

Spring Session 2020



Delaware Valley Adult & Community Education

Educating for Life's Journey



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Delaware Valley School District
Milford, PA 18337
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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.

REGISTRATION INFORMATION

Please be aware, DV-ACE registration can now be completed online using a credit or debit card.

Visit https://www.dvdsd.org/ and click on DV-ACE Information on the right-side menu or under the Community tab at the top of the page. If unable to register online, please mail the form on the last page of this catalog to DV-ACE along with your payment.

Notice to All Participants:

Non-residents are required to pay a \$20.00 non-resident fee for each class they are registering for, with a maximum amount of \$60.00 per participant or family per year. Notifications will NOT be mailed prior to the start of classes. Keep this catalog for the 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 contact Beth Shomaker at (570) 296-3615 or eshomaker@dvdsd.org.

Abbreviations
Used in This
Catalog

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 Rd., Shohola, PA
ARC — American Red Cross
TBA — To Be Announced; TBD — To Be Determined
THE DAYS OF THE WEEK are listed as M (Monday); T (Tuesday); W (Wednesday); R (Thursday); F (Friday); S (Saturday)

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DV-ACE OFFICE HOURS ARE:
MONDAY-FRIDAY 8:00AM - 1:00PM
CONTACT INFORMATION:
BETH SHOMAKER (570) 296-3615
OR EMAIL ESHOMAKER@DVSD.ORG
Call to schedule an appointment.



GENERAL EDUCATION

COURSE: #101 Driver's Training "Behind the Wheel"
ROOM: Entrance Foyer **DAY:** TBD
BLDG: DVHS **TIME:** TBD
OF SESSIONS: 6 **COST:** \$275.00
AGE REQUIREMENTS: Must have a Pennsylvania Learner's Driving Permit
SCHEDULED CLASSES: TBD beginning on or after May 4, 2020
COURSE DESCRIPTION: A beginner's driving course for students with a Pennsylvania Learner's Driving Permit. Driving sessions for this 6-hour "Behind the Wheel" course will be scheduled for evenings or weekends, beginning on or after **May 4, 2020**. The schedule will be established by the instructor and each individual student. The course fee includes 6 hours of driving time. Prerequisite: 30 hours of classroom.
INSTRUCTOR: Dan Quinlan or Sean Giblin

COURSE: #102 Junior Lifeguard Training **NEW**
ROOM: Natatorium/C6 **DAY:** M
BLDG: DVHS **TIME:** 4:00pm - 5:30pm
OF SESSIONS: 8 **COST:** \$90.00
AGE REQUIREMENTS: Ages 11 to 14
SCHEDULED CLASSES: Mar 16, 23, 30; Apr 6, 20, 27; May 4, 11
COURSE DESCRIPTION: The purpose of the Junior American Red Cross Lifeguarding course is to provide the foundation of knowledge, attitudes, and skills for future lifeguards. The course is a combination of classroom and pool instruction. This is a pre-training course and does not lead to certification.
PREREQUISITES: The skills below will be tested in the pool at the first class, and each participant must pass to move on. Goggles are allowed:

1. Must be 11 to 14 years old.
2. Swim the front crawl 25 yards continuously while breathing to the front or side.
3. Swim the breaststroke 25 yards continuously while using the pull, breathe, kick, and glide sequence.
4. Swim 10 yards while submerged under water.
5. Tread water for 1 minute using the arms and legs.

INSTRUCTOR: Cheryl Switzer or Kathy Stiger

TAKE NOTE! If A CLASS IS CANCELLED, THE NEXT CLASS TO BE HELD FOLLOWS THE SCHEDULE THAT IS POSTED IN THIS CATALOG.

ONLINE REGISTRATION

Visit www.dvdsd.org and select DV-ACE from the right-side menu or under the Community tab at the top of the page.

