

Delaware Valley Adult &
Community Education

SPRING 2026



Educating for Life's Journey



Diane Scarfalloto, Director

Camden Coyle, Secretary

P: (570) 296-3615 E: dvace@dvsd.org

Delaware Valley Adult & Community Education

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DV-ACE, 258 Rt. 6 & 209

Delaware Valley School District

Milford, PA 18337



ATTENTION ALL DV-ACE PARTICIPANTS

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

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

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

Thank you for your time and attention to this matter.

Respectfully submitted,

Diane Scarfalloto

Diane Scarfalloto

DV-ACE Director





REGISTRATION INFORMATION

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 on the last page of this catalog to DV-ACE along with your payment.

Notice to All Participants:

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

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

Abbreviations Used in This Catalog

ARC — American Red Cross

DDES — Dingman-Delaware Elementary School, 1355 Rt. 739, Dingmans Ferry, PA

DDMS — Dingman-Delaware Middle School, 1365 Rt. 739, Dingmans Ferry, PA

DDPS — Dingman-Delaware Primary School, 1375 Rt. 739, Dingmans Ferry, PA

DVES — Delaware Valley Elementary School, 500 Ave. S., Matamoras, PA

DVMS — Delaware Valley Middle School, 258 Rt. 6 & 209, Milford, PA

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

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

TBA — To Be Announced

TBD — To Be Determined

DAYS OF THE WEEK are listed as **M** (Monday); **T** (Tuesday); **W** (Wednesday); **R** (Thursday); **F** (Friday); **S** (Saturday)

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



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

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

WEATHER RELATED CANCELLATIONS:

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

If DVSD has a delayed start, Early Morning Swim is cancelled.

If school is cancelled or there is an early dismissal, all DV-ACE evening classes are cancelled.

If a class is cancelled, the next class to be held follows the schedule that is posted in this catalog. A makeup date will be emailed to participants and posted on our website.

Please note free courses i.e. community swim will not be rescheduled.



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: Feb. 9; Mar. 9; Apr. 13; May 11.
INSTRUCTORS: Sarah Maurer & Jessica Stokes

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



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

BLDG: DVMS
ROOM: E4
DAY: W
TIME: 4:30pm-6:30pm
COST: \$140

AGE REQUIREMENTS: Adults
OF SESSIONS: 10
SCHEDULED CLASSES: Feb. 18, 25; Mar. 4, 11, 18, 25; Apr. 1, 8, 15, 22.
INSTRUCTORS: Caylyn Bush & Tiffany Damon

COURSE DESCRIPTION: This course introduces and practices a variety of life skills. Skills are targeted to increase social independence in the community. Each participant will be required to bring a \$60.00 material fee to the first date of the course. Limited to 12 participants.



#203 INCLUSIVE HARMONY

BLDG: SES
ROOM: A4
DAY: T
TIME: 6:00pm-7:00pm
COST: Free to DVSD Residents

AGE REQUIREMENTS: 7+ years old
OF SESSIONS: 4
SCHEDULED CLASSES: Feb. 10; Mar. 17; Apr. 21; May 19.
INSTRUCTORS: Sarah Maurer & Jessica Stokes

COURSE DESCRIPTION: Music is for EVERYONE! Join us as we build a community of singers for ALL abilities.





PERSONAL ENRICHMENT

#204 EXPRESSIVE ART CLASS FOR THE SPECIAL NEEDS COMMUNITY

BLDG: DDMS
ROOM: D4
DAY: S
TIME: 10:00am - 11:00am
COST: \$30

AGE REQUIREMENTS: K-12th grade
OF SESSIONS: 4
SCHEDULED CLASSES: Feb. 21, 28; Mar. 7, 21.
INSTRUCTORS: Noreen Vogel

COURSE DESCRIPTION: This is an expressive arts class for children with special needs and their families. Children must be accompanied by a caregiver for support. (Parent/Guardian/Older sibling) We will explore different art mediums to foster self expression. Limited to 10 students and their support member. Each participant will be required to bring a \$15 material fee to the first date of the course.



#205 Learn to Play Mahjong Youth

BLDG: DVHS
ROOM: S2
DAY: R
TIME: 4:00pm-6:00pm
COST: \$40

AGE REQUIREMENTS: 7th grade to 12th grade
OF SESSIONS: 4
SCHEDULED CLASSES: Feb. 19, 26; Mar. 5, 12.
INSTRUCTORS: Jill Farr

COURSE DESCRIPTION: Discover the fun & strategy of Mahjong, a timeless game of skill, memory and luck! In this four session course, you'll learn the fundamentals of American-style Mahjong in a relaxed, social setting. Each 2 hour class will guide you through tile recognition, rules of play, use of National Mahjong League Card, and game strategies. Whether you're a complete beginner or looking to refresh your skills, you'll gain the confidence to join a game and enjoy the this classic pastime with friends.

