

SPRING 2023



**NEW
CLASSES!**

Delaware Valley Adult & Community Education

Educating for Life's Journey



Mark McElroy, Director
Tammy Phipps, Secretary
DV-ACE, 236 Rt. 6 & 209
Delaware Valley School District
Milford, PA 18337
(570) 296-3615
dvace@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.

REGISTRATION INFORMATION

DV-ACE registration can now be completed online using a credit or debit card. Visit https://www.dvsd.org/ and click on DV-ACE under the Our District 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 Tammy Phipps at (570) 296-3615 or dvace@dvsd.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
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DV-ACE OFFICE HOURS ARE:
MONDAY-FRIDAY
8:00AM - 1:30PM
CONTACT INFORMATION:
TAMMY PHIPPS (570) 296-3615



GENERAL EDUCATION

GENERAL EDUCATION

COURSE: #101 Lifeguarding/CPR Certification
ROOM: Natatorium & C1 **DAY:** F
BLDG: DVHS **TIME:** 3:00-6:00pm
OF SESSIONS: 11 **COST:** \$250.00
AGE REQUIREMENTS: Minimum age 15 by end of course—10 person max.
SCHEDULED CLASSES: Mar 10,17,24,31; Apr 14,21,28; May 5,12,19,26
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 can 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. * **THIS IS NOT FOR WATERFRONT CERTIFICATION** *
INSTRUCTOR: Grace Riexinger

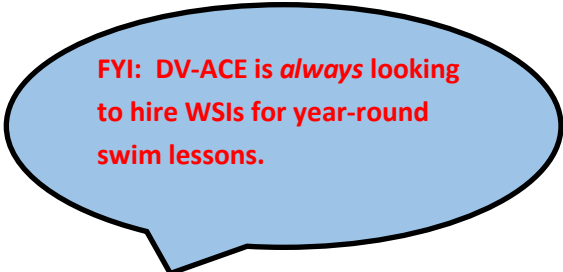


COURSE: #102 Lifeguard/CPR Recertification
ROOM: Natatorium & C1 **DAY:** R
BLDG: DVHS **TIME:** 6:00pm-8:00pm
OF SESSIONS: 3 **COST:** \$55.00
AGE REQUIREMENTS: Age 15-17 and above with current LG card
SCHEDULED CLASSES: May 18,25; Jun 1
COURSE DESCRIPTION: This course allows a lifeguard to review written and physical skills for Lifeguard Training, First Aid/CPR/AED and waterfront Lifeguarding. Certification valid for 2 years.
MUST BRING current, valid Lifeguard card and resuscitation mask to first class.
PREREQUISITES:
 1. Must have a valid and current Lifeguard certification.
 2. Timed swim of various strokes.
 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. ***** **10 REGISTRANTS MAXIMUM** *****
INSTRUCTOR: Katherine Stiger

COURSE: #104 Water Safety Instructor (WSI) Certification **NEW**
ROOM: Natatorium & C1 **DAY:** S
BLDG: DVHS **TIME:** 8:00am-4:30pm
OF SESSIONS: 4 **COST:** \$495.00
AGE REQUIREMENTS: 16 and above —6 student max.
SCHEDULED CLASSES: May 20,21; Jun 3,4
COURSE DESCRIPTION: This course trains American Red Cross Water Safety Instructor (TM) candidates to teach courses presented to all age groups; fundamental Learn to Swim courses including Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim Levels 1 - 6, private swimming lessons, and Adult Swim. This certification is the gold standard and provides the most comprehensive training for swim instructors. Student candidates will learn how to help individuals enjoy their time in the water safely - and in a wide range of ways. Throughout the course we'll focus on a number of key areas that can help you succeed as an aquatic instructor, such as:

- Water safety at public pools, homes, natural bodies of water and more, including the Circle of Drowning Prevention and Chain of Drowning Survival.
- Hydrodynamics, including why some things float, resistance to movement and creating movement in water, swimming efficiency and laws of levers.
- Basic safety, survival and swimming skills to help children gain water competency.
- Helping people with disabilities and other health conditions enjoy the water safely.
- Higher-level swim skills that help prepare people of all ages for any aquatic activity.
- Stroke mechanics for all competitive strokes as well as starts, turns, and headfirst entries.
- Water Safety Certification courses, including Safety Training for Swim Coaches and Basic Water Rescue.
- Fundamentals of diving from a diving board.
- Aquatic fitness and training for people of any age.