ATTENTION

OUT-OF-DISTRICT REGISTRANTS:

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

GENERAL EDUCATION

COURSE: #103 Lifeguard/CPR Certification
ROOM: Natatorium/C6 **DAY:** W
BLDG: DVHS **TIME:** 5:30pm - 8:30pm
OF SESSIONS: 11 **COST:** \$180.00
AGE REQUIREMENTS: Age 15 and above
SCHEDULED CLASSES: Mar 4*, 11, 18, 25; Apr 1, 8, 15, 22, 29; May 6, 13
 *March 4th class is 4:30pm-7:30PM.
COURSE DESCRIPTION: The purpose of the American Red Cross Lifeguarding course is to provide entry-level 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 EMS personnel take over. The course is a combination of classroom and pool instruction. Participants who successfully complete the course may apply to receive an American Red Cross certificate for lifeguarding, CPR, AED, and First Aid valid for 2 years. The student is responsible to pay the American Red Cross fees.
PREREQUISITES: The skills below will be tested in the pool at the first class, 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, breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
4. Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 22 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 22 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: Cheryl Switzer or Kathy Stiger

COURSE: #103 Lifeguard/CPR Recertification
ROOM: Natatorium/C6 **DAY:** M & W
BLDG: DVHS **TIME:** 4:30pm - 7:30pm
OF SESSIONS: 2 **COST:** \$70.00
AGE REQUIREMENTS: Age 15 and above
SCHEDULED CLASSES: May 18*, 20
COURSE DESCRIPTION: Lifeguard/CPR Recertification includes CPR, AED, & First Aid for lifeguards only. The course is a combination of classroom and pool instruction.
 *Students must bring resuscitation mask on May 18.
INSTRUCTOR: Joe Kusner

WEATHER RELATED CANCELLATIONS:

For weather related information please listen to Radio Station WTSX 96.7 FM or WDLC 1490 AM. You can also call the Delaware Valley School District at (570) 296-1800, select option 9 then option 8 for closing information. If DVSD has a delayed start, the Early Morning Swim is cancelled. If school is cancelled or there is an early dismissal, all DV-ACE evening classes are cancelled. If a class is cancelled, the next class to be held follows the schedule that is posted in this catalog.



PERSONAL ENRICHMENT

COURSE: #201 **Beginner Crochet**
ROOM: Library **DAY: M**
BLDG: DVHS **TIME: 6:30pm - 8:00pm**
OF SESSIONS: 4 **COST: \$25.00**
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Feb. 24; Mar. 2, 9, 16
COURSE DESCRIPTION: Have fun learning basic crochet stitches to incorporate into a simple pattern to complete a small project, such as a scarf or placemat. Participants are required to bring a metal crochet hook (size F, G, or H) and 4-ply yarn, light in color (no black, navy blue, or dark brown).
INSTRUCTOR: Joy Vierra

COURSE: #202 **SEALS Social Education & Life Skills**
ROOM: A1 **DAY: W**
BLDG: DVHS **TIME: 4:30pm - 6:30pm**
OF SESSIONS: 10 **COST: \$185.00**
AGE REQUIREMENTS: Age 21 and above
SCHEDULED CLASSES: Mar 4, 11, 18, 25; Apr 1, 8, 15, 22, 29; May 6
COURSE DESCRIPTION: Adults with special needs will learn social strategies and real life skills within their community, including shopping, menu math, ordering, cooking, and technology skills. Each participant must bring a \$25.00 material fee to the first class.
INSTRUCTORS: Carol Morgan & Karen Quinlan

COURSE: #203 **Comic & Cartoon Character Design **NEW****
ROOM: E8 Art Room **DAY: R**
BLDG: DVMS **TIME: 4:30pm - 5:30pm**
OF SESSIONS: 6 **COST: \$25.00**
AGE REQUIREMENTS: Grades 4 to 8
SCHEDULED CLASSES: Apr. 2, 16, 23, 30; May 7, 14
COURSE DESCRIPTION: Guided by a local illustrator and comic artist, participants will learn how to develop three cartoon characters from the pencil stage to full color. Students will also create a short story to go along with their characters. A supply list of art materials will be provided and must be purchased before the first class.
INSTRUCTOR: Joseph Ryan

COURSE: #204 **Introduction to Creative Writing **NEW****
ROOM: Media Center **DAY: T**
BLDG: DVHS **TIME: 6:00pm - 7:30pm**
OF SESSIONS: 4 **COST: \$25.00**
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 3, 10, 17; Mar. 24
COURSE DESCRIPTION: Ready to unleash your inner writer? In this workshop, participants will be introduced to the basics of writing fiction and short stories. Focus will include theme, figures of speech, images, suspense, characters, conflicts, ideas, and plots. Classes will include writing prompt exercises and open discussions. Participants should bring a notebook and writing utensil.
INSTRUCTOR: Christopher Maslin

