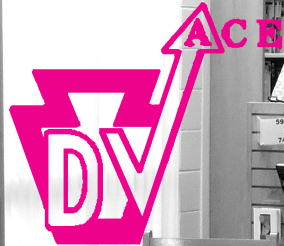


# Spring Session 2018

AARP Driver Safety



**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 January 20, 2018 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 20, 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 January 23, 2018
Delaware Valley Middle School
10:00 -11:00 AM

Wednesday January 24, 2018
Delaware Valley Middle School
1:00-2:00 PM

MAIL REGISTRATION: Deadline for Mail-in Registration is Friday February 16, 2018.

All registrations after February 16 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 Ave. S, Matamoras PA.
DVMS - Delaware Valley Middle School, Rt. 6 & 209, Milford PA.
DVHS - Delaware Valley High School, Rt. 6 & 209, Milford PA
DDPS - Dingman-Delaware Primary School, Rt. 739, Dingmans Ferry PA
DDES - Dingman-Delaware Elementary School, Rt. 739, Dingmans Ferry PA

DDMS - Dingman-Delaware Middle School, Rt. 739, Dingmans Ferry PA
SES - Shohola Elementary School, Twin Lakes 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

INDEX

LEVEL 100 COURSES ACADEMIC/BASIC EDUCATION

AARP Driver Safety Short Program .....101
AARP Driver Safety Long Program.....102
Driver's Training "Behind-The-Wheel" .....103
Blended Learning Lifeguarding w/Waterfront.....104
Lifeguard/CPR Recertification .....105

LEVEL 200 COURSES PERSONAL ENRICHMENT

Ballet for Beginners.....201
Ballet for Beginners.....202
Creative Dance for Young Students.....203
Creative Dance for Young Students.....204
Special Needs Fitness Class .....205
Special Needs Fitness Class .....206
Gentle Yoga .....207
Gentle Yoga .....208
Simple Machine Sewing .....209
Simple Machine Sewing .....210

LEVEL 300 COURSES RECREATION

Builder's Club .....301
Volleyball .....302
Spring Cross Country & Track .....303

LEVEL 400 COURSES SWIMMING

ARC-Parent & Child Aquatics..... 401
ARC Pre-School Aquatics/Levels I, II, III .....402 – 407
Level I Swimming Courses .....408 – 411
Level II – Level VI Swimming Courses .....412 – 422
Adaptive Swim Lessons.....423
Early Morning Swim and Stay Fit Program.....424 – 428
Water Zen.....429
Triathlon Swim Training .....430
Community Swim & Lap Swim.....431 – 432
Rusty Hinges .....433
Deep Water Aerobics .....434 & 436
Scuba Diving .....435
Water Aerobics.....437



## 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 10

**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 18 & 19

**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: March 1 - May 31

**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: Sean Giblin or Dan Quinlan

### COURSE: #104 Blended Learning Lifeguarding w/Waterfront

ROOM: Natatorium/C6 DAY: W  
BLDG: DVHS TIME: 5:30 - 8:30pm  
# OF SESSIONS: 9 COST: \$152.00

AGE REQUIREMENTS: Must be 15 years and above.

SCHEDULED CLASSES: Mar. 7\*, 21, 28; Apr. 4, 11, 18, 25; May 2, 9

**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 7th'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/C6 DAY: M & W  
BLDG: DVHS TIME: 4:30-7:30pm  
# OF SESSIONS: 2 COST: \$66.00

AGE REQUIREMENTS: Must be 15 years and above

SCHEDULED CLASSES: May 21\* & 23

**COURSE DESCRIPTION:** Lifeguard/CPR Recertification includes CPR, AED & First Aid for lifeguards only. \*Students must bring recuscitation mask May 21.

INSTRUCTOR: Joe Kusner

## PERSONAL ENRICHMENT

### COURSE: #201 Ballet for Beginners

ROOM: Cafeteria DAY: W  
BLDG: DVES TIME: 4:30-5:15pm  
# OF SESSIONS: 5 COST: \$22.00

