoga philosophy. 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 who wish to refresh their practice in gentle class. Please bring a mat.

INSTRUCTOR: Lisa Krenkel

COURSE: #203 Yoga for Beginners

ROOM: Music Room DAY: T
BLDG: DDPS TIME: 6:00-7:00pm
OF SESSIONS: 8 COST: \$29.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar. 7, 14, 21, 28; Apr. 4, 11, 18, 25

COURSE DESCRIPTION: Beginner Yoga- This course offering is for first time yoga students- Beginner yoga is a class to introduce the benefits and joy of yoga. The beginner class will explore introductory yoga exercises, breath awareness and basic yoga philosophy. Though focused movement and breath awareness this class will nurture self-awareness and self-discovery, flexibility, strength, balance and relaxation. Please bring a yoga mat, an empty belly and wear loose clothing.

INSTRUCTOR: Laura Wright

COURSE: #204 Spanish Cooking I

ROOM: E4 DAY: F
BLDG: DVMS TIME: 6:00-8:30pm
OF SESSIONS: 1 COST: \$22.00

AGE REQUIREMENTS: Adult

SCHEDULED CLASSES: February 24

COURSE DESCRIPTION: Have you ever tried asopao de pollo with ensalada? That is a thick chicken soup with a nice crisp salad Spanish style. We will learn how to make this dish as we listen to Latin music and warm up with this hearty meal! We will end our class with coffee and dessert and new friends! Limited to 10 students.

INSTRUCTOR: Vivian Bruno

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@dvdsd.org

**PERSONAL ENRICHMENT****COURSE: #205****Spanish Cooking II**

ROOM: E4

DAY: F

BLDG: DVMS

TIME: 6:00-8:00pm

OF SESSIONS: 1

COST: \$20.00

AGE REQUIREMENTS: Adult

SCHEDULED CLASSES: April 7

COURSE DESCRIPTION: This is not your ordinary cooking class! We will listen to Latin music as we learn to make a traditional Spanish dish. We will start by learning how to make the base ingredient of many dishes, Sofrito. We will then make empanadas with your choice of beef or chicken and cheese and we will end our class with a delicious cup of coffee and dessert! Limited to 10 students.

INSTRUCTOR: Vivian Bruno

COURSE: #206**Learn to Crochet**

ROOM: E4

DAY: T

BLDG: DVMS

TIME: 5:30-7:00pm

OF SESSIONS: 3

COST: \$30.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Apr. 4, 11, 18

COURSE DESCRIPTION: Learn to make a scarf, hat or small item using basic stitches. Please bring 4 ply yarn, crochet hooks sizes "G" & "J", scissors, pencil and paper. to 10 students.

INSTRUCTOR: Linda Cowell

COURSE: #207**Learn to Knit**

ROOM: E4

DAY: R

BLDG: DVMS

TIME: 5:30-7:00pm

OF SESSIONS: 3

COST: \$30.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: April 5, 12, 19

COURSE DESCRIPTION: Students learning the basics of knitting or intermediate knitters will be working on a small project of their choice. A hat or a scarf can make a great gift. Please bring #10 knitting needles, scissors, pencils and paper. Class limited to 8 students.

INSTRUCTOR: Linda Cowell

RECREATIONAL**COURSE: #301****Volleyball**

ROOM: Gym

DAY: W

BLDG: DVES

TIME: 8:00-10:00pm

OF SESSIONS: 12

COST: \$71.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Feb. 1, 8, 15, 22; Mar. 1, 8, 15, 22, 29; Apr. 5, 19, 25*

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. *25 is a Tuesday.

