

Delaware Valley Adult & Community Education

# FALL SESSION 2024



*Educating for Life's Journey*



## ATTENTION ALL DV-ACE PARTICIPANTS

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

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

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

Thank you for your time and attention to this matter.

Respectfully submitted,

*Nathan Kroptavich*

Nathan Kroptavich

DV-ACE Director





# REGISTRATION INFORMATION

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

## Notice to All Participants:

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

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

## Abbreviations Used in This Catalog

- |  |  |
|--|--|
| <b>ARC</b> — American Red Cross  | <b>DVHS</b> — Delaware Valley High School, 256 Rt. 6 & 209, Milford, PA  |
| <b>DDES</b> — Dingman-Delaware Elementary School, 1355 Rt. 739, Dingmans Ferry, PA | <b>SES</b> — Shohola Elementary School, 940 Twin Lakes Rd., Shohola, PA  |
| <b>DDMS</b> — Dingman-Delaware Middle School, 1365 Rt. 739, Dingmans Ferry, PA     | <b>TBA</b> — To Be Announced   |
| <b>DDPS</b> — Dingman-Delaware Primary School, 1375 Rt. 739, Dingmans Ferry, PA    | <b>TBD</b> — To Be Determined  |
| <b>DVES</b> — Delaware Valley Elementary School, 500 Ave. S., Matamoras, PA        | <b>DAYS OF THE WEEK</b> are listed as <b>M</b> (Monday); <b>T</b> (Tuesday); <b>W</b> (Wednesday); <b>R</b> (Thursday); <b>F</b> (Friday); <b>S</b> (Saturday) |
| <b>DVMS</b> — Delaware Valley Middle School, 258 Rt. 6 & 209, Milford, PA          |  |

*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.*



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**DV-ACE OFFICE HOURS ARE:**  
 MONDAY-FRIDAY  
 8:30AM - 2:00PM

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

**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.
- Parents/guardians **MUST** stay in the pool area at all times during classes.
- All school-age children must use the appropriate locker rooms. Girls/women use the women's locker room & boys/men use the men's locker room.
- It is the parent/guardian's responsibility to make sure their children are using the pool facilities properly.

**WEATHER RELATED CANCELLATIONS:**

For weather related information please check [www.dvsd.org](http://www.dvsd.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.

## PERSONAL ENRICHMENT

### #201 FAMILY MUSIC CLASS FOR THE SPECIAL NEEDS COMMUNITY

**BLDG:** SES  
**ROOM:** A4  
**DAY:** M  
**TIME:** 5:00pm-6:00pm  
**COST:** \$20

**AGE REQUIREMENTS:** 5+ years old  
**# OF SESSIONS:** 4  
**SCHEDULED CLASSES:** Sept. 16; Oct. 21;  
Nov. 18; Dec. 16.  
**INSTRUCTORS:** Sarah Maurer & Jessica  
Stokes

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



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

**BLDG:** DVMS  
**ROOM:** E4  
**DAY:** W  
**TIME:** 4:30pm-6:00pm  
**COST:** \$75

**AGE REQUIREMENTS:** Adults  
**# OF SESSIONS:** 8  
**SCHEDULED CLASSES:** Oct. 2, 9, 16, 23,  
30; Nov. 6, 13, 20.  
**INSTRUCTORS:** Karen Orgitano & Caylyn  
Bush

**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.



### #203 BEGINNER CROCHET PLUS

**BLDG:** DVHS  
**ROOM:** Learning Commons (Library)  
**DAY:** T  
**TIME:** 6:00pm-8:00pm  
**COST:** \$40

**AGE REQUIREMENTS:** Adults  
**# OF SESSIONS:** 5  
**SCHEDULED CLASSES:** Sept. 10, 17, 24;  
Oct. 1, 8.  
**INSTRUCTOR:** Joy Vierra

**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.



### #204 POPS Chorus

**BLDG:** DVHS  
**ROOM:** Chorus Room-P8  
**DAY:** W  
**TIME:** 6:00pm-7:15pm  
**COST:** \$20

**AGE REQUIREMENTS:** Girls 6<sup>th</sup>-12<sup>th</sup> grade  
**# OF SESSIONS:** 4  
**SCHEDULED CLASSES:** Sept. 18; Oct. 23;  
Nov. 13; Dec. 4.  
**INSTRUCTOR:** Jessica Stokes

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



## FITNESS & RECREATION

### #301 ADULT RECREATIONAL VOLLEYBALL

**BLDG:** DVES

**ROOM:** Gym

**DAY:** W

**TIME:** 7:00pm-9:00pm

**COST:** \$120

**AGE REQUIREMENTS:** Adults

**# OF SESSIONS:** 19

**SCHEDULED CLASSES:** Sept. 4, 11, 18, 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20; Dec. 4, 11, 18; Jan. 8, 15, 22, 29.