Prerequisites:
 • At least 16 years old.
 • Swim the following strokes consistent with the Stroke Performance Charts, Level 4:
 * Front crawl, back crawl, breaststroke, elementary backstroke, and sidestroke - 25 yards each.
 * Butterfly - 15 yards.
 • Maintain position on back for 1 minute in deep water (floating or sculling).
 • Tread water for 1 minute.
 • Purchase of textbooks (\$44.99) via: <https://www.redcross.org/store/water-safety-instructor-candidate-kit-rev-08-16/751334.html?cgid=books-and-dvds>
 Student candidates should bring textbooks, swim suit, towel and water to each class.
***** Registration for this course will end May 6, 2023 *****
INSTRUCTORS: Grace Riexinger





PERSONAL ENRICHMENT

COURSE: #201 **SEALS Social Education and Life Skills**
ROOM: E4 **DAY: W**
BLDG: DVMS **TIME: 4:30pm - 6:30pm**
OF SESSIONS: 10 **COST: \$155.00**
AGE REQUIREMENTS: Age 21 and above - MAX 10 PARTICIPANTS
SCHEDULED CLASSES: Mar 15,22,29; Apr 5,12,19,26; May 3,10,17
COURSE DESCRIPTION: This course teaches students social strategies and real-life skills within their community, including shopping, menu math, ordering, cooking, and technology skills. Each participant will be required to bring a \$40.00 material fee to the first date of the course.
INSTRUCTORS: April Clark & Mignon Reisky



COURSE: #202 **Conversational Sign Language for Beginners**
ROOM: M1 **DAY: T**
BLDG: DVHS **TIME: 6:30pm - 8:00pm**
OF SESSIONS: 6 **COST: \$50.00**
AGE REQUIREMENTS: Adults - Maximum of 12 participants
SCHEDULED CLASSES: April 4,11,18,25; May 2,9
COURSE DESCRIPTION: Participants will learn the sign language alphabet, as well as basic vocabulary words. This will enable them to communicate in a conversational setting using signed English.
INSTRUCTOR: Laraine Kensicki



COURSE: #203 **5 Essential Oils for Anxiety and Depression NEW**
ROOM: F1 **DAY: T**
BLDG: DVMS **TIME: 6:00pm - 8:00pm**
OF SESSIONS: 1 **COST: \$25.00**
AGE REQUIREMENTS: Adults - Maximum of 15 participants
SCHEDULED CLASSES: February 23
COURSE DESCRIPTION: This course provides information about five essential oils clinically proven to help alleviate anxiety and depression. Course includes safety guidelines and application of aromatherapy principles.
INSTRUCTOR: Micah Sweeney



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

FITNESS & RECREATION

COURSE: #301 **Adult Volleyball**
ROOM: Gym **DAY: W**
BLDG: DVES **TIME: 8:00pm - 10:00pm**
OF SESSIONS: 16 **COST: \$110.00**
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Feb 15,22; Mar 1,8,15,22,29; Apr 12,19,26; May 3,10,17,24,31; Jun 7
COURSE DESCRIPTION: A great way to exercise and play recreational volleyball. It is designed for those with adequate skills in volleyball.
INSTRUCTOR: Scott Palermo



COURSE: #302 **Recreational Pickleball TUESDAY**
ROOM: Green Gym **DAY: T**
BLDG: DVHS **TIME: 6:15pm-8:15pm**
OF SESSIONS: 8 **COST: \$30.00**
AGE REQUIREMENTS: Adults - Maximum of 24 players
SCHEDULED CLASSES: Feb 14,21,28; Mar 7,14,21,28; Apr 4
COURSE DESCRIPTION: Recreational Pickleball is designed for players of basic - intermediate skill levels. The goal is to have fun and get great exercise. All adult ages are welcome, players will be expected to participate in randomized teams. Pickleball paddles are a must and court shoes are highly recommended. Ball will be provided - please do not bring your own.
INSTRUCTOR: Ana Balcarcel



COURSE: #303 **Recreational Pickleball THURSDAY**
ROOM: Green Gym **DAY: R**
BLDG: DVHS **TIME: 6:15pm-8:15pm**
OF SESSIONS: 8 **COST: \$30.00**
AGE REQUIREMENTS: Adults - Maximum of 24 players
SCHEDULED CLASSES: Feb 16,23; Mar 2,9,16,23,30; Apr 13
COURSE DESCRIPTION: Recreational Pickleball is designed for players of basic - intermediate skill levels. The goal is to have fun and get great exercise. All adult ages are welcome, players will be expected to participate in randomized teams. Pickleball paddles are a must and court shoes are highly recommended. Ball will be provided - please do not bring your own.
INSTRUCTOR: Ana Balcarcel