AGE REQUIREMENTS: Grades 2-8

SCHEDULED CLASSES: February 7, 14, 21, 28; March 14

**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 a leotard, tights & ballet slippers.

INSTRUCTOR: Rose Mary Buchholz

### COURSE: #202 Ballet for Beginners

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

AGE REQUIREMENTS: Grades 2-8

SCHEDULED CLASSES: March 21, 28; April 4, 11, 18, 25

**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 a leotard, tights & ballet slippers.

INSTRUCTOR: Rose Mary Buchholz

### COURSE: #203 Creative Dance for Young Students

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

AGE REQUIREMENTS: Ages 3-6

SCHEDULED CLASSES: February 6, 13, 20, 27; March 6, 13

**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: #204 Creative Dance for Young Students

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

AGE REQUIREMENTS: Ages 3-6

SCHEDULED CLASSES: March 20, 27; April 3, 10, 17, 24

**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: #205 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: February 6, 13, 20, 27; March 6, 13

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

INSTRUCTOR: Rose Mary Buchholz

## 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](mailto:ckeegan@dvsd.org)

**KEEP THIS BROCHURE FOR START DATE, TIME AND LOCATION INFORMATION**

**PERSONAL ENRICHMENT****COURSE: #206 Special Needs Fitness Class**

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

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: March 20, 27; April 3, 10, 17, 24

COURSE DESCRIPTION: A special movement program designed for students with special needs.

The program will improve gross motor skills, coordination &amp; balance.

INSTRUCTOR: Rose Mary Buchholz

**COURSE: #207 Gentle Yoga**

ROOM: Cafeteria  
BLDG: DVMS  
# OF SESSIONS: 6  
DAY: T  
TIME: 6:00-7:00pm  
COST: \$23.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar. 20, 27; Apr. 3, 10, 17, 24

COURSE DESCRIPTION: Gentle Yoga is a class to introduce the benefits and joy of yoga and will explore introductory yoga 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 and wear loose clothing.

INSTRUCTOR: Lisa Krenkel

**COURSE: #208 Gentle Yoga**

ROOM: Music Room  
BLDG: DDPS  
# OF SESSIONS: 6  
DAY: W  
TIME: 6:00-7:00pm  
COST: \$23.00

AGE REQUIREMENTS: Adults

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

COURSE DESCRIPTION: Gentle Yoga is a class to introduce the benefits and joy of yoga and will explore introductory yoga 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 and wear loose clothing.

INSTRUCTOR: Laura Wright

**COURSE: #209 Simple Machine Sewing**

ROOM: E4  
BLDG: DDMS  
# OF SESSIONS: 5  
DAY: S  
TIME: 10:00-11:30am  
COST: \$51.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Feb. 10\*, 24; Mar. 3, 10, 17

COURSE DESCRIPTION: This class is for beginners who wish to learn how to sew. Bring your portable sewing machine in working order, along with the instruction manual. Our project will be a lined tote bag. Please bring fabric scissors, straight pins, seam ripper, printed cotton type fabric (45" wide 2 1/8 yds.), contrast fabric (45" wide 2 1/4 yds.), medium weight iron in interfacing (2 7/8 yd), all purpose thread to match. \*Feb. 10 will be a 2 hour class, 10am-12pm.

INSTRUCTOR: Paula Meola

**COURSE: #210 Simple Machine Sewing**

ROOM: E4  
BLDG: DDMS  
# OF SESSIONS: 5  
DAY: S  
TIME: 10:00-11:30am  
COST: \$51.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar. 24\*; Apr. 7, 14, 21, 28

COURSE DESCRIPTION: This class is for beginners who wish to learn how to sew. Bring your portable sewing machine in working order, along with the instruction manual. Our project will be a lined tote bag. Please bring fabric scissors, straight pins, seam ripper, printed cotton type fabric (45" wide 2 1/8 yds.), contrast fabric (45" wide 2 1/4 yds.), medium weight iron in interfacing (2 7/8 yd), all purpose thread to match. \*Mar. 24 will be a 2 hour class, 10am-12pm.

INSTRUCTOR: Paula Meola

**RECREATIONAL****COURSE: #301 Builder's Club**

ROOM: Cafeteria  
BLDG: SES  
# OF SESSIONS: 5  
DAY: W  
TIME: 8:00-8:45am  
COST: \$13.00

AGE REQUIREMENTS: Grades K-2

SCHEDULED CLASSES: Jan. 24, 31; Feb. 7, 14, 21

COURSE DESCRIPTION: Calling all young builders!!!! Come have some early morning fun and bring out your creative side. You will build using blocks, Lincoln Logs, Legos, Tinker Toys and more!!

INSTRUCTOR: Laura Volavka &amp; Carol Ann Dardia

**COURSE: #302 Volleyball**

ROOM: Gym  
BLDG: DVES  
# OF SESSIONS: 12  
DAY: W  
TIME: 8:00-10:00pm  
COST: \$71.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Feb. 7, 14, 21, 28; Mar. 6\*, 14, 21, 28; Apr. 4, 11, 18, 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. \*March 6 is a Tuesday.

