



Fall 2024

Full Digital Catalog

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Welcome to the Fall term at New Trier Extension!

As summer winds down and the seasons start to change, it's a wonderful time to embrace new opportunities. This session, we have some exciting new offerings, including our Holiday Centerpiece Workshop, the *Enrich and Engage Seminar Series*, a Book Illustration Class, and Badminton and Music classes for youth, among many others.

New Trier Extension (NTX) is your Community Education program, and our goal is to provide lifelong learning opportunities for the adults and youth of our communities. We strive to offer classes that equip our participants with the skills they need for work, self-improvement, personal growth, and the chance to learn new hobbies and meet new people.

Whether you are a new student or a returning patron of NTX, we look forward to welcoming you to our strong community of learning!



Facebook:

facebook.com/ntextension



Instagram:

@new_trier_extension



DeDe Kern, MS, CPP
NTX Manager

Fall 2024 Class Locations:

NT Northfield,

7 Happ Rd, Northfield

NT Winnetka,

385 Winnetka Ave, Winnetka

The Canvasback,

1747 Orchard Lane, Northfield

Wilmette Community Recreation Center,

3000 Glenview Rd, Wilmette

Our Music Institute,

400 Central Ave, Northfield

Dammrich Rowing Center,

3220 Oakton St, Skokie

Wilmette Harbor,

20 Harbor Drive, Wilmette

ONE OF A KIND

History of Great Britain (The First in a Series!)

Instructor: Frank Sullivan • 6 sessions

Remember those courses in high school or college you wanted to linger over and think about a little more? Was it Norman the Conqueror or William the Conqueror? Here is your chance to get matters all straightened out. In this course, we will look to Great Britain of the Celt, the Roman, Saxon, Viking, and Norman, all the way through to the end of the Middle Ages. Next semester, our story continues.

Location: NT Northfield

243-701 | Mondays | 9/9-10/14 | 1-2:30 p.m.

FEE: \$96/ Seniors \$86 | [REGISTER](#)

Beginning Needlepoint

Instructor: The Canvasback of Northfield Staff • 4 sessions

Come to the Canvasback and learn to needlepoint. You will learn all about the materials and tools you will be working with. You will learn basic and intermediate stitches. Needlepoint is a restful and Zen-like experience perfect for these stressful days. Class fees include all the materials you will need for a beginning Project. The best part will be the friendships you make with your classmates.

Location: The Canvasback (Northfield)

243-702 | Mondays | 9/9, 10/7, 11/11, 12/9 | 6-7:30 p.m.

FEE: \$159 (No discount) | [REGISTER](#)

Beginning Knitting

Instructor: Sue Peterson • 5 sessions

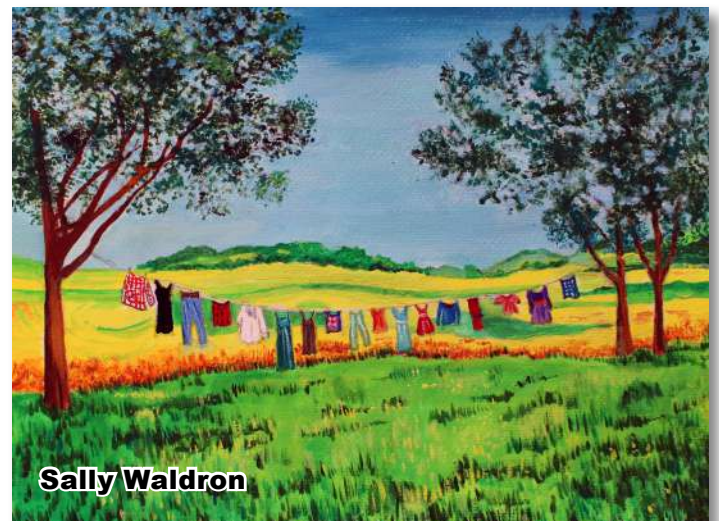
Discover this skill that's got everyone "clicking." You'll learn the basics of knitting to be able to make your own scarves, sweaters, baby items, and more. We will cover casting on and off, knitting and purling, increasing and decreasing, basic stitch work, and fixing mistakes. You will get very individualized instruction in a friendly, supportive atmosphere and become a knitter in no time. A short supply list will be emailed with your registration receipt. Limit of 6.

Location: NT Northfield

243-703 | Thursdays | 9/12-10/17 | 7-9 p.m.

FEE: \$169 (No discount) | [REGISTER](#)

No class 10/3



Sally Waldron

The History of German Immigration to America

Instructor: Angelique Burbach • 1 session

To this day German Americans make up the largest ancestry group within the United States. Between 13-16% of Americans claim at least partial German ancestry. In this course we will learn about the history of German immigration to the United States, famous German Americans in politics, business, and the sciences, as well as German traditions that made their way into the American way of life. This class will be taught in English but some basic German knowledge is helpful.

Location: NT Northfield

243-828 | Tuesday | 10/8 | 10 a.m.-12 p.m.

FEE: \$26/ Seniors \$23 | [REGISTER](#)

243-829 | Tuesday | 11/12 | 10 a.m.-12 p.m.

FEE: \$26/ Seniors \$23 | [REGISTER](#)

Organizing Your Home

Instructor: Linda Goldman • 1 session

Do you sometimes feel overwhelmed by clutter in your home? Have things piled up and you're not quite sure what to do with everything? As spring is upon us, it's a great time to get organized. It feels so good to have clear spaces to live and work in, where you can actually see what you have and easily find what you need. This class will help you create an organized home where you will feel calmer, more in control, and more productive. You will learn key principles and a process for organizing your space, how to let go of items you no longer need, and a variety of tips, tools, and strategies for getting and staying organized. Limit of 12.

Location: NT Northfield

243-704 | Wednesday | 10/30 | 9:30-11:30 a.m.

FEE: \$39/ Seniors \$35 | [REGISTER](#)

Organizing Your Paper

Linda Goldman • 1 session

Do you have piles of paper everywhere? Do you have trouble finding the documents you need at tax time? Are you missing deadlines and appointments? Do you wonder what papers to keep and for how long? This course will help you take control and stay on top of the paper in your life. You will learn what to do with the papers you receive and a system for managing them. Limit of 15.

Location: NT Northfield

243-705 | Wednesday | 11/6 | 9:30-11:30 a.m.

FEE: \$39/ Seniors \$35 | [REGISTER](#)

How Do I Sell My Stuff?

Instructor: George Glastris • 4 sessions

Learn from our expert who spent ten years in London at Christie's and Sotheby's, five years at Skinner in Boston, was also a regular appraiser on Antiques Roadshow, and is now a private antiques appraiser, consultant, and broker. Simplify your life — find out what to toss and what to sell. Are you dealing with a parent's estate and wondering what is there and what to do with it? Or maybe you are planning on downsizing and no longer have room for everything. Many of us just have too much stuff that we no longer need and don't know what is a valuable antique, an interesting collectible, or just second-hand. In this class you will learn what to look out for; how to identify valuables; the different outlets to sell things (and just as importantly how NOT to sell things); and the pros and cons of those various outlets, from auction houses, online sales, estate sales, even donations. The first class will focus on special issues when dealing with someone else's estate or what to do before you move. In the last class, you will have the opportunity to bring in an object for a verbal appraisal.

Location: NT Northfield

243-706 | Wednesdays | 10/16-11/6 | 7-8:30 p.m.

