

Fall Session 2019



Delaware Valley Adult & Community Education

Educating for Life's Journey



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

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

Please be aware, 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 per year. Notifications will NOT be mailed prior to the start of classes. Keep this catalog for the start date, time, and location information. Courses that do not have sufficient enrollment may be cancelled. You will be notified only if your class is cancelled and your registration fee will be refunded. All participants are responsible to provide their own project materials and/or textbooks to be discussed in class. NO REFUNDS will be given after the first class begins! All courses have limited enrollments. If you have any questions please contact Beth Shomaker at (570) 296-3615 or eshomaker@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
Learn to Touch Type for Kids102-104

LEVEL 200 COURSES PERSONAL ENRICHMENT

Pinterest Crafts.....201
Beginner Crochet.....202
SEALS Social Education & Life Skills.....203

LEVEL 300 COURSES FITNESS & RECREATION

Running Basics: Cross Country301
Preschool Movement.....302
Special Needs Movement.....303
Volleyball304

LEVEL 400 COURSES AQUATICS & SWIM

ARC Parent & Child Aquatics401
ARC Pre-School Aquatics: Levels I - III402 - 407
Learn to Swim: Levels I - VI408 - 422
Adaptive Swim Lessons423
Community Swim & Lap Swim424 - 425
Early Morning Swim & Stay Fit426 - 430
Rusty Hinges431
Water Aerobics432
Deep Water Aerobics433
Triathlon Swim Training434
Scuba Diving435



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: TBD, Beginning on or after September 23
COURSE DESCRIPTION: 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 on or after September 23, 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 Learn to Touch Type for Kids (SES)
ROOM: Computer Lab **DAY:** M
BLDG: SES **TIME:** 3:45pm - 4:45pm
OF SESSIONS: 6 **COST:** \$48.00
AGE REQUIREMENTS: Grades 3 - 5
SCHEDULED CLASSES: Sep. 16, 23; Oct. 7, 21, 28, Nov. 4
COURSE DESCRIPTION: Touch-typing may seem a rather grown-up skill, but elementary school kids are perfectly placed to learn. Older children have the right hand size, concentration span, and they're motivated to learn because they love being on the computer.
INSTRUCTOR: Sue Favaro

COURSE: #103 Learn to Touch Type for Kids (DDES)
ROOM: Computer Lab **DAY:** W
BLDG: DDES **TIME:** 3:45pm - 4:45pm
OF SESSIONS: 6 **COST:** \$48.00
AGE REQUIREMENTS: Grades 3 - 5
SCHEDULED CLASSES: Sep. 18, 25; Oct. 3, 10, 17, 24
COURSE DESCRIPTION: Touch-typing may seem a rather grown-up skill, but elementary school kids are perfectly placed to learn. Older children have the right hand size, concentration span, and they're motivated to learn because they love being on the computer.
INSTRUCTOR: Sue Favaro

COURSE: #104 Learn to Touch Type for Kids (DVES)
ROOM: Computer Lab **DAY:** W
BLDG: DVES **TIME:** 3:45pm - 4:45pm
OF SESSIONS: 6 **COST:** \$48.00
AGE REQUIREMENTS: Grades 3 - 5
SCHEDULED CLASSES: Nov. 6, 13, 20; Dec. 4, 11, 18
COURSE DESCRIPTION: Touch-typing may seem a rather grown-up skill, but elementary school kids are perfectly placed to learn. Older children have the right hand size, concentration span, and they're motivated to learn because they love being on the computer.
INSTRUCTOR: Sue Favaro

PERSONAL ENRICHMENT

COURSE: #201 Pinterest Crafts for Kids
ROOM: C1 Computer Lab **DAY:** T
BLDG: DDES **TIME:** 3:45pm - 5:15pm
OF SESSIONS: 6 **COST:** \$48.00
AGE REQUIREMENTS: Grades 4 & 5
SCHEDULED CLASSES: Sep. 24; Oct. 1, 8, 22, 29; Nov. 5
COURSE DESCRIPTION: Make fun and exciting crafts inspired by Pinterest. Crafts may include finger knitting, cardboard roll snake knitting, string art, painting, weaving, origami, duct tape crafts, paper mâché, pom-poms made from yarn or paper, and learning how to make air-dry clay, foam, slime, and puffy paint. Each participant will be required to bring a \$10 material fee to the first day of class and old clothes or a smock that they can get messy.
INSTRUCTOR: Lara Winkler

