

# FALL SESSION 2023



Delaware Valley Adult & Community Education

*Educating for Life's Journey*



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DELAWARE VALLEY ADULT
& COMMUNITY EDUCATION

The Delaware Valley School District is an equal opportunity agency and does not discriminate because of race, color, national origin, religion, age, gender, marital status, or non-relevant handicaps and disabilities as defined by law.

REGISTRATION INFORMATION

Please be aware, DV-ACE registration can now be completed online using a credit or debit card. Visit https://www.dvdsd.org/ and click on DV-ACE under the Our District tab at the top of the page. If unable to register online, please mail the form 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 Barbara Sudano at (570) 296-3615 or dvace@dvdsd.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 200 COURSES PERSONAL ENRICHMENT

S.E.A.L.S. - Social Education and Life Skills .....201
Beginner Crochet Plus.....202
Conversational Sign Language-Beginner .....203
Conversational Sign Language- Beg. 2 NEW .....204
Sewing Basics NEW .....205

LEVEL 300 COURSES FITNESS & RECREATION

Adult Recreational Volleyball.....301
Competitive Pickleball .....302 - 305
Youth Race Series .....306
Youth Girls Travel Field Hockey NEW.....307

LEVEL 400 COURSES AQUATICS & SWIM

ARC Parent & Child Aquatics .....401
ARC Preschool Aquatics: Levels I - III .....402 - 410
ARC Learn to Swim: Levels 1 - 6.....411 - 430
Adaptive Swim Lessons .....440
Community Lap Swim.....441
Community Swim .....442
Rusty Hinges .....443
Regular Water Aerobics .....445
Deep Water Aerobics .....446
Adult Swim Lessons .....451
Early Morning Swim & Stay Fit .....460 - 464
Triathlon Swim Training .....466

WEATHER RELATED CANCELLATIONS:

For weather related information please check www.dvdsd.org, DVSD social media accounts, or call 570-296-1800, select option 9, then 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.

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

CONTACT INFORMATION:
BARBARA SUDANO (570) 296-3615
OR EMAIL DVACE@DVSD.ORG



# PERSONAL ENRICHMENT

**COURSE: #201** S.E.A.L.S.: Social Education and Life Skills  
**ROOM: E4** DAY: W  
**BLDG: DVMS** TIME: 4:30-6:30pm  
**# OF SESSIONS: 10** COST: \$115.00  
**AGE REQUIREMENTS: Adults**  
**SCHEDULED CLASSES: Sept 13, 20, 27; Oct 4, 11, 18, 25; Nov 1, 8, 15**  
**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 \$40.00 material fee to the first date of the course.  
**INSTRUCTORS: April Clark & Caylyn Bush**



**COURSE: #202** Beginner Crochet Plus  
**ROOM: Learning Commons (Library)** DAY: M  
**BLDG: DVHS** TIME: 6:00-8:00pm  
**# OF SESSIONS: 4** COST: \$35.00  
**AGE REQUIREMENT: Adults**  
**SCHEDULED CLASSES: Oct 16, 23, 30; Nov 6**  
**COURSE DESCRIPTION:** Participants will learn basic stitches to be used in completing a beginner project. Plus: Participants who have some skills but need a little help with a project or reading patterns, etc. are welcome to join the beginners we may all learn something new!  
 Participants should bring crochet hook size G or H, and smooth yarn (not textured) in light colors - no black, navy blue, or brown.  
**INSTRUCTOR: Joy Vierra**



# PERSONAL ENRICHMENT

**COURSE: #203** Conversational Sign Language for Beginners  
**ROOM: M1** DAY: R  
**BLDG: DVHS** TIME: 6:30-8:00pm  
**# OF SESSIONS: 6** COST: \$50.00  
**AGE REQUIREMENT: Students grades 9 - 12**  
**SCHEDULED CLASSES: Sept 14, 21, 28; Oct 5, 12, 19**  
**COURSE DESCRIPTION:** Participants will learn the sign language alphabet, as well as basic vocabulary words. This will enable them to communicate in a conversational setting using Signed English.  
**INSTRUCTOR: Laraine Kensicki**



