

SPRING 2022



LIFEGUARD



Delaware Valley Adult & Community Education

Educating for Life's Journey



Mark McElroy, Director
 Tammy Phipps, Secretary
 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, 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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DV-ACE OFFICE HOURS ARE:
MONDAY-FRIDAY
8:00AM - 12:30PM

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

Call to schedule an appointment.

**GENERAL EDUCATION**

COURSE: #101 Lifeguarding/CPR Certification
ROOM: Natatorium & C6 **DAY:** F
BLDG: DVHS **TIME:** 3:00-6:00pm
OF SESSIONS: 10 **COST:** \$300.00
AGE REQUIREMENTS: Minimum age 15 by end of course—10 person max.
SCHEDULED CLASSES: Mar 18,25; Apr 1,8,22,29; May 6,13,20,27

***** No class April 17 *****

COURSE DESCRIPTION: The purpose of the American Red Cross Lifeguarding course is to provide entry-level participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel can take over. The course is a combination of classroom and pool instruction. Participants who successfully complete the course may apply to receive an American Red Cross certificate for lifeguarding, CPR, AED and First Aid valid for 2 years. The student is responsible to pay the American Red Cross fees.

Prerequisites: The skills below will be tested in the pool at the first class, and the student must pass to move on.

1. Must be 15 years old on or before the final scheduled session of this course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
4. Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 22 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10 pound object. Return to the surface and swim 22 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps. * **THIS IS NOT FOR WATERFRONT CERTIFICATION** *

INSTRUCTORS: Grace Riexinger & Chelsea Shatt



COURSE: #102 Lifeguard/CPR Recertification
ROOM: Natatorium & C6 **DAY:** R
BLDG: DVHS **TIME:** 6:00pm-8:00pm
OF SESSIONS: 3 **COST:** \$45.00
AGE REQUIREMENTS: Age 15-17 and above with current LG card
SCHEDULED CLASSES: May 12, 19, 26

COURSE DESCRIPTION: This course allows a lifeguard to review written and physical skills for Lifeguard Training, First Aid/CPR/AED and waterfront Lifeguarding. Certification valid for 2 years.

MUST BRING current, valid Lifeguard card and resuscitation mask to first class.

PREREQUISITES:

1. Must have a valid and current Lifeguard certification.
2. Swim 550 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
4. Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 22 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10 pound object. Return to the surface and swim 22 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps. ***** **10 REGISTRANTS MAXIMUM** *****

INSTRUCTOR: Katherine Stiger

PERSONAL ENRICHMENT

COURSE: #201 Fashion Illustration **NEW**
ROOM: E8 **DAY:** M
BLDG: DVMS **TIME:** 6:00-8:00pm
OF SESSIONS: 6 **COST:** \$70.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: February 28; Mar 7,14,21,28; Apr 4

COURSE DESCRIPTION: Through the use of magazine images we will study the structure of figures and faces to learn anatomically the correct form of the body/face and how the flow of fabric falls on the body. With this, having a creative mind to explore design and fashion elements. **Required** supply list available by contacting dvace@dvsd.org ****MAXIMUM 6 PARTICIPANTS****

INSTRUCTOR: Ann Marie Nitti

COURSE: #202 Drawing and Sketching Basics **NEW**
ROOM: E8 **DAY:** T
BLDG: DVMS **TIME:** 6:00-7:30pm
OF SESSIONS: 6 **COST:** \$60.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar 1,8,15,22,29; Apr 5

COURSE DESCRIPTION: We will be learning the basics of form, light, and texture which is essential to expanding your horizons in creating/learning how to draw and deepen techniques to your art projects. We will go through different exercises with the pencils to learn the correct light source and how to build up texture for depth of field. We will use all our techniques and incorporate them into a finished pencil rendering. **Required** supply list available by contacting dvace@dvsd.org ****MAXIMUM 6 PARTICIPANTS****

