

Summer 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 May 20, 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 11:00am on Saturday May 20, 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 May 23, 2017
 Delaware Valley Middle School
 10:00 -11:00 AM

Wednesday May 24, 2017
 Delaware Valley Middle School
 1:00-2:00 PM

MAIL REGISTRATION: Deadline for Mail-in Registration is Friday June 2, 2017.

All registrations after June 2 must be submitted in person with proof of residency at the DVMS Office.

Notifications will **NOT** be mailed prior to start of classes--keep this flyer for start date, time and location information.

Courses that do not have sufficient enrollment may be cancelled. You will be notified **only if your class is cancelled** and your registration fee will be refunded.

All participants are responsible to provide their own project materials and/or textbooks to be discussed in class. **NO REFUNDS** will be given after the first class begins!

All courses have limited enrollments. If you have any questions, please call (570) 296-3615 or email us at ckeegan@dvsd.org.

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

**Abbreviations
Used in This
Flyer**

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

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

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ACADEMIC/BASIC EDUCATION

COURSE: #101 AARP Driver Safety Short Program

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

AGE REQUIREMENTS: Must be at least 50 years old.

SCHEDULED CLASSES: July 6

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 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 June 26, 2017. 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

PERSONAL ENRICHMENT

COURSE: #201 The Basics of Acting

ROOM: Auditorium DAY: M, T, W, R, F
BLDG: DVHS TIME: 9:00am-12:00pm
OF SESSIONS: 5 COST: \$46.00

AGE REQUIREMENTS: Boys and Girls grades 6-9

SCHEDULED CLASSES: July 31; Aug 1, 2, 3, 4

COURSE DESCRIPTION: The foundations of acting will be explored in this class. We will start with improvisation to practice creativity and the use of energy. Then, we will cover how to move across the stage, project your voice and how to create a believable character. Students will also pick a scene and practice creating a character and memorizing a script. This will help actors become more comfortable on stage as well as provide a foundation of skills. Please bring a folder and a pencil.

INSTRUCTOR: Angela Gutierrez

COURSE: #202 Ballet for Beginners

ROOM: Cafeteria DAY: T
BLDG: DVES TIME: 4:30-5:15pm
OF SESSIONS: 4 COST: \$19.00

AGE REQUIREMENTS: Grades K-5

SCHEDULED CLASSES: July 11, 18, 25; Aug 1

COURSE DESCRIPTION: This class 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 and slippers.

INSTRUCTOR: Rose Mary Buchholz

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.

PERSONAL ENRICHMENT

COURSE: #203 Circle Music for Little Ears

ROOM: A4 DAY: W
BLDG: SES TIME: 9:30-10:00am
OF SESSIONS: 4 COST: \$14.00

AGE REQUIREMENTS: 6 months-2 years old

SCHEDULED CLASSES: July 5, 12, 19, 26

COURSE DESCRIPTION: Circle Music for Little Ears is a class to introduce very young children to music! We will explore singing, rhythm, movement and sample instruments. This class is intended for children from 6 months to 2 years of age. All children must be accompanied by an adult.

INSTRUCTOR: Jessica Stokes

COURSE: #204 Children's Choral Experience

ROOM: A4 DAY: W
BLDG: SES TIME: 10:15-11:15am
OF SESSIONS: 6 COST: \$23.00

AGE REQUIREMENTS: Boys & Girls grades 3-5.

SCHEDULED CLASSES: July 5, 12, 14, 26

COURSE DESCRIPTION: If you love to sing, this is the class for you! In this course, we will learn several vocal warm-up exercises, the basics of singing in harmony, and, of course, a few pieces of music! We will end the last day of our class with a short performance for our families!

INSTRUCTOR: Jessica Stokes

COURSE: #205 Story Time Art

ROOM: Art Room DAY: R
BLDG: SES TIME: 10:00am-12:00pm
OF SESSIONS: 4 COST: \$27.00

AGE REQUIREMENTS: Boys & Girls Grades K- 5

SCHEDULED CLASSES: July 6, 13, 20, 27

COURSE DESCRIPTION: In this class students will read children's books and then incorporate the story themes into their own creative works of art.