FEE: \$69/ Seniors \$62 | [REGISTER](#)

German Christmas Traditions in America

Instructor: Angelique Burbach • 1 session

German immigrants brought with them many of the Christmas traditions still celebrated in the US today: Christmas trees, ornaments, Santa, and "Silent Night" to name just a few. In this course, you will learn more details about the history and the origin of these traditions. This class will be taught in English but some basic German knowledge is helpful.

Location: NT Northfield

243-830 | Tuesday | 12/3 | 10-11:30 a.m.

FEE: \$19/ Seniors \$17 | [REGISTER](#)

Festive Florals:

Holiday Centerpiece Workshop ***NEW***

Instructor: Chestnut Street Flowers • 1 session

Join us and add a touch of botanical elegance to your holiday celebrations! In this hands-on class, you'll learn the art of creating stunning floral centerpieces perfect for holiday tables. Guided by expert floral designers, you'll discover techniques for arranging seasonal blooms, incorporating festive accents, and achieving beautiful balance and symmetry. Whether you're a seasoned floral enthusiast or a complete beginner, this workshop is designed to inspire and equip you with the skills to craft your own breathtaking holiday centerpiece. All materials are provided, and you'll leave with a gorgeous arrangement to adorn your home or give as a thoughtful gift. Embrace the festive spirit and unleash your creativity in this fun and interactive floral design experience!

Location: NT Northfield

243-709 | Thursday | 12/5 | 5-6:30 p.m.

FEE: \$99 (No discounts) | [REGISTER](#)

Enrich and Engage Seminar Series

Life Balance, Joy, and the Swedish Philosophy of Lagom ***NEW***

Instructor: Jan Hincapie • 1 session

When planning a trip to Sweden for the first time in 2023, Jan became interested in Lagom, a life philosophy taught to Swedes early in life. This fell in line with over a decade of research regarding life balance, a concern for many individuals in the US. Lagom is rooted in harmony, moderation, and sustainability. The mantra she heard was "Not too little, not too much, just right!" During her time in Sweden, Jan interviewed individuals about what Lagom meant to them and observed it firsthand. She will talk about how we, as Americans, can incorporate Lagom into our lives to experience a happier, more productive existence while improving our relationships and finding greater joy in all we do.

Location: NT Northfield

243-707 | Tuesday | 9/24 | 6:30-7:30 p.m.

FEE: \$9/ Seniors \$8 | [REGISTER](#)

Setting Healthy Boundaries at Home and Work ***NEW***

Instructor: Jan Hincapie • 1 session

The boundaries you establish at home, work, or any other circle in which you are involved define you and keep you in your comfort zone. Establishing and maintaining healthy boundaries positively impacts our mental, physical, and emotional health. Learn the barriers to setting boundaries and what happens when you don't. Identify the triggers that should alert you to the need for a boundary, and what to do when people don't respect your boundaries. Walk away better at advocating for yourself by setting healthy boundaries. Remember: those who don't respect your boundaries are likely the ones who benefit the most from you not having any!

Location: NT Northfield

243-708 | Tuesday | 10/8 | 6:30-7:30 p.m.

FEE: \$9/ Seniors \$8 | [REGISTER](#)

Preventing Pickleball Injuries ***NEW***

Instructor: Dino Sotos, DC & DCAC at ProMotion Spinal and Sports Rehabilitation • 1 session

As pickleball sweeps the country, its popularity is undeniable, drawing in players of all ages and skill levels. With the rapid rise in participation comes a concerning uptick in injuries. In response, this lecture on injury prevention in pickleball educates players about common injuries and proper mechanics to both prevent injuries and continue playing. The class will educate players eager to enjoy the game safely, emphasizing proper warm-up techniques, the importance of appropriate footwear, and strategies for maintaining good form to reduce the risk of common injuries like strains, sprains, overuse issues, and ankle snaps. We will delve into the significance of understanding one's physical limits and respecting them, as well as fostering a culture of sportsmanship that prioritizes safety above all. With these insights, enthusiasts can continue to embrace the thrill of pickleball while safeguarding their well-being for countless matches to come.

Location: NT Northfield

243-710 | Tuesday | 11/12 | 6:30-7:30 p.m.

FEE: \$9/ Seniors \$8 | [REGISTER](#)



Fusing and Casting Glass

Instructor: Monique Boyd, Former NT Art Department Faculty • 8 sessions

Whether you are new to the art of glass or have had some experience working with glass cold and hot, we will teach you the basics and continue to explore two processes: fusing and glassblowing. In fusing, you will work with flat pieces of glass, cut, and re-melt them back together in a kiln. For those with fusing experience, we will explore multiple kiln firing processes to achieve more complex images and forms. Glassblowing will allow you to learn and practice working from a 2000° furnace to gather glass, manipulate solid forms, and blow a basic cylinder. For experienced glassblowers, we will fine-tune cylinders to make cups and vessels. Students will go home with their finished glass pieces. Fee includes lab supplies for student projects. Max: 10 students.

Location: NT Winnetka

243-150 | Tuesdays | 10/22-1/14 | 6-8 p.m.
FEE: \$509 (No discount) | [REGISTER](#)

No class 11/5, 11/26, 12/17, 12/24, 12/31

Watercolor For All Levels (In-Person)

Instructor: Fran Vail • 7 sessions

Learn to paint in watercolor with singing colors and varied styles. This course will be tailored to your individual skill level from the very beginner to those who have a higher level of watercolor experience, with plenty of personalized instruction. Instruction is done step-by-step, but students may also paint independently as they wish. Students will learn color mixing, painting techniques, working from photos, composition, and other skills to move their painting to the next level. A supply list will be emailed with your registration confirmation. Limit of 15.

Location: NT Northfield

243-151 | Thursdays | 9/19-11/14 | 9:30 a.m.-12 p.m.
FEE: \$196/ Seniors \$176 | [REGISTER](#)

No class 10/3

243-152 | Thursdays | 11/14-1/16 | 9:30 a.m.-12 p.m.
FEE: \$196/ Seniors \$176 | [REGISTER](#)

No class 11/28, 12/26, 1/2

Watercolor For All Levels (Zoom)

Instructor: Fran Vail • 7 or 8 sessions

The same course listed above will also be offered live online via Zoom. Limit of 15.

Location: Live Online via Zoom

243-153 | Wednesdays | 9/18-10/30 | 9:30 a.m.-12 p.m.
FEE: \$196/ Seniors \$176 (7 sessions) | [REGISTER](#)

243-154 | Wednesdays | 11/6-1/15 | 9:30 a.m.-12 p.m.
FEE: \$224/ Seniors \$202 (8 sessions) | [REGISTER](#)

No class 11/27, 12/25, 1/1

Art classes below will have make-up opportunities for missed classes during the fall session.

Gouache, Drawing, and Mixed Media

13 sessions

The open studio class in the fall will focus on whatever materials the student selects to use, including markers, colored pencils, and gouache. Gouache is a quick-drying, opaque watercolor that is a wonderful medium for smaller paintings, watercolor paper, and smaller paintings on 140 lb-300 lb watercolor paper. The class will include demos and focus on learning to work with the materials. Maximum of 12.

Location: Wilmette Community Recreation Center

243-160 | Mondays | 9/23-12/16 | 10 a.m.-12 p.m.
FEE: \$312/ Seniors \$281 | [REGISTER](#)

Landscape Perspective

6 sessions

This is a unique course aimed at those who draw or paint the landscape. Each week the instructor will share a landscape photograph and will use annotation tools to discuss the landscape perspective, composition, and approach to the image. For those continuing or needing a refresher course, this class will include YouTube tutorials, demonstrations by the instructor, and discussions about the work submitted by the class. Screenshots of the work will be sent to each student. This is an important class for understanding dimensional drawing/painting.