COURSE: #202 Beginner Crochet
ROOM: B1/B2 **DAY:** M
BLDG: DDMS **TIME:** 6:30pm - 8:00pm
OF SESSIONS: 4 **COST:** \$35.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sep. 23, 30; Oct. 7, 21
COURSE DESCRIPTION: Have fun and socialize while learning basic crochet stitches to incorporate into a simple pattern to complete a small project, such as a scarf or placemat. Participants are required to bring a metal crochet hook (size F, G, or H) and 4-ply yarn, light in color (no black, navy blue, or dark brown).
INSTRUCTOR: Joy Vierra

COURSE: #203 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: Sep. 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20; Dec. 4
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

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

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

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

*Please note: Office location has changed.
 Call to schedule an appointment.*

ONLINE REGISTRATION

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



FITNESS & RECREATION

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: #301 Running Basics: Cross Country
ROOM: Track **DAY:** W
BLDG: DVHS **TIME:** 4:30pm - 5:30pm
OF SESSIONS: 6 **COST:** \$28.00
AGE REQUIREMENTS: Boys and Girls, Grades 2 to 6
SCHEDULED CLASSES: Oct. 9, 16, 23, 30; Nov. 6, 13
COURSE DESCRIPTION: A fun introduction to 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. This course will serve as excellent preparation for the DV Turkey Trot on November 16. Students must wear running attire and running shoes and bring a water bottle.
INSTRUCTOR: Elena Nitecki

COURSE: #302 Preschool Movement
ROOM: Music Room **DAY:** T
BLDG: DVES **TIME:** 4:30pm - 5:15pm
OF SESSIONS: 6 **COST:** \$28.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Sep. 24; Oct. 1, 8, 15, 22, 29
COURSE DESCRIPTION: A 45 minute movement class designed for preschoolers with lots of energy to burn off while making friends and having fun. They won't just be touching their toes, they will be skipping to a new beat. Jumping, hopping, and listening skills are very important for all children. Give your child a head start with this class. Class size is limited. Register today!
INSTRUCTOR: Rose Mary Buchholz

COURSE: #303 Special Needs Movement
ROOM: Cafeteria **DAY:** T
BLDG: DVES **TIME:** 5:30pm - 6:15pm
OF SESSIONS: 6 **COST:** \$28.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sep. 24; Oct. 1, 8, 15, 22, 29
COURSE DESCRIPTION: A 45 minute movement class for adults with special needs who like to listen to music, have fun, and exercise at the same time. They will learn more than just exercises. Listening and social skills are always included. All students will be encouraged to do their personal best. Challenging content will keep them improving their physical and musical ability. Class size is limited. Register today!
INSTRUCTOR: Rose Mary Buchholz

COURSE: #304 Volleyball
ROOM: Gym **DAY:** W
BLDG: DVES **TIME:** 8:00pm - 10:00pm
OF SESSIONS: 11 **COST:** \$88.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sep. 18, 25; Oct. 2, 9, 16, 24*, 30; Nov. 6, 13, 20; Dec. 4
COURSE DESCRIPTION: A great way to exercise and play recreational volleyball. It is designed for those with adequate skills in volleyball.
***Note:** October 24 class is on a Thursday.
INSTRUCTOR: Scott Palermo



COURSE: #401 ARC - Parent & Child Aquatics
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:00am - 10:30am
OF SESSIONS: 6 **COST:** \$55.00
AGE REQUIREMENTS: Ages 18 to 36 months
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: Familiarize young children from 18 to 36 months with the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or how to survive in the water on their own. Registration for this course requires that the child be toilet trained and a parent accompany his/her child in the water during instruction. Limited to 8 students.
INSTRUCTOR: Chelsea Shatt

COURSE: #402 ARC - Preschool Aquatics Level I
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:00pm - 12:30pm
OF SESSIONS: 6 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: Familiarize preschool-age children with the aquatic environment and help them acquire rudimentary levels of basic aquatic skills. This course is intended for children between the ages of 3 and 5 years old. There are no skill prerequisites for Preschool Aquatics Level I. Limited to 8 students.
INSTRUCTOR: TBA

COURSE: #403 ARC - Preschool Aquatics Level I
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:30pm - 1:00pm
OF SESSIONS: 6 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
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

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-resident fee per participant or family per year.



