

SUMMER 2022



Delaware Valley Adult & Community Education

Educating for Life's Journey



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DV-ACE, 252 Rt. 6 & 209
Delaware Valley School District
Milford, PA 18337
(570) 296-3615
dvace@dvdsd.org

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, with the exception of Summer Camp, 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 Tammy Phipps 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)

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** MAIL IN OR DROP OFF REGISTRATION ONLY FOR CAMP **

DV-ACE SUMMER OFFICE HOURS:
MONDAY-FRIDAY
8:00AM - 3:00PM

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

Call to schedule an appointment.



GENERAL EDUCATION

COURSE: #102 Waterfront Skills
ROOM: Natatorium & C6 **DAY:** R, F
BLDG: DVHS **TIME:** *see below *
OF SESSIONS: 2 **COST:** \$ 50.00
AGE REQUIREMENTS: Age 15-17 and above with current LG card
SCHEDULED CLASSES: June 30: 9am - 12pm, July 1: 12pm - 3pm
COURSE DESCRIPTION: Teaches lifeguards the skills and knowledge needed to prevent and respond to emergencies in non-surf, open-water areas found at public parks, resorts, summer camps and campgrounds. Participants must have a current American Red Cross certificate for Life-guarding/First Aid/CPR/AED to participate in this module. After successful completion of this module, participants will receive an American Red Cross certificate for Waterfront Skills, which is valid for 2 years and is only valid with a current American Red Cross Lifeguarding/First Aid/CPR/AED certification.
Must bring current ARC LG Certification card to first class.
INSTRUCTOR: Katherine Stiger

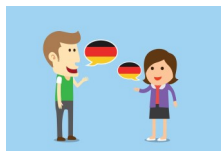


PERSONAL ENRICHMENT

COURSE: #202 Five Essential Oils for Anxiety &an Depression **NEW**
ROOM: F1 **DAY:** M
BLDG: DVMS **TIME:** 6:00-7:30pm
OF SESSIONS: 1 **COST:** \$20.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: July 5
COURSE DESCRIPTION: This course is designed to help empower and educate people towards better mental health. We'll discuss: Essential Oil safety guidelines, Basic Methodology, the five essential oil's biochemical principles and therapeutic actions. **** Use of essential oils does not replace medication management. Course is for educational purposes only.****
INSTRUCTOR: Micah Sweeney



COURSE: #203 Introductory German: Knowing the Fundamentals **NEW**
ROOM: M2 **DAY:** T & R
BLDG: DVHS **TIME:** 3:00-5:00pm
OF SESSIONS: 2 **COST:** \$30.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: July 26, 28
COURSE DESCRIPTION: Sprechen Sie Deutsch? German is the language that over one million speak. In this seminar, students will be introduced to the German culture as well as a comprehensive history. Students will also get a basic introduction to the German language.
INSTRUCTOR: Christopher Maslin



FITNESS & RECREATION

COURSE: #305 Beginner Tennis
ROOM: Tennis Courts **DAY:** M, W
BLDG: DVHS **TIME:** 9:30am-11:00am
OF SESSIONS: 7 **COST:** \$ 40.00
AGE REQUIREMENTS: Grades 4-7 in the 2022-2023 school year
SCHEDULED CLASSES: July 6,11,13,18,20,25,27
COURSE DESCRIPTION: Students will learn the basics of playing tennis; forehand, backhand, serving and playing the game.
INSTRUCTOR: Katherine Stiger



IF THE COURSE YOU'RE TRYING TO REGISTER FOR IS FULL, PLEASE EMAIL DVACE@DVSD.ORG OR CALL 570-296-3615.

**DV-ACE SUMMER OFFICE HOURS:
 MONDAY-FRIDAY
 8:00AM - 3:00PM**

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

Call to schedule an appointment.

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



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.