INSTRUCTOR: Ann Marie Nitti

COURSE: #203 Watercolor for Beginners **NEW**
ROOM: E8 **DAY:** W
BLDG: DVMS **TIME:** 6:00-8:30pm
OF SESSIONS: 6 **COST:** \$85.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar 2,9,16,23,30; Apr 6

COURSE DESCRIPTION: We are going to learn how to control watercolor. Learn and improve your skills with different brush technique exercises. Discover ways to learn building up texture along with depth of field. Completed project will be a leaf painting. **Required** supply list available by contacting dvace@dvsd.org ****MAXIMUM 6 PARTICIPANTS****

INSTRUCTOR: Ann Marie Nitti

COURSE: #204 Advanced Watercolor **NEW**
ROOM: E8 **DAY:** R
BLDG: DVMS **TIME:** 6:00-8:30pm
OF SESSIONS: 6 **COST:** \$85.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar 3,10,17,24,31; Apr 7

COURSE DESCRIPTION: We are going to learn how to control watercolor. Learn and improve your skills with different brush technique exercises. Discover ways to learn building up texture along with depth of field. Completed project will be an animal portrait. **Required** supply list available by contacting dvace@dvsd.org ****MAXIMUM 6 PARTICIPANTS****

INSTRUCTOR: Ann Marie Nitti

COURSE: #205 Pastel Drawing **NEW**
ROOM: E8 **DAY:** F
BLDG: DVMS **TIME:** 6:00-8:00pm
OF SESSIONS: 6 **COST:** \$70.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar 4,11,18,25; Apr 1,8

COURSE DESCRIPTION: If you love to draw and are afraid of paint, pastels is the way to go! You will love this messy and inspiring form of drawing. We will use an image of a sunset or sunrise with guidance through the project. Let's discover how you see and express art! **Required** supply list available by contacting dvace@dvsd.org ****MAXIMUM 6 PARTICIPANTS****

INSTRUCTOR: Ann Marie Nitti



PERSONAL ENRICHMENT

COURSE: #206 First Aid with Essential Oils and Homeopathy
ROOM: F1 **DAY:** T
BLDG: DVMS **TIME:** 6:30pm-7:30pm
OF SESSIONS: 6 **COST:** \$30.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Feb 15,22; Mar 1,8,15,22

COURSE DESCRIPTION: First Aid with Essential Oils and Homeopathy is a foundation course that makes these two disciplines accessible. The course provides their philosophical backgrounds and methodology of first aid and acute situations where essential oils or homeopathic remedies may be helpful. Safety guidelines will be emphasized. In addition, class will cover noted historical and/or metaphysical principles and therapeutic actions of oils and remedies. This course provides information that can be used in addition to standard first aid care.

INSTRUCTOR: MICAH SWEENEY



COURSE: #207 Introductory German: Knowing the Fundamentals
ROOM: Learning Commons **DAY:** R
BLDG: DVHS **TIME:** 6:00pm - 9:00pm
OF SESSIONS: 1 **COST:** \$25.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: March 10

COURSE DESCRIPTION: Sprechen Sie Deutsch? German is the language that over one million people speak. In this seminar, participants will get the fundamentals regarding culture and a basic working knowledge of the language. Are you ready for an abenteuer (adventure) into Germany and the German language?

INSTRUCTOR: Christopher Maslin

COURSE: #208 Coffee Clutch and Discussing the Written Narrative
ROOM: Zoom **DAY:** T
BLDG: N/A **TIME:** 6:30pm-7:30pm
OF SESSIONS: 4 **COST:** \$30.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar 8,15,22,29

COURSE DESCRIPTION: Attention avid readers and writers! Come discuss writings from your favorite authors! Participants will learn literary terminologies and apply them to selected examples from authors. You will also learn how to compose your own narratives and writings. Selected book, to be announced will be required for each session.