Location: Live Online via Zoom

243-161 | Tuesdays | 9/24-10/29 | 10-11:15 a.m.
FEE: \$92/ Seniors \$83 | [REGISTER](#)

243-162 | Tuesdays | 11/12-12/17 | 10-11:15 a.m.
FEE: \$92/ Seniors \$83 | [REGISTER](#)

Abstract Painting

12 sessions

This is a fun class for the adventurous with lots of interaction and results. The Fall session will include assignments working with different techniques and materials. We will look at the work of different abstract artists and complete assignments centered around their style of abstract. The class will also feature YouTube tutorials and demos by the instructor. Each week there will be a class assignment and the following week we will discuss the work submitted.

Location: Live Online via Zoom

243-163 | Tuesdays | 9/24-12/17 | 12:30-2:15 p.m.
FEE: \$252/ Seniors \$227 | [REGISTER](#)

No class 11/5

Painting: Intermediate/Advanced Studios

13 or 12 sessions

These studio class sections are for students who have experience with painting in oils, acrylics, watercolor, or mixed media. Emphasis will be on personal expression and style, be it representational, expressionist, impressionist, or anything else. In these studio classes, the teacher will provide individual attention to further each student's abilities. Prerequisite for all studio classes: previous painting experience. Class limit is 12.

Location: Wilmette Community Recreation Center

243-164 | Wednesdays | 9/25-12/18 | 12:30-2:30 p.m.
FEE: \$312/ Seniors \$281 (13 sessions) | [REGISTER](#)

243-165 | Fridays | 9/27-12/20 | 10 a.m.-12 p.m.
FEE: \$288/ Seniors \$259 (12 sessions) | [REGISTER](#)

No class 11/29

The Art History classes emphasize not only the art created by the artists but also the history and culture of the time. More often than not, art is a reflection of the artist and the external/internal life, history, and culture around them. The courses will also highlight how to look at paintings and discuss composition, themes, and techniques.

Art History, Section II

12 or 13 sessions

The Fall session will start with a look at the Art Nouveau movement and Art Nouveau painter Alphonse Mucha. The Golden Age of Illustration is a term applied to a time (1880s-1920s) of unprecedented excellence in book and magazine illustrations (made possible by advances in printing presses and techniques) by artists in Europe and America. We will start with the wonderfully creative and skillful illustrations and paintings of German Heinrich Kley (who influenced Walt Disney). We will look at the works of British Artist Walter Crane, considered the most influential illustrator of his generation, Danish artist Kay Nielsen, Arthur Rackham and his wonderful pen/ink/watercolor fairytale illustration, pen and ink brilliant bad boy Aubrey Beardsley, Edmund Dulac, the wonderful early 20th century Neo-Classical American Painter/illustrator Maxfield Parrish, American illustrators Jessie Wilcox Smith, Howard Pyle, N.C. Wyeth, the Irish Illustrator and stained glass artist Harry Clarke, Victorian artist Kate Greenaway, and others. The class will view images, YouTube documentaries, and DVD presentations.

Location: Live Online via Zoom

243-166 | Tuesdays | 9/24-12/17 | 7-8:15 p.m.
FEE: \$184/ Seniors \$166 (12 sessions) | [REGISTER](#)

No class 11/5

243-167 | Wednesdays | 9/25-12/18 | 3:15-4:30 p.m.
FEE: \$199/ Seniors \$179 (13 sessions) | [REGISTER](#)

Representational Painting/Painting Critiques

13 sessions

Each week the class will select images to paint for the assignment. Emphasis will be on techniques such as "dry brush," "wet and wet blends," and the types of brushes to use. We will be working from a variety of images mostly based on landscapes. The focus will be on "seeing" shapes, composing the painting, detailing, and landscape particulars such as trees, water, clouds, mountains, etc. Each week there will be an assignment given and discussed the following week using screenshots and annotation from the instructor, in addition to demos and YouTube videos to support the material.

Location: Live Online via Zoom

243-168 | Wednesdays | 9/25-12/18 | 10-11:30 a.m.
FEE: \$234/ Seniors \$211 | [REGISTER](#)

Intermediate Drawing

11 sessions

This session will focus on drawing, academic and creative learning, to develop a style through techniques and materials. A variety of materials will be discussed such as markers, pen and ink, colored pencils, pencils, and gouache. The class will feature YouTube tutorials and demos by the instructor. Each week there will be a class assignment to be discussed the following week. Previous drawing experience is required.

Location: Live Online via Zoom

243-169 | Thursdays | 9/26-12/19 | 10-11:30 a.m.

FEE: \$198/ Seniors \$178 | [REGISTER](#)

No class 10/3, 11/28

Book Illustration ***NEW***

10 sessions

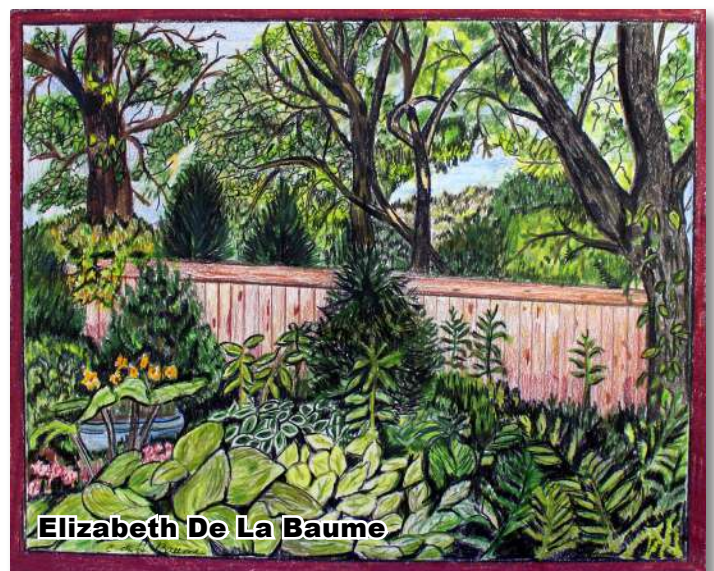
This class will discuss organizing thoughts and content for illustrating your story, journal, or book. We will look at a variety of different book illustrators throughout history and discuss style, composition, and materials. The goal is to illustrate your own story and find your style. The instructor will guide the class through concepts, thumbnail sketches, using light boxes, and working with a variety of materials including demos in gouache, colored pencils, markers, and pen and ink with watercolor.

Location: Live Online via Zoom

243-170 | Thursdays | 9/26-12/12 | 1-2:15 p.m.

FEE: \$153/ Seniors \$138 | [REGISTER](#)

No class 10/3, 11/28



Beginning Bridge 1.0

Instructor Mike Cochran • 6 sessions

Perhaps you have always wanted to learn this amazing game. Or maybe you played a little bit a while ago but have forgotten it all. Either way, this introductory course will teach you the fundamentals. You will learn the basics of the game, but most importantly, you will have fun doing so. Topics covered will include the “language” of bridge (the bidding) and hand evaluation. You will also learn the importance of the opening bid of One No Trump, and the responses to that bid using the Stayman Convention and Jacoby Transfers. These responses are widely used by most players today. Please see your class receipt for information on purchasing the required text online before the first class. Handouts will also be used to supplement the text.