AQUATICS & SWIMMING

COURSE: #401 **ARC - Parent & Child Aquatics**
ROOM: Natatorium **DAY: R**
BLDG: DVHS **TIME: 1:30pm -2:00pm**
OF SESSIONS: 6 **COST: \$47.00**
AGE REQUIREMENTS: Ages 18 to 36 months
SCHEDULED CLASSES: June 30; July 7, 14, 21, 28; Aug 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 accompany his/her child in the water during instruction. Limited to 12 students.
INSTRUCTOR: Katherine Stiger

COURSE: #402 **ARC - Preschool Aquatics Level 1**
ROOM: Natatorium **DAY: M**
BLDG: DVHS **TIME: 12:30-1:00pm**
OF SESSIONS: 6 **COST: \$47.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: June 27; July 11, 18, 25; Aug 1, 8
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: Grace Riexinger

COURSE: #403 **ARC - Preschool Aquatics Level 1**
ROOM: Natatorium **DAY: M**
BLDG: DVHS **TIME: 2:30-3:00pm**
OF SESSIONS: 6 **COST: \$47.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: June 27; July 11, 18, 25; Aug 1, 8
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: Grace Riexinger

COURSE: #404 **ARC - Preschool Aquatics Level 2**
ROOM: Natatorium **DAY: M**
BLDG: DVHS **TIME: 1:00-1:30pm**
OF SESSIONS: 6 **COST: \$47.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: June 27; July 11, 18, 25; Aug 1, 8
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: #405 **ARC - Preschool Aquatics Level 2**
ROOM: Natatorium **DAY: W**
BLDG: DVHS **TIME: 2:30-3:00pm**
OF SESSIONS: 6 **COST: \$47.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: June 29; July 6, 13, 20, 27; Aug 3
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 3**
ROOM: Natatorium **DAY: T**
BLDG: DVHS **TIME: 2:30-3:00m**
OF SESSIONS: 6 **COST: \$47.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: June 28; July 5, 12, 19, 26; Aug 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 5 students.
INSTRUCTOR: Katherine Stiger

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.

IF THE COURSE YOU'RE TRYING TO REGISTER FOR IS FULL, PLEASE EMAIL DVACE@DVSD.ORG OR CALL 570-296-3615.





AQUATICS & SWIMMING

COURSE: #407 **ARC - Preschool Aquatics Level 3**
ROOM: Natatorium **DAY: R**
BLDG: DVHS **TIME: 12:30-1:00pm**
OF SESSIONS: 6 **COST: \$47.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: June 30; July 7, 14, 21, 28; Aug 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. 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

COURSE: #408 **ARC - Learn to Swim Level 1 - Tadpoles**
ROOM: Natatorium **DAY: T**
BLDG: DVHS **TIME: 12:30-1:15pm**
OF SESSIONS: 6 **COST: \$56.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: June 28; July 5, 12, 19, 26; Aug 2
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: Grace Riexinger

COURSE: #409 **ARC - Learn to Swim Level 1 - Tadpoles**
ROOM: Natatorium **DAY: T**
BLDG: DVHS **TIME: 1:15-2:00pm**
OF SESSIONS: 6 **COST: \$56.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: June 28; July 5, 12, 19, 26; Aug 2
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: Grace Riexinger

COURSE: #410 **ARC - Learn to Swim Level 1 - Tadpoles**
ROOM: Natatorium **DAY: F**
BLDG: DVHS **TIME: 1:30-2:15pm**
OF SESSIONS: 6 **COST: \$56.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: July 1, 8, 15, 22, 29; Aug 5
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: Grace Riexinger

AQUATICS & SWIMMING

COURSE: #411 **ARC - Learn to Swim Level 1 - Tadpoles**
ROOM: Natatorium **DAY: F**
BLDG: DVHS **TIME: 2:15-3:00pm**
OF SESSIONS: 6 **COST: \$56.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: July 1, 8, 15, 22, 29; Aug 5
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: Grace Riexinger