INSTRUCTOR: Margaret Coniglio

COURSE: #206 Crafty Critters

ROOM: Art Room DAY: T
BLDG: SES TIME: 10:00am-12:00pm
OF SESSIONS: 4 COST: \$27.00

AGE REQUIREMENTS: Boys & Girls Grades K- 5

SCHEDULED CLASSES: July 11, 18, 25; Aug 1

COURSE DESCRIPTION: In this course students will explore the animal kingdom and create wild works of art.

INSTRUCTOR: Margaret Coniglio

RECREATIONAL

COURSE: #301 Tennis - Kid's Beginner

ROOM: Outdoor Tennis Courts* DAY: M & W
BLDG: DVHS TIME: 10:00-11:30am
OF SESSIONS: 8 COST: \$39.00

AGE REQUIREMENTS: Boys & Girls grades 4, 5 & 6.

SCHEDULED CLASSES: June 26, 28; July 3, 5, 10, 12, 17, 19

COURSE DESCRIPTION: Students will learn to play competitively. They will have instruction in fore-hand, backhand, their serve and net play. Students must bring their own racquet and a bottle of water. Students must wear sneakers. Limited to 12 students. *Indoor green gym may be used when raining.

INSTRUCTOR: Kathy Stiger

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



RECREATIONAL

COURSE: #302 Dance Fit & Tone

ROOM: Café DAY: M
BLDG: DVHS TIME: 9:15-10:00am
OF SESSIONS: 6 COST: \$26.00

AGE REQUIREMENTS: Adult

SCHEDULED CLASSES: June 26; July 3, 10, 17, 24, 31

COURSE DESCRIPTION: Shake & shimmy your way to a healthy body. Let's have fun, fun, fun & dance our way to a healthy you. We will also work our upper & lower body with toning exercises. Please bring water & light hand weights.

INSTRUCTOR: Madeleine Loeffler

COURSE: #303 Walk & Tone

ROOM: Café DAY: W
BLDG: DVHS TIME: 9:15-10:00am
OF SESSIONS: 6 COST: \$26.00

AGE REQUIREMENTS: Adult

SCHEDULED CLASSES: June 28; July 5, 12, 19, 26; Aug 2

COURSE DESCRIPTION: Low impact walking moves with light upper & lower toning exercises. Please bring water and light hand weights.

INSTRUCTOR: Madeleine Loeffler

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: F
BLDG: DVHS TIME: 2:00 -2:30pm
OF SESSIONS: 6 COST: \$37.00

AGE REQUIREMENTS: 18 to 36 months

SCHEDULED CLASSES: June 30; July 7, 14, 21, 28; Aug 4

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: TBA

COURSE: #402 ARC Preschool Aquatics/Level I

ROOM: Natatorium DAY: T
BLDG: DVHS TIME: 11:30am-12:00pm
OF SESSIONS: 6 COST: \$37.00

AGE REQUIREMENTS: 3 to 5 years old

SCHEDULED CLASSES: June 27; July 11, 18, 25; Aug. 1, 8

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 who have very basic swimming skills. There are no skill prerequisites for Preschool Aquatics Level I. Limited to 8 students.

INSTRUCTOR: 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.

SWIMMING

COURSE: #403 ARC Preschool Aquatics/Level I

ROOM: Natatorium DAY: T
BLDG: DVHS TIME: 1:30 - 2:00pm
OF SESSIONS: 6 COST: \$37.00

AGE REQUIREMENTS: 3 to 5 years old

SCHEDULED CLASSES: June 27; July 11, 18, 25; Aug. 1, 8

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 who have very basic swimming skills. There are no skill prerequisites for Preschool Aquatics Level I. Limited to 8 students.

INSTRUCTOR: Kathy Stiger

COURSE: #404 ARC Preschool Aquatics/Level II

ROOM: Natatorium DAY: F
BLDG: DVHS TIME: 10:30-11:00am
OF SESSIONS: 6 COST: \$37.00

AGE REQUIREMENTS: 3 to 5 years old

SCHEDULED CLASSES: June 30; July 7, 14, 21, 28; Aug 4

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 who have very basic swimming skills. There are no skill prerequisites for Preschool Aquatics Level I. Limited to 8 students.