Location: NT Northfield

243-501 | Mondays | 9/9-10/14 | 6-8 p.m.

FEE: \$159/ Seniors \$143 | [REGISTER](#)

243-502 | Tuesdays | 9/10-10/15 | 10 a.m.-12 p.m.

FEE: \$159/ Seniors \$143 | [REGISTER](#)

Bridge 1.5

Instructor Mike Cochran • 5 or 6 sessions

Continuing after Beginning Bridge 1.0, this course will teach you more basic concepts of the game. The opening bid of one of a major suit and the opening bid of one of a minor suit will be explained. Responses to each of these will be taught. The concept of an overcall will be stressed. Each of these concepts will be illustrated by the playing of hands. With both the bidding and play being analyzed. Handouts will again be used to supplement the text, which is the same book used in 1.0.

Location: NT Northfield

243-503 | Mondays | 10/28-11/25 | 6-8 p.m.

FEE: \$133/ Seniors \$120 (5 sessions) | [REGISTER](#)

243-504 | Tuesdays | 10/29-12/10 | 10 am-12 p.m.

FEE: \$159/ Seniors \$143 (6 sessions) | [REGISTER](#)

No class 11/5

Bridge 2.0

Instructor Mike Cochran • 6 sessions

Having completed Beginning Bridge 1.0 and 1.5, this course will take the student to the next level. We will continue to explore important opening bids, including weak preemptive bids as well as the strong 2 Clubs bid and its responses. Emphasis will be placed on playing hands that illustrate these bidding scenarios. Overcalls and Doubles will be examined in more detail. Techniques will be explained which allow the declarer to produce extra tricks. Fee does not include required texts to be purchased online prior to the first class. Handouts will be provided to supplement the text materials.

Location: NT Northfield

243-505 | Wednesdays | 9/11-10/16 | 12:45-2:45 p.m.

FEE: \$159/ Seniors \$143 | [REGISTER](#)

243-506 | Wednesdays | 9/11-10/23 | 6-8 p.m.

FEE: \$159/ Seniors \$143 | [REGISTER](#)

No class 10/9

Bridge 2.5

Instructor Mike Cochran • 6 sessions

This course will continue to use both text materials and actual play of hands to illustrate some techniques available to the Declarer to produce additional tricks. These will include promotion, length, the finesse, and the concept of ruffing in the dummy. Suit establishment, discarding losers, and managing the trump suit will all be covered. The importance of entries and transportation will be discussed. The Jacoby 2NT and Splinter Bids will be introduced. Emphasis will be placed on creating a system of bids and playing techniques that will help you improve your understanding of modern bridge.

Location: NT Northfield

243-507 | Wednesdays | 10/30-12/11 | 12:45-2:45 p.m.

FEE: \$159/ Seniors \$143 | [REGISTER](#)

No class 11/27

243-508 | Wednesdays | 11/6-12/18 | 6-8 p.m.

FEE: \$159/ Seniors \$143 | [REGISTER](#)

No class 11/27

Intermediate Bridge 3.0

Instructor Mike Cochran • 6 sessions

Now that you have learned most of the rules and guidelines of the game, you will continue to explore techniques to use when playing the hand. We will focus more attention on defensive strategies, the hardest part of the game. You will also learn ways to improve communication with your partner by studying some of the more popular bidding conventions in use today. Hands will be played each week that will demonstrate many of these concepts.

Location: NT Northfield

243-509 | Tuesdays | 9/10-10/15 | 7-9 p.m.

FEE: \$159/ Seniors \$143 | [REGISTER](#)

243-510 | Wednesdays | 9/11-10/16 | 10 a.m.-12 p.m.

FEE: \$159/ Seniors \$143 | [REGISTER](#)

Intermediate Bridge 3.5

Instructor Mike Cochran • 6 sessions

Bidding, play of the hand, and defense—all 3 areas will be emphasized during this course. We will continue with learning more advanced conventions to help you and your partner when bidding. Hands will be played and discussed each week to demonstrate concepts discussed in class. We will continue to focus on your personal convention card so that at the end of this course you will have a completed card and be ready for duplicate play.

Location: NT Northfield

243-511 | Tuesdays | 10/29-12/10 | 7-9 p.m.

FEE: \$159/ Seniors \$143 | [REGISTER](#)

No class 11/5

243-512 | Wednesdays | 10/30-12/11 | 10 a.m.-12 p.m.

FEE: \$159/ Seniors \$143 | [REGISTER](#)

No class 11/27

Supervised Play

Instructor Mike Cochran • 6 sessions

You have an understanding of the beginning concepts of bridge but would like to play some hands. In this course, the bidding and play of each hand will be analyzed. The class will be very interactive, with questions expected from the participants. Handouts will occasionally be distributed to emphasize a particular concept; there is no text required. This session should not be taken by a true beginner, but rather by someone with some bridge experience. Also, a partner is not guaranteed, so it is recommended that you sign up with one, if possible.

Location: NT Northfield

243-513 | Fridays | 9/13-10/18 | 10 a.m.-12 p.m.

FEE: \$159/ Seniors \$143 | [REGISTER](#)

243-514 | Fridays | 11/1-12/13 | 10 a.m.-12 p.m.

FEE: \$159/ Seniors \$143 | [REGISTER](#)

No class 11/29

Beginning Mah Jongg

Learn the fun, exciting game of Mah Jongg! “Maj” is a fascinating rummy-like game played with tiles rather than cards. A very small amount of time and effort is required to become familiar with the elementary principles of the game. You will learn the suits, the setup of the tiles/racks, the rules of the game, and the card of standard hands, against which all games are played. Then, you'll sit at tables and play. This course is great for beginners as well as those who need a little refresher course. Come alone or bring a friend and learn this fun, fast-paced game. Attendance at the first two classes is mandatory. Minimum of 4. Includes 2024 Mah Jongg card.

Location: NT Northfield

Instructor: Sue Hershinow • 5 sessions

243-515 | Tuesdays | 10/1-10/29 | 1-3 p.m.

FEE: \$169 (No discount) | [REGISTER](#)

Instructor: Marlene Dobrin • 5 sessions

243-516 | Tuesdays | 11/12-12/10 | 1-3 p.m.

FEE: \$169 (No discount) | [REGISTER](#)

Mah Jongg Supervised Play

Once you are no longer considered a beginner, we will continue to play American Mah Jongg, emphasizing strategies and techniques designed to improve your game. This class will provide a review, help with strategies, tips and tricks, and your ability to play defensively. Classes will provide ample time for play with others of a similar skill level. *Bring your 2024 card with you.

Location: NT Northfield.

Instructor: Marlene Dobrin • 3 sessions

243-517 | Tuesdays | 1/14-1/28 | 1-3 p.m.

FEE: \$99 (No discount) | [REGISTER](#)

Sauerkraut 101: Make Your Own Probiotic Powerhouse ***NEW***

Instructor: Evey Schweig • 1 session

Join Holistic health coach, Evey Schweig, in making your own sauerkraut. While cabbage and other vegetables are naturally full of nutrition, the process of fermentation increases their health benefits even more. Make your own version of this fermented classic with red cabbage and apples to take home. *Bring a pint Mason jar with a lid.

Location: NT Northfield

243-301 | Thursday | 9/12 | 6-7:30 p.m.