COURSE: #412 **ARC - Learn to Swim Level 2 - Guppies**
ROOM: Natatorium **DAY: T**
BLDG: DVHS **TIME: 12:30-1:30pm**
OF SESSIONS: 6 **COST: \$68.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: June 28; July 5, 12, 19, 26; Aug 2
COURSE DESCRIPTION: A Level II course is designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 8 students.
INSTRUCTOR: Katherine Stiger

COURSE: #413 **ARC - Learn to Swim Level 2 - Guppies**
ROOM: Natatorium **DAY: T**
BLDG: DVHS **TIME: 1:30-2:30pm**
OF SESSIONS: 6 **COST: \$68.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: June 28; July 5, 12, 19, 26; Aug 2
COURSE DESCRIPTION: A Level II course is designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 8 students.
INSTRUCTOR: Katherine Stiger

WEATHER RELATED CANCELLATIONS:
For weather related information please check 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.

IF THE COURSE YOU'RE TRYING TO REGISTER FOR IS FULL, PLEASE EMAIL DVACE@DVSD.ORG OR CALL 570-296-3615.





AQUATICS & SWIMMING

COURSE: #414 **ARC - Learn to Swim Level 2 - Guppies**
ROOM: Natatorium **DAY: W**
BLDG: DVHS **TIME: 12:30-1:30pm**
OF SESSIONS: 6 **COST: \$68.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: June 29; July 6, 13, 20, 27; Aug 3
COURSE DESCRIPTION: A Level II course is designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.
INSTRUCTOR: Grace Rixinger

COURSE: #415 **ARC - Learn to Swim Level 2 - Guppies**
ROOM: Natatorium **DAY: F**
BLDG: DVHS **TIME: 8:00-9:00am**
OF SESSIONS: 6 **COST: \$68.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: July 1, 8, 15, 22, 29; Aug 5
COURSE DESCRIPTION: A Level II course is designed to build on the basic aquatic skills and water safety skills and concepts learned in Level I. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.
INSTRUCTOR: Grace Rixinger

COURSE: #416 **ARC - Learn to Swim Level 3 - Minnows**
ROOM: Natatorium **DAY: T**
BLDG: DVHS **TIME: 2:00-3:00pm**
OF SESSIONS: 6 **COST: \$68.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: June 28; July 5, 12, 19, 26; Aug 2
COURSE DESCRIPTION: A Level II 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 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 **ARC - Learn to Swim Level 3 - Minnows**
ROOM: Natatorium **DAY: W**
BLDG: DVHS **TIME: 1:30-2:30pm**
OF SESSIONS: 6 **COST: \$68.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: June 29; July 6, 13, 20, 27; Aug 3
COURSE DESCRIPTION: A Level II 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 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

