

FALL SESSION 2021



Delaware Valley Adult & Community Education

Educating for Life's Journey



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.dvds.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@dvds.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)

INDEX

LEVEL 100 COURSES GENERAL EDUCATION

Driver’s Training: Behind the Wheel101

LEVEL 200 COURSES PERSONAL ENRICHMENT

Beginner Crochet.....201
Essential Oil First Aid **NEW**.....202
Homeopathic First Aid **NEW**.....203
Discussing the Written Narrative **NEW**.....204
Introductory German: Knowing the Fundamentals **NEW**...205

LEVEL 300 COURSES FITNESS & RECREATION

Adult Volleyball.....301
Running Basics: Cross Country.....302
Zumba/Zumba Toning **NEW**.....303

LEVEL 400 COURSES AQUATICS & SWIM

ARC Parent & Child Aquatics401
ARC Pre-School Aquatics: Levels I - III402 - 407
ARC Learn to Swim: Levels I - VI408 - 419
Adaptive Swim Lessons420
Lap Swim & Community Swim421 - 422
Rusty Hinges423
Water Aerobics424
Deep Water Aerobics425
Early Morning Swim & Stay Fit426 - 430

**DV-ACE OFFICE HOURS ARE:
MONDAY-FRIDAY
8:00AM - 12:30PM**

**CONTACT INFORMATION:
TAMMY PHIPPS (570) 296-3615
OR EMAIL DVACE@DVSD.ORG**

Call to schedule an appointment.

WEATHER RELATED CANCELLATIONS:

For weather related information please check www.dvds.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.



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 September 15, 2021
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 **September 15, 2021**. 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. PA Learner's Driving Permit.
 **** **CALL TO MAKE REGISTRATION ARRANGEMENTS** ****
 ***** **ONLINE REGISTRATON UNAVAILABLE** *****
INSTRUCTOR: Sean Giblin / Dan Quinlan



ONLINE REGISTRATION
 Visit www.dvds.org and select **DV-ACE** under the **Our District** tab at the top of the page.

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

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.

PERSONAL ENRICHMENT

COURSE: #201 **Beginner Crochet**
ROOM: Library **DAY: T**
BLDG: DVHS **TIME: 6:30pm - 8:00pm**
OF SESSIONS: 4 **COST: \$25.00**
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept 14, 21, 28; Oct 5
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 H or I) and 4-ply yarn, light in color (no black, navy blue, or dark brown).
INSTRUCTOR: Joy Vierra



COURSE: #202 **Essential Oil First Aid** **NEW**
ROOM: F1 **DAY: T**
BLDG: DVMS **TIME: 6:30pm-7:15pm**
OF SESSIONS: 6 **COST: \$20.00**
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept 14,21,28; Oct 5, 12, 19
COURSE DESCRIPTION: Essential Oil First Aid provides insight into the philosophical background as well as the basic methodology of first aid and acute situations where essential oils may be helpful such as sunburns, scrapes, stings, toothaches and more. The course is aimed at those who have little prior knowledge of essential oils, no prior knowledge is required. Essential oil safety guidelines will be emphasized. In addition, class will cover noted historical and/or biochemical principles, applications and therapeutic actions. This course provides information that can be used not instead of, but in addition to, standard first aid and accident procedures. Oils to be included; blue tansy, clove, frankincense, helichrysum, lavender and sage among others.
INSTRUCTOR: Micah Sweeney



COURSE: #203 **Homeopathic First Aid** **NEW**
ROOM: Library **DAY: T**
BLDG: DVMS **TIME: 6:30pm-7:30pm**
OF SESSIONS: 6 **COST: \$25.00**
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Nov 2, 9, 16; Dec 7, 14, 21
COURSE DESCRIPTION: Homeopathic First Aid provides insight into the philosophical background as well as the basic methodology of first aid and acute situations where homeopathic remedies may be helpful such as nausea, sprains, insect bites, achy joints and hangovers. The course is aimed at those who have little prior knowledge of homeopathy and no prior knowledge is required. Safety guidelines will be emphasized. In addition, class will cover noted historical and/or metaphysical principles and therapeutic actions of remedies. This course provides information that can be used not instead of, but in addition to, standard first aid and accident procedures. Remedies to be included; arnica, arsenicum, apis, hypericum and nux vomica among others.
INSTRUCTOR: Micah Sweeney

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



PERSONAL ENRICHMENT

COURSE: #204 **Discussing the Written Narrative**
ROOM: Media Center **DAY:** T
BLDG: DVHS **TIME:** 7:00pm - 8:00pm
OF SESSIONS: 4 **COST:** \$20.00

AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Oct 5, 12, 19, 26

COURSE DESCRIPTION: Attention avid readers and writers! Come discuss writings from your favorite authors! Students are to learn literary terminologies and apply them to selected examples from authors. Students are to also learn how to compose their own narratives and writings. Students will be required to come to each session with a selected book to discuss.

