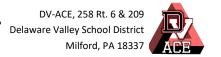
SPRING 2025



Educating for Life's Journey

Spring Session 2025 ● Page 2



ATTENTION ALL DV-ACE PARTICIPANTS

Please be advised that all participants in the DV-ACE programs must conduct themselves in a manner that is reflective of the following mission statement while using our school district's facilities:

Delaware Valley School District, in partnership with our community, stands committed to maximizing student potential, fostering life-long learning and promoting responsible citizenship.

Behavior that is contrary to "promoting responsible citizenship," including hateful or profane language, gestures, or any form of harassment will not be tolerated. Any DV-ACE participant engaged in such actions will be met with consequences appropriate to the offense. Depending on the severity of actions, these consequences may include temporary suspension from participation in DV-ACE programming or permanent exclusion from the use of DVSD facilities.

Thank you for your time and attention to this matter.

Respectfully submitted,

Diane Scarfalloto

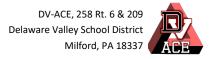
Diane Scarfalloto

DV-ACE Director



Spring Session 2025 ●

Page 3



REGISTRATION INFORMATION

Please be aware, DV-ACE registration can be completed online using a credit or debit card.

Visit https://www.dvsd.org/ and click on DV-ACE under the Our District tab at the top of the page. If unable to register online, please mail the form on the last page of this catalog to DV-ACE along with your payment.

Notice to All Participants:

Non-residents are required to pay a \$20.00 non-resident fee for each class they are registering for, with a maximum amount of \$60.00 per participant or family per year. Notifications will NOT be mailed prior to the start of classes. Keep this catalog for the start date, time, and location information. Courses that do not have sufficient enrollment may be cancelled. You will be notified *only if your class is cancelled*, and your registration fee will be refunded.

All participants are responsible to provide their own project materials and/or textbooks to be discussed in class. **NO REFUNDS** will be given after the first class begins! All courses have limited enrollments. If you have any questions please contact Camden Coyle at (570) 296-3615 or dvace@dvsd.org.

Abbreviations Used in This Catalog

ARC — American Red Cross

DDES — Dingman-Delaware Elementary School, 1355

Rt. 739, Dingmans Ferry, PA

DDMS — Dingman-Delaware Middle School, 1365 Rt.

739, Dingmans Ferry, PA

DDPS — Dingman-Delaware Primary School, 1375 Rt.

739, Dingmans Ferry, PA

DVES — Delaware Valley Elementary School, 500 Ave.

S., Matamoras, PA

DVMS — Delaware Valley Middle School, 258 Rt. 6 &

209, Milford, PA

DVHS — Delaware Valley High School, 256 Rt. 6 & 209,

Milford, PA

SES — Shohola Elementary School, 940 Twin Lakes Rd.,

Shohola, PA

TBA — To Be Announced

TBD — To Be Determined

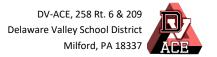
DAYS OF THE WEEK are listed as **M** (Monday); **T**

(Tuesday); W (Wednesday); R (Thursday); F (Friday);

S (Saturday)

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.

Spring Session 2025 • Page 4



INDEX

LEVE	L 20	10 CO	UI	RSES
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PERSONAL ENRICHMENT

Family Music for the Special Needs

Community	201
S.E.A.L.S Social Education and Life Skills	202
POPS Chorus	203

LEVEL 300 COURSES

FITNESS & RECREATION

Adult Recreational Volleyball	301
Intro to Qigong NEW	302
Intro to Hatha Yoga NEW	303
Youth Illtimate Frishee NFW	304

DV-ACE OFFICE HOURS ARE:

MONDAY-FRIDAY 8:30AM - 2:00PM

CONTACT INFORMATION:

CAMDEN COYLE (570) 296-3615 OR EMAIL DVACE@DVSD.ORG

LEVEL 400 COURSES

AQUATICS & SWIM

ARC Parent & Child Aquatics 401
ARC Preschool Aquatics: Levels 1 - 3 402 - 405
ARC Learn to Swim: Levels 1 - 6 406 - 410
Community Lap Swim 440
Community Swim 442
Rusty Hinges 442
Water Aerobics 443
Deep Water Aerobics 444
Early Morning Swim & Stay Fit—WINTER 445
Early Morning Swim & Stay Fit— SPRING 446

IMPORTANT REMINDER TO PARENTS

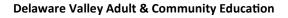
- Please register your child(ren) for the appropriate age/ability level. We reserve the right to move students to a different level swim class at the instructor's discretion.
- Parents/guardians MUST stay in the pool area at all times during classes.
- All school-age children must use the appropriate locker rooms. Girls/women use the women's locker room & boys/men use the men's locker room.
- It is the parent/guardian's responsibility to make sure their children are using the pool facilities properly.

WEATHER RELATED CANCELLATIONS:

For weather related information please check www.dvsd.org or DVSD social media accounts (Facebook, X, etc.)

If DVSD has a delayed start, 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 2025 ● Page 5



PERSONAL ENRICHMENT

#201 FAMILY MUSIC CLASS FOR THE SPECIAL NEEDS COMMUNITY # OF SESSIONS: 4

BLDG: SES ROOM: A4

TIME: 5:00pm-6:00pm

COST: \$20

DAY: M

AGE REQUIREMENTS: 5+ years old

SCHEDULED CLASSES: Feb. 10; Mar.

10; Apr. 14; May 12.

INSTRUCTORS: Sarah Maurer &

Jessica Stokes



COURSE DESCRIPTION: This is a music and movement class for children with special needs and their families. Children must be accompanied by a caregiver for support (parent, guardian, older sibling, etc.). We will play instruments, dance, share, and take turns. All activities encourage discover and exploration and foster social skills. Limited to 10 students and their support member.

#202 S.E.A.L.S. - Social Education and

Life Skills

BLDG: DVMS ROOM: E4 DAY: W

TIME: 4:30pm-6:30pm

COST: \$140



AGE REQUIREMENTS: Adults

OF SESSIONS: 10

SCHEDULED CLASSES: Mar. 5, 12, 19,

26; Apr. 2, 9, 16, 23, 30; May 7. **INSTRUCTORS:** Caylyn Bush & Tiffany

Damon



COURSE DESCRIPTION: This course introduces and practices a variety of life skills. Skills are targeted to increase social independence in the community. Each participant will be required to bring a \$60.00 material fee to the first date of the course.



#203 POPS Chorus

BLDG: DVHS

ROOM: Chorus Room-P8

DAY: W

TIME: 6:00pm-7:15pm

COST: \$20

AGE REQUIREMENTS: Students 6th-

12th grade

OF SESSIONS: 5

SCHEDULED CLASSES: Feb. 5, 19; Mar.

5, 19; Apr. 9.

INSTRUCTOR: Jessica Stokes

COURSE DESCRIPTION: Calling all singers in grades 6-12! Whether you sing in school or have never sung in a group, this chorus is for you! We will be singing as many favorites as possible, finding joy in the music, and building a positive community





together.



Spring Session 2025 ● Page 6



FITNESS & RECREATION

#301 ADULT RECREATIONAL VOLLEY-

BALL

BLDG: DVES ROOM: Gym DAY: W

TIME: 7:00pm-9:00pm

COST: \$95

AGE REQUIREMENTS: Adults

OF SESSIONS: 15

SCHEDULED CLASSES: Feb. 19, 26;

May 7, 14, 21, 28.

INSTRUCTOR: Scott Palermo

COURSE DESCRIPTION: A great way to exercise and play recreational volleyball. This course is designed for those Mar. 5, 12, 19, 26; Apr. 2, 9, 16, 23, 30; with adequate skills in volleyball.