COURSE: #205 **Beginner French **NEW****
ROOM: B1/B2 **DAY: S**
BLDG: DDMS **TIME: 9:00am - 10:30am**
OF SESSIONS: 6 **COST: \$35.00**
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2
COURSE DESCRIPTION: Bonjour! Do you dream of taking a trip to a French-speaking country or are you just a Francophile in need of a refresher? This beginner French course will provide the basics of vocabulary, grammar, and listening comprehension, including main subjects, verbs, alphabet, colors, numbers, and simple greetings.
INSTRUCTOR: Ghada Chalhouh

FITNESS & RECREATION

COURSE: #301 **Running Basics: Track & Field**
ROOM: Track **DAY: R**
BLDG: DVHS **TIME: 4:30pm - 5:30pm**
OF SESSIONS: 6 **COST: \$30.00**
AGE REQUIREMENTS: Boys and Girls, Grades 2 to 6
SCHEDULED CLASSES: Apr. 30; May 7, 14, 21, 28; Jun. 4
COURSE DESCRIPTION: A fun introduction to the competition of track and field events. Participants will develop fundamental skills of strength, flexibility, coordination, and racing tactics. Participants will have the opportunity to try several track and field events, including distance running, sprinting, hurdles, jumping, and throwing. Students must wear running attire and running shoes and bring a water bottle.
INSTRUCTOR: Elena Nitecki

COURSE: #302 **Preschool Movement**
ROOM: Music Room **DAY: T**
BLDG: DVES **TIME: 4:30pm - 5:15pm**
OF SESSIONS: 6 **COST: \$20.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar. 24, 31; Apr. 7, 14, 21, 28
COURSE DESCRIPTION: Have a preschooler with lots of energy to burn off? This 45-minute course will get them moving while making friends and having fun. They won't just be touching their toes, they will be skipping to a new beat! Jumping, hopping, and listening skills are very important for all children. Give your child a head start with this class.
INSTRUCTOR: Rose Mary Buchholz

COURSE: #303 **Special Needs Movement**
ROOM: Cafeteria **DAY: T**
BLDG: DVES **TIME: 5:30pm - 6:15pm**
OF SESSIONS: 6 **COST: \$20.00**
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 24, 31; Apr. 7, 14, 21, 28
COURSE DESCRIPTION: A 45-minute movement class for adults with special needs who like to listen to music, have fun, and exercise at the same time. More than just exercises, listening and social skills are always included. All participants will be encouraged to do their personal best, and challenging content will keep everyone improving their physical and musical ability.
INSTRUCTOR: Rose Mary Buchholz

**DV-ACE OFFICE HOURS ARE:
MONDAY-FRIDAY 8:00AM - 1:00PM**

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OR EMAIL ESHOMAKER@DVSD.ORG**

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FITNESS & RECREATION

COURSE: #304 Beginner/Intermediate Hatha Yoga **NEW**
ROOM: A25 Chorus Room **DAY:** W
BLDG: DVMS **TIME:** 4:30pm - 5:30pm
OF SESSIONS: 6 **COST:** \$25.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Feb. 26; Mar. 4, 11, 18, 25; Apr. 1
COURSE DESCRIPTION: Hatha is a steady-paced yoga class where traditional asanas (postures) are held in accurate alignment with emphasis on building core strength, stamina, flexibility, and balance as well as improving concentration and breath control. Led by a certified instructor, participants will build a mind/body connection through the synchronization of breath and movement while creating a deep sense of relaxation. Please bring a yoga mat and any other tools used in your practice.
INSTRUCTOR: Patricia Krol

COURSE: #305 Zumba **NEW**
ROOM: Green/Gray Gym **DAY:** R
BLDG: DVHS **TIME:** 6:30pm - 7:30pm
OF SESSIONS: 6 **COST:** \$25.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 19, 26; Apr. 2, 16, 23, 30
COURSE DESCRIPTION: Everybody and every body! Each Zumba class is designed to bring people together to sweat it on. Zumba is a mix of low- and high-intensity moves for an interval-style, calorie-burning dance fitness party. Taught by a certified instructor, participants will receive a total workout, combining all elements of fitness, cardio, muscle conditioning, balance, and flexibility. Short targeted floor work will also be included at the end of each class so bring your mat.
INSTRUCTOR: Maria Rotella