INSTRUCTOR: TBA

COURSE: #405 ARC Preschool Aquatics/Level II

ROOM: Natatorium DAY: F
BLDG: DVHS TIME: 10:30-11:00am
OF SESSIONS: 6 COST: \$37.00

AGE REQUIREMENTS: 3 to 5 years old

SCHEDULED CLASSES: June 30; July 7, 14, 21, 28; Aug 4

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 who have very basic swimming skills. There are no skill prerequisites for Preschool Aquatics Level I. Limited to 8 students.

INSTRUCTOR: TBA

COURSE: #406 ARC Preschool Aquatics/Level II

ROOM: Natatorium DAY: F
BLDG: DVHS TIME: 2:30-3:00pm
OF SESSIONS: 6 COST: \$37.00

AGE REQUIREMENTS: 3 to 5 years old

SCHEDULED CLASSES: June 30; July 7, 14, 21, 28; Aug 4

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. Students in this class must have successfully completed a prior Preschool class. Limited to 8 students.

INSTRUCTOR: TBA

COURSE: #407 ARC Preschool Aquatics/Level III

ROOM: Natatorium DAY: T
BLDG: DVHS TIME: 1:00 - 1:30pm
OF SESSIONS: 6 COST: \$37.00

AGE REQUIREMENTS: 3 to 5 years old

SCHEDULED CLASSES: June 27; July 11, 18, 25; Aug 1, 8

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. Students in this class must be able to glide through the water, roll to their backs & float. Limited to 8 students.

INSTRUCTOR: Kathy Stiger

PLEASE NOTE:

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



SWIMMING

COURSE: #408 Learn to Swim Level I -Tadpoles

ROOM: Natatorium DAY: T
 BLDG: DVHS TIME: 2:00-2:45pm
 # OF SESSIONS: 6 COST: \$45.00
 AGE REQUIREMENTS: Grades K through 12
 SCHEDULED CLASSES: June 27; July 11, 18, 25; Aug 1, 8
 COURSE DESCRIPTION: Skills practiced for this course will include water adjustment, buoyancy and breath control, water entry and exit and beginning to move comfortably through the water. Limited to 8 students.
 INSTRUCTOR: Kathy Stiger

COURSE: #409 Learn to Swim Level I -Tadpoles

ROOM: Natatorium DAY: F
 BLDG: DVHS TIME: 11:00-11:45am
 # OF SESSIONS: 6 COST: \$45.00
 AGE REQUIREMENTS: Grades K through 12
 SCHEDULED CLASSES: June 30; July 7, 14, 21, 28; Aug. 4
 COURSE DESCRIPTION: Skills practiced for this course will include water adjustment, buoyancy and breath control, water entry and exit and beginning to move comfortably through the water. Limited to 8 students.
 INSTRUCTOR: TBA

COURSE: #410 Learn to Swim Level I -Tadpoles

ROOM: Natatorium DAY: F
 BLDG: DVHS TIME: 11:45am - 12:30pm
 # OF SESSIONS: 6 COST: \$45.00
 AGE REQUIREMENTS: Grades K through 12
 SCHEDULED CLASSES: June 30; July 7, 14, 21, 28; Aug. 4
 COURSE DESCRIPTION: Skills practiced for this course will include water adjustment, buoyancy and breath control, water entry and exit and beginning to move comfortably through the water. Limited to 8 students.
 INSTRUCTOR: TBA

COURSE: #411 Learn to Swim Level II -Guppies

ROOM: Natatorium DAY: W
 BLDG: DVHS TIME: 2:00-3:00pm
 # OF SESSIONS: 6 COST: \$58.00
 AGE REQUIREMENTS: Grades K through 12
 SCHEDULED CLASSES: June 28; July 5, 12, 19, 26; Aug 2
 COURSE DESCRIPTION: In addition to those skills taught in Level I Tadpoles, students will successfully learn fundamental skills, including learning how to float without support and to recover to a vertical position. Limited to 10 students.
 INSTRUCTOR: Karen VanDuzer