**COURSE: #204** Conversational Sign Language for Beginners Level 2  
**ROOM: M1** DAY: T  
**BLDG: DVHS** TIME: 6:30-8:00pm  
**# OF SESSIONS: 6** COST: \$50.00  
**AGE REQUIREMENT: Adults**  
**SCHEDULED CLASSES: Sept 12, 19, 26; Oct 3, 10, 17**  
**PRE-REQUISITE:** Conversational Sign Language for Beginners  
**COURSE DESCRIPTION:** Participants will continue to work on fingerspelling skills and will increase sign language vocabulary. This will enable them to expand their ability to communicate in a conversational setting using Signed English.  
**INSTRUCTOR: Laraine Kensicki**



**COURSE: #205** Sewing Basics  
**ROOM: P4** DAY: T  
**BLDG: DVHS** TIME: 5:00-6:30pm  
**# OF SESSIONS: 4** COST: \$40.00  
**AGE REQUIREMENT: Adults**  
**SCHEDULED CLASSES: Sept 26; Oct 3, 10, 17**  
**COURSE DESCRIPTION:** Just for beginners, participants will learn the basics to the craft of timeless sewing. You will learn how to wind a bobbin, thread your machine and basic stitches. You will use these skills to make a pillow case and possible other easy sewing items as your ability allows. This class is perfect for those with little or no experience in sewing. Participants must bring their own sewing machine (and manual if possible), 1 yard of fabric, thread to match with a bobbin for your machine, and a fabric cutting tool (scissors).  
**INSTRUCTOR: Mercena Ross**



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

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



# FITNESS & RECREATION



**COURSE: #301**                      **Adult Recreational Volleyball**  
**ROOM: Gym**                                      **DAY: W**  
**BLDG: DVES**                                      **TIME: 7:00-9:00pm**  
**# OF SESSIONS: 18**                              **COST: \$120.00**  
**AGE REQUIREMENTS: Adults**  
**SCHEDULED CLASSES: Sept 13, 20, 27; Oct 4, 11, 18, 25; Nov 1, 8, 15, 29;**  
**Dec 6, 13, 20; Jan 3, 10, 17, 24**

**COURSE DESCRIPTION:** A great way to exercise and play recreational volleyball. This course is designed for those with adequate skills in volleyball.

**INSTRUCTOR: Scott Palermo**



**COURSE: #302**                      **Competitive Pickleball**  
**ROOM: Green Gym**                              **DAY: T**  
**BLDG: DVHS**                                      **TIME: 6:15-8:15pm**  
**# OF SESSIONS: 8**                              **COST: \$40.00**  
**AGE REQUIREMENTS: Adults**                      **MAXIMUM PARTICIPANTS - 20**  
**SCHEDULED CLASSES: Sept 5, 12, 19, 26; Oct 3, 10, 17, 24**

**COURSE DESCRIPTION:** For players who know and understand the game and are looking to refine their skills in friendly and competitive games. Participants should bring Pickleball paddle, sneakers or court shoes (highly recommended), and water. Balls will be provided - please do not bring your own.

**INSTRUCTOR: Ana Balcarcel**

**COURSE: #303**                      **Competitive Pickleball**  
**ROOM: Green Gym**                              **DAY: R**  
**BLDG: DVHS**                                      **TIME: 6:15-8:15pm**  
**# OF SESSIONS: 8**                              **COST: \$40.00**  
**AGE REQUIREMENTS: Adults**                      **MAXIMUM PARTICIPANTS - 20**  
**SCHEDULED CLASSES: Sept 7, 14, 21, 28; Oct 5, 12, 19, 26**

**COURSE DESCRIPTION:** For players who know and understand the game and are looking to refine their skills in friendly and competitive games. Participants should bring Pickleball paddle, sneakers or court shoes (highly recommended), and water. Balls will be provided - please do not bring your own.