COURSE: #306 Volleyball
ROOM: Gym **DAY:** W
BLDG: DVES **TIME:** 8:00pm - 10:00pm
OF SESSIONS: 14 **COST:** \$90.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Feb. 5, 12, 19, 26; Mar 4, 11, 18, 25; Apr. 1, 8, 15, 22, 29; May 6
COURSE DESCRIPTION: A great way to exercise and play recreational volleyball. It is designed for those with adequate skills in volleyball.
INSTRUCTOR: Scott Palermo

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 that you would like to share, or would like to suggest a course, we would love to hear from you!

**CALL (570) 296-3615 OR
 EMAIL eshomaker@dvdsd.org**



AQUATICS & SWIMMING

IMPORTANT REMINDER TO PARENTS
Please register your child(ren) for the appropriate 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:** 10:00am - 10:30am
OF SESSIONS: 7 **COST:** \$55.00
AGE REQUIREMENTS: Ages 18 to 36 months
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: Familiarize young children from 18 to 36 months with the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or how to survive in the water on their own. Registration for this course requires that the child be toilet 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:** 12:00pm - 12:30pm
OF SESSIONS: 7 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: Familiarize preschool-age children with the aquatic environment and 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: TBA

COURSE: #403 ARC - Preschool Aquatics Level I
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:30pm - 1:00pm
OF SESSIONS: 7 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: Familiarize preschool-age children with the aquatic environment and 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: TBA

KEEP THIS CATALOG FOR START DATE, TIME, AND LOCATION INFORMATION

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



AQUATICS & SWIMMING

COURSE: #404 **ARC - Preschool Aquatics Level I**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 1:00pm - 1:30pm**
OF SESSIONS: 7 **COST: \$55.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: Familiarize preschool-age children with the aquatic environment and 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: 10:00am - 10:30am**
OF SESSIONS: 7 **COST: \$55.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: Build on the basic aquatic skills learned in Preschool Level I and is intended for children between the ages of 3 and 5 years old. Prerequisite: Students in this course must successfully complete a prior Preschool Aquatics course. Limited to 8 students.
INSTRUCTOR: Grace Riexinger

COURSE: #406 **ARC - Preschool Aquatics Level II**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 1:30pm - 2:00pm**
OF SESSIONS: 7 **COST: \$55.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: Build on the basic aquatic skills learned in Preschool Level I and is intended for children between the ages of 3 and 5 years old. Prerequisite: Students in this course must successfully complete a prior Preschool Aquatics course. Limited to 8 students.
INSTRUCTOR: Kathy Stiger

COURSE: #407 **ARC - Preschool Aquatics Level III**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 10:30am - 11:00am**
OF SESSIONS: 7 **COST: \$55.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: Increase proficiency and to build on the basic aquatic skills learned in a prior Preschool Aquatics course. This course is intended for children between the ages of 3 and 5 years old. Prerequisite: students in this course must be able to glide through the water, roll onto their backs, and float. Limited to 8 students.
INSTRUCTOR: Grace Riexinger

AQUATICS & SWIMMING

COURSE: #408 **Learn to Swim Level I - Tadpoles**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 8:45am - 9:30am**
OF SESSIONS: 7 **COST: \$65.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: A Level I course designed to familiarize participants with the aquatic environment and 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: 10:30am - 11:15am**
OF SESSIONS: 7 **COST: \$65.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: A Level I course designed to familiarize participants with the aquatic environment and 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

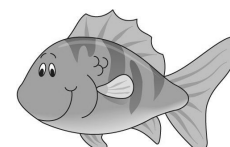
COURSE: #410 **Learn to Swim Level I - Tadpoles**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 11:15am - 12:00pm**
OF SESSIONS: 7 **COST: \$65.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: A Level I course designed to familiarize participants with the aquatic environment and 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: 2:00pm - 2:45pm**
OF SESSIONS: 7 **COST: \$65.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: A Level I course designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.
INSTRUCTOR: TBA

COURSE: #412 **Learn to Swim Level II - Guppies**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 11:00am - 12:00pm**
OF SESSIONS: 7 **COST: \$80.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: A Level II course designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants 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: Grace Riexinger

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

REMEMBER TO REGISTER EARLY
Courses may be cancelled due to a lack of enrollment. Please register early to avoid a course cancellation.