INSTRUCTOR: Scott Palermo

COURSE: #302**Spring Cross Country & Track**

ROOM: Track/Cross Country Course

DAY: W & R*

BLDG: DVHS

TIME: 5:00-6:00pm

OF SESSIONS: 4

COST: \$19.00

AGE REQUIREMENTS: Boys & Girls grades 4-6

SCHEDULED CLASSES: May 17, 24, 31; June 1*

COURSE DESCRIPTION: This class will excite students about the fun competition of running Cross Country and Track & Field. Students will develop fundamental skills including: running form, strength, flexibility, hurdling, jumping, sprinting, and race tactics. Students must wear running attire, running shoes and bring a water bottle. The class will culminate with runners, jumpers and thrower's participating in the Spring Outdoor Youth Track Meet here at DV in June. (Race fees and transportation are not included in course cost.)

*June 1 is the only Thursday.

INSTRUCTOR: TBA

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: 7

COST: \$47.00

AGE REQUIREMENTS: 18 to 36 months

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

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: 7

COST: \$47.00

AGE REQUIREMENTS: 3 to 5 years old

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

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: #403**ARC Preschool Aquatics/Level I**

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 12:30 - 1:00pm

OF SESSIONS: 7

COST: \$47.00

AGE REQUIREMENTS: 3 to 5 years old

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

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: 7

COST: \$47.00

AGE REQUIREMENTS: 3 to 5 years old

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

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: 7

COST: \$47.00

AGE REQUIREMENTS: 3 to 5 years old

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

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

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

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



SWIMMING

COURSE: #406 **ARC Preschool Aquatics/Level II**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 1:30-2:00pm
OF SESSIONS: 7 **COST:** \$47.00
AGE REQUIREMENTS: 3 to 5 years old
SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13
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: 7 **COST:** \$47.00
AGE REQUIREMENTS: 3 to 5 years old
SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13
COURSE DESCRIPTION: To increase proficiency and build on the basic aquatic skills learned in pre- or 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:** 9:15-10:00am
OF SESSIONS: 7 **COST:** \$56.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13
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: #409 **Learn to Swim Level I -Tadpoles**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:30-11:15am
OF SESSIONS: 7 **COST:** \$56.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13
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: 7 **COST:** \$56.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13
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

SWIMMING

COURSE: #411 **Learn to Swim Level I -Tadpoles**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 2:00-2:45pm
OF SESSIONS: 7 **COST:** \$56.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13
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:** 9:30 -10:30am
OF SESSIONS: 7 **COST:** \$67.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13
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: #413 **Learn to Swim Level II -Guppies**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 11:00am -12:00pm
OF SESSIONS: 7 **COST:** \$67.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13
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: #414 **Learn to Swim Level II -Guppies**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:00 - 1:00pm
OF SESSIONS: 7 **COST:** \$67.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13
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: #415 **Learn to Swim Level II -Guppies**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 1:00 -2:00pm
OF SESSIONS: 7 **COST:** \$67.00
AGE REQUIREMENTS: Grades K through 12
SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13
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

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

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****COURSE: #416 Learn to Swim Level III-Minnows**

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 9:00 -10:00am

OF SESSIONS: 7

COST: \$67.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

COURSE DESCRIPTION: Learn-to-Swim Level 3 builds on the skills learned in levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). On successful completion of Level 3, participants have achieved basic water competency in a pool environment.

INSTRUCTOR: Lisa Legg

COURSE: #417 Learn to Swim Level III-Minnows

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 10:30 -11:30am

OF SESSIONS: 7

COST: \$67.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

COURSE DESCRIPTION: Learn-to-Swim Level 3 builds on the skills learned in levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). On successful completion of Level 3, participants have achieved basic water competency in a pool environment.

INSTRUCTOR: Cheryl Switzer

COURSE: #418 Learn to Swim Level III-Minnows

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 2:00-3:00pm

OF SESSIONS: 7

COST: \$67.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

COURSE DESCRIPTION: Learn-to-Swim Level 3 builds on the skills learned in levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). On successful completion of Level 3, participants have achieved basic water competency in a pool environment.