INSTRUCTOR: Christopher Maslin



COURSE: #205 **Introductory German: Knowing the Fundamentals**
ROOM: Media Center **DAY:** R
BLDG: DVHS **TIME:** 7:00pm - 8:00pm
OF SESSIONS: 4 **COST:** \$20.00

AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Oct 7, 14, 21, 28

COURSE DESCRIPTION: Sprechen Sie Deutsch? If you ever wanted to learn German, now is the time! Students are introduced to the fundamentals, such as phrases, verb tenses, basic grammar skill and culture.

INSTRUCTOR: Christopher Maslin



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 OR EMAIL DVACE@DVSD.ORG**

ONLINE REGISTRATION

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FITNESS & RECREATION

COURSE: #301 **Adult Volleyball**
ROOM: Gym **DAY:** W
BLDG: DVES **TIME:** 8:00pm - 10:00pm
OF SESSIONS: 17 **COST:** \$110.00

AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept 15, 22, 29; Oct 6, 13, 20, 27; Nov 3, 10, 17; Dec 1, 8, 15; Jan 5, 12, 19, 26

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 **Running Basics: Cross Country**
ROOM: Track **DAY:** R
BLDG: DVHS **TIME:** 4:30pm - 5:30pm
OF SESSIONS: 6 **COST:** \$30.00

AGE REQUIREMENTS: Boys and Girls, Grades 2 - 6
SCHEDULED CLASSES: Oct. 7, 14, 21, 28; Nov 4, 10 (Wednesday)

COURSE DESCRIPTION: This class will introduce students to the fun of cross country and long distance running. Students will develop fundamental skills including: running form, strength, flexibility, and racing tactics. Students will be divided by age and ability. Students must wear running attire, running shoes and bring a water bottle.

THIS COURSE WILL SERVE AS EXCELLENT PREPARATION FOR THE DV TURKEY TROT!

INSTRUCTOR: Justin Roselli



COURSE: #303 **Zumba/Zumba Toning NEW**
ROOM: Middle School Gym **DAY:** R
BLDG: DVHS **TIME:** 6:30pm - 7:30pm
OF SESSIONS: 6 **COST:** \$25.00

AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept. 16, 23, 30; Oct. 7, 14, 21
COURSE DESCRIPTION: Zumba/Zumba Toning will include BOTH basic Zumba and elements of Zumba toning for a fun, full body workout!

Please bring to class: water, towel, proper footwear, light hand held weights or Zumba toning sticks (preferred).

INSTRUCTOR: Maria Rotella





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: 2:45pm - 3:15pm**
OF SESSIONS: 7 **COST: \$55.00**
AGE REQUIREMENTS: Ages 18 to 36 months
SCHEDULED CLASSES: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: TBA

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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: Grace Riexinger

COURSE: #403 **ARC - Preschool Aquatics Level 1**
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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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

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.

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

AQUATICS & SWIMMING

COURSE: #404 **ARC - Preschool Aquatics Level 2**
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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: #405 **ARC - Preschool Aquatics Level 2**
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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: TBA

COURSE: #406 **ARC - Preschool Aquatics Level 3**
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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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

COURSE: #407 **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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: TBA





AQUATICS & SWIMMING

COURSE: #408 **ARC - Learn to Swim Level 1 - Tadpoles**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 9:00am - 9:45am**
OF SESSIONS: 7 **COST: \$65.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: #409 **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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: Grace Riexinger

COURSE: #410 **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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: Grace Riexinger

COURSE: #411 **ARC - Learn to Swim Level 1 - 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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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

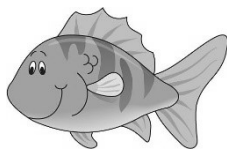
AQUATICS & SWIMMING

COURSE: #412 **ARC - Learn to Swim Level 2 - Guppies**
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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: #413 **ARC - Learn to Swim Level 2 - 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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: #414 **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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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

WEATHER RELATED CANCELLATIONS:
 For weather related information please check www.dvsd.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.