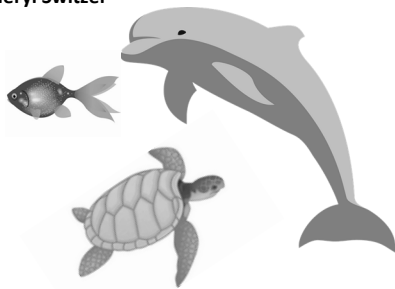


AQUATICS & SWIMMING

COURSE: #413 Learn to Swim Level II - Guppies
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:00pm - 1:00pm
OF SESSIONS: 7 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: A Level II course designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.
INSTRUCTOR: Kathy Stiger

COURSE: #414 Learn to Swim Level II - Guppies
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 1:00pm - 2:00pm
OF SESSIONS: 7 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: A Level II course designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants 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: TBA

COURSE: #415 Learn to Swim Level II - Guppies
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 2:00pm - 3:00pm
OF SESSIONS: 7 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: A Level II course designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants 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



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

IMPORTANT REMINDER TO PARENTS
Please register your child(ren) for the appropriate age/ability level. There will be NO CHANGES of levels or refunds once classes have begun.

AQUATICS & SWIMMING

COURSE: #416 Learn to Swim Level III - Minnows
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 9:00am - 10:00am
OF SESSIONS: 7 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: A Level III course designed to build on the skills learned in Levels I and II. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissor and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level III, participants achieve basic water competency in a pool environment. Limited to 10 students.
INSTRUCTOR: Grace Rixinger

COURSE: #417 Learn to Swim Level III - Minnows
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 1:00pm - 2:00pm
OF SESSIONS: 7 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: A Level III course designed to build on the skills learned in Levels I and II. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level III, participants achieve basic water competency in a pool environment. Limited to 10 students.
INSTRUCTOR: Cheryl Switzer

COURSE: #418 Learn to Swim Level III - Minnows
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 2:00pm - 3:00pm
OF SESSIONS: 7 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar. 21, 28; Apr. 4, 18, 25; May 2, 9
COURSE DESCRIPTION: A Level III course designed to build on the skills learned in Levels I and II. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level III, participants achieve basic water competency in a pool environment. Limited to 10 students.
INSTRUCTOR: Kathy Stiger

WEATHER RELATED CANCELLATIONS:

For weather related information please listen to Radio Station WTSX 96.7 FM or WDLG 1490 AM. You can also call the Delaware Valley School District at (570) 296-1800, select option 9 then option 8 for closing information. If DVSD has a delayed start, the Early Morning Swim is cancelled. If school is cancelled or there is an early dismissal, all DV-ACE evening classes are cancelled. If a class is cancelled, the next class to be held follows the schedule that is posted in this catalog.



AQUATICS & SWIMMING

COURSE: #419 Learn to Swim Level IV - Sea Turtles
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 9:30am - 10:30am**
OF SESSIONS: 7 **COST: \$80.00**

AGE REQUIREMENTS: Grades K to 12

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

COURSE DESCRIPTION: A Level IV course designed to improve participants' proficiency in performing the swimming strokes that were introduced in Level III. Participants learn to perform these strokes with increased proficiency and swim them for greater distances. In addition, participants learn the arm actions that accompany the scissors kick and breaststroke kick in order to begin performing the sidestroke and breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at the wall. Limited to 15 students.

INSTRUCTOR: Cheryl Switzer

COURSE: #420 Learn to Swim Level IV - Sea Turtles
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 12:00pm - 1:00pm**
OF SESSIONS: 7 **COST: \$80.00**

AGE REQUIREMENTS: Grades K to 12

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

COURSE DESCRIPTION: A Level IV course designed to improve participants' proficiency in performing the swimming strokes that were introduced in Level III. Participants learn to perform these strokes with increased proficiency and swim them for greater distances. In addition, participants learn the arm actions that accompany the scissors kick and breaststroke kick in order to begin performing the sidestroke and breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at the wall. Limited to 15 students.