COURSE: #412 Learn to Swim Level II -Guppies

ROOM: Natatorium DAY: R
 BLDG: DVHS TIME: 1:00 -2:00pm
 # OF SESSIONS: 6 COST: \$58.00
 AGE REQUIREMENTS: Grades K through 12
 SCHEDULED CLASSES: June 29; July 6, 13, 20, 27; Aug 3
 COURSE DESCRIPTION: In addition to those skills taught in Level I Tadpoles, students will successfully learn fundamental skills, including learning how to float without support and to recover to a vertical position. Limited to 10 students.
 INSTRUCTOR: TBA

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: #413 Learn to Swim Level II -Guppies

ROOM: Natatorium DAY: F
 BLDG: DVHS TIME: 1:00 -2:00pm
 # OF SESSIONS: 6 COST: \$58.00
 AGE REQUIREMENTS: Grades K through 12
 SCHEDULED CLASSES: June 30; July 7, 14, 21, 28; Aug 4
 COURSE DESCRIPTION: In addition to those skills taught in Level I Tadpoles, students will successfully learn fundamental skills, including learning how to float without support and to recover to a vertical position. Limited to 10 students.
 INSTRUCTOR: TBA

COURSE: #414 Learn to Swim Level III-Minnnows

ROOM: Natatorium DAY: W
 BLDG: DVHS TIME: 1:00 - 2:00pm
 # OF SESSIONS: 6 COST: \$58.00
 AGE REQUIREMENTS: Grades K through 12
 SCHEDULED CLASSES: June 28; July 5, 12, 19, 26; Aug 2
 COURSE DESCRIPTION: Students must be able to jump into deep water from the side, swim the front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards. Limited to 10 students.
 INSTRUCTOR: Karen VanDuzer

COURSE: #415 Learn to Swim Level III-Minnnows

ROOM: Natatorium DAY: R
 BLDG: DVHS TIME: 10:00 -11:00am
 # OF SESSIONS: 6 COST: \$58.00
 AGE REQUIREMENTS: Grades K through 12
 SCHEDULED CLASSES: June 29; July 6, 13, 20, 27; Aug 3
 COURSE DESCRIPTION: Students must be able to jump into deep water from the side, swim the front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards. Limited to 10 students.
 INSTRUCTOR: TBA

COURSE: #417 Learn to Swim Level V-Stingrays & VI-Dolphins

ROOM: Natatorium DAY: R
 BLDG: DVHS TIME: 11:00am -12:00pm
 # OF SESSIONS: 6 COST: \$58.00
 AGE REQUIREMENTS: Grades K through 12
 SCHEDULED CLASSES: June 29; July 6, 13, 20, 27; Aug 3
 COURSE DESCRIPTION: Level V-Students must be able to dive into deep water and swim the front crawl for 50 yards, change direction and then swim the backstroke for 50 yards. In addition they must be able to swim the breaststroke and back crawl for 25 yards.
 Level VI-Students will learn the appropriate turns for all strokes and to front dive from the diving board. Students will also learn about Water Safety and Fitness. Students must be able to swim 500 yards using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
 Class limited to 15 students.
 INSTRUCTOR: TBA

COURSE: #418 Early Morning Swim and Stay Fit Program- June/July

ROOM: Natatorium DAY: M, T, W, R, F
 BLDG: DVHS TIME: 7:00-8:00am
 # OF SESSIONS: 14 COST: \$45.00
 AGE REQUIREMENTS: Adults
 SCHEDULED CLASSES: June 26, 27, 28, 29, 30; July 3, 5, 6, 7, 10, 11, 12, 13, 14
 COURSE DESCRIPTION: This course is an adult lap swim for the early riser - start your day off with a water workout.

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



SWIMMING

COURSE: #419 Early Morning Swim and Stay Fit Program- July/Aug
ROOM: Natatorium **DAY:** M, T, W, R, F
BLDG: DVHS **TIME:** 7:00-8:00am
OF SESSIONS: 15 **COST:** \$48.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: July 17, 18, 19, 20, 21, 24, 25, 26, 27, 28, 31; Aug. 1, 2, 3, 4
COURSE DESCRIPTION: This course is an adult lap swim for the early riser - start your day off with a water workout.

COURSE: #420 Early Morning Swim and Stay Fit Program- August
ROOM: Natatorium **DAY:** M, T, W, R, F
BLDG: DVHS **TIME:** 7:00-8:00am
OF SESSIONS: 15 **COST:** \$48.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Aug. 7, 8, 9, 10, 11, 14, 15, 16, 17, 18, 21, 22, 23, 24, 25
COURSE DESCRIPTION: This course is an adult lap swim for the early riser - start your day off with a water workout.