COURSE CANCELED.



#206 Learn to Play Mahjong Adult

BLDG: DVHS
ROOM: S2
DAY: R
TIME: 6:00pm-8:00pm
COST: \$40

AGE REQUIREMENTS: Adults
OF SESSIONS: 4
SCHEDULED CLASSES: Feb. 19, 26; Mar. 5, 12.
INSTRUCTORS: Jill Farr

COURSE DESCRIPTION: Discover the fun & strategy of Mahjong, a timeless game of skill, memory and luck! In this four session course, you'll learn the fundamentals of American-style Mahjong in a relaxed, social setting. Each 2 hour class will guide you through tile recognition, rules of play, use of National Mahjong League Card, and game strategies. Whether you're a complete beginner or looking to refresh your skills, you'll gain the confidence to join a game and enjoy the this classic pastime with friends.





PERSONAL ENRICHMENT

#207 Introduction to Creative Writing

BLDG: DVHS

ROOM: M2

DAY: W

TIME: 4:00pm - 6:00pm

COST: \$35

AGE REQUIREMENTS: Adults

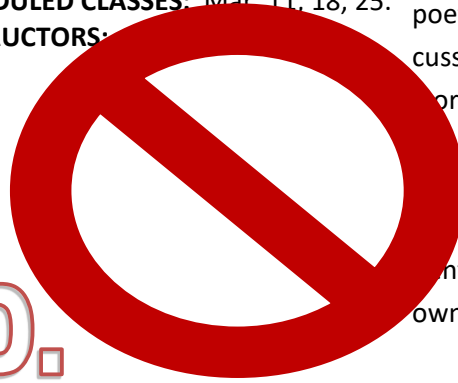
OF SESSIONS: 3

SCHEDULED CLASSES: Mar. 11, 18, 25.

INSTRUCTORS:

COURSE DESCRIPTION: Want to learn how to write a novel, short story or poetry? Literary terms will be discussed as well as to craft a written work. Students will be introduced into the writing process and how to apply literary terms to perfect the craft of a story or piece of writing. Students are required to bring in their own materials. (Notebook, pencil, etc.)

COURSE
CANCELED.



#208 Introduction to German: Culture & Language

BLDG: DVHS

ROOM: M2

DAY: R

TIME: 4:00pm-6:00pm

COST: \$45

AGE REQUIREMENTS: Adults

OF SESSIONS: 4

SCHEDULED CLASSES: Mar. 5, 12, 19, 26.

INSTRUCTORS:

COURSE DESCRIPTION: Want to learn a new language in half the time? In this introductory course, students will learn the basics that will help them in the event they travel to Germany. This course will consist of common phrases, words, cultural discussions and a basic understanding of writing in German language. A history of the country will also be discussed.

COURSE
CANCELED.



FITNESS & RECREATION

#301 ADULT RECREATIONAL VOLLEYBALL

BLDG: DVES

ROOM: Gym

DAY: W

TIME: 7:00pm-9:00pm

COST: \$95

AGE REQUIREMENTS: Adults

OF SESSIONS: 15

SCHEDULED CLASSES: Feb. 18, 25; Mar. 4, 11, 18, 25; Apr. 1, 8, 15, 22, 29; May 6, 13, 20; June 3.

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.





FITNESS & RECREATION

#302 INTRO TO QIGONG

BLDG: SES

ROOM: A4

DAY: W

TIME: 6:00pm-7:00pm

COST: \$25



AGE REQUIREMENTS: Adults

OF SESSIONS: 4

SCHEDULED CLASSES: Feb. 4, 11, 18, 25.

INSTRUCTOR: Maryanne Ford

COURSE DESCRIPTION: Beginner friendly introduction to the Ancient Chinese practice of Qigong. It is done standing, combining breath and meditative movements. Improves balance, flexibility, range of motion, and overall health/well being. Adults of all ages are welcome! Limited to 12 students.

#303 INTRO TO HATHA YOGA

BLDG: SES

ROOM: A4

DAY: W

TIME: 7:15pm-8:30pm

COST: \$30



AGE REQUIREMENTS: Adults

OF SESSIONS: 4

SCHEDULED CLASSES: Feb. 4, 11, 18, 25.

