Spring Session 2019



Delaware Valley Adult & Community Education

Educating for Life's Fourney



Mark McElroy, Director Elizabeth (Beth) Shomaker, Secretary DV-ACE, 252 Rt. 6 & 209 Delaware Valley School District Milford, PA 18337 (570) 296-3615 eshomaker@dvsd.org national c

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

ATTENTION: CHANGE IN REGISTRATION PROCEDURES

Please be aware, as of January 2019, DV-ACE registration can now be completed online using a credit or debit card. Visit https://www.dvsd.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. 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@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
 THE DAYS OF THE WEEK are listed as M (Monday); T (Tuesday);
 W (Wednesday); R (Thursday); F (Friday); S (Saturday)



LEVEL 100 COURSES GENERAL EDUCATION

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

LEVEL 200 COURSES PERSONAL ENRICHMENT

Young Adult Writers Workshop NEW	201
SEALS Social Education & Life Skills	202
Cake Decorating NEW	203
Principles of Interior Design NEW	204
Survey of American History NEW	205
Critical Thinking and Logic NEW	206
Economics, the Stock Market, and You NEW	207
7 Habits of Highly Effective People NEW	208
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LEVEL 300 COURSES FITNESS & RECREATION

Running Basics: Track & Field	301
Creative Dance for Young Students	302 - 303
Special Needs Fitness for Adults	304 - 305
Beginner Ballet for Adults NEW	306 - 307
Introduction to Hatha Yoga NEW	308
Introduction to Vinyasa Yoga NEW	
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LEVEL 400 COURSES AQUATICS & SWIM

ARC Parent & Child Aquatics	401
ARC Pre-School Aquatics: Levels I - III	402 - 407
Learn to Swim: Levels I - VI	408 - 422
Adaptive Swim Lessons	423
Beginner Swim Lessons for Adults	424
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Rusty Hinges	432
Water Aerobics	433
Deep Water Aerobics	434
Triathlon Swim Training	435
Scuba Diving	436

GENERAL EDUCATION

COURSE: #101 Driver's Training "Behind the Wheel" ROOM: Entrance Fover DAY: TBD BLDG: DVHS TIME: TBD # OF SESSIONS: 6 COST: \$245.00 AGE REQUIREMENTS: Must have a Pennsylvania Learner's Driving Permit SCHEDULED CLASSES: March 1 — May 31

COURSE DESCRIPTION: This is a beginner's driving course for students with a Pennsylvania Learner's Driving Permit. It is a 6-hour "Behind the Wheel" course with driving sessions to be scheduled in the evenings, weekdays, or weekends, beginning March 1, 2019. The schedule will be established by the instructor and student. The \$245.00 fee includes 6 hours of driving time. Prerequisite: 30 hours of classroom.

INSTRUCTORS: Dan Quinlan & Sean Giblin

COURSE: #102	AARP Driver Safety Long Program
ROOM: Library	DAY: T & W
BLDG: DVHS	TIME: 5:00pm - 9:00pm
# OF SESSIONS: 2	COST: \$17.00
AGE REQUIREMENTS:	Age 50 and above
SCHEDULED CLASSES:	April 23 & 24
COURCE DECORDERION.	An Q hour refresher course designed for drivers of

COURSE DESCRIPTION: An 8-hour refresher course designed for drivers age



premium discounts. Students must bring their driver's license and a pen. Fee: \$17.00/AARP Member - \$22.00/Non-Member INSTRUCTOR: Stan Rothman

COURSE: #103 AARP Driver Safety Short Program ROOM: Library BLDG: DVHS # OF SESSIONS: 1 AGE REQUIREMENTS: Age 50 and above

DAY: T TIME: 5:00pm - 9:00pm COST: \$17.00

SCHEDULED CLASSES: April 9

COURSE DESCRIPTION: A 4-hour refresher course designed for drivers age 50 and older to help drivers assess and enhance driving skills. This course is



verify with their insurance carrier for eligibility and for available premium discounts. Students must bring their driver's license and a pen. Fee: \$17.00/AARP Member - \$22.00/Non-Member INSTRUCTOR: Stan Rothman

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

SECRETARY CONTACT INFORMATION: **ELIZABETH (BETH) SHOMAKER** CALL (570) 296-3615 OR EMAIL ESHOMAKER@DVSD.ORG

Please note: Secretary's office location has changed. Call to schedule an appointment before stopping by.