**INSTRUCTOR: Ana Balcarcel**

## WEATHER RELATED CANCELLATIONS:

For weather related information please check [www.dvds.org](http://www.dvds.org), DVSD social media accounts, or call the DVSD at (570) 296-1800, select option 9 then option 8 for closing information.

If DVSD has a delayed start, the Early Morning Swim is cancelled. If school is cancelled or there is an early dismissal, all DV-ACE evening classes are cancelled.

# FITNESS & RECREATION

**COURSE: #304**                      **Competitive Pickleball**  
**ROOM: Green Gym**                              **DAY: T**  
**BLDG: DVHS**                                      **TIME: 6:15-8:15pm**  
**# OF SESSIONS: 8**                              **COST: \$40.00**  
**AGE REQUIREMENTS: Adults**                      **MAXIMUM PARTICIPANTS - 20**  
**SCHEDULED CLASSES: Dec 5, 12, 19; Jan 2, 9, 16, 23, 30**

**COURSE DESCRIPTION:** For players who know and understand the game and are looking to refine their skills in friendly and competitive games. Participants should bring Pickleball paddle, sneakers or court shoes (highly recommended), and water. Balls will be provided - please do not bring your own.

**INSTRUCTOR: Ana Balcarcel**

**COURSE: #305**                      **Competitive Pickleball**  
**ROOM: Green Gym**                              **DAY: R**  
**BLDG: DVHS**                                      **TIME: 6:15-8:15pm**  
**# OF SESSIONS: 8**                              **COST: \$40.00**  
**AGE REQUIREMENTS: Adults**                      **MAXIMUM PARTICIPANTS - 20**  
**SCHEDULED CLASSES: Dec 7, 14, 21; Jan 4, 11, 18, 25; Feb 1**

**COURSE DESCRIPTION:** For players who know and understand the game and are looking to refine their skills in friendly and competitive games. Participants should bring Pickleball paddle, sneakers or court shoes (highly recommended), and water. Balls will be provided - please do not bring your own.

**INSTRUCTOR: Ana Balcarcel**



**COURSE: #306**                      **Youth Race Series**  
**ROOM: Main Track/Cross Country**                      **DAY: W/R**  
**BLDG: DVHS**                                      **TIME: 5:45-6:45pm**  
**# OF SESSIONS: 8**                              **COST: \$30.00**

**AGE REQUIREMENTS: Students in 3rd - 6th grades**  
**NEW DATES! SCHEDULED CLASSES: Sept 20, 27; Oct 4, 11, 18, 19, 25, 26**  
**COURSE DESCRIPTION:** Compete, have fun, and earn prizes!! Over eight weeks, you will train for and race distances from 400 to 1600 meters on the track and cross-country course. Focus will be on fitness and FUN! Participants should wear running attire and bring water.

**\*\*LIMITED TO FIRST 100 REGISTRANTS\*\***

**INSTRUCTORS: Keith Fitzpatrick, Justin Roselli, Elizabeth Fitzpatrick, Lucia Schrag**

**COURSE: #307**                      **Youth Girls Travel Field Hockey **NEW****  
**ROOM: Stadium field**                              **DAY: SUNDAY**  
**BLDG: DVHS & Wallepaupack fields**                      **TIME: 5:30-7:30pm**  
**# OF SESSIONS: 5**                              **COST: \$35.00**

**AGE REQUIREMENTS: Girls in 1st - 6th grades**  
**SCHEDULED CLASSES: 9/10(DV), 9/17(W), 9/24(DV), 10/15(DV), 10/22(W)**  
**COURSE DESCRIPTION:** Players will learn basic skills and apply them in small games against Wallenpaupack. This course requires players to provide their own transportation to Wallenpaupack location games.

Participants should come prepared to play with cleats/sneakers, mouthguard, shin guards, and field hockey stick.

**INSTRUCTORS: Lindsay Gonzalez, Amanda Holtzer, Doninique Ganska**

## REMEMBER TO REGISTER EARLY!

Courses may be cancelled due to a lack of enrollment.



# AQUATICS & SWIMMING

## IMPORTANT REMINDER TO PARENTS

Please register your child(ren) for the appropriate age/ability level. There will be NO CHANGES of levels or refunds once classes have begun.