FEE: \$23/ Seniors \$21 | [REGISTER](#)

Basic Knife Skills

Instructor: Blair Carothers • 1 session

Back by popular demand! Great knife skills are a source of confidence and make cooking easier, faster, and more fun. Come learn to slice, dice, batonette, and julienne like the pros. We will discuss proper care, safety, and sharpening (A good, sharp knife is a chef's most important and most utilized tool), as well as what to look for when purchasing a new knife. Bring your favorite knives (at least a chef's knife and paring knife) and an apron.

Location: NT Northfield

243-302 | Tuesday | 9/17 | 6-8:30 p.m.

FEE: \$43/ Seniors \$39 | [REGISTER](#)

Charcuterie Boards ***NEW***

Instructor: Blair Carothers • 1 session

Wow your friends at your next gathering as you learn the basics of assembling a beautiful and interesting charcuterie board! Learn how to make the coveted salami rose, and the art of selecting the perfect combination of cheeses, gourmet meats, and other charcuterie accompaniments, to build the perfect charcuterie board.

Location: NT Northfield

243-303 | Tuesday | 10/15 | 6-8:30 p.m.

FEE: \$59/ Seniors \$53 | [REGISTER](#)

The Basics of Sauce ***NEW***

Learn about the 5 mother sauces, how to make a great sauce on the fly, and modern go-tos that will add variety and flavor to your cooking. Great preparation for holiday entertaining.

Location: NT Northfield

243-304 | Thursday | 10/24 | 6-8:30 p.m.

FEE: \$59/ Seniors \$53 | [REGISTER](#)

Holiday Appetizers

Instructor: Blair Carothers • 1 session

A perennial favorite! All new recipes for this holiday season. The holidays are coming and it's time to think about gathering. We'll prepare a variety of appetizers suitable for holiday gatherings. Quick and easy, last-minute, frozen, and prep-ahead-of-time recipes will be included. We'll throw in a few showstoppers that will really impress your guests too!

Location: NT Northfield

243-305 | Tuesday | 11/12 | 6-8:30 p.m.

FEE: \$59/ Seniors \$53 | [REGISTER](#)

Cozy Soups and Stews

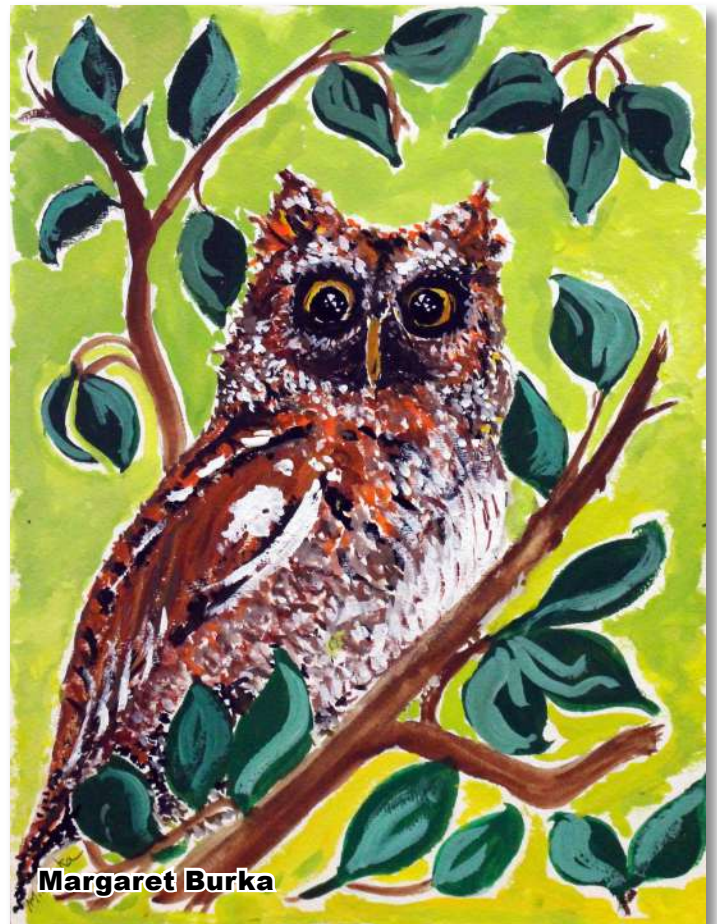
Instructor: Blair Carothers • 1 session

Let's get our kitchen hygge on with ALL NEW recipes in this popular s class! You will learn best practices for building a soup and receive some adaptable base recipes. We'll also explore soups from around the world that will bring a little warmth and spice to a long Midwestern winter. Be sure to bring take-home containers suitable for liquid.

Location: NT Northfield

243-306 | Tuesday | 1/14 | 6-8:30 p.m.

FEE: \$59/ Seniors \$53 | [REGISTER](#)



FENCING

Fall Schedule

9/9-1/25

Mondays & Thursdays: 6:30-9 p.m.

**No Monday classes 11/18-1/20*

Saturdays: 10 a.m.-1 p.m.

No class on school holidays or 10/31

Beginning Fencing Membership for All Ages

Instructors: NTX Coaching Staff • 13 or 14 sessions

This membership is designed for those who are either brand new to the sport of fencing or have some experience but need to improve their basic skills before moving on. For students grades 3 and up. Beginners will start with instructor-led skills and drills three times a week for 45 minutes. Members will then be able to stay after to spar during club hours from 7:15-9 p.m. Take a look and you will find this is the best value around for instruction and open-fencing opportunities. At the end of sessions, each student will be evaluated for advancement.

No discounts. No pro-rating.

Location: NT Winnetka

Sessions run Mondays and Thursdays from 6:30-7:15 p.m. and Saturdays from 10 a.m.-1 p.m.

243-440 | 9/9-10/10

FEE: \$182 (13 sessions) | [REGISTER](#)

No class 10/3

243-441 | 10/14-11/16

FEE: \$196 (14 sessions) | [REGISTER](#)

No class 10/3

*243-442 | 11/21-1/25

FEE: \$196 (14 sessions) | [REGISTER](#)

No class 11/28, 11/30, 12/26, 12/28, 1/2, 1/4

NTX Caliber Fencing Club

Instructors: NTX Coaching Staff

The NTX Caliber Fencing Club is a fencing club that meets throughout the year except for August and school holidays. This membership is for those who have a good understanding of the basics and want to further their skills, recreationally or competitively, in Foil, Sabre, or Epee. Members will have access to two advanced skills classes per week, free fencing/sparring on any club day, a 15-minute lesson weekly or bi-weekly (depending on availability) with one of our coaches, and a discount on half-hour private lessons. No pro-rating on membership fees. A detailed class schedule will be provided upon registration. Membership may be purchased at any time during the year and will expire three months, six months, or one year from the date of purchase depending on your membership.

Location: NT Winnetka

243-443 | 3-month membership | \$229 | [REGISTER](#)

243-444 | 6-month membership | \$449 | [REGISTER](#)

243-445 | 1-year membership | \$839 | [REGISTER](#)

Private Fencing Lessons

NTX Private Fencing lessons are available in all three weapons to students recommended by an NTX fencing instructor. Students must pre-register for the first lesson online using a credit card or e-check (please make sure you select "save card"). You will schedule lessons with the instructor of your choice. 24-hour notice is required for the cancellation of each lesson or you will be charged for the missed lesson.