GENERAL EDUCATION

COURSE:	#104	Blended Learnin	ng Lifeguarding w/Waterfront
ROOM:	Natatorium/	C6	DAY: W
BLDG:	DVHS		TIME: 5:30pm - 8:30pm

OF SESSIONS: 9 AGE REQUIREMENTS: Age 15 and above

COST: \$160.00

SCHEDULED CLASSES: Mar 6*, 20, 27; Apr 3, 10, 17, 24; May 1, 8 COURSE DESCRIPTION: The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. This program is offered in a blended learning (online learning with instructor-led skill session) format. Students must provide their own zip drive to download the course manual. The student is responsible to pay the American Red Cross fees.

*March 6th's class runs from 4:30pm - 7:30pm.

PREREQUISITES: The skills below must be completed and the student must pass to move on:

1. Must be 15 years old on or before the final scheduled session of this course.

2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, 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: #105 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 20*, 22 COURSE DESCRIPTION: Lifeguard/CPR Recertification includes CPR, AED, & First Aid for lifeguards only. *Students must bring resuscitation mask on May 20.

INSTRUCTOR: Joe Kusner

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

REGISTRATION IS NOW AVAILABLE ONLINE

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





PERSONAL ENRICHMENT

COUDCE #201	Manual Addition and the second strategy and the
COURSE: #201	Young Adult Writers Workshop NEW
ROOM: M1	DAY: T
BLDG: DVHS	TIME: 5:30pm - 6:30pm
# OF SESSIONS: 8	COST: \$45.00
AGE REQUIREMENTS: Age	s 10 through 16
SCHEDULED CLASSES: Mar	19, 2 <u>6; Apr. 2, 9</u> , 1 <u>6</u> , 23, <u>3</u> 0; M <u>ay 7</u>
COURSE DESCRIPTION TH	w Kshop will focus or the basics of treative
writig: char the and plat	
view. veek pertaipa	where he to write e the here to here t
creativity and expand their	skills by experimenting with different styles of writing.
INSTRUCTOR: Dellana Diov	visalvo

COURSE: #202	SEALS Social Education & Life Skills
ROOM: A1	DAY: W
BLDG: DVHS	TIME: 4:30pm - 6:30pm
# OF SESSIONS: 10	COST: \$178.00
AGE REQUIREMENTS:	Age 21 and above

SCHEDULED CLASSES: Mar 6, 13, 20, 27; Apr 3, 10, 17, 24; May 1, 8 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 \$25.00 material fee to the first class of the course.

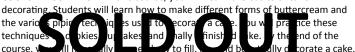
INSTRUCTORS: Carol Morgan & Linda Huttman

COURSE	#203	Cake
ROOM:	Warrior Cafe	
BLDG:	DVHS	
# OF SES	SIONS: 4	
	UDENTENTE Adult	

e Decorating NEW DAY: R TIME: 6:00pm - 8:00pm COST: \$45.00

AGE REQUIREMENTS: Adults SCHEDULED CLASSES: Mar 7, 14, 28; Apr 4

COURSE DESCRIPTION: In this course, you will learn the basics of cake



Each participant will be required to bring a \$20.00 material fee to the first class of the course.

INSTRUCTOR: Alex Niosi

COURSE: #204 Princ ROOM: Computer Lab BLDG: SES # OF SESSIONS: 3 AGE REQUIREMENTS: Adults SCHEDULED CLASSES: May 2, 6, 9

Principles of Interior Design NEW DAY: M & R TIME: 6:00pm - 8:00pm COST: \$35.00

COURSE DESCRIPTION: Have you always wanted to learn basic decorating principles and techniques? This course will provide participants with a quick and easy overview of the design process and the principles of design, including color, texture, scale, and balance, and how to apply them to redecorating or decorating any room or a whole house. Each participant will be required to bring a \$25.00 material fee to the first class of the course. **INSTRUCTOR: Justin Bowman**