INSTRUCTOR: Scott Palermo

**COURSE: #303 Spring Cross Country & Track**

ROOM: Track/Cross Country Course  
BLDG: DVHS  
# OF SESSIONS: 4  
DAY: W  
TIME: 5:00-6:00pm  
COST: \$19.00

AGE REQUIREMENTS: Boys &amp; Girls grades 4-6

SCHEDULED CLASSES: May 16, 23, 30; June 6

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.)

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**

ROOM: Natatorium  
BLDG: DVHS  
# OF SESSIONS: 7

AGE REQUIREMENTS: 18 to 36 months

SCHEDULED CLASSES: March 24; April 7, 14, 21, 28; May 5, 12

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

**ARC Parent & Child Aquatics**

DAY: S  
TIME: 10:00 -10:30am  
COST: \$47.00

**COURSE: #402**

ROOM: Natatorium  
BLDG: DVHS  
# OF SESSIONS: 7

AGE REQUIREMENTS: 3 to 5 years old

SCHEDULED CLASSES: March 24; April 7, 14, 21, 28; May 5, 12

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

**ARC Preschool Aquatics/Level I**

DAY: S  
TIME: 12:00 - 12:30pm  
COST: \$47.00

**ANY QUESTIONS????**  
**YOU CAN CONTACT US BY E-MAIL**  
**[ckeegan@dvsd.org](mailto:ckeegan@dvsd.org)**



## SWIMMING

**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 24; April 7, 14, 21, 28; May 5, 12  
**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 24; April 7, 14, 21, 28; May 5, 12  
**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:** Maryanne Ford

**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 24; April 7, 14, 21, 28; May 5, 12  
**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:** 7      **COST:** \$47.00  
**AGE REQUIREMENTS:** 3 to 5 years old  
**SCHEDULED CLASSES:** March 24; April 7, 14, 21, 28; May 5, 12  
**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:** Maryanne Ford

**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 24; April 7, 14, 21, 28; May 5, 12  
**COURSE DESCRIPTION:** To increase proficiency and build on the basic aquatic skills learned in 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

## SWIMMING

**COURSE: #408**      **Learn to Swim Level I -Tadpoles**  
**ROOM:** Natatorium      **DAY:** S  
**BLDG:** DVHS      **TIME:** 8:45-9:30am  
**# OF SESSIONS:** 7      **COST:** \$56.00  
**AGE REQUIREMENTS:** Grades K through 12  
**SCHEDULED CLASSES:** March 24; April 7, 14, 21, 28; May 5, 12  
**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:** 7      **COST:** \$56.00  
**AGE REQUIREMENTS:** Grades K through 12  
**SCHEDULED CLASSES:** March 24; April 7, 14, 21, 28; May 5, 12  
**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 24; April 7, 14, 21, 28; May 5, 12  
**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:** 7      **COST:** \$56.00  
**AGE REQUIREMENTS:** Grades K through 12  
**SCHEDULED CLASSES:** March 24; April 7, 14, 21, 28; May 5, 12  
**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:** 7      **COST:** \$67.00  
**AGE REQUIREMENTS:** Grades K through 12  
**SCHEDULED CLASSES:** March 24; April 7, 14, 21, 28; May 5, 12  
**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:** 7      **COST:** \$67.00  
**AGE REQUIREMENTS:** Grades K through 12  
**SCHEDULED CLASSES:** March 24; April 7, 14, 21, 28; May 5, 12  
**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:** Maryanne Ford

## 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: #414 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 24; April 7, 14, 21, 28; May 5, 12

**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: 7 COST: \$67.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: March 24; April 7, 14, 21, 28; May 5, 12

**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: 7 COST: \$67.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: March 24; April 7, 14, 21, 28; May 5, 12

**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: 1:00 -2:00pm  
# OF SESSIONS: 7 COST: \$67.00

AGE REQUIREMENTS: Grades K through 12

SCHEDULED CLASSES: March 24; April 7, 14, 21, 28; May 5, 12

**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 24; April 7, 14, 21, 28; May 5, 12

**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:** Maryanne Ford

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

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 24; April 7, 14, 21, 28; May 5, 12

**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 24; April 7, 14, 21, 28; May 5, 12

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

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 24; April 7, 14, 21, 28; May 5, 12