INSTRUCTOR: Christopher Maslin



COURSE: #209 SEALS Social Education and Life Skills
ROOM: A1 **DAY:** W
BLDG: DVHS **TIME:** 4:30pm - 6:30pm
OF SESSIONS: 10 **COST:** \$150.00

AGE REQUIREMENTS: Age 21 and above

SCHEDULED CLASSES: Mar 16,23,30; Apr 6,20,27; May 4,11,18,25

COURSE DESCRIPTION: This course teaches students social strategies and real life skills within their community, including shopping, menu math, ordering, cooking, and technology skills. Each participant will be required to bring a \$35.00 material fee to the first date of the course.

INSTRUCTORS: Linda Huttman & Mignon Reisky



FITNESS & RECREATION

COURSE: #301 Adult Volleyball
ROOM: Gym **DAY:** W
BLDG: DVES **TIME:** 8:00pm - 10:00pm
OF SESSIONS: 17 **COST:** \$110.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Feb 2,9,16,23; Mar 2,9,16,23,30; Apr 6,20,27; May 4,11,18,25; June 1

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

INSTRUCTOR: Scott Palermo



COURSE: #302 Youth Introduction to Track and Field **NEW**
ROOM: Track **DAY:** R
BLDG: DVHS **TIME:** 5:45pm-6:45pm
OF SESSIONS: 6 **COST:** \$30.00

AGE REQUIREMENTS: Boys and Girls, Grades 2 - 6

SCHEDULED CLASSES: Apr 21,28; May 5,12,19,26

COURSE DESCRIPTION: Gold, Silver, Bronze! Speed, Power, Endurance! This class is a great introduction for the young athlete to Track and Field. Give the sprints, distance events, throwing and jumping events a try! The focus will be on form, flexibility, strength, and FUN! Participants should be prepared with running attire, shoes, and water.

INSTRUCTOR: Keith Fitzpatrick



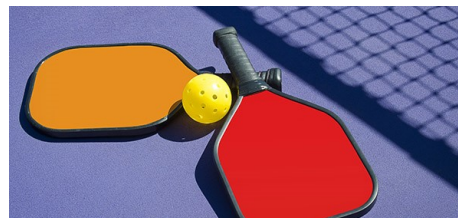
COURSE: #303 Beginner Pickleball **NEW**
ROOM: Green Gym **DAY:** M
BLDG: DVHS **TIME:** 6:00pm-8:00pm
OF SESSIONS: 12 **COST:** \$80.00

AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar 7,14,21,28; Apr 4,11,25; May 2,9,16,23; Jun 6

COURSE DESCRIPTION: Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Two or four players are typical but three is possible. Players use solid paddles to hit a perforated polymer ball, (much like a whiffle ball, with 26-40 holes) over a net. Popular with all ages and adaptable to a wheelchair. Learn the basics and play on the first night! Participants should be prepared with paddles and balls. Court shoes are recommended.

INSTRUCTOR: Scott Vinson





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:** 1:30pm - 2:00pm
OF SESSIONS: 7 **COST:** \$55.00
AGE REQUIREMENTS: Ages 18 to 36 months
SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14
COURSE DESCRIPTION: Familiarize young children from 18 to 36 months with the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or how to survive in the water on their own. Registration for this course requires that the child be toilet trained and a parent accompany his/her child in the water during instruction. Limited to 8 students.
INSTRUCTOR: Katherine Stiger

COURSE: #402 **ARC - Preschool Aquatics Level 1**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 9:00am - 9:30am
OF SESSIONS: 7 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14
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 8 students.
INSTRUCTOR: Grace Riexinger

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

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.

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

AQUATICS & SWIMMING



COURSE: #403 **ARC - Preschool Aquatics Level 2**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 9:30am - 10:00am
OF SESSIONS: 7 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14
COURSE DESCRIPTION: Build on the basic aquatic skills learned in Preschool Level 1 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: #404 **ARC - Preschool Aquatics Level 2**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:30pm - 1:00pm
OF SESSIONS: 7 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14
COURSE DESCRIPTION: Build on the basic aquatic skills learned in Preschool Level 1 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: Katherine Stiger