COURSE: #421 Early Morning Swim and Stay Fit Program- Aug./Sept.
ROOM: Natatorium **DAY:** M, T, W, R, F
BLDG: DVHS **TIME:** 6:45-7:45am
OF SESSIONS: 9 **COST:** \$31.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Aug. 28, 29, 30, 31; Sept. 1, 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.

COURSE: #422 Community Lap Swim
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 4:30 -6:00pm
OF SESSIONS: 21 **COST:** \$0.00
AGE REQUIREMENTS:
SCHEDULED CLASSES: June 27, 29; July 6, 11, 13, 18, 20, 25, 27; Aug 1, 3, 8, 10, 15, 17, 22, 24, 29, 31; Sept. 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 at registration or through the DV-ACE office.
INSTRUCTOR: Kathy Stiger

COURSE: #423 Community Swim
ROOM: Natorium **DAY:** T & R
BLDG: DVHS **TIME:** 6:00 - 8:00pm
OF SESSIONS: 11 **COST:** \$0.00
AGE REQUIREMENTS:
SCHEDULED CLASSES: June 27, 29; July 6, 11, 13, 18, 20, 25, 27; Aug 1, 3
COURSE DESCRIPTION: These sessions will be supervised by an adult instructor and several life-guards. Participants will enjoy freedom of relaxing or exercising at their pace. Limited to 100 participants. There is a fee of \$3 per swim for non-residents of the school district. Non-residents must purchase a pool pass at registration or through the DV-ACE office.
INSTRUCTOR: Karen Stiger

BE A TEACHER – SUGGEST A COURSE

We welcome suggestions for new courses from individuals qualified to teach a non-credit course. If you have a skill, talent or special knowledge you would like to share, or would like to suggest a course, we would like to hear from you!
 CALL (570) 296-3615 OR CONTACT US BY E-MAIL AT ckeegan@dvsd.org

SWIMMING

COURSE: #424 Rusty Hinges
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 10:00 -11:00am
OF SESSIONS: 12 **COST:** \$54.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: June 26, 28; July 3, 5, 10, 12, 17, 19, 24, 26, 31; Aug 2
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: #425 Rusty Hinges
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 11:00am -12:00pm
OF SESSIONS: 12 **COST:** \$54.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: June 26, 28; July 3, 5, 10, 12, 17, 19, 24, 26, 31; Aug 2
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: #426 Senior Citizen Recreational Swim
ROOM: Natatorium **DAY:** M
BLDG: DVHS **TIME:** 1:00 -3:00pm
OF SESSIONS: 6 **COST:** \$0.00
AGE REQUIREMENTS: Age 50 years or older
SCHEDULED CLASSES: June 26; July 3, 10, 17, 24, 31
COURSE DESCRIPTION: This program is for any senior citizen who is age 50 or older. The pool will be made available for lap swim or recreational swimming in a seniors only environment. There is a fee of \$3 per person per swim for non-residents of the Delaware Valley School District. Non-residents must purchase a pool pass at registration or through the DV-ACE Office.
INSTRUCTOR: Karen VanDuzer

COURSE: #427 Water Aerobics
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 4:30 -5:30pm
OF SESSIONS: 12 **COST:** \$54.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: June 26, 28; July 3, 5, 10, 12, 17, 19, 24, 26, 31; Aug 2
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 VanDuzer

COURSE: #428 Deep Water Aerobics
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 5:30 -6:30pm
OF SESSIONS: 12 **COST:** \$54.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: June 26, 28; July 3, 5, 10, 12, 17, 19, 24, 26, 31; Aug 2
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 16 students.
INSTRUCTORS: Karen VanDuzer

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.