COURSE: #304 **Youth Spring Track**
ROOM: Track **DAY: W/R**
BLDG: DVHS **TIME: 5:45pm-6:45pm**
OF SESSIONS: 12 **COST: \$30.00**
AGE REQUIREMENTS: Boys and Girls, Grades 2 - 6
SCHEDULED CLASSES: Apr 19,26; May 3,10,11,17,18,24,25,31; Jun 1,7
COURSE DESCRIPTION: Gold, Silver, Bronze! Speed, Power, Endurance! Youth Spring Track is back BIGGER and better! Participants will learn sprints, distance, throwing and jumping events and compete in four mini meets. Participants should be prepared with running attire, shoes, and water.
INSTRUCTORS: Keith Fitzpatrick, Justin Roselli, Elizabeth Fitzpatrick





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:** 2:00pm - 2:30pm
OF SESSIONS: 7 **COST:** \$55.00
AGE REQUIREMENTS: Ages 18 to 36 months
SCHEDULED CLASSES: Mar 25; Apr 1, 15, 22, 29; May 6, 13
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: Grace Rixinger

COURSE: #402 ARC - Preschool Aquatics Level 1
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 9:00am - 9:30am
OF SESSIONS: 7 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar 25; Apr 1, 15, 22, 29; May 6, 13
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: Rachel Phipps

COURSE: #403 ARC - Preschool Aquatics Level 1
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 9:30am - 10:00am
OF SESSIONS: 7 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar 25; Apr 1, 15, 22, 29; May 6, 13
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: Rachel Phipps

COURSE: #404 ARC - Preschool Aquatics Level 2
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 25; Apr 1, 15, 22, 29; May 6, 13
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: Rachel Phipps

AQUATICS & SWIMMING

COURSE: #405 ARC - Preschool Aquatics Level 3
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 25; Apr 1, 15, 22, 29; May 6, 13
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 Rixinger

COURSE: #410 ARC - Learn to Swim Level 1 - Tadpoles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 8:15am - 9:00am
OF SESSIONS: 7 **COST:** \$65.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level I course is 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: Rachel Phipps

COURSE: #411 ARC - Learn to Swim Level 1 - 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 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level I course is 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: Rachel Phipps

COURSE: #412 ARC - Learn to Swim Level 1 - 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 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level I course is 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: Rachel Phipps

COURSE: #413 ARC - Learn to Swim Level 1 - 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 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level I course is 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: Katherine Stiger

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





AQUATICS & SWIMMING

COURSE: #415 **ARC - Learn to Swim Level 2 - Guppies**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 8:00am - 9:00am**
OF SESSIONS: 7 **COST: \$80.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level II course is 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

COURSE: #416 **ARC - Learn to Swim Level 2 - Guppies**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 12:30pm - 1:30pm**
OF SESSIONS: 7 **COST: \$80.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level II course is 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

COURSE: #417 **ARC - Learn to Swim Level 2 - Guppies**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 1:30pm - 2:30pm**
OF SESSIONS: 7 **COST: \$80.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level II course is 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 8 students.
INSTRUCTOR: Katherine Stiger

AQUATICS & SWIMMING

COURSE: #419 **ARC - Learn to Swim Level 3 - 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 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level III course is 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 Riexinger

COURSE: #420 **ARC - Learn to Swim Level 3 - Minnows**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 12:30pm - 1:30pm**
OF SESSIONS: 7 **COST: \$80.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level III course is 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 8 students.
INSTRUCTOR: Katherine Stiger

COURSE: #421 **ARC - Learn to Swim Level 3 - Minnows**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 2:30pm - 3:30pm**
OF SESSIONS: 7 **COST: \$80.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level III course is 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: Grace Riexinger

WEATHER RELATED CANCELLATIONS:

For weather related information please check www.dvdsd.org, DVSD social media accounts, or call the DVSD 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.

IF THE COURSE YOU'RE TRYING TO REGISTER FOR IS FULL, PLEASE EMAIL DVACE@DVSD.ORG OR CALL 570-296-3615.