AQUATICS & SWIMMING

COURSE: #404 ARC - Preschool Aquatics Level I
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 1:00pm - 1:30pm
OF SESSIONS: 6 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: Familiarize preschool-age children with the aquatic environment and help them acquire rudimentary levels of basic aquatic skills. This course is intended for children between the ages of 3 and 5 years old. There are no skill prerequisites for Preschool Aquatics Level I. Limited to 8 students.
INSTRUCTOR: Kathy Stiger

COURSE: #405 ARC - Preschool Aquatics Level II
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:00am - 10:30am
OF SESSIONS: 6 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: Build on the basic aquatic skills learned in Preschool Level I and is intended for children between the ages of 3 and 5 years old. Prerequisite: Students in this course must successfully complete a prior Preschool Aquatics course. Limited to 8 students.
INSTRUCTOR: Grace Riexinger

COURSE: #406 ARC - Preschool Aquatics Level II
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 1:30pm - 2:00pm
OF SESSIONS: 6 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: Build on the basic aquatic skills learned in Preschool Level I and is intended for children between the ages of 3 and 5 years old. Prerequisite: Students in this course must successfully complete a prior Preschool Aquatics course. Limited to 8 students.
INSTRUCTOR: Kathy Stiger

COURSE: #407 ARC - Preschool Aquatics Level III
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:30am - 11:00am
OF SESSIONS: 6 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: Increase proficiency and to build on the basic aquatic skills learned in a prior Preschool Aquatics course. This course is intended for children between the ages of 3 and 5 years old. Prerequisite: students in this course must be able to glide through the water, roll onto their backs, and float. Limited to 8 students.
INSTRUCTOR: Grace Riexinger

AQUATICS & SWIMMING

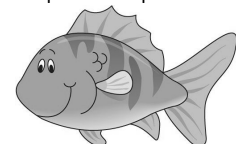
COURSE: #408 Learn to Swim Level I - Tadpoles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 8:45am - 9:30am
OF SESSIONS: 6 **COST:** \$65.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: A Level I course designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.
INSTRUCTOR: Cheryl Switzer

COURSE: #409 Learn to Swim Level I - Tadpoles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:30am - 11:15am
OF SESSIONS: 6 **COST:** \$65.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: A Level I course designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.
INSTRUCTOR: Chelsea Shatt

COURSE: #410 Learn to Swim Level I - Tadpoles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 11:15am - 12:00pm
OF SESSIONS: 6 **COST:** \$65.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: A Level I course designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.
INSTRUCTOR: Chelsea Shatt

COURSE: #411 Learn to Swim Level I - Tadpoles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 2:00pm - 2:45pm
OF SESSIONS: 6 **COST:** \$65.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: A Level I course designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.
INSTRUCTOR: TBA

COURSE: #412 Learn to Swim Level II - Guppies
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 11:00am - 12:00pm
OF SESSIONS: 6 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: A Level II course designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.
INSTRUCTOR: Grace Riexinger



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

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



AQUATICS & SWIMMING

AQUATICS & SWIMMING

COURSE: #413 Learn to Swim Level II - Guppies
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:00pm - 1:00pm
OF SESSIONS: 6 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: A Level II course designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.
INSTRUCTOR: Kathy Stiger

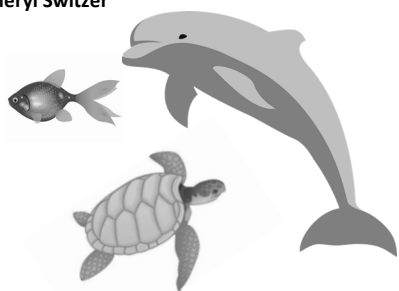
COURSE: #414 Learn to Swim Level II - Guppies
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 1:00pm - 2:00pm
OF SESSIONS: 6 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: A Level II course designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.
INSTRUCTOR: TBA