**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:** Chelsea Shatt

**COURSE: #422 Learn to Swim Level VI-Dolphins**

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 24; April 7, 14, 21, 28; May 5, 12

**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 24; April 7, 14, 21, 28; May 5, 12

**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:** Maryanne Ford or Kathy Stiger

**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.*

**PLEASE NOTE:**

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



## SWIMMING

### COURSE: #424

#### Early Morning Swim and Stay Fit Program - February

ROOM: Natatorium  
BLDG: DVHS  
# OF SESSIONS: 8

DAY: T & R  
TIME: 6:45 -7:45am  
COST: \$29.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Feb. 1, 6, 8, 13, 15, 20, 22, 27

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  
BLDG: DVHS  
# OF SESSIONS: 13

DAY: M, T, W, R, F  
TIME: 6:45 -7:45am  
COST: \$45.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: March 1, 6, 8, 13, 15, \*19, 20, 21, 22, 23, 26, 27, 28

COURSE DESCRIPTION: This course is an adult lap swim for the early riser-start your day off with a water workout. \*denotes the start of M, T, W, R, F.

### COURSE: #426

#### Early Morning Swim and Stay Fit Program - April

ROOM: Natatorium  
BLDG: DVHS  
# OF SESSIONS: 20

DAY: M, T, W, R, F  
TIME: 6:45 -7:45am  
COST: \$66.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: April 3, 4, 5, 6, 9, 10, 11, 12, 13, 16, 17, 18, 19, 20, 23, 24, 25, 26, 27, 30

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

### 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: \$72.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: May 1, 2, 3, 4, 7, 8, 9, 10, 11, 14, 15, 16, 17, 18, 21, 22, 23, 24, 25, 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: #428

#### Early Morning Swim and Stay Fit Program - June

ROOM: Natatorium  
BLDG: DVHS  
# OF SESSIONS: 6

DAY: M, T, W, R, F  
TIME: 6:45 -7:45am  
COST: \$23.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: June 1, 4, 5, 6, 7, 8

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

## TAKE NOTE!

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

## 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: #429

#### Water Zen

ROOM: Natatorium  
BLDG: DVHS  
# OF SESSIONS: 7

DAY: M  
TIME: 5:30 - 6:30pm  
COST: \$36.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar. 19, 26; Apr. 9, 16, 23, 30; May 7

COURSE DESCRIPTION: This class blends elements of Yoga, Pilates, Tai Chi, and Qigong into an hour long flowing class. There is strong emphasis on the breath and core engagement. Class is taught in 4 foot deepwater and swimming ability is not necessary.

INSTRUCTOR: Maryanne Ford

### 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. 19, 26; Apr. 9, 16, 23, 30; May 7

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: 6:30 - 8:30pm  
COST: \$0.00

AGE REQUIREMENTS:

SCHEDULED CLASSES: Feb. 2, 9, 16, 23; Mar. 2, 9, 16, 23; Apr. 6, 13, 20, 27; May 4, 11, 18

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

### 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:

SCHEDULED CLASSES: Mar. 20, 22, 27; Apr. 3, 5, 10, 12, 17, 19, 24, 26; May 1, 3, 8, 10, 15, 17, 22, 24, 29, 31; June 5, 7

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. 19, 21, 26, 28; Apr. 4, 9, 11, 16, 18, 23, 25, 30; May 2, 7, 9, 14, 16

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

## 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.*

**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: #434 Deep Water Aerobics

ROOM: Natatorium DAY: M & W
BLDG: DVHS TIME: 4:30 -5:30pm
# OF SESSIONS: 17 COST: \$74.00

AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 19, 21, 26, 28; Apr. 4, 9, 11, 16, 18, 23, 25, 30; May 2, 7, 9, 14, 16

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 14 students.

INSTRUCTOR: Karen VanDuzer

COURSE: #435 Scuba

ROOM: Natatorium DAY: R
BLDG: DVHS TIME: 6:00-8:00pm
# OF SESSIONS: 8 COST: \$116.00

AGE REQUIREMENTS: Must be 15 years and above
SCHEDULED CLASSES: Mar. 22; Apr. 5, 12, 19, 26; May 3, 10, 17

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

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. 20, 22, 27; Apr. 3, 5, 10, 12, 17, 19, 24, 26; May 1, 3, 8, 10, 15, 17

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 14 students.

INSTRUCTOR: TBA

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. 20, 22, 27; Apr. 3, 5, 10, 17, 19, 24, 26; May 1, 3, 8, 10, 15, 17

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: TBA

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 20, 2018 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