INSTRUCTOR: Cheryl Switzer

COURSE: #421 Learn to Swim Level V - Stingrays
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 9:00am - 10:00am**
OF SESSIONS: 7 **COST: \$80.00**

AGE REQUIREMENTS: Grades K to 12

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

COURSE DESCRIPTION: A Level V course designed to help participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and the back. Limited to 15 students.

INSTRUCTOR: Chelsea Shatt

COURSE: #422 Learn to Swim Level VI - Dolphins
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 10:30am - 11:30am**
OF SESSIONS: 7 **COST: \$80.00**

AGE REQUIREMENTS: Grades K to 12

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

COURSE DESCRIPTION: A Level VI course designed to help participants refine strokes and turns and build endurance. Three options (Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer) provide participants with the opportunity to learn information and skills for specific aquatic activities. Limited to 15 students.

INSTRUCTOR: Cheryl Switzer

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

AQUATICS & SWIMMING

COURSE: #423 Adaptive Swim Lessons
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 3:15pm - 4:00pm**
OF SESSIONS: 7 **COST: \$65.00**

AGE REQUIREMENTS: Ages 3 and above

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

COURSE DESCRIPTION: Individuals with developmental disabilities will become acclimated with the swimming pool environment in a more intimate setting with parent/adult designee assisting in the water. Appropriate flotation devices and assistance will be available based on each participant's needs. This course will be taught by an American Red Cross Water Safety Instructor (WSI) experienced with students who have developmental disabilities.

INSTRUCTOR: Kathy Stiger or Mary Anne Ford

COURSE: #424 Community Swim
ROOM: Natatorium **DAY: F**
BLDG: DVHS **TIME: 6:00pm - 8:00pm (Feb. 7-Mar. 13)**
OF SESSIONS: 13 **6:30pm-8:30pm (Mar. 20-May 15)**

AGE REQUIREMENTS: All Ages **COST: Free to Local Residents**

SCHEDULED CLASSES: Feb. 7, 14, 21, 28; Mar. 6, 13, 20, 27; Apr. 3, 24; May 1, 8, 15

COURSE DESCRIPTION: These sessions will be supervised by an adult instructor and several lifeguards. Participants will enjoy freedom of relaxing or exercising at their pace. Limited to 100 participants. There is a fee of \$3 per swim for non-residents of the school district. After completing registration, non-residents will be mailed a pool pass.

INSTRUCTOR: Kathy Stiger

COURSE: #425 Community Lap Swim
ROOM: Natatorium **DAY: T & R**
BLDG: DVHS **TIME: 4:30pm - 6:00pm**
OF SESSIONS: 25 **COST: Free to Local Residents**

AGE REQUIREMENTS: All Ages

SCHEDULED CLASSES: Mar. 17, 19, 24, 26, 31; Apr. 2, 7, 14, 16, 21, 23, 28, 30; May 5, 7, 12, 14, 19, 21, 26, 28; Jun. 2, 4, 9, 11

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. After completing registration, non-residents will be mailed a pool pass.

INSTRUCTOR: Kathy Stiger

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

ATTENTION

OUT-OF-DISTRICT REGISTRANTS:

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



AQUATICS & SWIMMING

COURSE: #426 Early Morning Swim & Stay Fit - February
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 8 **COST:** \$32.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Feb. 4, 6, 11, 13, 18, 20, 25, 27
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 & Stay Fit - March
ROOM: Natatorium **DAY:** T & R / M, T, W, R, F
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 16 **COST:** \$64.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 3, 5, 10, 12, 16*, 17, 18, 19, 20, 23, 24, 25, 26, 27, 30, 31
COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start your day off with a water workout. *denotes the start of M - F.

COURSE: #428 Early Morning Swim & Stay Fit - April
ROOM: Natatorium **DAY:** M, T, W, R, F
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 19 **COST:** \$76.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Apr. 1, 2, 3, 6, 7, 8, 14, 15, 16, 17, 20, 21, 22, 23, 24, 27, 28, 29, 30
COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start your day off with a water workout.

COURSE: #429 Early Morning Swim & Stay Fit - May
ROOM: Natatorium **DAY:** M, T, W, R, F
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 20 **COST:** \$80.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: May 1, 4, 5, 6, 7, 8, 11, 12, 13, 14, 15, 18, 19, 20, 21, 22, 26, 27, 28, 29
COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start your day off with a water workout.