INSTRUCTOR: Maryanne Ford

COURSE DESCRIPTION: Basic introduction to Hatha Yoga with a focus on poses, alignment, and breathwork. Modifications will be offered to anyone who may need them. Classes are done barefoot or with yoga socks with tread for safety. Participants must bring a yoga mat, blanket, a yoga strap, and 2 blocks. Limited to 10 students.

#304 YOUTH ULTIMATE FRISBEE

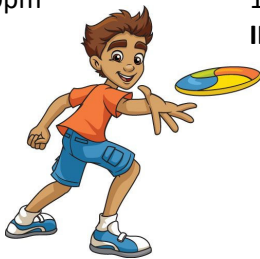
BLDG: DVES

ROOM: Gym & Soccer Practice Field

DAY: F

TIME: 4:30pm-5:30pm

COST: \$35



AGE REQUIREMENTS: 4th grade to 12th grade

OF SESSIONS: 7

SCHEDULED CLASSES: Mar. 27; April 10, 17, 24; May 8, 15, 22.

INSTRUCTOR: Rebecca Tucker

COURSE DESCRIPTION: Learn to play the ultimate sport! Participants will learn the basics: throwing backhand and forehand, catching under pressure, defensive positioning and the rules of ultimate frisbee. We will throw a lot, drill, play mini-games, and work up to scrimmaging. We will start in the gym but will likely move outdoors as the weather warms up. Participants will get a new disc to take home.

#305 ADAPTIVE SPORTS

BLDG: DVES

ROOM: Gym

DAY: W

TIME: 5:00pm-6:00pm

COST: \$30



AGE REQUIREMENTS: K to 5th grade

OF SESSIONS: 4

SCHEDULED CLASSES: Mar. 11, 18, 25; Apr. 1

INSTRUCTOR: Gabriella Nasi

COURSE DESCRIPTION: This is a sports related class for children with special needs and their families. Children must be accompanied by a caregiver for support. (parent/guardian/older sibling etc.). All activities will encourage discovery and exploration, all while fostering social skills. We will do activities such as hula hoop, basketball, yoga/stretching, dance, warm ups and sensory activities. Activities will include adaptive equipment as well as being wheelchair accessible. Limited to 10 students and their support members.



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. We reserve the right to move students to a different level swim class at the instructor's discretion.
- *** Please note we teach ARC standards and teach to the lowest level individual per class. ****
- 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: 8:00am-8:30am
COST: \$50

AGE REQUIREMENTS: 3 to 5 years old
OF SESSIONS: 6
SCHEDULED CLASSES: Apr. 11, 18, 25;
 May 2, 9, 16.
INSTRUCTOR: Adalyn Ross

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



#402 ARC - PRESCHOOL AQUATICS LEVEL 2

BLDG: DVHS
ROOM: Natatorium
DAY: S
TIME: 9:40am-10:10am
COST: \$50

AGE REQUIREMENTS: 3 to 5 years old
OF SESSIONS: 6
SCHEDULED CLASSES: Apr. 11, 18, 25;
 May 2, 9, 16.
INSTRUCTOR: Adalyn Ross

COURSE DESCRIPTION: Increase proficiency and build on the basic aquatic skills learned in a prior Preschool Aquatics course. This course is intended for children between the ages of 3 and 5 years old. Limited to 5 students. **PREQUISITE:** Students in this course must successfully complete a prior Preschool Aquatics course.



#403 ARC - LEARN TO SWIM LEVEL 1 TADPOLES

BLDG: DVHS
ROOM: Natatorium
DAY: S
TIME: 8:35am-9:35am
COST: \$60

AGE REQUIREMENTS: K to 12th grade
OF SESSIONS: 6
SCHEDULED CLASSES: Apr. 11, 18, 25;
 May 2, 9, 16.
INSTRUCTOR: Adalyn Ross

COURSE DESCRIPTION: A Level 1 course is designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 6 students.





AQUATICS & SWIMMING

#404 ARC - LEARN TO SWIM LEVEL 2

GUPPIES

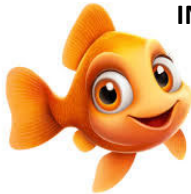
BLDG: DVHS

ROOM: Natatorium

DAY: S

TIME: 10:15am-11:15am

COST: \$65



AGE REQUIREMENTS: K to 12th grade

OF SESSIONS: 6

SCHEDULED CLASSES: Apr. 11, 18, 25;
May 2, 9, 16.