AQUATICS & SWIMMING

COURSE: #423 **ARC - Learn to Swim Level 4 - Sea Turtles**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 10:00am - 11:00am**
OF SESSIONS: 7 **COST: \$80.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level IV course is 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: Grace Riexinger

COURSE: #424 **ARC - Learn to Swim Level 4 - Sea Turtles**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 2:30pm - 3:30pm**
OF SESSIONS: 7 **COST: \$80.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level IV course is 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 10 students.
INSTRUCTOR: Katherine Stiger

COURSE: #425 **ARC - Learn to Swim Level 5 - Stingrays AND**
*** COMBINED CLASS * ARC - Learn to Swim Level 6 - Dolphins**
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 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: A Level V course is 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.
 A Level VI course is 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 25 students.
INSTRUCTOR: Grace Riexinger

AQUATICS & SWIMMING

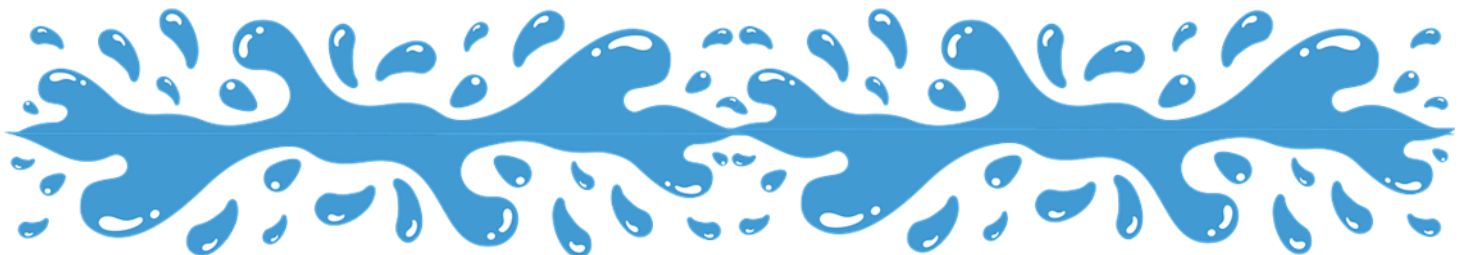
COURSE: #440 **Adaptive Swim Lessons**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 3:30pm - 4:15pm**
OF SESSIONS: 7 **COST: \$65.00**
AGE REQUIREMENTS: Ages 3 and above
SCHEDULED CLASSES: Mar 25; Apr 1, 15, 22, 29; May 6, 13
COURSE DESCRIPTION: Individuals with developmental disabilities will become 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: Grace Riexinger

DV-ACE OFFICE HOURS ARE:
MONDAY-FRIDAY
8:00AM - 1:30PM

CONTACT INFORMATION:
TAMMY PHIPPS (570) 296-3615

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.

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





AQUATICS & SWIMMING

COURSE: #441 Community Lap Swim
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 4:30pm - 6:00pm
OF SESSIONS: 21 **COST:** * Free for DVSD residents
AGE REQUIREMENTS: All Ages * \$3/per person / per swim
for non-residents of DVSD

SCHEDULED CLASSES: Mar 28,30; Apr 4,11,13,18,20,25,27;
May 2,4,9,11,16,18,23,25,30; Jun 1,6,8

COURSE DESCRIPTION: This course is intended for lap swimming only. Minor swimmers, 18 and under, must be accompanied by an adult. Non-residents will have a pool pass waiting at the pool if registering online.
INSTRUCTOR: Grace Rixinger & Katherine Stiger

COURSE: #442 Community Swim
ROOM: Natatorium **DAY:** F
BLDG: DVHS **TIME:** 6:00pm - 8:00pm
OF SESSIONS: 14 **COST:** * Free for DVSD residents
AGE REQUIREMENTS: All Ages * \$3 /per person / per swim
for non-residents of DVSD

SCHEDULED CLASSES: Mar 3,10,17,24,31; Apr 14,21,28;
May 5,12,19,26; June 2,9

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. Minor swimmers, 18 and under, must be accompanied by an adult. Non-residents will have a pool pass waiting at the pool if registering online. Limited to 100 participants.
INSTRUCTOR: Katherine Stiger

COURSE: #443 Rusty Hinges
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 4:30pm - 5:30pm
OF SESSIONS: 14 **COST:** \$65.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 27,29; Apr 3,12,17,19,24,26;
May 1,3,8,10,15,17

COURSE DESCRIPTION: A water exercise program designed to increase range of motion in stiffening joints, increase body flexibility, and develop muscular strength. 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

COURSE: #445 Water Aerobics
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 5:30pm - 6:30pm
OF SESSIONS: 14 **COST:** \$65.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 27,29; Apr 3,12,17,19,24,26;
May 1,3,8,10,15,17