Location: NT Winnetka

243-446 | [REGISTER](#)

\$30 for a 30-minute lesson with Don Badowski or club member with Shawn Smith

\$40 for a 30-minute lesson with Shawn Smith (non-club member)

Drop-In Fencing

Instructors: NTX Coaching Staff

A drop-in, open fencing program to hone your skills by working out and competing with other fencers during Club sessions. Sessions will be supervised, but no instruction will be given. Open to fencers third grade through adult who have completed a beginning session satisfactorily or have comparable experience and have been evaluated by a member of the coaching staff. If you wish to sign up for more than 1 drop-in session, you must save your credit card to your account and email us at xtension@nth.net each time you want a session. Each month we will charge the card on file for any additional session you attend.

Location: NT Winnetka

243-447 | \$10 per drop-in visit | [REGISTER](#)

FINANCIAL PLANNING

Estate Planning

Instructor: Kevin Fitzsimons J.D., C.P.A. • 1 session

What is the difference between a will and a living trust? What is a living will versus a health care power of attorney? What documents should I have? This class provides a detailed understanding of estate planning documents and their purposes. We will discuss the many reasons to plan your estate including to avoid probate; avoid unnecessary death taxes; provide for you and your family's financial protection during old age and/or disability; and make sure your property goes to your loved ones at your death and is left to them in such a way you believe is best for them. We will also discuss changes (proposed or passed by Congress) to the federal estate tax laws. This course is designed to make this very complex process easy for the layperson to understand and will encourage questions and discussions of your particular concerns. An optional text is available in class for \$40, check or cash only.

Location: NT Northfield

243-241 | Tuesday | 10/22 | 6:30-9 p.m.

FEE: \$48/ Seniors \$43 | [REGISTER](#)

Executor? Trustee? Help!

Instructor: Kevin Fitzsimons J.D., C.P.A. • 1 session

This seminar will explain what it means to be an executor, a trustee, and an administrator, and the differences among them. We will cover in-depth who can legally be appointed to those positions, what they are required to do, how difficult it is, and issues related to probate with detailed examples. The class is designed to encourage questions and to help you understand who is best qualified to act as executor and/or trustee. Learn the myths and realities of these positions.

Location: NT Northfield

243-242 | Thursday | 10/24 | 6:30-8:30 p.m.

FEE: \$35/ Seniors \$32 | [REGISTER](#)

Social Security: What You Need to Know

Instructor: Jason Slezak • 1 session

This program is aimed at mature adults looking ahead to Social Security eligibility within the next five years, as well as those currently receiving benefits. Subjects covered include recent and proposed changes to the program, estimating your retirement benefits, disability, survivorship, Medicare, and the Prescription Drug Benefit Program, as well as what to expect and how to apply. There will be ample time to have your questions answered. Please pre-register with NTX, online or by mail by 10/1.

Location: NT Northfield

243-243 | Tuesday | 10/1 | 7-8:30 p.m.

FEE: FREE | [REGISTER](#)

Medicare, Medigap and Other Insurance Needs in Retirement

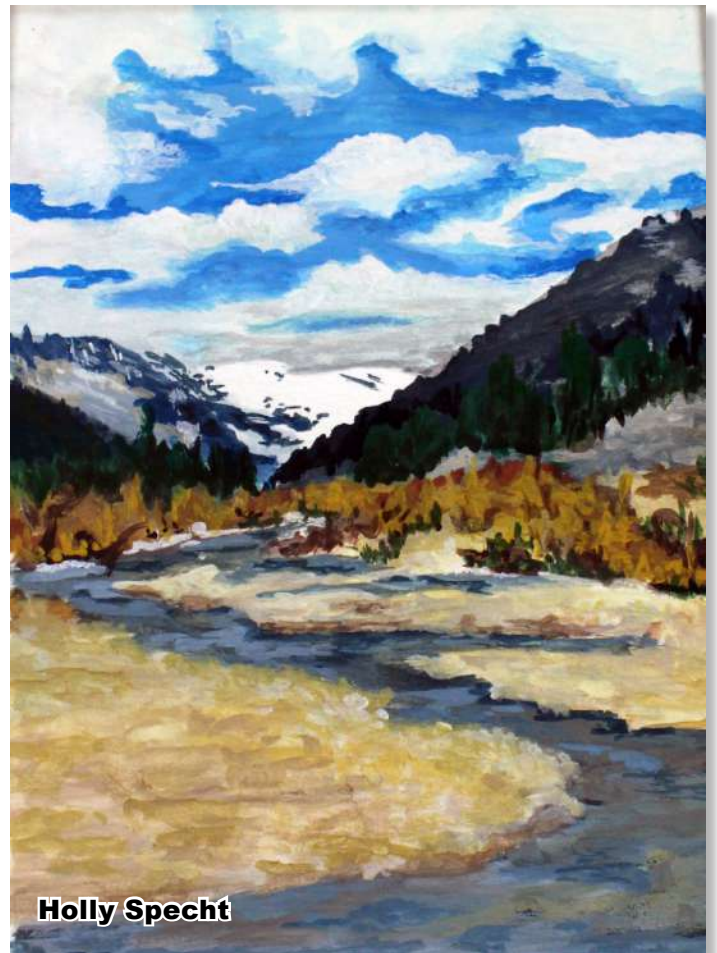
Instructor: Jack Ross • 2 sessions

Medical coverage is one of the most important retirement decisions, yet these decisions are some of the most complicated. This in-depth course will cover the governmental and non-governmental providers of medical insurance. We will discuss a retiree's needs, and the cost of Medicare Parts A, B, C, and D and Medigap policies. Also discussed are other insurance products such as dental, vision, and life insurance.

Location: NT Northfield

243-244 | Tuesdays | 12/3-12/10 | 7-8:30 p.m.

FEE: \$49/ Seniors \$44 | [REGISTER](#)



Holly Specht

Youth Badminton Clinic for Students in Grades 6-8 *NEW*

Instructors: NT Badminton Coaches

This is a great opportunity to learn from the NT coaches how to play the exciting sport of badminton. This program is for students who want to improve their badminton skills. The class will focus on the development of skills, basic tactics, simple strategies, etiquette, rules, and their application in single and double games. Participants will learn skills, footwork, racket technique, serving, and a variety of different badminton shots. This course will accommodate players who are beginners to the more experienced. Loaner equipment is available. If you have your own racket, bring it. Demo rackets will also be for sale. Max: 32 participants. Location: NT Northfield Main Gym

243-449 | Mondays | 9/9-1/13 | 7:30-9 p.m.
FEE: \$275 per student | [REGISTER](#)

No class 12/23, 12/30

Highly Motivated Group Fitness Classes!

Everyone needs a healthy social outlet to improve their mental wellness and achieve their fitness goals, no matter their age. Years of research have proven that people who participate in group exercise stay social and on target with their fitness goals throughout their lifetime, dramatically improving overall mental and physical health. In this supportive environment, you will work hard, laugh, and connect with others. For some, it feeds the competitive spirit. Together, it promotes happiness!

Cardio Interval/Strength Training

Instructor: Beth Klobuchar-Mendez • 17 sessions

This class is always testing and pushing you to the next level of fitness! Switching things up often with a focus on learning how to properly train for cardio intervals. 10-15 minutes per day is all you need to build cardio power. Master interval training and you will witness the best weight loss ever. Weight, Resistance, & Isometric training increases overall strength and improves bone density. The added benefits are balance and agility improvement. This is a must for your weekly wellness calendar. For the best results, consider using a heart rate monitor; e.g. chest-strap style, watch-style, or through a fitness monitor on your mobile phone. Knowing your numbers based on your age makes a huge difference for successful cardio training. All you need for this class is a good attitude and a water bottle. Modifications are provided for all fitness levels.