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-

PERSONAL ENRICHMENT

COURSE: #205	Survey of	American History	NEW
ROOM: F1		DAY: M	
BLDG: DVMS	5	TIME: 6:00pm - 7:	:30pm
# OF SESSIONS:	6	COST: \$70.00	
AGE REQUIREM			
SCHEDULED CLA	ASSES: Mar 25; Apr 1, 8	3 <u>, 1</u> 5, <u>2</u> 9; May 6	
CO RSE DE LA I	PTI : S rvg cours o		t history. Te
corse will xo	re plan at n, maj	wars and s inific	t figures.
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			-147
COURSE: #206	Critical Ir	0	W
ROOM: F1		DAY: M	
BLDG: DVMS		TIME: 7:30pm - 9:	oopm
# OF SESSIONS:		COST: \$70.00	
AGE REQUIREM		45 30 14. 6	
	ASSES: Mar 25; Apr 1, 8		
	PTICE Interducer of	the critical thi	urse
will include a ge		inglueing general :	atoments, dunter-
exal ples a u-u	. di oni tal ments		
INSTRUCTOR: N	licah Sweeney		
COURSE: #207	Economics.	the Stock Market, a	nd You NEW
ROOM: Board	-	DAY: T	
BLDG: Distric	ct Office	TIME: 7:00pm - 8	:30pm
# OF SESSIONS:	3	COST: \$28.00	
AGE REQUIREM	ENTS: Adults		
SCHEDULED CL	SSES-Mar 5, 12-19		
COURSE DES R	TIC I. This clurse w	dem stify cono	ics an Wa Street.
In a dition t	ng bu as under	andin you vill le	n how they mpact
your me.		ا حکا منا حط	
INSTRUCTOR: D)r. John Bell		
COURSE: #208		ighly Effective Peop	le NEW
ROOM: Board		DAY: W	
	ct Office	TIME: 7:00pm - 9:0	00pm
# OF SESSIONS:		COST: \$35.00	
AGE REQUIREM			
SCHEDULED CLA	ISSES: Mar. 13, 20, 27 PTIC 1. This course w		
COURSE DES R	PTIC I. This churse w	give ou ar ntro	uction to th
sev a habit. the		is of y ur life	
INSTRUCTOR: D	Dittion n Ben		
COURSE: #209	Baseball & S	oftball Umpiring	NEW
ROOM: Board		DAY: M	
BLDG: Distric		TIME: 7:00pm - 8:	30pm
# OF SESSIONS:		COST: \$28.00	
AGE REQUIREM			
-	ASSES: Feb. 25; Mar. 4,	11	
CO KSL DE L			pase an d
so ball as el			

WEATHER RELATED CANCELLATIONS:

INS PLICTUR: Tr. phn ell

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.

FITNESS & RECREATION

COURSE: #301	Running Basics: Cross Country & Track
ROOM: Track	DAY: R
BLDG: DVHS	TIME: 4:30pm - 5:30pm
# OF SESSIONS: 6	6 COST: \$24.00
AGE REQUIREME	NTS: Boys and Girls, Grades 4 to 6

SCHEDULED CLASSES: May 2, 9, 16, 23, 30; Jun. 6

COURSE DESCRIPTION: This course will allow students to learn about the fun competition of track and field events. Students will develop fundamental skills including: running form, strength, flexibility, coordination, and racing tactics. Students will be divided by ability and have the opportunity to try several track and field events, including distance running, sprinting, jumping, and throwing. Students must wear running attire, running shoes, and bring a water bottle. INSTRUCTOR: Elena Nitecki

COURSE: #302 **Creative Dance for Young Students** ROOM: Music Room DAY: T BLDG: DVES TIME: 4:30pm - 5:15pm # OF SESSIONS: 6 COST: \$28.00 AGE REQUIREMENTS: Ages 3 to 5

SCHEDULED CLASSES: Feb. 5, 12, 19, 26; Mar. 5, 12 COURSE DESCRIPTION: This program will focus on building coordination through dance & rhythmic movement. Pre-ballet is combined with gross motor skills to build flexibility & stamina. **INSTRUCTOR:** Rose Mary Buchholz

COURSE: #303 **Creative Dance for Young Students** ROOM: Music Room BLDG: DVES # OF SESSIONS: 6 AGE REQUIREMENTS: Ages 3 to 5

CO th

m

DAY: T TIME: 4:30pm - 5:15pm COST: \$28.00

SCHEDULED CLASSES: Mar. 26; Apr. 2, 9, 16, 23, 30 gh da mer

INSTRUCTOR: Rose Mary Buchholz

COURSE: #304 **Special Needs Fitness Class for Adults** ROOM: Cafeteria DAY: T BLDG: DVFS TIME: 5:30pm - 6:15pm # OF SESSIONS: 6 COST: \$28.00 AGE REQUIREMENTS: Adults SC DDLED C RSF D

coordination, & balance. **INSTRUCTOR:** Rose Marv Buchholz

COURSE: #305

BLDG:

ROOM: Cafeteria

OF SESSIONS: 6

DVFS

Special Needs Fitness Class for Adults DAY: T TIME: 5:30pm - 6:15pm COST: \$28.00

AGE REQUIREMENTS: Adults SCHEDULED CLASSES: Mar. 26; Apr. 2, 9, 16, 23, 30

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

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

FITNESS & RECREATION

COURSE:	#306	Beginner Ballet for Adults NEW	
ROOM:	Cafeteria	DAY: T	
BLDG:	DVES	TIME: 6:30pm - 7:30pm	
# OF SESS		COST: \$35.00	
	JIREMENTS: Ad	•	
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wit begin		xe ises. E ch cla will clud a war -up	
	ercises, and a coo		
	OR: Rose Mary		
	ent nose mary		
COURSE:	#307	Beginner Ballet for Adults NEW	
ROOM:	Cafeteria	DAY: T	
BLDG:	DVES	TIME: 6:30pm - 7:30pm	
# OF SESS	IONS: 6	COST: \$35.00	
AGE REQU	JIREMENTS: Ad	ults	
SCHEDULE	D CLASSES: Ma	r. 26; Apr. 2, 9, 16, 23, 30	
COURSE D	escription: T	is course is designed to provide participants	
wi begir		xe cises. E ch class will include a warm-up	
ce er exe		l-own.	
INSTRUCT	OR: Rose Mary	Buchmolz	
COURSE:	#308	Introduction to Hatha Yoga NEW	
ROOM:	Music Room	DAY: T	
BLDG:	DDPS	TIME: 6:00pm - 7:00pm	
# OF SESS	IONS: 6	COST: \$25.00	
AGE REQU	JIREMENTS: Ad	ults	
SCHEDULE	D CLASSES: Apr	. 2, 9, 16, 23, 30; May 7	
COURSE D	ESCRIPTION: Th	nis course will integrate breath awareness with	
basic yoga	poses to improv	ve flexibility, strength, and balance and encourage	
relaxation	. This class is app	propriate for students new to yoga. Please bring a	
mat and w	ear loose clothii	ng.	
INSTRUCT	OR: Lisa Krenke	el se	
	#309	Introduction to Vinyasa Yoga NEW	
ROOM:	Racquetball Co		
BLDG:	DVHS	TIME: 1:00pm-2:00pm	
# OF SESS		COST: \$25.00	
AGE REQUIREMENTS: Adults			
		r 9, 16, 23, 30; Apr 6, 13	
		is course will explore vinyasa yoga and will allow	
part ipan			
andhedit		val also tagin to explore the asic an nasif	
viny		million in the state of the sta	
INSTRUCT	OR: Kyla Zimme	erman	
COURSE:	#210	Velleyhall	
COURSE:	#210	Volleyball	

ROOM: Gym BLDG: DVES # OF SESSIONS: 14 AGE REQUIREMENTS: Adults

DAY: W TIME: 8:00pm - 10:00pm COST: \$88.00

SCHEDULED CLASSES: Feb. 6, 13, 20, 27; Mar. 6, 13, 20, 27; Apr. 3, 10, 17, 24; May 1, 8 COURSE DESCRIPTION: This is a recreational course available for those interested in playing the game of volleyball for exercise and recreation. It is designed for those with adequate skills in volleyball. **INSTRUCTOR:** Scott Palermo

REMEMBER TO REGISTER EARLY

Sometimes courses are cancelled due to a lack of enrollment. Please register early to avoid a course cancellation.





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 & Chi	ild Aquatics	
ROOM: Natatorium D	DAY: S	
BLDG: DVHS TI	IME: 10:00am - 10:30am	
# OF SESSIONS: 7 CO	OST: \$50.00	
AGE REQUIREMENTS: Ages 18 to 36 mor	nths	
SCHEDULED CLASSES: Mar 23, 30; Apr 6,		
COURSE DESCRIPTION: This course is des		
children from 19 to 36 months with the		
swim it is not leigne that childre		
to subjive in the protection to include. Realist that the ended be tonet trained and a pare	stration for this course require	
water during instruction. Limited to 8 stud		
INSTRUCTOR: Chelsea Shatt		
COURSE: #402 ARC - Preschool Ac	quatics Level I	
	DAY: S	
	TIME: 12:00pm - 12:30pm	
	COST: \$50.00	
AGE REQUIREMENTS: Ages 3 to 5		
SCHEDULED CLASSES: Mar 23, 30; Apr 6,		
COURSE DESCRIPTION: This course is designed to familiarize preschool-age		
children with the aquatic environment an		
levels to basic quatusk is. The course is intendent for children between the ages of the distributed to be a solution of the second second second second second second second second second		
the ages of that d 5 years old. There are no Aquatics even is manifed to be statements.	o kill protecuisite for preschool	
INSTRUCTOR: Kirsten Leili		
Norrocton. Risten Lein		
COURSE: #403 ARC - Preschool Ac	quatics Level I	
ROOM: Natatorium D/	AY: S	
BLDG: DVHS TI	IME: 12:30pm - 1:00pm	
# OF SESSIONS: 7 CO	OST: \$50.00	
AGE REQUIREMENTS: Ages 3 to 5		
SCHEDULED CLASSES: Mar 23 30: Apr 6	. 13. 27: May 4. 11	

SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11 COURSE DESCRIPTION: This course is designed to 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: Kirsten Leili

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@dvsd.org

AQUATICS & SWIMMING

COURSE: #404 ARC - Preschool	Aquatics Level L
	•
ROOM: Natatorium	DAY: S
BLDG: DVHS	TIME: 1:00pm - 1:30pm
# OF SESSIONS: 7	COST: \$50.00
AGE REQUIREMENTS: Ages 3 to 5	
SCHEDULED CLASSES: Mar 23, 30; Apr	6, 13, 27; May 4, 11
COURSE DESCRIPTION: This course is d	esigned to familiarize preschool-age
children with the aquatic environment	and help them acquire rudimentary
levels of basic aquatic skills. This course	
the ages of 3 and 5 years old. There are	
Aquatics Level I. Limited to 8 students.	
INSTRUCTOR: Kathy Stiger	
INSTRUCTOR. Ratily Suger	
COURSE: #405 ARC - Preschool	Aquatics Level II
ROOM: Natatorium	DAY: S
BLDG: DVHS	TIME: 10:00am - 10:30am
# OF SESSIONS: 7	COST: \$50.00
AGE REQUIREMENTS: Ages 3 to 5	
SCHEDULED CLASSES: Mar 23, 30; Apr	6, 13, 27; May 4, 11
COUPEE DESCRIPTION This course is d	
aqualic skill learned Preschool evel	ind is numbed or coldren
	A greque it Students a this course
must successiony complete a prior Pres	
Limited to 8 students.	
INSTRUCTOR: Kirsten Leili	

COURSE: #406	ARC - Preschool Aquatics Level II	
ROOM: Natatoriun	n DAY: S	
BLDG: DVHS	TIME: 1:30pm - 2:00pm	
# OF SESSIONS: 7	COST: \$50.00	
AGE REQUIREMENTS	: Ages 3 to 5	
SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11		
COURSE DESCRIPTION: This course is designed to 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 con	nplete 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 SESS	IONS: 7		COST: \$50.00
AGE REQUIREMENTS: Ages 3 to 5			

SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11 COURSE DESCRIPTION: This course is designed to 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: Kirsten Leili

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

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.

level mark

bea

Limited to 10 students. INSTRUCTOR: Kirsten Leili

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AOUATICS & SWIMMING

AQUATICS & SWIMINING
COURSE: #413 Learn to Swim Level II - Guppies ROOM: Natatorium DAY: S BLDG: DVHS TIME: 12:00pm - 1:00pm # OF SESSIONS: 7 COST: \$74.00 AGE REQUIREMENTS: Grades K to 12 SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11 COURSE DESCRIPTION: This Level II course is designed to build on the basic at latic chils and water strety kills and concepts learled I. Level I. Participation biging a his rudi entry produlsive kills on both life front and back hais concepts learled I. Level I. Participation biging a his rudi entry produlsive kills on both life front and back hais concepts. 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: \$74.00 AGE REQUIREMENTS: Grades K to 12 SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11 COURSE DESCRIPTION: This Level II course is designed to build on the basic quaticakility and wate safe skills and to not still formed in Level I. Participe: Its legin air ng ru imeenary populsite stills of both the front and to 1 Th. block multitle beginning to Score performagement of comptoin skills. Limited to 10 students. INSTRUCTOR: Kirsten Leili
COURSE: #415 Learn to Swim Level II - Guppies ROOM: Natatorium DAY: S BLDG: DVHS TIME: 2:00pm - 3:00pm # OF SESSIONS: 7 COST: \$74.00 AGE REQUIREMENTS: Grades K to 12 SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11 COURSE DESCRIPTION: This Level II course is designed to build on the basic aquadic A's arrivation shows and back in evel Part lipants: and back if is level marks is back in grading and back if is level marks is back in grading and back if is level marks in back in grading and back if is level marks in back in grading and back if is level marks in back in grading and back if is level marks in back in grading and back if is level marks in back in grading and back if is level marks in back in grading and back if is level marks in back in grading and back if is level marks in back in grading and back if is level marks in back in grading and back if is level marks in back in grading and back if is level marks in back in grading and back if is level marks in back in grading and back if is level marks in the back in grading and back if is level marks in the back in grading and back if is level marks in the back in grading and back if is level marks in the back in grading and back if is level marks in the back in grading and back if is level marks in the back in grading and back if is level marks in the back in grading and back if is level marks in the back in grading and back if is level marks in the back in grading and back if is level marks in the back in grading and back if is level marks in the back in grading and back if is level marks in the back in grading and back if
COURSE: #416 Learn to Swim Level III - Minnows ROOM: Natatorium DAY: S BLDG: DVHS TIME: 9:00am - 10:00am # OF SESSIONS: 7 COST: \$74.00 AGE REQUIREMENTS: Grades K to 12 SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11 COURSE DESCRIPTION: This 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 cissor and d upon kice. Participant learn the surrowal that and increase is the me domain for treating where. Proficiency levels and the surrowal that and increase is the surrowal that and increase is the me domain for treating where. Proficiency levels and the rules is designed to build on 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: Kirsten Leili

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.



AQUATICS & SWIMMING

COURSE: #417 Learn to Swim Level III - Minnows **ROOM:** Natatorium DAY: S BLDG: DVHS TIME: 1:00pm - 2:00pm # OF SESSIONS: 7 COST: \$74.00 AGE REQUIREMENTS: Grades K to 12 SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11 COURSE DESCRIPTION: This Level III course is designed to build on the skills learned in Levels I and II. Participants learn to swim the crawl and elementary back icv lev the scisntrd sors loa crease the for headfirst time dur entries and begin to learn t enter the water ated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level

Ill, 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: \$74.00		
AGE REQUIREMENTS: Grades K to 12		

SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11

COURSE DESCRIPTION: This 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: Kathy Stiger

COURSE: #419 Learn to Swim Level IV - Sea Turtles ROOM: Natatorium DAY: S BLDG: DVHS TIME: 9:30am - 10:30am # OF SESSIONS: 7 COST: \$74.00 AGE REQUIREMENTS: Grades K to 12 SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11

COURSE DESCRIPTION: This 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: Cheryl Switzer**

COURSE: #420	Learn to Swim Level IV - Sea Turtles

ROOM: Natatorium BLDG: DVHS # OF SESSIONS: 7 DAY: S TIME: 12:00pm - 1:00pm COST: \$74.00

AGE REQUIREMENTS: Grades K to 12

SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11

COURSE DESCRIPTION: This 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: Cheryl Switzer**

AQUATICS & SWIMMING

COURSE: #421Learn to Swim Level V - StingraysROOM:NatatoriumDAY: SBLDG:DVHSTIME: 9:00am - 10:00am# OF SESSIONS:7COST: \$74.00AGE REQUIREMENTS:Grades K to 12SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11

COURSE DESCRIPTION: This 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. Limited to 15 students. **INSTRUCTOR: Chelsea Shatt**

COURSE: #422 Learn to Swim Level VI - Dolphins **ROOM:** Natatorium DAY: S BLDG: DVHS TIMF: 10:30am - 11:30am # OF SESSIONS: 7 COST: \$74.00 AGE REQUIREMENTS: Grades K to 12 SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11 COURSE DESCRIPTION: This 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 15 students.

INSTRUCTOR: Cheryl Switzer

COURSE:	#423	Adaptive Swim Lessons
ROOM:	Natatorium	DAY: S
BLDG:	DVHS	TIME: 3:15pm - 4:00pm
# OF SESS	SIONS: 7	COST: \$58.00
AGE REQ	UIREMENTS:	Ages 3 and above
SCHEDUL	ED CLASSES:	Mar 23, 30; Apr 6, 13, 27; May 4, 11
		I. This course is designed to acclimate indi

COURSE DESCRIPTION: This course is designed to acclimate individuals with developmental disabilities to the swimming pool environment in a more intimate setting with parent/adult designee assisting in the water. Appropriate 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	Beginner Swim Lessons for Adults
ROOM:	Natatorium	DAY: M
BLDG:	DVHS	TIME: 5:30pm - 6:30pm
# OF SES	SIONS: 7	COST: \$74.00
AGE REQUIREMENTS: Adults		
SCHEDUI	FD CLASSES	Mar 18 25 Apr 1 8 15 29 May 6

COURSE DESCRIPTION: This course is designed to teach adults how



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. Spring Session 2019 • Page 9

AQUATICS & SWIMMING

COURSE: #425 **Community Swim** ROOM: Natatorium DAY: F BLDG: DVHS TIME: 6:00pm - 8:00pm (Feb 1 - Mar 15) # OF SESSIONS: 14 6:30pm - 8:30pm (Mar 22 - May 17) AGE REQUIREMENTS: All Ages **COST: Free to Local Residents** SCHEDULED CLASSES: Feb 1, 8, 15, 22; Mar 1, 8, 15, 22*, 29; Apr 5, 12; May 3, 10, 17 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. *Denotes the start of 6:30pm-8:30pm. INSTRUCTOR: Kathy Stiger

COURSE: #426 **Community Lap Swim** ROOM: Natatorium DAY: T&R BLDG: DVHS TIME: 4:30pm - 6:00pm **COST: Free to Local Residents** # OF SESSIONS: 23 AGE REQUIREMENTS: All Ages SCHEDULED CLASSES: Mar 19, 21, 26, 28; Apr 2, 4, 9, 11, 16, 23, 25, 30; May 2, 7, 9, 14, 16, 21, 23, 28, 30; Jun 4, 6

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

COURSE: #427 Early Morning Swim and Stay Fit - February

ROOM: Natatorium DAY: T&R BLDG: DVHS TIME: 6:45am - 7:45am # OF SESSIONS: 7 COST: \$30.00 AGE REQUIREMENTS: Adults SCHEDULED CLASSES: Feb 7, 12, 14, 19, 21, 26, 28 COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start your day off with a water workout.

COURSE: #42	28 Early Mo	rning Swim and Stay Fit - March
ROOM: Nat	atorium	DAY: T & R / M, T, W, R, F
BLDG: DV	нs	TIME: 6:45am - 7:45am
# OF SESSION	NS: 14	COST: \$54.00
AGE REOUIREMENTS: Adults		

SCHEDULED CLASSES: Mar 5, 7, 12, 14, 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. *denotes the start of M, T, W, R, F.

COURSE: #429 Early Morning Swim and Stay Fit - April ROOM: Natatorium DAY: M, T, W, R, F BLDG: DVHS TIME: 6:45am - 7:45am # OF SESSIONS: 19 COST: \$68.00 AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Apr 1, 2, 3, 4, 5, 8, 9, 10, 11, 12, 15, 16, 17, 23, 24, 25, 26, 29, 30 **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 and Stay Fit - May
ROOM:	Natatorium	DAY: M, T, W, R, F
BLDG:	DVHS	TIME: 6:45am - 7:45am
# OF SES	SIONS: 22	COST: \$78.00
AGE REQ	UIREMENTS	: Adults

SCHEDULED CLASSES: May 1, 2, 3, 6, 7, 8, 9, 10, 13, 14, 15, 16, 17, 20, 21, 22, 23, 24, 28, 29, 30, 31 **COURSE DESCRIPTION:** This course is an adult lap swim for the early riser. Start your day off with a water workout.

COURSE: #431	Early Morning Swim and Stay Fit - June	
ROOM: Natatorium	DAY: M, T, W, R, F	
BLDG: DVHS	TIME: 6:45am - 7:45am	
# OF SESSIONS: 5	COST: \$24.00	
AGE REQUIREMENTS: Adults		
SCHEDULED CLASSES: Jun 3, 4, 5, 6, 7		

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

AQUATICS & SWIMMING

COURSE: #432	Rusty Hinges	
ROOM: Natatorium	ı	DAY: M & W
BLDG: DVHS		TIME: 3:30pm - 4:30pm
# OF SESSIONS: 17		COST: \$80.00
AGE REQUIREMENTS	: Adults	
CONFRONTER CLASSES, Mari	0 20 25 27 4-4 1	0 10 15 17 34 30 84-11 6 6

SCHEDULED CLASSES: Mar 18, 20, 25, 27; Apr 1, 3, 8, 10, 15, 17, 24, 29; May 1, 6, 8, 13, 15, 20, 22 **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 and Cheryl Switzer

COURSE: #433	Water Aerobics
ROOM: Natatorium	DAY: T & R
BLDG: DVHS	TIME: 7:00pm - 8:00pm
# OF SESSIONS: 17	COST: \$80.00
AGE REQUIREMENTS:	Adults

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



COURSE:	#434	Deep Water Aerobics
ROOM:	Natatorium	DAY: T & R
BLDG:	DVHS	TIME: 6:00pm - 7:00pm
# OF SESS	SIONS: 17	COST: \$80.00
AGE REQ	UIREMENTS:	Adults
SCHEDULED	CLASSES: Mar	19, 21, 26, 28; Apr 2, 4, 9, 11, 16, 23, 25, 30; May 2, 7, 9, 14, 16
COURS	DESCR III	I: This comparis designed in the associated wascular
activity,	dy rengt	and flex pility hrough a progressive eries of
exercises	ir le nwr	er. Joua Pelts de user to a buryany. Students
should fe	el comfortab	le in deep water for this course.

Limited to 14 students. **INSTRUCTOR:** Kirsten Leili

COURSE: #435 **Triathlon Swim Training ROOM:** Natatorium DAY: M BLDG: DVHS TIME: 6:30pm - 8:00pm # OF SESSIONS: 7 COST: \$74.00 AGE REQUIREMENTS: Adults SCHEDULED CLASSES: Mar 18, 25; Apr 1, 8, 15, 29; May 6 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: #436 Scuba Diving				
ROOM: Natatorium	DAY: R			
BLDG: DVHS	TIME: 6:00pm - 8:00pm			
# OF SESSIONS: 8	COST: \$122.00			
AGE REQUIREMENTS: Age 15 and above				
SCHEDULED CLASSES: Mar 21, 28; Apr 4, 11, 25; May 2, 9, 16				
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 as a				
scuba diver. Additional "Open Water	" time is necessary after the classroom			
and ool sessions are simplet u. A s	6 student kit required and marbe			
purplased that first number class. If y	o go no have our c yn tar s.			

regulated, /c and verigh welts, they under a man dama here a success 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



Delaware Valley Adult & Community Education



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ATTENTION: CHANGE IN REGISTRATION PROCEDURES

Please be aware, as of January 2019, DV-ACE registration can now be completed online using a credit or debit card. Visit https://www.dvsd.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, CO DV-ACE, 252 ROUTE 6 & 209, MILFO Please Note: * Make all checks payable to DV-ACE. * All out-of-district enrollees must pay a \$20 with a maximum of \$60.00 per partici * A separate registration form and check mu	RD, PA 18337-9454 0.00 non-resident fee per course, pant or family.	Non-Resident Fee: \$	
FIRST NAME:	LAST NAME:		
MAILING ADDRESS: STREET			
CITY/STATE/ZIP			
PHONE:			
COURSE TITLE:			
SCHOOL & ROOM: COST:			
STUDENT'S GRADE LEVEL: (if applicable)			
PARENT'S NAME: (if applicable)			
ALTERNATE SELECTION: If this course is cancelled,	please enroll me in:		
PLEASE NOTE: A separate registration form mu The undersigned acknowledges that he/she is resp acknowledges that there are inherent risks and dan Class. I, the undersigned, willfully, voluntarily, and Adult/Community Education Class, the use of the fe and equipment, and do hereby assume such risk ar	ponsible for the proper utilization of the facil ngers that may arise associated with this Ac I intelligently acknowledge the existence of acility and equipment, the personal injury d	lity and equipment and dult/Community Education risks in connection with this ue to the use of the facility	
Signature	Date		
OFFICE USE ONLY:		~~~~~~	
AMOUNT PD CASH / CHECK / M	ONEY ORDER #	Date Received:	
NAME & ADDRESS IF DIFFERENT FROM ABOVE		_	
NOTES		Received By:	

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