**COURSE: #401** ARC - Parent & Child Aquatics  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 2:00-2:30pm  
**# OF SESSIONS:** 7 **COST:** \$45.00  
**AGE REQUIREMENTS:** Ages 18 to 36 months  
**SCHEDULED CLASSES:** Sept 16, 23; Oct 7, 14, 21, 28; Nov 4  
**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.  
**INSTRUCTOR:** Sabrina Amigo

**COURSE: #402** ARC - Preschool Aquatics Level 1  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 9:00-9:30am  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 16, 23; Oct 7, 14, 21, 28; Nov 4  
**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:** Sabrina Amigo

**COURSE: #403** ARC - Preschool Aquatics Level 1  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 9:30-10:00am  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 16, 23; Oct 7, 14, 21, 28; Nov 4  
**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:** Sabrina Amigo

**COURSE: #404** ARC - Preschool Aquatics Level 1  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 9:45-10:15am  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 16, 23; Oct 7, 14, 21, 28; Nov 4  
**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:** Adalyn Ross

# AQUATICS & SWIMMING

**COURSE: #406** ARC - Preschool Aquatics Level 2  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 10:00am-10:30am  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 16, 23; Oct 7, 14, 21, 28; Nov 4  
**COURSE DESCRIPTION:** Build on the basic aquatic skills learned in Preschool Level I. This course is intended for children between the ages of 3 and 5 years old. Limited to 8 students.  
**Prerequisite:** Students in this course must successfully complete a prior Preschool Aquatics course.  
**INSTRUCTOR:** Sabrina Amigo



**COURSE: #407** ARC - Preschool Aquatics Level 2  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 10:15-10:45am  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 16, 23; Oct 7, 14, 21, 28; Nov 4  
**COURSE DESCRIPTION:** Build on the basic aquatic skills learned in Preschool Level I. This course is intended for children between the ages of 3 and 5 years old. Limited to 8 students.  
**Prerequisite:** Students in this course must successfully complete a prior Preschool Aquatics course.  
**INSTRUCTOR:** Adalyn Ross

**COURSE: #409** ARC - Preschool Aquatics Level 3  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 10:45-11:15am  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 16, 23; Oct 7, 14, 21, 28; Nov 4  
**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. Limited to 8 students.  
**Prerequisite:** Students in this course must be able to glide through the water, roll onto their backs, and float.  
**INSTRUCTOR:** Adalyn Ross

**COURSE: #410** ARC - Preschool Aquatics Level 3  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 1:30-2:00pm  
**# OF SESSIONS:** 7 **COST:** \$55.00  
**AGE REQUIREMENTS:** Ages 3 to 5  
**SCHEDULED CLASSES:** Sept 16, 23; Oct 7, 14, 21, 28; Nov 4  
**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. Limited to 8 students.  
**Prerequisite:** Students in this course must be able to glide through the water, roll onto their backs, and float.  
**INSTRUCTOR:** Sabrina Amigo

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





# AQUATICS & SWIMMING

**COURSE: #411**      **ARC - Learn to Swim Level 1 - Tadpoles**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 8:15-9:00am**  
**# OF SESSIONS: 7**      **COST: \$65.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A 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: Sabrina Amigo**

**COURSE: #412**      **ARC - Learn to Swim Level 1 - Tadpoles**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 9:00-9:45am**  
**# OF SESSIONS: 7**      **COST: \$65.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A 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: Adalyn Ross**



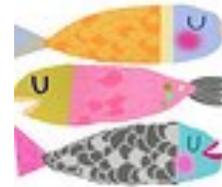
**COURSE: #413**      **ARC - Learn to Swim Level 1 - Tadpoles**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 10:30-11:15am**  
**# OF SESSIONS: 7**      **COST: \$65.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A 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: Sabrina Amigo**

**COURSE: #414**      **ARC - Learn to Swim Level 1 - Tadpoles**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 11:15-12:00pm**  
**# OF SESSIONS: 7**      **COST: \$65.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A 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: Sabrina Amigo**