Location: NT Northfield

243-450 | Mondays | 9/16-1/27 | 5:45-6:30 p.m.
FEE: \$158/ Seniors \$142 | [REGISTER](#)

No class 12/23, 12/30, 1/20

Pilates/Pelvic Core

Instructor: Beth Klobuchar-Mendez • 17 sessions

Back by popular demand - along with Pelvic Core! A combination class to enjoy all the core fitness available! This class is 100% focused on strengthening the abs, back, and obliques through a series of moves on floor mats. A strong back and abs provide the strength to have good posture with less back pain. The added value of pelvic core work improves the pelvic floor muscles, which translates to reduced incontinence challenges. Floor mats are provided for this class and modifications are provided for all fitness levels. Please talk to the instructor about the pelvic core ball.

Location: NT Northfield

243-451 | Mondays | 9/16-1/27 | 6:30-7:15 p.m.
FEE: \$158/ Seniors \$142 | [REGISTER](#)

No class 12/23, 12/30, 1/20

Stretch Your Way to Improving Your Wellness!

Instructor: Beth Klobuchar-Mendez • 17 sessions

Ask students about this class and you will hear 5 stars all the way! Learn how to stretch your way to a healthy, pain-free body. This highly addictive class includes a series of static stretches with 20-30-second holds per stretch, combined with breathing techniques that will increase your range of movement while reducing aches and pains. Stretching to great music while using small rollers is all it takes to find your new level of relaxation. We will use straps and rollers, which will be provided, to assist us in achieving our maximum stretch goals. Modifications are provided for all fitness levels.

Location: NT Northfield

243-452 | Mondays | 9/16-1/27 | 7:15-8 p.m.
Fee: \$158/ Seniors \$142 | [REGISTER](#)

No class 12/23, 12/30, 1/20

Location: NT Winnetka

243-453 | Wednesdays | 9/18-1/29 | 6:50-7:35 p.m.
Fee: \$158/ Seniors \$142 | [REGISTER](#)

No class 11/27, 12/25, 1/1

Saturday Stretch for Wellness

Instructor: Beth Klobuchar-Mendez • 15 sessions

A quick 30-minutes of our cool-down stretch, so you can enjoy a pain-free weekend!

Location: NT Winnetka

243-454 | Saturdays | 9/28-2/1 | 9:15-9:45 a.m.
FEE: \$139/ Seniors \$125 | [REGISTER](#)

No class 10/12, 11/30, 12/28, 1/4

Combination Training, Cardio & Strength (1-hour)

Beth Klobuchar-Mendez • 17 sessions

All the latest research suggests strength training is key to maintaining health and retaining youth. Strength training releases hormones from your endocrine system into the bloodstream which activate blood, muscles, cells, bones, and tissues. Come join us for a music-driven hour of strength training, cardio interval training, balance, and more! This class switches things up often! Weight training in the gym, cardio kickbox, to step aerobics, and more! No age requirement, no previous experience, and no jumping or explosive movements. All you need is a smile on your face and a spring in your step. Please bring an exercise mat, hand weights, tubing, towel, and water. Limit of 12.

Location: NT Winnetka

243-455 | Wednesdays | 9/18-1/29 | 5:45-6:45 p.m.
FEE: \$210/ Seniors \$189 | [REGISTER](#)

No class 11/27, 12/25, 1/1

Combination Training, Cardio & Strength (45-minutes)

Instructor: Beth Klobuchar-Mendez • 15 sessions

It's Saturday! We will make it happen so you can go enjoy the day. Combination classes— Step Aerobics, Kick-Boxing, Weight Lifting, and more. Targeting all areas of the body in 45-min. Switching things up weekly. Modifications are provided for all levels of fitness.

Location: NT Winnetka

243-456 | Saturdays | 9/28-2/1 | 8:30-9:15 a.m.
FEE: \$139/ Seniors \$125 | [REGISTER](#)

No class 10/12, 11/30, 12/28, 1/4



WRESTLING

Trevian Wrestling Club

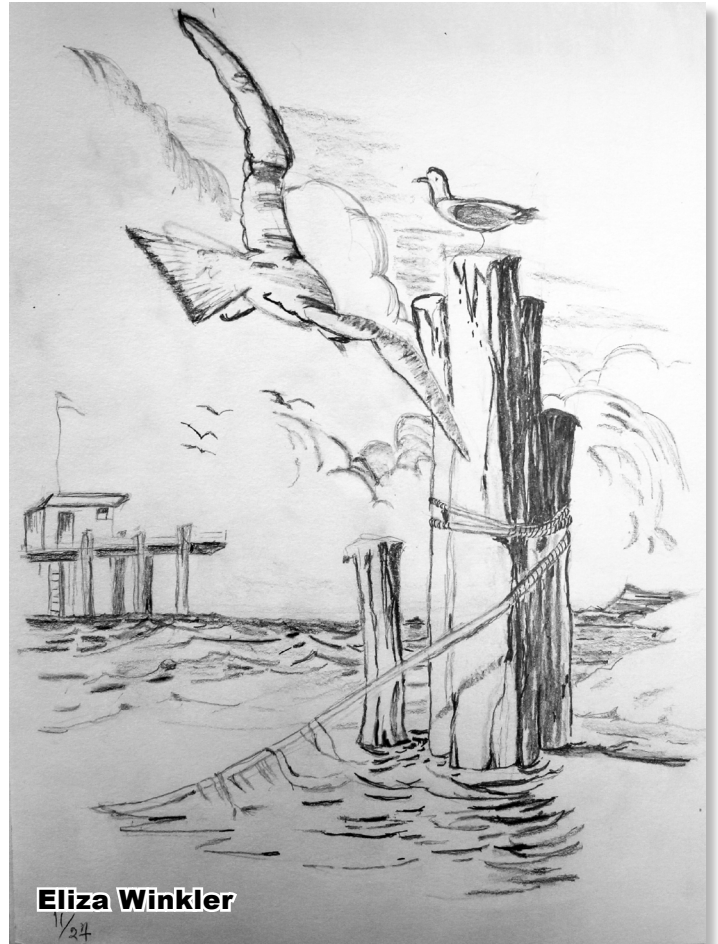
Instructor: Marc Tadelman, New Trier Head Wrestling Coach
Trevian Wrestling Club, offered through New Trier Extension, is open to all kids (both boys and girls) in grades K-8, no experience is necessary. Athletes will learn wrestling moves, techniques, and official rules. Participants will meet new people, and develop team-building skills, and self-discipline; moreover, participants will improve strength, agility, and fitness and become better at other sports. All athletes will have the opportunity to wrestle in matches and tournaments on Sundays through USA Wrestling. Other non-wrestling team-building activities are also part of the Trevian Wrestling Club experience. The Trevian Wrestling Club season is typically November through early March.

Contact Marc Tadelman at tadelmam@nths.net
or call (847) 612-9765 with any questions.
Location: NT Winnetka

243-680 | Tuesdays & Wednesdays
November-Late February (tentative) | 6:15-7:30 p.m.
FEE: \$250 | [REGISTER](#)

Beginners and wrestlers under 8 years old must sign up for the *Wednesdays Only* option. Wednesday will be divided into two groups: True Beginners and Current Middle School Wrestlers.