SUMMER DAY CAMP

COURSE: #501 DV-ACE DAY CAMP-WEEK I

ROOM: F Wing, Café, E8 DAY: M, T, W, R, F
BLDG: DVMS TIME: 8:30am-4:30pm
OF SESSIONS: 5 COST: \$145.00

AGE REQUIREMENTS: Entering Grades 1-6
SCHEDULED CLASSES: June 26, 27, 28, 29, 30

COURSE DESCRIPTION: The theme for Week 1 is Beach Week. Students will be involved with reading, math, science, social studies & physical activities. The students will have access to the playground, gym and surrounding fields. Each student is responsible for his/her lunch. Students will also go swimming at the DVHS Natatorium from 3:00-4:00pm. Please make sure that students have their bathing suit and towel every day. Day camp will be held at the Delaware Valley Middle School. Camp will be available to students Grades 1-6 in the 2016-2017 school year. The abbreviation for Thursday is R.

1/2 Day Options: Mornings Only (8:30-12:30) Cost: \$73.00
Afternoons Only (12:30-4:30) Cost: \$73.00

INSTRUCTORS: Martin Gurian, Kaitlin Sabo, Mike Mady, Julie Murphy

COURSE: #502 DV-ACE DAY CAMP-WEEK II

ROOM: F Wing, Café, E8 DAY: T, W, R, F
BLDG: DVMS TIME: 8:30am-4:30pm
OF SESSIONS: 4 COST: \$122.00

AGE REQUIREMENTS: Entering Grades 1-6
SCHEDULED CLASSES: July 3, 5, 6, 7

COURSE DESCRIPTION: The theme for Week 2 is USA/4th of July. Students will be involved with reading, math, science, social studies & physical activities. The students will have access to the playground, gym and surrounding fields. Each student is responsible for his/her lunch. Students will also go swimming at the DVHS Natatorium from 3:00-4:00pm. Please make sure that students have their bathing suit and towel every day. Day camp will be held at the Delaware Valley Middle School. Camp will be available to students Grades 1-6 in the 2016-2017 school year. The abbreviation for Thursday is R.

1/2 Day Options: Mornings Only (8:30-12:30) Cost: \$61.00
Afternoons Only (12:30-4:30) Cost: \$61.00

INSTRUCTORS: Martin Gurian, Kaitlin Sabo, Mike Mady, Julie Murphy

COURSE: #503 DV-ACE DAY CAMP-WEEK III

ROOM: F Wing, Café, E8 DAY: M, T, W, R, F
BLDG: DVMS TIME: 8:30am-4:30pm
OF SESSIONS: 5 COST: \$145.00

AGE REQUIREMENTS: Entering Grades 1-6
SCHEDULED CLASSES: July 10, 11, 12, 13, 14

COURSE DESCRIPTION: The theme for Week 3 is Science Week. Students will be involved with reading, math, science, social studies & physical activities. The students will have access to the playground, gym and surrounding fields. Each student is responsible for his/her lunch. Students will also go swimming at the DVHS Natatorium from 3:00-4:00pm. Please make sure that students have their bathing suit and towel every day. Day camp will be held at the Delaware Valley Middle School. Camp will be available to students Grades 1-6 in the 2016-2017 school year. The abbreviation for Thursday is R.

1/2 Day Options: Mornings Only (8:30-12:30) Cost: \$73.00
Afternoons Only (12:30-4:30) Cost: \$73.00

INSTRUCTORS: Mike Mady, Kaitlin Sabo, Mike Mady, Julie Murphy

COURSE: #504 DV-ACE DAY CAMP-WEEK IV

ROOM: F Wing, Café, E8 DAY: M, T, W, R, F
BLDG: DVMS TIME: 8:30am-4:30pm
OF SESSIONS: 5 COST: \$145.00

AGE REQUIREMENTS: Entering Grades 1-6
SCHEDULED CLASSES: July 17, 18, 19, 20, 21

COURSE DESCRIPTION: The theme for Week 4 is "Through the Decades". Students will be involved with reading, math, science, social studies & physical activities. The students will have access to the playground, gym and surrounding fields. Each student is responsible for his/her lunch. Students will also go swimming at the DVHS Natatorium from 3:00-4:00pm. Please make sure that students have their bathing suit and towel every day. Day camp will be held at the Delaware Valley Middle School. Camp will be available to students Grades 1-6 in the 2016-2017 school year. The abbreviation for Thursday is R.