**COURSE: #415**      **ARC - Learn to Swim Level 1 - Tadpoles**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 11:15-12:00pm**  
**# OF SESSIONS: 7**      **COST: \$65.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A 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: Adalyn Ross**

# AQUATICS & SWIMMING

**COURSE: #418**      **ARC - Learn to Swim Level 2 - Guppies**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 8:00-9:00am**  
**# OF SESSIONS: 7**      **COST: \$80.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A Level II course is designed to build on the basic aquatic skills, 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: Chelsea Shatt**



**COURSE: #419**      **ARC - Learn to Swim Level 2 - Guppies**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 1:30-2:30pm**  
**# OF SESSIONS: 7**      **COST: \$80.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A Level II course is designed to build on the basic aquatic skills, 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: Adalyn Ross**

**COURSE: #420**      **ARC - Learn to Swim Level 2 - Guppies**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 12:30-1:30pm**  
**# OF SESSIONS: 7**      **COST: \$80.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A Level II course is designed to build on the basic aquatic skills, 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: Sabrina Amigo**

**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.**



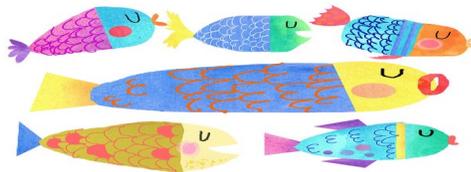


# AQUATICS & SWIMMING

**COURSE: #423**      **ARC - Learn to Swim Level 3 - Minnows**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 9:00-10:00am**  
**# OF SESSIONS: 7**      **COST: \$80.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A Level 3 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: Chelsea Shatt**

**COURSE: #424**      **ARC - Learn to Swim Level 3 - Minnows**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 12:30-1:30pm**  
**# OF SESSIONS: 7**      **COST: \$80.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A Level 3 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: Adalyn Ross**

**COURSE: #425**      **ARC - Learn to Swim Level 3 - Minnows**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 2:30-3:30pm**  
**# OF SESSIONS: 7**      **COST: \$80.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A Level 3 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: Sabrina Amigo**



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

# AQUATICS & SWIMMING

**COURSE: #427**      **ARC - Learn to Swim Level 4 - Sea Turtles**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 10:00-11:00am**  
**# OF SESSIONS: 7**      **COST: \$80.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A Level 4 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: Chelsea Shatt**

**COURSE: #428**      **ARC - Learn to Swim Level 4 - Sea Turtles**  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 2:30-3:30pm**  
**# OF SESSIONS: 7**      **COST: \$80.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**COURSE DESCRIPTION:** A Level 4 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: Adalyn Ross**



**COURSE: #430**      **ARC - Learn to Swim Level 5 - Stingrays AND ARC - Learn to Swim Level 6 - Dolphins**  
**\* COMBINED CLASS \***  
**ROOM: Natatorium**      **DAY: S**  
**BLDG: DVHS**      **TIME: 11:00am-12:00pm**  
**# OF SESSIONS: 7**      **COST: \$80.00**  
**AGE REQUIREMENTS: Grades K to 12**  
**SCHEDULED CLASSES: Sept 16, 23; Oct 7, 14, 21, 28; Nov 4**  
**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.  
**INSTRUCTOR: Chelsea Shatt**



# AQUATICS & SWIMMING

# AQUATICS & SWIMMING

**COURSE: #440** Adaptive Swim Lessons  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 3:30-4:15pm  
**# OF SESSIONS:** 7 **COST:** \$65.00

**AGE REQUIREMENTS:** Ages 3 and above  
**SCHEDULED CLASSES:** Sept 16, 23; Oct 7, 14, 21, 28; Nov 4  
**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. Limited to 12 students.  
**INSTRUCTOR:** Sabrina Amigo

**COURSE: #451** Adult Swim Lessons  
**ROOM:** Natatorium **DAY:** S  
**BLDG:** DVHS **TIME:** 4:15-5:15pm  
**# OF SESSIONS:** 7 **COST:** \$55.00