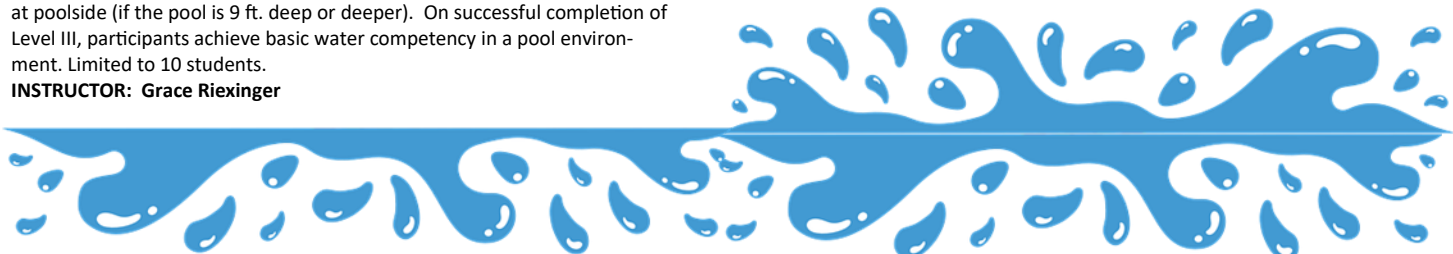
AQUATICS & SWIMMING

COURSE: #418 **ARC - Learn to Swim Level 3 - Minnows**
ROOM: Natatorium **DAY: F**
BLDG: DVHS **TIME: 9:00-10:00am**
OF SESSIONS: 6 **COST: \$68.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: July 1, 8, 15, 22, 29; Aug 5
COURSE DESCRIPTION: A Level II 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 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: #419 **ARC - Learn to Swim Level 3 - Minnows**
ROOM: Natatorium **DAY: F**
BLDG: DVHS **TIME: 12:30-1:30pm**
OF SESSIONS: 6 **COST: \$68.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: July 1, 8, 15, 22, 29; Aug 5
COURSE DESCRIPTION: A Level II 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 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

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.

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





AQUATICS & SWIMMING

COURSE: #420 **ARC - Learn to Swim Level 4 - Sea Turtles**
ROOM: Natatorium **DAY: M**
BLDG: DVHS **TIME: 1:30-2:30pm**
OF SESSIONS: 6 **COST: \$68.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: June 27; July 11, 18, 25; Aug 1, 8
COURSE DESCRIPTION: A Level IV course is designed to improve participants' proficiency in performing the swimming strokes that were introduced in Level III. Participants learn to perform these strokes with increased proficiency and swim them for greater distances. In addition, participants learn the arm actions that accompany the scissors kick and breaststroke kick in order to begin performing the sidestroke and breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at the wall. Limited to 15 students.
INSTRUCTOR: Grace Riexinger

COURSE: #421 **ARC - Learn to Swim Level 4 - Sea Turtles**
ROOM: Natatorium **DAY: F**
BLDG: DVHS **TIME: 10:00-11:00am**
OF SESSIONS: 6 **COST: \$68.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: July 1, 8, 15, 22, 29; Aug 5
COURSE DESCRIPTION: A Level IV course is designed to improve participants' proficiency in performing the swimming strokes that were introduced in Level III. Participants learn to perform these strokes with increased proficiency and swim them for greater distances. In addition, participants learn the arm actions that accompany the scissors kick and breaststroke kick in order to begin performing the sidestroke and breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at the wall. Limited to 15 students.
INSTRUCTOR: Grace Riexinger

COURSE: #422 **ARC - Learn to Swim Level 5 - Stingrays AND**
*** COMBINED CLASS * ARC - Learn to Swim Level 6 - Dolphins**
ROOM: Natatorium **DAY: F**
BLDG: DVHS **TIME: 11:00am-12:00pm**
OF SESSIONS: 6 **COST: \$68.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: July 1, 8, 15, 22, 29; Aug 5
COURSE DESCRIPTION: A Level V course is designed to help participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and the back.
 A Level VI course is designed to help participants refine strokes and turns and build endurance. Three options (Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer) provide participants with the opportunity to learn information and skills for specific aquatic activities. Limited to 25 students.
INSTRUCTOR: Grace Riexinger

AQUATICS & SWIMMING

COURSE: #440 **Adaptive Swim Lessons**
ROOM: Natatorium **DAY: F**
BLDG: DVHS **TIME: 4:30pm-5:15pm**
OF SESSIONS: 6 **COST: \$56.00**
AGE REQUIREMENTS: Ages 3 and above
SCHEDULED CLASSES: July 1, 8, 15, 22, 29; Aug 5
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: Grace Riexinger

COURSE: #441 **Community Lap Swim**
ROOM: Natatorium **DAY: T & R**
BLDG: DVHS **TIME: 4:30pm-6:00pm**
OF SESSIONS: 12 **COST: Free to Local Residents**
AGE REQUIREMENTS: All Ages
SCHEDULED CLASSES: June 28, 30; July 5, 7, 12, 14, 19, 21, 26, 28; Aug 2, 4
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. Non-residents will have a pool pass waiting at the pool for pick up at Community Lap Swim.
INSTRUCTOR: Grace Riexinger