INSTRUCTOR: Kathy Stiger

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

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 8:30-9:30am

OF SESSIONS: 7

COST: \$67.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

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 breast stroke 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.

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: 7

COST: \$67.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

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 breast stroke 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.

INSTRUCTOR: Cheryl Switzer

SWIMMING**COURSE: #421 Learn to Swim Level V-Stingrays**

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 1:00-2:00pm

OF SESSIONS: 7

COST: \$67.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

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.

INSTRUCTOR: Cheryl Switzer

COURSE: #422 Learn to Swim Level VI-Dolphins

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 2:00-3:00pm

OF SESSIONS: 7

COST: \$67.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

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.

INSTRUCTOR: Cheryl Switzer

COURSE: #423 Adaptive Swim Lessons

ROOM: Natatorium

DAY: S

BLDG: DVHS

TIME: 3:15-4:00pm

OF SESSIONS: 7

COST: \$56.00

AGE REQUIREMENTS: Ages 3 and up

SCHEDULED CLASSES: March 25; April 1, 8, 22, 29; May 6, 13

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 floatation 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 special needs of the developmentally disabled population.

INSTRUCTOR: Mary Ann Ford or Kathy Stiger

COURSE: #424 Early Morning Swim and Stay Fit Program - February

ROOM: Natatorium

DAY: T & R

BLDG: DVHS

TIME: 6:45 -7:45am

OF SESSIONS: 8

COST: \$29.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Feb. 2, 7, 9, 14, 16, 21, 23, 28

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

COURSE: #425 Early Morning Swim and Stay Fit Program - March

ROOM: Natatorium

DAY: M, T, W, R, F

BLDG: DVHS

TIME: 6:45 -7:45am

OF SESSIONS: 15

COST: \$51.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: March 2, 7, 9, 14, 16, 20, 21, 22, 23, 24, 27, 28, 29, 30, 31

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

COURSE: #426 Early Morning Swim and Stay Fit Program - April

ROOM: Natatorium

DAY: M, T, W, R, F

BLDG: DVHS

TIME: 6:45 -7:45am

OF SESSIONS: 17

COST: \$57.00

AGE REQUIREMENTS: Up to 18 years of age.

SCHEDULED CLASSES: April 3, 4, 5, 6, 7, 10, 11, 12, 18, 19, 20, 21, 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.

PLEASE NOTE:

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



SWIMMING

COURSE: #427

Early Morning Swim and Stay Fit Program - May

ROOM: Natatorium
BLDG: DVHS
OF SESSIONS: 22

DAY: M, T, W, R, F
TIME: 6:45 -7:45am
COST: \$69.00

AGE REQUIREMENTS:

SCHEDULED CLASSES: May 1, 2, 3, 4, 5, 8, 9, 10, 11, 12, 15, 16, 17, 18, 19, 22, 23, 24, 25, 26, 30, 31
COURSE DESCRIPTION: This course is an adult lap swim for the early riser-start your day off with a water workout.

COURSE: #428

Early Morning Swim and Stay Fit Program - June

ROOM: Natatorium
BLDG: DVHS
OF SESSIONS: 7

DAY: M, T, W, R, F
TIME: 6:45 -7:45am
COST: \$26.00

AGE REQUIREMENTS:

SCHEDULED CLASSES: June 1, 2, 5, 6, 7, 8, 9
COURSE DESCRIPTION: This course is an adult lap swim for the early riser-start your day off with a water workout.