**AGE REQUIREMENTS:** ADULTS  
**SCHEDULED CLASSES:** Sept 16, 23; Oct 7, 14, 21, 28; Nov 4  
**COURSE DESCRIPTION:** New swimmer? Always wanted to learn? Good, but would like to be better? This class is for you, all of you! From beginner to experienced, this class will help if you're looking to learn how, or refine and improve your skills. Basic water safety and survival skills in and around water will be taught. Cap and goggles are optional.  
**INSTRUCTOR:** Sabrina Amigo

**COURSE: #441** Community Lap Swim  
**ROOM:** Natatorium **DAY:** T & R  
**BLDG:** DVHS **TIME:** 4:30-6:00pm  
**# OF SESSIONS:** 14 **COST:** Free to DVSD residents  
**AGE REQUIREMENTS:** All Ages \$3 per non-resident, per swim  
**SCHEDULED CLASSES:** Sept 12, 14, 19, 21, 26, 28;  
 Oct 3, 5, 10, 12, 17, 19, 24, 26

**COURSE DESCRIPTION:** This course is intended for lap swimming only, no open swim, free swim, or use of diving board.  
 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.  
**INSTRUCTOR:** Sabrina Amigo

**COURSE: #442** Community Swim  
**ROOM:** Natatorium **DAY:** F  
**BLDG:** DVHS **TIME:** 6:00-8:00pm  
**# OF SESSIONS:** 6 **COST:** Free to DVSD Residents  
**AGE REQUIREMENTS:** All Ages \$3 per non-resident, per swim  
**SCHEDULED CLASSES:** Sept 22, 29; Oct 6, 13, 27; 11/3

**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.  
**INSTRUCTOR:** Sabrina Amigo

**COURSE: #443** Rusty Hinges  
**ROOM:** Natatorium **DAY:** M & W  
**BLDG:** DVHS **TIME:** 4:30-5:30pm  
**# OF SESSIONS:** 14 **COST:** \$65.00

**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Sept 11, 13, 18, 20, 25, 27;  
 Oct 2, 4, 11, 16, 18, 23, 25, 30  
**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 - all workouts are conducted in shallow water. Limit 20 participants.  
**INSTRUCTOR:** Sabrina Amigo

**COURSE: #445** Water Aerobics  
**ROOM:** Natatorium **DAY:** M & W  
**BLDG:** DVHS **TIME:** 5:30-6:30pm  
**# OF SESSIONS:** 14 **COST:** \$65.00

**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Sept 11, 13, 18, 20, 25, 27;  
 Oct 2, 4, 11, 16, 18, 23, 25, 30  
**COURSE DESCRIPTION:** This course is designed to increase cardiovascular activity, body strength, and flexibility through a progressive series of exercises. Limited to 14 students.  
**INSTRUCTOR:** Sabrina Amigo

**COURSE: #446** Deep Water Aerobics  
**ROOM:** Natatorium **DAY:** M & W  
**BLDG:** DVHS **TIME:** 6:30-7:30pm  
**# OF SESSIONS:** 14 **COST:** \$65.00

**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Sept 11, 13, 18, 20, 25, 27;  
 Oct 2, 4, 11, 16, 18, 23, 25  
**COURSE DESCRIPTION:** This course is designed to increase cardiovascular activity, body strength, and flexibility through a progressive series of exercises in deep water. Aqua belts are used to aid buoyancy. Participants should feel comfortable in deep water for this course. Limited to 14 students.  
**INSTRUCTOR:** Sabrina Amigo

**COURSE: See Below** Early Morning Swim & Stay Fit  
**ROOM:** Natatorium **DAY:** M & W  
**BLDG:** DVHS **TIME:** 6:30am - 7:30am  
**# OF SESSIONS:** Varies **COST:** SEE BELOW

**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES / COST:**  
 #460 September: 18,20,25,27 **COST:** \$20.00  
 #461 October: 2,4,11,16,18,23,25,30 **COST:** \$40.00  
 #462 November: 1,6,8,13,15,20,29 **COST:** \$35.00  
 #463 December: 4,6,11,13,18,20 **COST:** \$30.00  
 #464 January: 8,10,17,22,24,29,31 **COST:** \$40.00