#302 INTRO TO QIGONG

BLDG: SES ROOM: A4 DAY: W

TIME: 6:00pm-7:00pm

COST: \$35

AGE REQUIREMENTS: Adults

OF SESSIONS: 6

SCHEDULED CLASSES: Feb. 5, 12, 19,

26; Mar. 5, 12.

INSTRUCTOR: Maryanne Ford



COURSE DESCRIPTION: Beginner friendly introduction to the Ancient Chinese practice of Qigong. It is done standing, combining breath and meditative movements. Improves balance, flexibility, range of motion, and overall health/well being. Adults of all ages are welcome! Limited to 16.

#303 INTRO TO HATHA YOGA

BLDG: SES ROOM: A4 DAY: W

TIME: 7:15pm-8:30pm

COST: \$40

AGE REQUIREMENTS: Adults

OF SESSIONS: 6

SCHEDULED CLASSES: Feb. 5, 12, 19,

26; Mar. 5, 12.

INSTRUCTOR: Maryanne Ford



COURSE DESCRIPTION: Basic introduction to Hatha Yoga with a focus on poses, alignment, and breathwork. Modifications will be offered to anyone who may need them. Classes are done barefoot or with yoga socks with tread for safety. Participants must bring a yoga mat, blanket, a yoga strap, and 2 blocks. Limited to 14.

#304 YOUTH ULTIMATE FRISBEE

BLDG: DVES

ROOM: Soccer Practice Field

DAY: F

TIME: 4:30pm-5:30pm

COST: \$40



AGE REQUIREMENTS: 3rd to 7th grade COURSE DESCRIPTION: Learn to play

OF SESSIONS: 8

SCHEDULED CLASSES: Apr. 11, 25; May 2, 9, 16, 23, 30; June 6.

INSTRUCTOR: Rebecca Tucker



the ultimate sport! Participants will learn the basics: throwing backhand and forehand, catching under pressure, defensive positioning and the rules of ultimate frisbee. We will drill, play mini-games, and work up to

scrimmaging.



Spring Session 2025 ● Page 7



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. We reserve the right to move students to a different level swim class at the instructor's discretion.
- Parents/guardians MUST stay in the pool area at all times during classes.
- All school-age children must use the appropriate locker rooms. Girls/women use the women's locker room & boys/men use the men's locker room.
- It is the parent/guardian's responsibility to make sure their children are using the pool facilities properly.

#401 ARC - PARENT & CHILD AQUATICS

BLDG: DVHS

ROOM: Natatorium

DAY: S

TIME: 8:30am-9:00am

COST: \$50

AGE REQUIREMENTS: 18 to 36

months

OF SESSIONS: 6

SCHEDULED CLASSES: Mar. 22,

29; Apr.12, 26; May 3, 10.

INSTRUCTOR: Adalyn Ross

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 accompanies his/her child in the water during

instruction. Limited to 12 students.

#402 ARC - PRESCHOOL AQUATICS

LEVEL 1

BLDG: DVHS ROOM: Natatorium

DAY: S

TIME: 9:00am-9:30am

COST: \$50

AGE REQUIREMENTS: 3 to 5 years old **COURSE DESCRIPTION:** Familiarize

OF SESSIONS: 6

SCHEDULED CLASSES: Mar. 22, 29;

Apr. 12, 26; May 3, 10.

INSTRUCTOR: Heather Hawkins

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 1.

Limited to 5 students.

#403 ARC - PRESCHOOL AQUATICS

LEVEL 2

BLDG: DVHS

ROOM: Natatorium

DAY: S

TIME: 9:30am-10:00am

COST: \$50

AGE REQUIREMENTS: 3 to 5 years old **COURSE DESCRIPTION:** Familiarize

OF SESSIONS: 6

SCHEDULED CLASSES: Mar. 22, 29;

Apr. 12, 26; May 3, 10.