COURSE: #442 **Community Swim**
ROOM: Natatorium **DAY: T & R**
BLDG: DVHS **TIME: 6:00pm-8:00pm**
OF SESSIONS: 14 **COST: Free to Local Residents**
AGE REQUIREMENTS: All Ages
SCHEDULED CLASSES: June 28, 30; July 5, 7, 12, 14, 19, 21, 26, 28; Aug 2, 4
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 registration, non-residents will have a pool pass waiting at the pool for pick up at Community Swim.
INSTRUCTOR: Grace Riexinger

WEATHER RELATED CANCELLATIONS:
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AQUATICS & SWIMMING

COURSE: #443 **Rusty Hinges**
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 10:00-11:00am
OF SESSIONS: 12 **COST:** \$60.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: June 27, 29; July 6, 11, 13, 18, 20, 25, 27; Aug 1, 3, 8
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: #444 **Rusty Hinges**
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 11:00am-12:00pm
OF SESSIONS: 12 **COST:** \$60.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: June 27, 29; July 6, 11, 13, 18, 20, 25, 27; Aug 1, 3, 8
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: #445 **Water Aerobics**
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 4:30-5:30pm
OF SESSIONS: 12 **COST:** \$60.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: June 27, 29; July 6, 11, 13, 18, 20, 25, 27; Aug 1, 3, 8
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: Grace Riexinger

COURSE: #446 **Deep Water Aerobics**
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 5:30-6:30pm
OF SESSIONS: 12 **COST:** \$60.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: June 27, 29; July 6, 11, 13, 18, 20, 25, 27; Aug 1, 3, 8
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: Grace Riexinger

COURSE: #447 **Deep Water Aerobics**
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 6:30-7:30pm
OF SESSIONS: 12 **COST:** \$60.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: June 27, 29; July 6, 11, 13, 18, 20, 25, 27; Aug 1, 3, 8
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: Grace Riexinger

AQUATICS & SWIMMING

COURSE: #451 **Adult Swim Lessons**
ROOM: Natatorium **DAY:** F
BLDG: DVHS **TIME:** 5:30-6:30pm
OF SESSIONS: 6 **COST:** \$47.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: July 1, 8, 15, 22, 29; Aug 5
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: Grace Riexinger

COURSE: #460 **Early Morning Swim & Stay Fit - June/July**
#461 **Early Morning Swim & Stay Fit - July/August**
ROOM: Natatorium **DAY:** M - F
BLDG: DVHS **TIME:** 6:45am-7:45am
OF SESSIONS: SEE BELOW **COST:** SEE BELOW
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES / # OF SESSIONS / COST
#460 June 27,28,29,30; July 1,5,6,7,8,11,12,13,14,15 **COST:** \$56.00
#428 July 18,19,20,21,22,25,26,27,28,29; Aug 1,2,3,4,5 **COST:** \$60.00
COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start your day off with a water workout.
INSTRUCTOR: Katherine Stiger & Grace Riexinger

COURSE: #466 **Recreational Swim for Senior Citizens**
ROOM: Natatorium **DAY:** R
BLDG: DVHS **TIME:** 1:00-3:00pm
OF SESSIONS: 6 **COST:** FREE for DVSD residents
AGE REQUIREMENTS: 50+
SCHEDULED CLASSES: June 30; July 7, 14, 21, 28; Aug 4
COURSE DESCRIPTION: This program is for any senior citizen who is age 50 or older. The pool will be made available for lap swim or recreational swimming in a senior citizen only environment. Fee for non-residents is \$3 per swim, paid in advance. Once paid, a pool card will be waiting for you at the pool.
INSTRUCTOR: Grace Riexinger

COURSE: #467-470 **Introduction to Diving**
ROOM: Natatorium **BLDG:** DVHS
AGE REQUIREMENTS: Grades 6-12 in the 2022-2023 school year
INSTRUCTOR: Grace Riexinger
COURSE DESCRIPTION: This course will teach participants the fundamentals of one meter diving. Participants will increase strength, flexibility, and body control. Participants must be able to swim in the deep end, jump off the diving board without hesitation, and jump into the water without plugging their nose. Limit 10 students per session.