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

**COURSE: #466** Triathlon Swim Training  
**ROOM:** Natatorium **DAY:** M  
**BLDG:** DVHS **TIME:** 6:30-8:00pm  
**# OF SESSIONS:** 7 **COST:** \$80.00

**AGE REQUIREMENTS:** Adults  
**SCHEDULED CLASSES:** Sep. 11, 18, 25; Oct. 2, 16, 23, 30  
**COURSE DESCRIPTION:** This course is open to all levels of swimming. Focus will be on stroke development using drills to improve your skills. Perfect for aspiring triathletes of all distances.  
 Participants should bring goggles and fins. Limited to 30 students.  
**INSTRUCTOR:** Lisa Legg

## WEATHER RELATED CANCELLATIONS:

For weather related information please check [www.dvds.org](http://www.dvds.org), DVSD social media accounts, or call the DVSD at (570) 296-1800, select option 9 then option 8 for closing information.

If DVSD has a delayed start, the Early Morning Swim is cancelled. If school is cancelled or there is an early dismissal, all DV-ACE evening classes are cancelled.

If a class is cancelled, the next class to be held follows the schedule that is posted in this catalog.



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

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

IF UNABLE TO REGISTER ONLINE, COMPLETE FORM AND MAIL TO: DV-ACE, 258 ROUTE 6 & 209, MILFORD, PA 18337-9454

Non-Resident Fee: \$ \_\_\_\_\_

Please Note:

- \* Make all checks payable to DV-ACE.
\* All out-of-district enrollees must pay a \$20.00 non-resident fee per course, with a maximum of \$60.00 per participant/family per year.
\* A separate registration form and check must be completed for each participant and course.

PARTICIPANT'S FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHYSICAL ADDRESS (if different): \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

COURSE #: \_\_\_\_\_ COURSE TITLE: \_\_\_\_\_

COURSE SCHOOL/ROOM LOCATION: \_\_\_\_\_ COST: \_\_\_\_\_

GRADE LEVEL (2023-2024) (if applicable): \_\_\_\_\_ PARENT/GUARDIAN NAME (if applicable): \_\_\_\_\_

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

Please sign below:

Signature \_\_\_\_\_ Date \_\_\_\_\_

OFFICE USE ONLY:

AMOUNT PD. \_\_\_\_\_ CASH / CHECK / MONEY ORDER # \_\_\_\_\_

NAME & ADDRESS IF DIFFERENT FROM ABOVE \_\_\_\_\_

NOTES \_\_\_\_\_

Date Received: \_\_\_\_\_
Received By: \_\_\_\_\_

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

# DV-ACE FALL 2023

## LEVEL 200 COURSES **PERSONAL ENRICHMENT**

S.E.A.L.S. - Social Education and Life Skills .....	201
Beginner Crochet Plus .....	202
Conversational Sign Language for Beginners .....	203
Conversational Sign Language for Beginners 2 <b>NEW</b> .....	204
Sewing Basics <b>NEW</b> .....	205

## LEVEL 300 COURSES **FITNESS & RECREATION**

Adult Recreational Volleyball .....	301
Competitive Pickleball .....	302-305
Youth Race Series <b>NEW</b> .....	306
Youth Girls Travel Field Hockey <b>NEW</b> .....	307

## LEVEL 400 COURSES **AQUATICS & SWIM**

ARC Parent & Child Aquatics .....	401
ARC Preschool Aquatics: Levels I - III .....	402 - 410
ARC Learn to Swim: Levels I - VI .....	411 - 430
Adaptive Swim Lessons .....	440
Lap Swim & Community Swim .....	441 - 442
Rusty Hinges .....	443
Water Aerobics .....	445
Deep Water Aerobics .....	446
Adult Swim Lesson .....	451
Early Morning Swim & Stay Fit .....	460 - 464
Triathlon Swim Training .....	466