INSTRUCTOR: Heather Hawkins

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 1. Limited to 5 students.





Spring Session 2025 •



AQUATICS & SWIMMING

#404 ARC - PRESCHOOL AQUATICS LEVEL 3

BLDG: DVHS

ROOM: Natatorium

DAY: S

TIME: 10:00am-10:30am

COST: \$50

AGE REQUIREMENTS: 3 to 5 years old **COURSE DESCRIPTION:** Increase profi-

OF SESSIONS: 6

SCHEDULED CLASSES: Mar. 22, 29;

Apr. 12, 26; May 3, 10.

INSTRUCTOR: Heather Hawkins

ciency 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. Limited to 5 students.

Prerequisite: Students in this course must be able to glide through the water, roll onto their backs, and float.

#405 ARC - PRESCHOOL AQUATICS

LEVEL 1

BLDG: DVHS **ROOM:** Natatorium

DAY: S

TIME: 10:30am-11:00am

COST: \$50

AGE REQUIREMENTS: 3 to 5 years old

OF SESSIONS: 6

SCHEDULED CLASSES: Mar. 22, 29;

Apr. 12, 26; May 3, 10.

INSTRUCTOR: Heather Hawkins

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 1.

Limited to 5 students.





#406 ARC - LEARN TO SWIM LEVEL 1 **TADPOLES**

BLDG: DVHS **ROOM:** Natatorium

DAY: S

TIME: 10:00am-11:00am

COST: \$60

AGE REQUIREMENTS: K to 12th grade

OF SESSIONS: 6

SCHEDULED CLASSES: Mar. 22, 29;

Apr. 12, 26; May 3, 10. **INSTRUCTOR:** Adalyn Ross **COURSE DESCRIPTION:** A Level 1 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.

#407 ARC - LEARN TO SWIM LEVEL 1 **TADPOLES**

BLDG: DVHS

ROOM: Natatorium

DAY: S

TIME: 12:30pm-1:30pm

COST: \$60

AGE REQUIREMENTS: K to 12th grade

OF SESSIONS: 6

SCHEDULED CLASSES: Mar. 22, 29;

Apr. 12, 26; May 3, 10. **INSTRUCTOR:** Adalyn Ross **COURSE DESCRIPTION:** A Level 1 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.





Spring Session 2025 ● Page 9



AQUATICS & SWIMMING

#408 ARC - LEARN TO SWIM LEVEL 2 GLIPPIFS

BLDG: DVHS ROOM: Natatorium

DAY: S

TIME: 11:00am-12:00pm

COST: \$65

AGE REQUIREMENTS: K to 12th grade

OF SESSIONS: 6

SCHEDULED CLASSES: Mar. 22, 29;

Apr. 12, 26; May 3, 10. **INSTRUCTOR:** Adalyn Ross **COURSE DESCRIPTION:** A Level 2 course is designed to build on the basic aquatic skills, water safety skills and concepts learned in Level 1. 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.

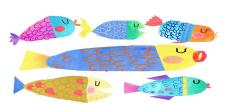
#409 A ARC - LEARN TO SWIM LEVEL 3 **MINNOWS**

BLDG: DVHS ROOM: Natatorium

DAY: S

TIME: 9:00am-10:00am

COST: \$70



SCHEDULED CLASSES: Mar. 22, 29;

AGE REQUIREMENTS: K to 12th grade

OF SESSIONS: 6

Apr. 12, 26; May 3, 10. **INSTRUCTOR:** Adalyn Ross

#409 B ARC - LEARN TO SWIM LEVEL 3 **MINNOWS**

BLDG: DVHS ROOM: Natatorium

DAY: S

TIME: 1:30 pm—2:30 pm

COST: \$70

AGE REQUIREMENTS: K to 12th grade

OF SESSIONS: 6

SCHEDULED CLASSES: Mar. 22, 29;

Apr. 12, 26; May 3, 10. **INSTRUCTOR:** Adalyn Ross

COURSE DESCRIPTION: A Level 3 course is designed to build on the skills learned in Levels 1 & 2. 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 3, participants achieve basic water competency in a pool environment. Limited to 10 students.