COURSE DESCRIPTION: This course is designed to increase cardiovascular activity, body strength, and flexibility through a progressive series of exercises. Limited to 14 students.
INSTRUCTOR: Grace Rixinger

AQUATICS & SWIMMING

COURSE: #446 Deep Water Aerobics
ROOM: Natatorium **DAY:** T & W
BLDG: DVHS **TIME:** 6:30pm - 7:30pm
OF SESSIONS: 14 **COST:** \$65.00
AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar 29; Apr 4,11,12,18,19,25,26; May 2,3,9,10,16,17
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 12 students.
INSTRUCTOR: Grace Rixinger

COURSE: #426 Adult Swim Lessons
ROOM: Natatorium **DAY:** T
BLDG: DVHS **TIME:** 7:30pm - 8:30pm
OF SESSIONS: 7 **COST:** \$55.00
AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Apr 4,11,18,25; May 2,9,16
COURSE DESCRIPTION: New swimmer? Always wanted to learn? Good, but would like to be better? This class is for you, all of you! From beginner to experienced, this class will help if you're looking to learn how, or refine and improve your skills. Basic water safety and survival skills in and around water will be taught. Cap and goggles are optional.
INSTRUCTOR: Grace Rixinger

COURSE: #460 Early Morning Swim & Stay Fit - February
#461 Early Morning Swim & Stay Fit - March
#462 Early Morning Swim & Stay Fit - April
#463 Early Morning Swim & Stay Fit - May
#464 Early Morning Swim & Stay Fit - June
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 6:45am-7:45am
OF SESSIONS: Varies **COST:** SEE BELOW

AGE REQUIREMENTS: Adults
SCHEDULED CLASSES / COST:
#460 Feb 6,8,13,15,22,27 **COST:** \$30.00
#461 Mar 1,6,8,13,15,20,22,27,29 **COST:** \$45.00
#462 Apr 3,5,12,17,19,24,26 **COST:** \$35.00
#463 May 1,3,8,10,15,17,22,24,31 **COST:** \$45.00
#464 Jun 5,7,12,14 **COST:** \$20.00

COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start your day off with a water workout.
INSTRUCTOR: Katherine Stiger

COURSE: #466 Triathlon Swim Training (TST) **IT'S BACK!**
ROOM: Natatorium **DAY:** M
BLDG: DVHS **TIME:** 6:30pm - 8:00pm
OF SESSIONS: 7 **COST:** \$80.00
AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar 27, Apr 3,17,24; May 1,8,15
COURSE DESCRIPTION: This course is open to all levels of swimming. Focus will be on stroke development using drills to improve your skills. Perfect for aspiring triathletes of all distances. Participants should bring goggles and fins. Limited to 30 participants.
INSTRUCTOR: Lisa Legg





ONLINE REGISTRATION: DV-ACE registration can be completed online using a credit or debit card. Visit https://www.dvsa.org/ and click on DV-ACE under the Our District tab at the top of the page. If unable to register online, please mail the form below to DV-ACE along with your payment.

IF UNABLE TO REGISTER ONLINE, COMPLETE FORM AND MAIL TO: DV-ACE, 236 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 (2022-2023) (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:

DV-ACE SPRING 2023

LEVEL 100 COURSES GENERAL EDUCATION

Lifeguard/CPR Certification	101
Lifeguard/CPR Recertification	102
Water Safety Instructor Certification NEW	104

LEVEL 200 COURSES PERSONAL ENRICHMENT

SEALS: Social Education and Life Skills.....	201
Conversational Sign Language for Beginners.....	202
5 Essential Oils for Anxiety and Depression. NEW	203
Sewing Basics NEW	204

LEVEL 300 COURSES FITNESS & RECREATION

Adult Volleyball.....	301
Recreational Pickleball.....	302 & 303
Youth Spring Track NEW	304

LEVEL 400 COURSES AQUATICS & SWIM

ARC Parent & Child Aquatics	401
ARC Pre-School Aquatics: Levels I - III	402 - 405
ARC Learn to Swim: Levels I - VI	410 - 425
Adaptive Swim Lessons	440
Lap Swim & Community Swim	441 - 442
Rusty Hinges	443
Water Aerobics	445
Deep Water Aerobics	446
Adult Swim Lessons.....	451
Early Morning Swim & Stay Fit	460 - 464
Triathlon Swim Training (TST) IT'S BACK!	466