COURSE: #405 **ARC - Preschool Aquatics Level 3**
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: Mar 26; Apr 2, 9, 23, 30; May 7, 14
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: #406 **ARC - Preschool Aquatics Level 3**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 1:00pm - 1:30pm
OF SESSIONS: 7 **COST:** \$55.00
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14
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: Katherine Stiger





AQUATICS & SWIMMING

COURSE: #407 **ARC - Learn to Swim Level 1 - Tadpoles**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 9:00am - 9:45am
OF SESSIONS: 7 **COST:** \$65.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14
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: TBA

COURSE: #408 **ARC - Learn to Swim Level 1 - Tadpoles**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:30am - 11:15am
OF SESSIONS: 7 **COST:** \$65.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14
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:** S
BLDG: DVHS **TIME:** 11:15am - 12:00pm
OF SESSIONS: 7 **COST:** \$65.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14
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:** S
BLDG: DVHS **TIME:** 2:00pm - 2:45pm
OF SESSIONS: 7 **COST:** \$65.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14
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: Katherine Stiger

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

AQUATICS & SWIMMING

COURSE: #411 **ARC - Learn to Swim Level 2 - Guppies**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:00am - 11:00am
OF SESSIONS: 7 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14
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: TBA

COURSE: #412 **ARC - Learn to Swim Level 2 - Guppies**
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: Mar 26; Apr 2, 9, 23, 30; May 7, 14
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: TBA

COURSE: #413 **ARC - Learn to Swim Level 2 - Guppies**
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:30pm - 1:30pm
OF SESSIONS: 7 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14
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 Riexinger

WEATHER RELATED CANCELLATIONS:

For weather related information please check www.dvsd.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.





AQUATICS & SWIMMING

COURSE: #414 ARC - Learn to Swim Level 3 - Minnows
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: Mar 26; Apr 2, 9, 23, 30; May 7, 14

COURSE DESCRIPTION: A Level III course is designed to build on the skills learned in Levels I and II. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissor and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level III, participants achieve basic water competency in a pool environment. Limited to 10 students.

INSTRUCTOR: Chelsea Shatt

COURSE: #415 ARC - Learn to Swim Level 3 - Minnows
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 1:30pm - 2:30pm
OF SESSIONS: 7 **COST:** \$80.00

AGE REQUIREMENTS: Grades K to 12

SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14

COURSE DESCRIPTION: A Level III course is designed to build on the skills learned in Levels I and II. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level III, participants achieve basic water competency in a pool environment. Limited to 10 students.

INSTRUCTOR: Grace Riexinger

COURSE: #416 ARC - Learn to Swim Level 4 - Sea Turtles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:00am - 11:00am
OF SESSIONS: 7 **COST:** \$80.00

AGE REQUIREMENTS: Grades K to 12

SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14

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: Chelsea Shatt

COURSE: #417 ARC - Learn to Swim Level 4 - Sea Turtles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 2:30pm - 3:30pm
OF SESSIONS: 7 **COST:** \$80.00

AGE REQUIREMENTS: Grades K to 12

SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14

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

AQUATICS & SWIMMING

COURSE: #418 ARC - Learn to Swim Level 5 - Stingrays AND
* COMBINED CLASS * ARC - Learn to Swim Level 6 - Dolphins

ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 9:00am - 10:00am
OF SESSIONS: 7 **COST:** \$80.00

AGE REQUIREMENTS: Grades K to 12

SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14

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: Chelsea Shatt

COURSE: #420 Adaptive Swim Lessons
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 3:30pm - 4:15pm
OF SESSIONS: 7 **COST:** \$65.00

AGE REQUIREMENTS: Ages 3 and above

SCHEDULED CLASSES: Mar 26; Apr 2, 9, 23, 30; May 7, 14

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

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: #421 Community Lap Swim
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 4:30pm - 6:00pm
OF SESSIONS: 23 **COST:** Free to Local Residents

AGE REQUIREMENTS: All Ages
SCHEDULED CLASSES: Mar 22,24,29,31; Apr 5,7,12,19,21,26,28;
 May 3,5,10,12,17,19,24,26,31; June 2,7,9