**INSTRUCTOR:** Scott Palermo

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



### #302 YOUTH GIRLS' TRAVEL FIELD HOCKEY

**BLDG:** DVHS & Wallenpaupack Fields

**ROOM:** Stadium

**DAY:** R

**TIME:** 6:00pm-8:00pm

**COST:** \$55

**AGE REQUIREMENTS:** Girls K to 6<sup>th</sup> grade

**# OF SESSIONS:** 5

**SCHEDULED CLASSES:** Sept. 5 (DV), 12 (W), 19 (DV), 26 (DV); Oct. 3 (W).

**INSTRUCTOR:** Lindsay Gonzalez, Amanda Holtzer, Susie Prisco, Dominique Ganska, & Lyndsay Foster

**COURSE DESCRIPTION:** Players will learn basic skills and apply them in small games against Wallenpaupack. This course requires players to play with cleats and sneakers (if moved indoors). Sneakers can be work outside too. Players should have a molded mouth guard, shin guards, and field hockey stick. Field hockey is an amazing game that uses many similar athletic movements as other sports. Come join us in having some fun and growing together!



### #303 MEN'S BASKETBALL

**BLDG:** DDES

**ROOM:** Gym

**DAY:** M

**TIME:** 6:00pm-8:00pm

**COST:** \$60

**AGE REQUIREMENTS:** Adults

**# OF SESSIONS:** 10

**SCHEDULED CLASSES:** Nov. 4, 18, 25; Dec. 9, 16; Jan. 6, 13, 27; Feb. 3, 10.

**INSTRUCTOR:** Kevin Quinn

**COURSE DESCRIPTION:** For players who know and understand the game. Basic basketball skills emphasized with competitive play. Limited to 20 players.



## 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 re-funds once classes have begun.
- Parents/guardians **MUST** stay in the pool area at all times during classes.
- All school-age children must use the appropriate locker rooms. Girls/women use the women's locker room & boys/men use the men's locker room.
- It is the parent/guardian's responsibility to make sure their children are using the pool facilities properly.

#### #401 ARC - PRESCHOOL AQUATICS LEVEL 1

**BLDG:** DVHS  
**ROOM:** Natatorium  
**DAY:** S  
**TIME:** 9:00am-9:30am  
**COST:** \$50

**AGE REQUIREMENTS:** 3 to 5 years old  
**# OF SESSIONS:** 6  
**SCHEDULED CLASSES:** Sept. 14, 21,  
28; Oct. 5, 12, 19.  
**INSTRUCTOR:** Heather Hawkins

**COURSE DESCRIPTION:** Familiarize pre-school-age children with the aquatic environment and help them acquire rudimentary levels of basic aquatic skills. This course is intended for children between the ages of 3 and 5 years old. There are no skill prerequisites for Preschool Aquatics Level 1. Limited to 5 students.

#### #402 ARC - PRESCHOOL AQUATICS LEVEL 2

**BLDG:** DVHS  
**ROOM:** Natatorium  
**DAY:** S  
**TIME:** 9:30am-10:00am  
**COST:** \$50

**AGE REQUIREMENTS:** 3 to 5 years old  
**# OF SESSIONS:** 6  
**SCHEDULED CLASSES:** Sept. 14, 21,  
28; Oct. 5, 12, 19.  
**INSTRUCTOR:** Heather Hawkins

**COURSE DESCRIPTION:** Familiarize pre-school-age children with the aquatic environment and help them acquire rudimentary levels of basic aquatic skills. This course is intended for children between the ages of 3 and 5 years old. There are no skill prerequisites for Preschool Aquatics Level 1. Limited to 5 students.



#### #403 ARC - LEARN TO SWIM LEVEL 1 TADPOLES

**BLDG:** DVHS  
**ROOM:** Natatorium  
**DAY:** S  
**TIME:** 10:00am-11:00am  
**COST:** \$60

**AGE REQUIREMENTS:** K to 12<sup>th</sup> grade  
**# OF SESSIONS:** 6  
**SCHEDULED CLASSES:** Sept. 14, 21,  
28; Oct. 5, 12, 19.  
**INSTRUCTOR:** Heather Hawkins

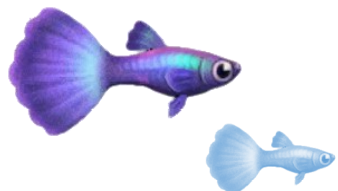
**COURSE DESCRIPTION:** A Level 1 course is designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.