COURSE: #415 Learn to Swim Level II - Guppies
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 2:00pm - 3:00pm
OF SESSIONS: 6 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: A Level II course designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.
INSTRUCTOR: Cheryl Switzer

COURSE: #416 Learn to Swim Level III - Minnows
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 9:00am - 10:00am
OF SESSIONS: 6 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: A Level III course designed to build on the skills learned in Levels I and II. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissor and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level III, participants achieve basic water competency in a pool environment. Limited to 10 students.
INSTRUCTOR: Grace Rixinger

COURSE: #417 Learn to Swim Level III - Minnows
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 1:00pm - 2:00pm
OF SESSIONS: 6 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: A Level III course designed to build on the skills learned in Levels I and II. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level III, participants achieve basic water competency in a pool environment. Limited to 10 students.
INSTRUCTOR: Cheryl Switzer

COURSE: #418 Learn to Swim Level III - Minnows
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 2:00pm - 3:00pm
OF SESSIONS: 6 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2
COURSE DESCRIPTION: A Level III course designed to build on the skills learned in Levels I and II. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level III, participants achieve basic water competency in a pool environment. Limited to 10 students.
INSTRUCTOR: Kathy Stiger



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**

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



AQUATICS & SWIMMING

COURSE: #419 Learn to Swim Level IV - Sea Turtles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 9:30am - 10:30am
OF SESSIONS: 6 **COST:** \$80.00

AGE REQUIREMENTS: Grades K to 12

SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2

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

INSTRUCTOR: Cheryl Switzer

COURSE: #420 Learn to Swim Level IV - Sea Turtles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:00pm - 1:00pm
OF SESSIONS: 6 **COST:** \$80.00

AGE REQUIREMENTS: Grades K to 12

SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2

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

INSTRUCTOR: Cheryl Switzer

COURSE: #421 Learn to Swim Level V - Stingrays
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 9:00am - 10:00am
OF SESSIONS: 6 **COST:** \$80.00

AGE REQUIREMENTS: Grades K to 12

SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2

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

INSTRUCTOR: Chelsea Shatt

COURSE: #422 Learn to Swim Level VI - Dolphins
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:30am - 11:30am
OF SESSIONS: 6 **COST:** \$80.00

AGE REQUIREMENTS: Grades K to 12

SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2

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

INSTRUCTOR: Cheryl Switzer

AQUATICS & SWIMMING

COURSE: #423 Adaptive Swim Lessons
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 3:15pm - 4:00pm
OF SESSIONS: 6 **COST:** \$60.00

AGE REQUIREMENTS: Ages 3 and above

SCHEDULED CLASSES: Sep. 28; Oct. 5, 12, 19, 26; Nov. 2

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

INSTRUCTOR: Kathy Stiger or Mary Anne Ford

COURSE: #424 Community Swim
ROOM: Natatorium **DAY:** F
BLDG: DVHS **TIME:** 6:30pm - 8:30pm
OF SESSIONS: 10 **COST:** Free to Local Residents

AGE REQUIREMENTS: All Ages

SCHEDULED CLASSES: Sept. 27; Oct. 11, 18; Nov. 1, 8, 15, 22; Dec. 6, 13, 20

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

INSTRUCTOR: Kathy Stiger

COURSE: #425 Community Lap Swim
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 4:30pm - 6:00pm
OF SESSIONS: 16 **COST:** Free to Local Residents

AGE REQUIREMENTS: All Ages

SCHEDULED CLASSES: Sept. 24, 26; Oct. 1, 3, 8, 10, 15, 17, 22, 24, 29, 31; Nov. 5, 7, 12, 14

COURSE DESCRIPTION: This course is intended for lap swimming only. There is a fee of \$3 per person per swim for non-residents of the school district. After completing registration, non-residents will be mailed a pool pass.