COURSE DESCRIPTION: A Level 3 course is designed to build on the skills learned in Levels 1 & 2. 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 3, participants achieve basic water competency in a pool environment. Limited to 10 students.

STINGRAYS & DOLPHINS

BLDG: DVHS **ROOM:** Natatorium

DAY: S

TIME: 8:00am-9:00am

COST: \$80



SCHEDULED CLASSES: Mar. 22, 29;

Apr. 12, 26; May 3, 10.

INSTRUCTOR: Heather Hawkins





COURSE DESCRIPTION: A **Level 5** course is designed to help participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and the back.

A Level 6 course is designed to help participants refine strokes and turns and build endurance. Three options (Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer) provide participants with the opportunity to learn information and skills for specific aquatic activities. Limited to 25 students.



Spring Session 2025 ● Page 10



AQUATICS & SWIMMING



#440 COMMUNITY LAP SWIM

BLDG: DVHS **ROOM:** Natatorium

DAY: T&R

TIME: 3:00pm-5:00pm

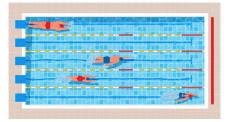
COST: Free to DVSD residents

AGE REQUIREMENTS: All Ages

OF SESSIONS: 11

SCHEDULED CLASSES: Mar. 18, 20, 25,

27; Apr. 1, 3, 8, 10, 15, 22, 24. **INSTRUCTOR:** Heather Hawkins



COURSE DESCRIPTION: This course is intended for lap swimming only, no open swim, free swim, or use of diving board. All participants should register in case of inclement weather, or other closure/cancel notifications. Participants under 18 years of age must be accompanied by an adult. All participants MUST know how to swim.

#441 COMMUNITY SWIM

BLDG: DVHS

ROOM: Natatorium

DAY: F

TIME: 6:00pm-8:00pm

COST: Free to DVSD residents

AGE REQUIREMENTS: All Ages

OF SESSIONS: 6

SCHEDULED CLASSES: Mar. 28; Apr. 4,

11, 25; May 2, 9.

INSTRUCTOR: Adalyn Ross

COURSE DESCRIPTION: Sessions will be supervised by an adult instructor and several lifeguards. Participants will enjoy the freedom of relaxing or exercising at their pace in an open pool. Limited to 100 participants. There is a fee of \$3 per swim for non-residents of the Delaware Valley School District. All should register in case of inclement weather, or other closure/cancel notifications. Participants under 18 years of age must be accompanied by an adult.

#442 RUSTY HINGES

BLDG: DVHS

ROOM: Natatorium

DAY: M&W

TIME: 3:30pm-4:30pm

COST: \$75

AGE REQUIREMENTS: Adults

OF SESSIONS: 11

SCHEDULED CLASSES: Mar. 17, 19, 24,

26, 31; Apr. 2, 7, 9, 14, 16, 23. **INSTRUCTOR:** Heather Hawkins



course 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 - all workouts are conducted in shallow water. Limited 20 participants.

WEATHER RELATED CANCELLATIONS:

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If DVSD has a delayed start, 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 2025 ● Page 11



AQUATICS & SWIMMING

#443 WATER AEROBICS

BLDG: DVHS **ROOM:** Natatorium DAY: M&W

TIME: 4:30pm-5:30pm

COST: \$75

AGE REQUIREMENTS: Adults

OF SESSIONS: 11

SCHEDULED CLASSES: Mar. 17, 19, 24,

26, 31; Apr. 2, 7, 9, 14, 16, 23. **INSTRUCTOR:** Heather Hawkins

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





#444 DEEP WATER AEROBICS

BLDG: DVHS ROOM: Natatorium DAY: M&W

TIME: 5:30pm-6:30pm

COST: \$75

AGE REQUIREMENTS: Adults

OF SESSIONS: 11

26, 31; Apr. 2, 7, 9, 14, 16, 23. **INSTRUCTOR:** Heather Hawkins

COURSE DESCRIPTION: This course is designed to increase cardiovascular activi-SCHEDULED CLASSES: Mar. 17, 19, 24, ty, body strength, and flexibility through a progressive series of exercises in deep water. Aqua belts are used to aid buoyancy. Participants should feel comfortable in deep water for this course. Limited to 14