INSTRUCTOR: Adalyn Ross

COURSE DESCRIPTION: A Level 2 course is designed to build on the basic aquatic skills, water safety skills and concepts learned in Level 1. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 6 students.

#405 ARC - LEARN TO SWIM LEVEL 3

MINNOWS

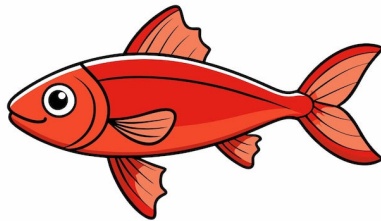
BLDG: DVHS

ROOM: Natatorium

DAY: S

TIME: 11:20am-12:20pm

COST: \$70



AGE REQUIREMENTS: K to 12th grade

OF SESSIONS: 6

SCHEDULED CLASSES: Apr. 11, 18, 25;
May 2, 9, 16.

INSTRUCTOR: Adalyn Ross

COURSE DESCRIPTION: A Level 3 course is designed to build on the skills learned in Levels 1 & 2. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissor and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level 3, participants achieve basic water competency in a pool environment. Limited to 6 students.

#440 COMMUNITY LAP SWIM

BLDG: DVHS

ROOM: Natatorium

DAY: R

TIME: 3:30pm-5:30pm

COST: Free to DVSD residents

AGE REQUIREMENTS: Adults only

OF SESSIONS: 7

SCHEDULED CLASSES: Mar. 26; Apr. 9,
16, 23, 30; May 7, 14.

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. NO Participants under 18 years of age.

#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: 7

SCHEDULED CLASSES: Mar. 27; Apr.
10, 17; May 1, 8, 15, 22.

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. Participants must register for max capacity pool regulations and in case of inclement weather, or other closure/cancel notifications. Participants under 18 years of age must be accompanied by an adult.





AQUATICS & SWIMMING

#442 RUSTY HINGES

BLDG: DVHS
ROOM: Natatorium
DAY: M & W
TIME: 3:30pm-4:30pm
COST: \$75

AGE REQUIREMENTS: Adults
OF SESSIONS: 11
SCHEDULED CLASSES: Mar. 23, 25, 30;
Apr. 8, 13, 15, 20, 22, 27, 29; May 4.
INSTRUCTOR: Heather Hawkins

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 to 15 participants.



#443 WATER AEROBICS

BLDG: DVHS
ROOM: Natatorium
DAY: M & W
TIME: 4:30pm-5:30pm
COST: \$75

AGE REQUIREMENTS: Adults
OF SESSIONS: 11
SCHEDULED CLASSES: Mar. 23, 25, 30;
Apr. 8, 13, 15, 20, 22, 27, 29; May 4.
INSTRUCTOR: Heather Hawkins

COURSE DESCRIPTION: This course is designed to increase cardiovascular activity, body strength, and flexibility through a progressive series of exercises. Limited to 15 participants.

#444 DEEP WATER AEROBICS

BLDG: DVHS
ROOM: Natatorium
DAY: M & W
TIME: 5:30pm-6:30pm
COST: \$75

AGE REQUIREMENTS: Adults
OF SESSIONS: 11
SCHEDULED CLASSES: Mar. 23, 25, 30;
Apr. 8, 13, 15, 20, 22, 27, 29; May 4.
INSTRUCTOR: Heather Hawkins

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 15 participants.

#445 EARLY MORNING SWIM & STAY FIT

BLDG: DVHS
ROOM: Natatorium
DAY: M & W
TIME: 6:30am-7:30am
COST: \$85

AGE REQUIREMENTS: Adults
OF SESSIONS: 11
SCHEDULED CLASSES: Mar. 23, 25, 30;
Apr. 8, 13, 15, 20, 22, 27, 29; May 4
INSTRUCTOR: Heather Hawkins

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

WEATHER RELATED CANCELLATIONS:

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

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

If a class is cancelled, the next class to be held follows the schedule that is posted in this catalog. A makeup date will be emailed to participants and posted on our website.

Please note free courses i.e. community swim will not be rescheduled.



Diane Scarfalloto, Director

Camden Coyle, Secretary

P: (570) 296-3615 E: dvace@dvsd.org

Delaware Valley Adult & Community Education

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DV-ACE, 258 Rt. 6 & 209

Delaware Valley School District

Milford, PA 18337



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

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

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

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 (2025-2026) (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

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Intro to German: Culture & Language NEW	208

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LEVEL 400 COURSES **AQUATICS & SWIM**

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Online registration opens Tuesday January 13th at 8:30am. Scan here for the direct link.