#### #404 ARC - LEARN TO SWIM LEVEL 2 GUPPIES

**BLDG:** DVHS  
**ROOM:** Natatorium  
**DAY:** S  
**TIME:** 8:00am-9:00am  
**COST:** \$60

**AGE REQUIREMENTS:** K to 12<sup>th</sup> grade  
**# OF SESSIONS:** 6  
**SCHEDULED CLASSES:** Sept. 14, 21,  
28; Oct. 5, 12, 19.  
**INSTRUCTOR:** Heather Hawkins

**COURSE DESCRIPTION:** A Level 2 course is designed to build on the basic aquatic skills, water safety skills and concepts learned in Level 1. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.

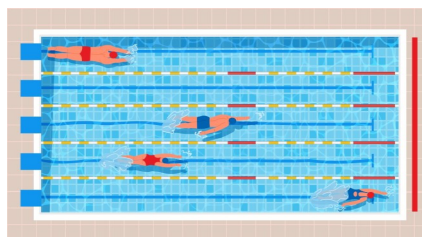


## AQUATICS & SWIMMING

### #440 COMMUNITY LAP SWIM

**BLDG:** DVHS  
**ROOM:** Natatorium  
**DAY:** T  
**TIME:** 3:00pm-5:00pm  
**COST:** Free to DVSD residents

**AGE REQUIREMENTS:** All Ages  
**# OF SESSIONS:** 6  
**SCHEDULED CLASSES:** Sept. 10, 17, 24; Oct. 1, 8, 15.  
**INSTRUCTOR:** Heather Hawkins



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

### #441 COMMUNITY SWIM

**BLDG:** DVHS  
**ROOM:** Natatorium  
**DAY:** F  
**TIME:** 6:00pm-8:00pm  
**COST:** Free to DVSD residents

**AGE REQUIREMENTS:** All Ages  
**# OF SESSIONS:** 12  
**SCHEDULED CLASSES:** Sept. 13, 27; Oct. 4, 11; Nov. 1, 8.  
**INSTRUCTOR:** Adalyn Ross

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

### #442 RUSTY HINGES

**BLDG:** DVHS  
**ROOM:** Natatorium  
**DAY:** M & W  
**TIME:** 3:30pm-4:30pm  
**COST:** \$65

**AGE REQUIREMENTS:** Adults  
**# OF SESSIONS:** 12  
**SCHEDULED CLASSES:** Sept. 9, 11, 16, 18, 23, 25, 30; Oct. 2, 7, 9, 16, 21.  
**INSTRUCTOR:** Chelsea Shatt



**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. Limited 20 participants.

### WEATHER RELATED CANCELLATIONS:

For weather related information please check [www.dvsd.org](http://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.

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## AQUATICS & SWIMMING

### #443 WATER AEROBICS

**BLDG:** DVHS

**ROOM:** Natatorium

**DAY:** M & W

**TIME:** 4:30pm-5:30pm

**COST:** \$65

**AGE REQUIREMENTS:** Adults

**# OF SESSIONS:** 12

**SCHEDULED CLASSES:** Sept. 9, 11, 16, 18, 23, 25, 30; Oct. 2, 7, 9, 16, 21.

**INSTRUCTOR:** Chelsea Shatt

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



### #444 DEEP WATER AEROBICS

**BLDG:** DVHS

**ROOM:** Natatorium

**DAY:** M & W

**TIME:** 5:30pm-6:30pm

**COST:** \$65

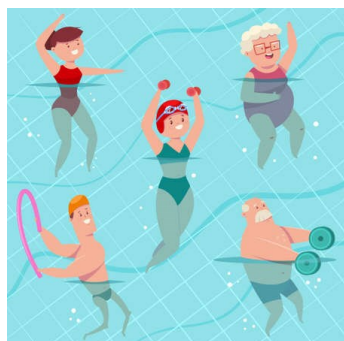
**AGE REQUIREMENTS:** Adults

**# OF SESSIONS:** 12

**SCHEDULED CLASSES:** Sept. 9, 11, 16, 18, 23, 25, 30; Oct. 2, 7, 9, 16, 21.

**INSTRUCTOR:** Chelsea Shatt

**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.



### #445 EARLY MORNING SWIM & STAY FIT

**BLDG:** DVHS

**ROOM:** Natatorium

**DAY:** M & W

**TIME:** 6:30am-7:30am

**COST:** \$115

**AGE REQUIREMENTS:** Adults

**# OF SESSIONS:** 17

**SCHEDULED CLASSES:** Sept. 9, 11, 16, 18, 23, 25, 30; Oct. 2, 7, 9, 16, 21, 23, 28, 30; Nov. 4, 6.

**INSTRUCTOR:** Heather Hawkins

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



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





Please be aware, DV-ACE registration can be completed online using a credit or debit card. Visit <https://www.dvds.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 (2024-2025) (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**

# FALL SESSION 2024

## LEVEL 200 COURSES **PERSONAL ENRICHMENT**

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