#467 M&W June 27, 29; July 6, 11, 13 8:00-10:00am **COST:** \$80.00
#468 T&R June 28, 30; July 5, 7, 12 8:00-10:00am **COST:** \$80.00
#469 M&W July 18, 20, 25, 27; Aug 1, 3 8:00-10:00am **COST:** \$96.00
#470 T&R July 19, 21, 26, 28; Aug 2, 4 8:00-10:00am **COST:** \$96.00



2022 DV-ACE Summer Day Camp Schedule

Full camp info and registration form available on DV-ACE webpage

Course #501 DAY CAMP WEEK 1: USA/FOURTH OF JULY WEEK

ROOM: F Wing DAY: M, T, W, R, F
BLDG: DVMS DATES: June 27 - July 1 (5 days)
GRADES: 1-6 (2022-2023) TIME: 8:30 AM– 4:30 PM
FULL DAY COST: \$200.00 HALF DAY COST: \$100.00 Mornings: 8:30am-12:30pm; Afternoons: 12:30pm-4:30pm

Course #502 DAY CAMP WEEK 2: BEACH WEEK

ROOM: F Wing DAY: T, W, R, F *Please note – no camp Monday, July 4*
BLDG: DVMS DATES: July 5 – July 8 (4 days)
GRADES: 1-6 (2022-2023) TIME: 8:30 AM– 4:30 PM
FULL DAY COST: \$160.00 HALF DAY COST: \$80.00 Mornings: 8:30am-12:30pm; Afternoons: 12:30pm-4:30pm

Course #503 DAY CAMP WEEK 3: SCIENCE WEEK

ROOM: F Wing DAY: M, T, W, R, F
BLDG: DVMS DATES: July 11 – July 15 (5 days)
GRADES: 1-6 (2022-2023) TIME: 8:30 AM– 4:30 PM
FULL DAY COST: \$200.00 HALF DAY COST: \$100.00 Mornings: 8:30am-12:30pm; Afternoons: 12:30pm-4:30pm

Course #504 DAY CAMP WEEK 4: THROUGH THE DECADES WEEK

ROOM: F Wing DAY: M, T, W, R, F
BLDG: DVMS DATES: July 18 – July 22 (5 days)
GRADES: 1-6 (2022-2023) TIME: 8:30 AM– 4:30 PM
FULL DAY COST: \$200.00 HALF DAY COST: \$100.00 Mornings: 8:30am-12:30pm; Afternoons: 12:30pm-4:30pm

Course #505 DAY CAMP WEEK 5: EXPLORERS/PIRATES WEEK

ROOM: F Wing DAY: M, T, W, R, F
BLDG: DVMS DATES: July 25 – July 29 (5 days)
GRADES: 1-6 (2022-2023) TIME: 8:30 AM– 4:30 PM
FULL DAY COST: \$200.00 HALF DAY COST: \$100.00 Mornings: 8:30am-12:30pm; Afternoons: 12:30pm-4:30pm

Course #506 DAY CAMP WEEK 6: ANIMAL PLANET WEEK

ROOM: F Wing DAY: M, T, W, R, F
BLDG: DVMS DATES: August 1 – August 5 (5 days)
GRADES: 1-6 (2022-2023) TIME: 8:30 AM– 4:30 PM
FULL DAY COST: \$200.00 HALF DAY COST: \$100.00 Mornings: 8:30am-12:30pm; Afternoons: 12:30pm-4:30pm



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, 252 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 or 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 (2022-2023) (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: _____

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