COURSE: #430 Early Morning Swim & Stay Fit - June
ROOM: Natatorium **DAY:** M, T, W, R, F
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 10 **COST:** \$40.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Jun. 1, 2, 3, 4, 5, 8, 9, 10, 11, 12
COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start your day off with a water workout.

COURSE: #431 Rusty Hinges
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 3:00pm - 4:00pm
OF SESSIONS: 17 **COST:** \$85.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 16, 18, 23, 25, 30; Apr. 1, 6, 8, 15, 20, 22, 27, 29; May. 4, 6, 11, 13
COURSE DESCRIPTION: A water exercise program designed to increase range of motion in stiffening joints, increase body flexibility, and develop muscular strength. This 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 course will also benefit 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 participants.
INSTRUCTOR: Grace Rixinger

AQUATICS & SWIMMING

COURSE: #432 Water Aerobics
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 7:30pm - 8:30pm
OF SESSIONS: 17 **COST:** \$85.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 17, 19, 24, 26, 31; Apr. 2, 7, 14, 16, 21, 23, 28, 30; May 5, 7, 12, 14

COURSE DESCRIPTION: This course is designed to increase cardiovascular activity, body strength, and flexibility through a progressive series of exercises. Limited to 16 students.
INSTRUCTOR: Grace Rixinger

COURSE: #433 Deep Water Aerobics
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 6:30pm - 7:30pm
OF SESSIONS: 17 **COST:** \$85.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 17, 19, 24, 26, 31; Apr. 2, 7, 14, 16, 21, 23, 28, 30; May 5, 7, 12, 14

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. Participants should feel comfortable in deep water for this course. Limited to 14 students.
INSTRUCTOR: Grace Rixinger

COURSE: #434 Triathlon Swim Training
ROOM: Natatorium **DAY:** M
BLDG: DVHS **TIME:** 6:30pm - 8:00pm
OF SESSIONS: 7 **COST:** \$70.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 16, 23, 30; Apr. 6, 20, 27; May 4
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 the stroke development and fitness training to help you reach your goals.
INSTRUCTOR: Lisa Legg

COURSE: #435 Scuba Diving
ROOM: Natatorium **DAY:** R
BLDG: DVHS **TIME:** 6:30pm - 8:30pm
OF SESSIONS: 8 **COST:** \$110.00
AGE REQUIREMENTS: Age 15 and above
SCHEDULED CLASSES: Mar. 19, 26; Apr. 2, 16, 23, 30; May 7, 14
COURSE DESCRIPTION: This course covers the classroom and pool instruction in scuba diving that leads up to the open water portion for certification through the National Association of Underwater Instructors (NAUI) 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. Limited to 12 students.
INSTRUCTOR: Tim Simmons



KEEP THIS CATALOG FOR START DATE, TIME, AND LOCATION INFORMATION



Please be aware, DV-ACE registration can be completed online using a credit or debit card. Visit https://www.dvdsd.org/ and click on DV-ACE Information on the right-side menu or under the Community tab at the top of the page. If unable to register online, please mail the form below to DV-ACE along with your payment.

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

IF UNABLE TO REGISTER ONLINE, COMPLETE FORM AND MAIL TO: DV-ACE, 252 ROUTE 6 & 209, MILFORD, PA 18337-9454

Non-Resident Fee: \$ _____

Please Note:

- * Make all checks payable to DV-ACE.
* All out-of-district enrollees must pay a \$20.00 non-resident fee per course, with a maximum of \$60.00 per participant or family per year.
* A separate registration form and check must be completed for each participant and course.

PARTICIPANT'S FIRST NAME: _____ LAST NAME: _____

MAILING ADDRESS: _____

CITY/STATE/ZIP: _____

PHYSICAL ADDRESS (if different): _____

PHONE: _____ EMAIL: _____

COURSE #: _____ COURSE TITLE: _____

COURSE SCHOOL/ROOM LOCATION: _____ COST: _____

GRADE LEVEL (2019-2020) (if applicable): _____ PARENT/GUARDIAN NAME (if applicable): _____

PLEASE NOTE: A separate registration form must be completed for each course and participant!

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

Please sign below:

Signature _____ Date _____

OFFICE USE ONLY:

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

NAME & ADDRESS IF DIFFERENT FROM ABOVE _____

NOTES _____

Date Received: _____
Received By: _____

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