1/2 Day Options: Mornings Only (8:30-12:30) Cost: \$73.00
Afternoons Only (12:30-4:30) Cost: \$73.00

INSTRUCTORS: Marty Gurian, Kaitlin Sabo, Mike Mady, Julie Murphy

SUMMER DAY CAMP

COURSE: #505 DV-ACE DAY CAMP-WEEK V

ROOM: F Wing, Café, E8 DAY: M, T, W, R, F
BLDG: DVMS TIME: 8:30am-4:30pm
OF SESSIONS: 5 COST: \$145.00

AGE REQUIREMENTS: Entering Grades 1-6
SCHEDULED CLASSES: July 24, 25, 26, 27, 28

COURSE DESCRIPTION: The theme for Week 5 is "Explorers/Pirate Week". Students will be involved with reading, math, science, social studies & physical activities. The students will have access to the playground, gym and surrounding fields. Each student is responsible for his/her lunch. Students will also go swimming at the DVHS Natatorium from 3:00-4:00pm. Please make sure that students have their bathing suit and towel every day. Day camp will be held at the Delaware Valley Middle School. Camp will be available to students Grades 1-6 in the 2016-2017 school year. The abbreviation for Thursday is R.

1/2 Day Options: Mornings Only (8:30-12:30) Cost: \$73.00
Afternoons Only (12:30-4:30) Cost: \$73.00

INSTRUCTORS: Martin Gurian, Kaitlin Sabo, Mike Mady, Julie Murphy

COURSE: #506 DV-ACE DAY CAMP-WEEK V

ROOM: F Wing, Café, E8 DAY: M, T, W, R, F
BLDG: DVMS TIME: 8:30am-4:30pm
OF SESSIONS: 5 COST: \$145.00

AGE REQUIREMENTS: Entering Grades 1-6
SCHEDULED CLASSES: July 31: August 1, 2, 3, 4

COURSE DESCRIPTION: The theme for Week 6 is Animals/"Animal Planet". Students will be involved with reading, math, science, social studies & physical activities. The students will have access to the playground, gym and surrounding fields. Each student is responsible for his/her lunch. Students will also go swimming at the DVHS Natatorium from 3:00-4:00pm. Please make sure that students have their bathing suit and towel every day. Day camp will be held at the Delaware Valley Middle School. Camp will be available to students Grades 1-6 in the 2016-2017 school year. The abbreviation for Thursday is R.

1/2 Day Options: Mornings Only (8:30-12:30) Cost: \$73.00
Afternoons Only (12:30-4:30) Cost: \$73.00

INSTRUCTORS: Marty Gurian, Mike Mady, Julie Murphy



TAKE NOTE!

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

KEEP THIS BROCHURE FOR START DATE, TIME AND LOCATION INFORMATION



REGISTRATION IS SATURDAY, MAY 20, 2017 FROM 9:00 – 11:00 AM

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

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

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

FIRST NAME _____ LAST NAME _____

MAILING ADDRESS: STREET _____

CITY/STATE/ZIP _____

HOME PHONE _____ BUSINESS PHONE _____

COURSE TITLE _____ # OF COURSE _____

SCHOOL & ROOM _____ COST _____

STUDENT'S GRADE LEVEL (if applicable) _____

PARENT'S NAME (if applicable) _____

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

Non-Resident Fee:
\$ _____

INDICATE ALL SUMMER CAMP SESSIONS THAT YOU ARE REGISTERING FOR WITH AN "X"

- | | | |
|--|--|--|
| <input type="checkbox"/> COURSE #501 WK 1: June 26 - June 30 | <input type="checkbox"/> COURSE #503 WK 3: July 10 - July 14 | <input type="checkbox"/> COURSE #505 WK 5: July 24 - July 28 |
| <input type="checkbox"/> COURSE #502 WK 2: July 3, 5, 6, 7 | <input type="checkbox"/> COURSE #504 WK 4: July 17 - July 21 | <input type="checkbox"/> COURSE #506 WK 6: July 31 - Aug 4 |
| <input type="checkbox"/> FULL DAY (8:30 AM - 4:30 PM) | <input type="checkbox"/> AM ONLY (8:30 AM - 12:30 PM) | <input type="checkbox"/> PM ONLY (12:30 PM - 4:30 PM) |

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 Recieved:

Recieved By:
