

Spring Session 2019



Delaware Valley Adult & Community Education

Educating for Life's Journey



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Elizabeth (Beth) Shomaker, Secretary
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Delaware Valley School District
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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.

DELAWARE VALLEY ADULT & COMMUNITY EDUCATION

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)

INDEX

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
Baseball & Softball Umpiring NEW	209

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	309
Volleyball	310

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
Community Swim & Lap Swim	425 - 426
Early Morning Swim & Stay Fit	427 - 431
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 Foyer **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
COURSE DESCRIPTION: An 8-hour refresher course designed for drivers age 50 and older to help drivers assess and enhance driving skills. Taught by AARP volunteer instructors, it covers rules of the road, age related physical changes that may impact driving and tips to compensate for these changes. Attendees should verify with their insurance carrier for eligibility and for available premium discounts. Students must bring their driver's license and a pen. Fee: \$17.00/AARP Member — \$22.00/Non-Member
INSTRUCTOR: Stan Rothman

COURSE: #103 AARP Driver Safety Short Program
ROOM: Library **DAY:** T
BLDG: DVHS **TIME:** 5:00pm - 9:00pm
OF SESSIONS: 1 **COST:** \$17.00
AGE REQUIREMENTS: Age 50 and above
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 available only to those who have previously attended an 8-hour course and possess a valid PA license and insurance carrier. Taught by AARP volunteer instructors, it covers rules of the road, age related physical changes that may impact driving, and tips to compensate for these changes. Attendees should verify with their insurance carrier for eligibility and for available premium discounts. Students must bring their driver's license and a pen. Fee: \$17.00/AARP Member — \$22.00/Non-Member
INSTRUCTOR: Stan Rothman

GENERAL EDUCATION

COURSE: #104 Blended Learning Lifeguarding w/Waterfront
ROOM: Natatorium/C6 **DAY:** W
BLDG: DVHS **TIME:** 5:30pm - 8:30pm
OF SESSIONS: 9 **COST:** \$160.00
AGE REQUIREMENTS: Age 15 and above
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 20 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 20 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

**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.

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



PERSONAL ENRICHMENT

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: Ages 10 through 16
SCHEDULED CLASSES: Mar 19, 26; Apr. 2, 9, 16, 23, 30; May 7
COURSE DESCRIPTION: This workshop will focus on the basics of creative writing: character and plot development, creating believable dialog and point of view. Each week participants will complete writing exercises to help tap into their creativity and expand their skills by experimenting with different styles of writing.
INSTRUCTOR: Dellana Diovivalvo

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 Decorating **NEW**
ROOM: Warrior Cafe DAY: R
BLDG: DVHS TIME: 6:00pm - 8:00pm
OF SESSIONS: 4 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 decorating. Students will learn how to make different forms of buttercream and the various piping techniques used to decorate a cake. You will practice these techniques on cookies, cupcakes, and finally a finished cake. By the end of the course, you will have fully learned how to fill, ice, and beautifully decorate a 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 Principles of Interior Design **NEW**
ROOM: Computer Lab DAY: M & R
BLDG: SES TIME: 6:00pm - 8:00pm
OF SESSIONS: 3 COST: \$35.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: May 2, 6, 9
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

PERSONAL ENRICHMENT

COURSE: #205 Survey of American History **NEW**
ROOM: F1 DAY: M
BLDG: DVMS TIME: 6:00pm - 7:30pm
OF SESSIONS: 6 COST: \$70.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 25; Apr 1, 8, 15, 29; May 6
COURSE DESCRIPTION: Survey course of America's earliest history. The course will explore colonization, major wars, and significant figures.
INSTRUCTOR: Micah Sweeney

COURSE: #206 Critical Thinking & Logic **NEW**
ROOM: F1 DAY: M
BLDG: DVMS TIME: 7:30pm - 9:00pm
OF SESSIONS: 6 COST: \$70.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 25; Apr 1, 8, 15, 29; May 6
COURSE DESCRIPTION: Introductory course to critical thinking. The course will include argumentation and debate, including general statements, counter-examples, and conditional statements.
INSTRUCTOR: Micah Sweeney

COURSE: #207 Economics, the Stock Market, and You **NEW**
ROOM: Board Room DAY: T
BLDG: District Office TIME: 7:00pm - 8:30pm
OF SESSIONS: 3 COST: \$28.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 5, 12, 19
COURSE DESCRIPTION: This course will demystify economics and Wall Street. In addition to giving you a basic understanding, you will learn how they impact your life.
INSTRUCTOR: Dr. John Bell

COURSE: #208 7 Habits of Highly Effective People **NEW**
ROOM: Board Room DAY: W
BLDG: District Office TIME: 7:00pm - 9:00pm
OF SESSIONS: 3 COST: \$35.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 13, 20, 27
COURSE DESCRIPTION: This course will give you an introduction to the seven habits that can improve all aspects of your life.
INSTRUCTOR: Dr. John Bell

COURSE: #209 Baseball & Softball Umpiring **NEW**
ROOM: Board Room DAY: M
BLDG: District Office TIME: 7:00pm - 8:30pm
OF SESSIONS: 3 COST: \$28.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Feb. 25; Mar. 4, 11
COURSE DESCRIPTION: Learn the basic rules of governing baseball and softball as well as umpiring mechanics and positioning.
INSTRUCTOR: Dr. John Bell

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.

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-



FITNESS & RECREATION

COURSE: #301 Running Basics: Cross Country & Track
ROOM: Track **DAY:** R
BLDG: DVHS **TIME:** 4:30pm - 5:30pm
OF SESSIONS: 6 **COST:** \$24.00
AGE REQUIREMENTS: 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 **DAY:** T
BLDG: DVES **TIME:** 4:30pm - 5:15pm
OF SESSIONS: 6 **COST:** \$28.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar. 26; Apr. 2, 9, 16, 23, 30
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: #304 Special Needs Fitness Class for Adults
ROOM: Cafeteria **DAY:** T
BLDG: DVES **TIME:** 5:30pm - 6:15pm
OF SESSIONS: 6 **COST:** \$28.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Feb. 5, 12, 19, 26; Mar. 5, 12
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

COURSE: #305 Special Needs Fitness Class for Adults
ROOM: Cafeteria **DAY:** T
BLDG: DVES **TIME:** 5:30pm - 6:15pm
OF SESSIONS: 6 **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

FITNESS & RECREATION

COURSE: #306 Beginner Ballet for Adults **NEW**
ROOM: Cafeteria **DAY:** T
BLDG: DVES **TIME:** 6:30pm - 7:30pm
OF SESSIONS: 6 **COST:** \$35.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Feb. 5, 12, 19, 26; Mar. 5, 12
COURSE DESCRIPTION: This course is designed to provide participants with beginner level ballet exercises. Each class will include a warm-up, center exercises, and a cool-down.
INSTRUCTOR: Rose Mary Buchholz

COURSE: #307 Beginner Ballet for Adults **NEW**
ROOM: Cafeteria **DAY:** T
BLDG: DVES **TIME:** 6:30pm - 7:30pm
OF SESSIONS: 6 **COST:** \$35.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar. 26; Apr. 2, 9, 16, 23, 30
COURSE DESCRIPTION: This course is designed to provide participants with beginner level ballet exercises. Each class will include a warm-up, center exercises, and a cool-down.
INSTRUCTOR: Rose Mary Buchholz

COURSE: #308 Introduction to Hatha Yoga **NEW**
ROOM: Music Room **DAY:** T
BLDG: DDPS **TIME:** 6:00pm - 7:00pm
OF SESSIONS: 6 **COST:** \$25.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Apr. 2, 9, 16, 23, 30; May 7
COURSE DESCRIPTION: This course will integrate breath awareness with basic yoga poses to improve flexibility, strength, and balance and encourage relaxation. This class is appropriate for students new to yoga. Please bring a mat and wear loose clothing.
INSTRUCTOR: Lisa Krenkel

COURSE: #309 Introduction to Vinyasa Yoga **NEW**
ROOM: Racquetball Court **DAY:** S
BLDG: DVHS **TIME:** 1:00pm-2:00pm
OF SESSIONS: 6 **COST:** \$25.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 9, 16, 23, 30; Apr 6, 13
COURSE DESCRIPTION: This course will explore vinyasa yoga and will allow participants to become aware of their breath through breathing exercises and meditation. Participants will also begin to explore the basic asanas of vinyasa yoga. Please bring a mat and wear loose clothing.
INSTRUCTOR: Kyla Zimmerman

COURSE: #310 Volleyball
ROOM: Gym **DAY:** W
BLDG: DVES **TIME:** 8:00pm - 10:00pm
OF SESSIONS: 14 **COST:** \$88.00
AGE REQUIREMENTS: Adults
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

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

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 & Child Aquatics
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:00am - 10:30am
OF SESSIONS: 7 **COST:** \$50.00
AGE REQUIREMENTS: Ages 18 to 36 months
SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11
COURSE DESCRIPTION: This course is designed to familiarize young children from 18 to 36 months with the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or how to survive in the water on their own. Registration for this course requires that the child be toilet trained and a parent accompany his/her child in the water during instruction. Limited to 8 students.
INSTRUCTOR: Chelsea Shatt

COURSE: #402 ARC - Preschool Aquatics Level I
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:00pm - 12:30pm
OF SESSIONS: 7 **COST:** \$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 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

COURSE: #403 ARC - Preschool Aquatics Level I
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:30pm - 1:00pm
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 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 I
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 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: Kathy Stiger

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
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 complete a prior Preschool Aquatics course. Limited to 8 students.
INSTRUCTOR: TBA

COURSE: #406 ARC - Preschool Aquatics Level II
ROOM: Natatorium **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 complete a prior Preschool Aquatics course. Limited to 8 students.
INSTRUCTOR: Kathy Stiger

COURSE: #407 ARC - Preschool Aquatics Level III
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:30am - 11:00am
OF SESSIONS: 7 **COST:** \$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: TBA

**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**



AQUATICS & SWIMMING

COURSE: #408 Learn to Swim Level I - Tadpoles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 8:45am - 9:30am
OF SESSIONS: 7 **COST:** \$60.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11
COURSE DESCRIPTION: This 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: Cheryl Switzer

COURSE: #409 Learn to Swim Level I - Tadpoles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:30am - 11:15am
OF SESSIONS: 7 **COST:** \$60.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11
COURSE DESCRIPTION: This 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: Chelsea Shatt

COURSE: #410 Learn to Swim Level I - Tadpoles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 11:15am - 12:00pm
OF SESSIONS: 7 **COST:** \$60.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11
COURSE DESCRIPTION: This 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: Chelsea Shatt

COURSE: #411 Learn to Swim Level I - Tadpoles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 2:00pm - 2:45pm
OF SESSIONS: 7 **COST:** \$60.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 23, 30; Apr 6, 13, 27; May 4, 11
COURSE DESCRIPTION: This 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: Kirsten Leili

COURSE: #412 Learn to Swim Level II - Guppies
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 11:00am - 12:00pm
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 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

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

AQUATICS & SWIMMING

COURSE: #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 aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.
INSTRUCTOR: Kathy Stiger

COURSE: #414 Learn to Swim Level II - Guppies
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 1:00pm - 2:00pm
OF SESSIONS: 7 **COST:** \$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 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: 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 aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.
INSTRUCTOR: Cheryl Switzer

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 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: TBA

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 backstroke at rudimentary proficiency levels and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level III, participants achieve basic water competency in a pool environment. Limited to 10 students.

INSTRUCTOR: Cheryl Switzer

COURSE: #418 Learn to Swim Level III - Minnows
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 2:00pm - 3:00pm
OF SESSIONS: 7 **COST:** \$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 **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 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: #421 Learn to Swim Level V - Stingrays
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 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 **TIME:** 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 SESSIONS: 7 **COST:** \$58.00

AGE REQUIREMENTS: Ages 3 and above

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

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 SESSIONS: 7 **COST:** \$74.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar 18, 25; Apr 1, 8, 15, 29; May 6

COURSE DESCRIPTION: This course is designed to teach adults how to float, swim, and be more confident in the water. Lessons will be taught in the 4 ft. section of the pool. You may want to bring swim goggles.

INSTRUCTOR: TBA

WEATHER RELATED CANCELLATIONS:

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



AQUATICS & SWIMMING

COURSE: #425 Community Swim
ROOM: Natatorium **DAY:** F
BLDG: DVHS **TIME:** 6:00pm - 8:00pm (Feb 1 - Mar 15)
OF SESSIONS: 14 **TIME:** 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
OF SESSIONS: 23 **COST:** Free to Local Residents
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: 8 **COST:** \$34.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Feb 5, 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: #428 Early Morning Swim and Stay Fit - March
ROOM: Natatorium **DAY:** T & R / M, T, W, R, F
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 14 **COST:** \$54.00
AGE REQUIREMENTS: 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 SESSIONS: 22 **COST:** \$78.00
AGE REQUIREMENTS: 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 **DAY:** M & W
BLDG: DVHS **TIME:** 3:30pm - 4:30pm
OF SESSIONS: 17 **COST:** \$80.00
AGE REQUIREMENTS: Adults
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: TBA

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

COURSE: #434 Deep Water Aerobics
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 6:00pm - 7:00pm
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 DESCRIPTION: This course is designed to increase cardiovascular activity, body strength, and flexibility through a progressive series of exercises in deep water. Aqua belts are used to aid buoyancy. Students should feel comfortable in deep water for this course. Limited to 14 students.
INSTRUCTOR: TBA

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 pool sessions are completed. A \$65 student kit is required and may be purchased the first night of class. If you do not have your own tanks, regulators, b/c and weight belts, they can be rented for the pool sessions for \$50.00. You must bring your own masks, fins, booties, and snorkels. There is an additional fee for the open water dives. Limited to 12 students.
INSTRUCTOR: Tim Simmons

**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.dvdsd.org/> and click on **DV-ACE Information** on the right-side menu or under the **Community** tab at the top of the page. If unable to register online, please mail the form below to DV-ACE along with your payment.

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

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

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.
- * A separate registration form must be completed for each course taken.

**Non-Resident
Fee:**

\$ _____

FIRST NAME: _____ LAST NAME: _____

MAILING ADDRESS: STREET _____

CITY/STATE/ZIP _____

PHONE: _____ EMAIL: _____

COURSE TITLE: _____ COURSE #: _____

SCHOOL & ROOM: _____ COST: _____

STUDENT'S GRADE LEVEL: (if applicable) _____

PARENT'S NAME: (if applicable) _____

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

PLEASE NOTE: A separate registration form must be completed for each course taken! Please sign below.

The undersigned acknowledges that he/she is responsible for the proper utilization of the facility and equipment and acknowledges that there are inherent risks and dangers 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.

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