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: #422 Community Swim
ROOM: Natatorium **DAY:** F
BLDG: DVHS **TIME:** 6:00pm - 8:00pm
OF SESSIONS: 14 **COST:** Free to Local Residents

AGE REQUIREMENTS: All Ages
SCHEDULED CLASSES: Mar 4,11,18,25; Apr 1,8,22,29; May 6,13,20,27; June 3,10

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

COURSE: #423 Rusty Hinges
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 4:00pm - 5:00pm
OF SESSIONS: 17 **COST:** \$85.00

AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 21,23,28,30; Apr 4,6,11,20,25,27;
 May 2,4,9,11,16,18,23

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: #431 Rusty Hinges
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 5:00pm - 6:00pm
OF SESSIONS: 17 **COST:** \$85.00

AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 21,23,28,30; Apr 4,6,11,20,25,27;
 May 2,4,9,11,16,18,23

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

AQUATICS & SWIMMING

COURSE: #424 Water Aerobics
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 6:00pm - 7:00pm
OF SESSIONS: 17 **COST:** \$85.00

AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 21,23,28,30; Apr 4,6,11,20,25,27;
 May 2,4,9,11,16,18,23

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

INSTRUCTOR: Grace Riexinger

COURSE: #425 Deep Water Aerobics
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 7:00pm - 8:00pm
OF SESSIONS: 17 **COST:** \$85.00

AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 21,23,28,30; Apr 4,6,11,20,25,27;
 May 2,4,9,11,16,18,23

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: #426 Adult Swim Lessons
ROOM: Natatorium **DAY:** T
BLDG: DVHS **TIME:** 7:00pm - 8:00pm
OF SESSIONS: 7 **COST:** \$55.00

AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 22,29; Apr 5,12,19,26; May 3

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: #427 Early Morning Swim & Stay Fit - February
#428 Early Morning Swim & Stay Fit - March
#429 Early Morning Swim & Stay Fit - April
#430 Early Morning Swim & Stay Fit - May

ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 6:45am-7:45am
OF SESSIONS: Varies **COST:** SEE BELOW

AGE REQUIREMENTS: Adults
SCHEDULED CLASSES / COST:

#427	Feb 7,9,14,16,23,28	COST: \$24.00
#428	Mar 2,7,9,14,16,21,23,28,30	COST: \$36.00
#429	Apr 4,6,11,20,25,27	COST: \$24.00
#430	May 2,4,9,11,16,18,23,25	COST: \$32.00

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

INSTRUCTOR: Katherine Stiger





Please be aware, DV-ACE registration can be completed online using a credit or debit card.
Visit <https://www.dvsa.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 (2021-2022) (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 SPRING 2022

LEVEL 100 COURSES GENERAL EDUCATION

Lifeguard/CPR Certification	101
Lifeguard/CPR Recertification	102

LEVEL 200 COURSES PERSONAL ENRICHMENT

Fashion Illustration NEW	201
Drawing & Sketching Basics NEW	202
Watercolor for Beginners NEW	203
Advanced Watercolor NEW	204
Pastel Drawing NEW	205
First Aid with Essential Oils and Homeopathy	206
Introductory German: Knowing the Fundamentals NEW	207
Coffee Clutch and Discussing the Written Narrative NEW	208
SEALS: Social Education & Life Skills IT'S BACK!	209

LEVEL 300 COURSES FITNESS & RECREATION

Adult Volleyball	301
Youth Introduction to Track and Field NEW	302
Beginner Pickleball NEW	303

LEVEL 400 COURSES AQUATICS & SWIM

ARC Parent & Child Aquatics	401
ARC Pre-School Aquatics: Levels I - III	402 - 406
ARC Learn to Swim: Levels I - VI	407 - 418
Adaptive Swim Lessons	420
Lap Swim & Community Swim	421 - 422
Rusty Hinges	423 & 426
Water Aerobics	424
Deep Water Aerobics	425
Adult Swim Lessons NEW	426
Early Morning Swim & Stay Fit	427-430