INSTRUCTOR: Kathy Stiger

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

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: #426 Early Morning Swim and Stay Fit - September
ROOM: Natatorium **DAY:** M, T, W, R, F
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 7 **COST:** \$32.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sep. 23, 24, 25, 26, 27, 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 and Stay Fit - October
ROOM: Natatorium **DAY:** M, T, W, R, F
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 22 **COST:** \$75.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Oct. 1, 2, 3, 4, 7, 8, 9, 10, 11, 15, 16, 17, 18, 21, 22, 23, 24, 25, 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: #428 Early Morning Swim and Stay Fit - November
ROOM: Natatorium **DAY:** M, T, W, R, F / T & R
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 13 **COST:** \$50.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Nov. 1, 4, 5, 6, 7, 8, 12, 13, 14, 15, 19*, 21, 26
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 T & R only.

COURSE: #429 Early Morning Swim and Stay Fit - December
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 6 **COST:** \$30.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Dec. 3, 5, 10, 12, 17, 19
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 - January
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 6:45am - 7:45am
OF SESSIONS: 8 **COST:** \$35.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Jan. 7, 9, 14, 16, 21, 23, 28, 30
COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start your day off with a water workout.

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



AQUATICS & SWIMMING

COURSE: #431 Rusty Hinges
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 4:00pm - 5:00pm
OF SESSIONS: 13 **COST:** \$70.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sep. 23, 25, 30; Oct. 2, 7, 9, 16, 21, 23, 28, 30; Nov. 4, 6
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: #432 Water Aerobics
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 7:00pm - 8:00pm
OF SESSIONS: 13 **COST:** \$70.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sep. 23, 25, 30; Oct. 2, 7, 9, 16, 21, 23, 28, 30; Nov. 4, 6
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: #433 Deep Water Aerobics
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 6:00pm - 7:00pm
OF SESSIONS: 13 **COST:** \$70.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sep. 23, 25, 30; Oct. 2, 7, 9, 16, 21, 23, 28, 30; Nov. 4, 6
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: Grace Riexinger

COURSE: #434 Triathlon Swim Training
ROOM: Natatorium **DAY:** M
BLDG: DVHS **TIME:** 5:00pm - 6:00pm
OF SESSIONS: 6 **COST:** \$70.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Sep. 23, 30; Oct. 7, 21, 28; Nov. 4
COURSE DESCRIPTION: Are you interested in doing a triathlon, open water swim, becoming a master swimmer or just becoming a better swimmer? This course will provide the stroke development and fitness training to help you reach your goals.
INSTRUCTOR: Lisa Legg

COURSE: #435 Scuba Diving
ROOM: Natatorium **DAY:** R
BLDG: DVHS **TIME:** 6:00pm - 8:00pm
OF SESSIONS: 7 **COST:** \$110.00
AGE REQUIREMENTS: Age 15 and above
SCHEDULED CLASSES: Sep. 25; Oct. 2, 9, 16, 23, 30; Nov. 6
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



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

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

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

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.

Non-Resident Fee: \$ _____
--

PARTICIPANT'S FIRST NAME: _____ LAST NAME: _____

MAILING ADDRESS: _____

CITY/STATE/ZIP: _____

PHYSICAL ADDRESS (if different): _____

PHONE: _____ EMAIL: _____

COURSE #: _____ COURSE TITLE: _____

COURSE SCHOOL/ROOM LOCATION: _____ COST: _____

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

PLEASE NOTE: A separate registration form must be completed for each course and participant!
The undersigned acknowledges that he/she is responsible for the proper utilization of the facility and equipment and acknowledges that there are inherent risks and dangers that may arise associated with this Adult/Community Education Class. I, the undersigned, willfully, voluntarily, and intelligently acknowledge the existence of risks in connection with this Adult/Community Education Class, the use of the facility and equipment, the personal injury due to the use of the facility and equipment, and do hereby assume such risk and agree to accept the responsibility for any injuries sustained.

Please sign below:

Signature _____ Date _____

OFFICE USE ONLY:

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

NAME & ADDRESS IF DIFFERENT FROM ABOVE _____

NOTES _____

Date Received: _____ Received By: _____
--

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