COURSE: #429

Adult Beginner Swim

ROOM: Natatorium
BLDG: DVHS
OF SESSIONS: 7

DAY: M
TIME: 5:30 - 6:30pm
COST: \$55.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar. 20, 27; Apr. 3, 10, 24; May 1, 8
COURSE DESCRIPTION: Learn to float, swim and be more confident in the water. Lessons will be taught in the 4 foot section of the pool. You may want to bring swim goggles.
INSTRUCTOR: Karen Van Duzer

COURSE: #430

Triathlon Swim Training

ROOM: Natatorium
BLDG: DVHS
OF SESSIONS: 7

DAY: M
TIME: 6:30 - 8:00pm
COST: \$69.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar. 20, 27; Apr. 3, 10, 24; May 1, 8
COURSE DESCRIPTION: Are you interested in doing a triathlon, open water swim, becoming a master swimmer or just becoming a better swimmer? This course will provide stroke development and fitness training to help you reach your goals.
INSTRUCTOR: Lisa Legg

COURSE: #431

Community Swim

ROOM: Natatorium
BLDG: DVHS
OF SESSIONS: 15

DAY: F
TIME: 6:00 - 8:00pm
COST: \$0.00

AGE REQUIREMENTS:

SCHEDULED CLASSES: Jan. 27; Feb. 3, 10, 24; Mar. 3, 10, 17, 24, 31; Apr. 7, 21, 28; May 5, 12, 19
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 through the DV-ACE office.
INSTRUCTOR: Kathy Stiger

SWIMMING

COURSE: #432

Community Lap Swim

ROOM: Natatorium
BLDG: DVHS
OF SESSIONS: 23

DAY: T & R
TIME: 4:30 -6:00pm
COST: \$0.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar. 21, 23, 28, 30; Apr. 4, 6, 11, 18, 20, 25, 27; May 2, 4, 9, 11, 16, 18, 23, 25, 30; June 1, 6, 8
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 through the DV-ACE office.

INSTRUCTOR: Kathy Stiger

COURSE: #433

Rusty Hinges

ROOM: Natatorium
BLDG: DVHS
OF SESSIONS: 17

DAY: M & W
TIME: 3:30 -4:30pm
COST: \$74.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar. 20, 22, 27, 29; Apr. 3, 5, 10, 12, 19, 24, 26; May 1, 3, 8, 10, 15, 17
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: #434

Rusty Hinges

ROOM: Natatorium
BLDG: DVHS
OF SESSIONS: 17

DAY: M & W
TIME: 4:30 -5:30pm
COST: \$70.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar. 20, 22, 27, 29; Apr. 3, 5, 10, 12, 19, 24, 26; May 1, 3, 8, 10, 15, 17
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: #435

Scuba

ROOM: Natatorium
BLDG: DVHS
OF SESSIONS: 8

DAY: R
TIME: 6:00-8:00pm
COST: \$116.00

AGE REQUIREMENTS: Must be 15 years and above

SCHEDULED CLASSES: Mar. 23, 30; Apr. 6, 20, 27; May 4, 11, 18
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

TAKE NOTE!

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

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.

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

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: #436 **Deep Water Aerobics**
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 6:00 -7:00pm
OF SESSIONS: 17 **COST:** \$74.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 21, 23, 28, 30; Apr. 4, 6, 11, 18, 20, 25, 27; May 2, 4, 9, 11, 16, 18
COURSE DESCRIPTION: Through a progressive series of exercises in deep water, this course is designed to increase cardiovascular activity, body strength and flexibility. Aqua Belts are used to aid buoyancy. Students should feel comfortable in deep water for this course. Limited to 16 students.
INSTRUCTOR: Karen Van Duzer

SWIMMING

COURSE: #437 **Water Aerobics**
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 7:00 -8:00pm
OF SESSIONS: 17 **COST:** \$74.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 21, 23, 28, 30; Apr. 4, 6, 11, 18, 20, 25, 27; May 2, 4, 9, 11, 16, 18
COURSE DESCRIPTION: Through a progressive series of exercises this course is designed to increase cardiovascular activity, body strength and flexibility. Limited to 14 students.
INSTRUCTOR: Karen Van Duzer

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.

REGISTRATION IS SATURDAY, JANUARY 21, 2017 FROM 9:00 – 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.

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: _____

Non-Resident Fee:

\$ _____

Date Received:

Received By:

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