AQUATICS & SWIMMING

COURSE: #415 **ARC - Learn to Swim Level 3 - Minnows**
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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: Chelsea Shatt

COURSE: #416 **ARC - Learn to Swim Level 3 - Minnows**
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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: Grace Riexinger

COURSE: #417 **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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: Chelsea Shatt

COURSE: #418 **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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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: Grace Riexinger

AQUATICS & SWIMMING

COURSE: #419 **ARC - Learn to Swim Level 5 - Stingrays AND * COMBINED CLASS * ARC - Learn to Swim Level 6 - Dolphins**
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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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. 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 25 students.
INSTRUCTOR: Chelsea Shatt

COURSE: #420 **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: Sept 18, 25; Oct 2, 9, 16, 23, 30
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

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

AQUATICS & SWIMMING

COURSE: #421 Community Lap Swim
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 4:30pm - 6:00pm
OF SESSIONS: 17 **COST:** Free to Local Residents
AGE REQUIREMENTS: All Ages
SCHEDULED CLASSES: Sept 14, 16, 21, 23, 28, 30;

Oct 5, 7, 12, 14, 19, 21, 26, 28; Nov 2, 4, 9

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 or Grace Riexinger

COURSE: #422 Community Swim
ROOM: Natatorium **DAY:** F
BLDG: DVHS **TIME:** 6:00pm - 8:00pm
OF SESSIONS: 6
AGE REQUIREMENTS: All Ages **COST:** Free to Local Residents
SCHEDULED CLASSES: Sept 17, 24; Oct 1, 29; Nov 5, 12

NOTE: Oct 8, 15 & 22 swim cancelled

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: Grace Riexinger

COURSE: #423 Rusty Hinges
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 3:00pm - 4:00pm
OF SESSIONS: 17 **COST:** \$85.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept 14, 16, 21, 23, 28, 30;

Oct 5, 7, 12, 14, 19, 21, 26, 28; Nov 2, 4, 9

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 Riexinger

COURSE: #424 Water Aerobics
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 6:00pm - 7:00pm
OF SESSIONS: 17 **COST:** \$85.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept 14, 16, 21, 23, 28, 30;

Oct 5, 7, 12, 14, 19, 21, 26, 28; Nov 2, 4, 9

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 Riexinger

COURSE: #425 Deep Water Aerobics
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 7:00pm - 8:00pm
OF SESSIONS: 17 **COST:** \$85.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept 14, 16, 21, 23, 28, 30;

Oct 5, 7, 12, 14, 19, 21, 26, 28; Nov 2, 4, 9

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 Riexinger

COURSE: #426 Early Morning Swim & Stay Fit - September
ROOM: Natatorium **DAY:** M, T, W, R, F
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 14 **COST:** \$98.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sept 13,14,15,16,17,20,21,22,23,24,27,28,29,30

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

COURSE: #427 Early Morning Swim & Stay Fit - October
ROOM: Natatorium **DAY:** M, T, W, R, F
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 20 **COST:** \$140.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES:

Oct 1,4,5,6,7,8,12,13,14,15,18,19,20,21,22,25,26,27,28,29

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

COURSE: #428 Early Morning Swim & Stay Fit - November
ROOM: Natatorium **DAY:** M, T, W, R, F / T & R only
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 12 **COST:** \$84.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Nov 1,2,3,4,5,8,9,10,12 / 16,18,30

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 - December
ROOM: Natatorium **DAY:** T & R only
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 6 **COST:** \$42.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Dec 2, 7, 9, 14, 16, 21

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 - January
ROOM: Natatorium **DAY:** T & R only
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 8 **COST:** \$56.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Jan 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.



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.



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 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.

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 (2021-2022) (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

DV-ACE FALL 2021

LEVEL 100 COURSES **GENERAL EDUCATION**

Driver's Training: Behind the Wheel101

LEVEL 200 COURSES **PERSONAL ENRICHMENT**

Beginner Crochet.....201
Essential Oil First Aid **NEW**.....202
Homeopathic First Aid **NEW**.....203
Discussing the Written Narrative **NEW**.....204
Introductory German: Knowing the Fundamentals **NEW**...205

LEVEL 300 COURSES **FITNESS & RECREATION**

Adult Volleyball301
Running Basics: Cross Country.....302
Zumba/Zumba Toning **NEW**.....303

LEVEL 400 COURSES **AQUATICS & SWIM**

ARC Parent & Child Aquatics401
ARC Pre-School Aquatics: Levels I - III402 - 407
ARC Learn to Swim: Levels I - VI408 - 419
Adaptive Swim Lessons420
Lap Swim & Community Swim421 - 422
Rusty Hinges423
Water Aerobics424
Deep Water Aerobics425
Early Morning Swim & Stay Fit426 - 430