#445 EARLY MORNING SWIM & STAY AGE REQUIREMENTS: Adults

FIT—WINTER

BLDG: DVHS **ROOM:** Natatorium DAY: M&W

TIME: 6:30am-7:30am

COST: \$100

OF SESSIONS: 14

SCHEDULED CLASSES: Jan. 6, 8, 13, 15, 22, 27, 29; Feb. 3, 5, 10, 12, 19, 24,

26.

INSTRUCTOR: Heather Hawkins

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

#446 EARLY MORNING SWIM & STAY

FIT— SPRING

BLDG: DVHS

ROOM: Natatorium DAY: M&W

TIME: 6:30am-7:30am

COST: \$115

AGE REQUIREMENTS: Adults

OF SESSIONS: 17

SCHEDULED CLASSES: Mar. 17, 19, 24, your day off with a water workout!

26, 31; Apr. 2, 7, 9, 14, 16, 23, 28, 30;

May. 5, 7, 12, 14.

INSTRUCTOR: Heather Hawkins

COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start





Spring Session 2025 • Page 13



Please be aware, DV-ACE registration can be completed online using a credit or debit card. Visit https://www.dvsd.org/ and click on DV-ACE under the Our District tab at the top of the page. If unable to register online, please mail the form 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, 258 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/family per year. • A separate registration form and check must be completed for each participant and PARTICIPANT'S FIRST NAME: MAILING ADDRESS: MAILING ADDRESS:	
CITY/STATE/ZIP:	
PHYSICAL ADDRESS (if different):	
PHONE: EMAIL:	
COURSE #: COURSE TITLE:	
COURSE SCHOOL/ROOM LOCATION:COST:	
PLEASE NOTE: A separate registration form must be completed for each course and par The undersigned acknowledges that he/she is responsible for the proper utilization of the facility acknowledges that there are inherent risks and dangers that may arise associated with this Adult Class. I, the undersigned, willfully, voluntarily, and intelligently acknowledge the existence of ris Adult/Community Education Class, the use of the facility and equipment, the personal injury due and equipment, and do hereby assume such risk and agree to accept the responsibility for any in Please sign below:	ticipant! y and equipment and lt/Community Education eks in connection with this e to the use of the facility
Signature Date	
OFFICE USE ONLY: AMOUNT PD CASH / CHECK / MONEY ORDER #	Date Received:
NAME & ADDRESS IF DIFFERENT FROM ABOVE	Received By:

SPRING 2025

LEVEL 200 COURSES PERSONAL ENRICHMENT

Family Music for the Special Needs
Community 202
S.E.A.L.S Social Education and Life Skills 202
POPS Chorus 203
LEVEL 300 COURSES FITNESS & RECREATION
Adult Recreational Volleyball30
Intro to Qigong NEW 302
Intro to Hatha Yoga NEW303
Youth Ultimate Frisbee NEW304
LEVEL 400 COURSES AQUATICS & SWIM
ARC Preschool Aquatics: Levels 1 - 3 401 - 405
ARC Learn to Swim: Levels 1 - 6 406 - 410
Community Lap Swim440
Community Swim442
Rusty Hinges 442
Water Aerobics 443
Deep Water Aerobics 444
Early Morning Swim & Stay Fit — WINTER 445
Early Morning Swim & Stay Fit — SPRING 446