243-681 | Wednesdays Only
(*True Beginners/Ages 8 & Under and Current Middle School Wrestlers Only*)
November-Late February (tentative) | 6:15-7:30 p.m.
FEE: \$150 | [REGISTER](#)



LANGUAGES

French for Travelers

Back by Popular Demand

Instructor: Panthea Sadri • 6 sessions

This is a great class if you plan to travel to France! For decades, France has been the world's number one tourist destination. With this special-themed class, your instructor will guide you to discover France's hidden gems. This class takes the beginner through basic conversation topics so you can meet and greet people, order meals in cafes and restaurants, make small talk, buy train tickets, book a hotel room, understand street and metro maps, ask for directions, find ways of overcoming difficulties, and discuss cultural differences you may encounter along the way. You will learn tools to communicate with simple French in everyday situations. This class will be taught in English.

Location: NT Northfield

243-821 | Wednesdays | 10/16-11/20 | 7:20-8:50 p.m.
FEE: \$116/ Seniors \$104 | [REGISTER](#)

French I (Part 1)

Instructor: Panthea Sadri • 16 sessions

This entry-level course is designed for complete beginners to gain competency in French. Students will develop reading, writing, listening, and speaking skills necessary to identify vocabulary terms and utilize proper grammatical structures in French. Students will become familiar with engaging effectively in a variety of conversations in French. Fee does not include the required text to be purchased online after class begins. Min 6/ Max 12.

Location: NT Northfield

243-822 | Tuesdays | 9/10-1/14 | 4:15-5:45 p.m.
FEE: \$305/ Seniors \$275 | [REGISTER](#)

No class 11/5, 12/24, 12/31

French II (Part 1)

Instructor: Panthea Sadri • 14 sessions

This course stresses oral communication through verbal exercises using past, present, and near future tenses. Reading and writing will also be taught, but major emphasis will be placed on speaking and listening skills. Grammar will be presented to facilitate your progress. Students will be encouraged to speak in class by engaging in conversation on familiar topics and occasionally making short presentations. Some homework will be assigned. Prerequisite: One year of French at NTX or its equivalent. Fee does not include the required text to be purchased online after class begins. Minimum of 6.

Location: NT Northfield

243-823 | Wednesdays | 9/11-1/15 | 5:45-7:15 p.m.
FEE: \$270/ Seniors \$243 | [REGISTER](#)

No class 10/2, 10/9, 11/27, 12/25, 1/1

French Conversation & Grammar: Intermediate/Advanced

Instructor: Panthea Sadri • 16 sessions

This course focuses on the dynamics of everyday speech. By delving into media such as newspapers, magazines, movies, and more, you will enhance your vocabulary and ability to speak in diverse situations. Each class covers 2 specific grammar points and helps you improve your understanding and usage of these points in everyday conversations.

Location: NT Northfield

243-825 | Tuesdays | 9/10-1/14 | 5:55-7:25 p.m.
FEE: \$309/ Seniors \$278 | [REGISTER](#)

No class 11/5, 12/24, 12/3

Conversation Française Intermédiaire Niveau I (Part 1)

Instructor: Mary Ellen McGoey • 16 sessions

This course is for students who have a good grammar and vocabulary foundation and who wish to improve their ability to understand and speak more easily. Grammar and listening exercises will be done in class and for homework. Short articles and dialogues will permit vocabulary expansion and oral expression. Classes will begin with a conversation based on student interests. Fee does not include the required text. Instructor's permission is recommended for students new to the French program at NTX. Min 6/ Max 12.

Location: Live Online via Zoom

243-826 | Tuesdays | 9/10-1/14 | 9-10:30 a.m.
FEE: \$305/ Seniors \$275 | [REGISTER](#)

No class 11/5, 12/24, 12/31

Conversation Française Avancée (Part 1)

Instructor: Mary Ellen McGoey • 16 sessions

Ce cours s'adresse aux étudiants qui ont acquis un bon vocabulaire et les structures grammaticales nécessaires à l'expression et à la compréhension orale et qui désirent s'exprimer avec plus de facilité. Instructor's permission recommended for students new to the French program at NTX. Min 6/ Max 12.

Location: Live Online via Zoom

243-827 | Tuesdays | 9/10-1/14 | 10:45 a.m.-12:15 p.m.
FEE: \$305/ Seniors \$275 | [REGISTER](#)

No class 11/5, 12/24, 12/31

The History of German Immigration to America

Instructor: Angelique Burbach • 1 session

To this day German Americans make up the largest ancestry group within the United States. Between 13-16% of Americans claim at least partial German ancestry. In this course we will learn about the history of German immigration to the United States, famous German Americans in politics, business, and the sciences, as well as German traditions that made their way into the American way of life. This class will be taught in English but some basic German knowledge is helpful.

Location: NT Northfield

243-828 | Tuesday | 10/8 | 10 a.m.-12 p.m.

FEE: \$26/ Seniors \$23 | [REGISTER](#)

243-829 | Tuesday | 11/12 | 10 a.m.-12 p.m.

FEE: \$26/ Seniors \$23 | [REGISTER](#)

German Christmas Traditions in America

Instructor: Angelique Burbach • 1 session

German immigrants brought with them many of the Christmas traditions still celebrated in the US today: Christmas trees, ornaments, Santa, and "Silent Night" to name just a few. In this course, you will learn more details about the history and the origin of these traditions. This class will be taught in English but some basic German knowledge is helpful.

Location: NT Northfield

243-830 | Tuesday | 12/3 | 10-11:30 a.m.

FEE: \$19/ Seniors \$17 | [REGISTER](#)

German Advanced Beginner

Instructor: Angelique Burbach • 15 sessions

This class is designed to help students expand and refine their German language skills as well as improve and broaden the use of vocabulary. Emphasis is placed on conversation and expressions as well as on reviewing and learning grammar. Prerequisite: Beginner German III or previous German language experience. Instructor's permission is recommended for students new to the German program at NTX. Fee does not include the required text to be purchased online. Min 6/ Max 12.

Location: NT Northfield

243-831 | Mondays | 9/9-1/13 | 9-10:30 a.m.

FEE: \$272/ Seniors \$245 | [REGISTER](#)

No class 9/23, 11/25, 12/23, 12/30

German Intermediate Conversation and Grammar

Instructor: Angelique Burbach • 15 sessions

This class is for students who have taken German for several years. With the use of articles, texts, and videos, we will learn more about the country's culture, refine vocabulary, and cover more advanced grammar structures. Emphasis is placed on conversation in everyday situations. No textbook is required. Instructor's permission is recommended for students new to the German program at NTX. Min 6/ Max 12.

Location: NT Northfield

243-832 | Mondays | 9/9-1/13 | 11 a.m.-12:30 p.m.

FEE: \$272/ Seniors \$245 | [REGISTER](#)

No class 9/23, 11/25, 12/23, 12/30

Italian I (Part 1)

Instructor: Phyllis Horn-Liparini • 15 sessions

Have you always wanted to learn this wonderful language? This is the perfect time to begin. Enter the world of Puccini's opera, Michelangelo's art, and fine Italian dining! Learn the wonderful language while discovering Italy's culture. The emphasis is on daily conversation and patterns of speech. You will learn pronunciation, vocabulary, and basic communication skills along with fundamental grammar. Minimum of 6, maximum of 12 students. Fee does not include the required text to be purchased online.

Location: Live Online via Zoom

243-850 | Thursdays | 9/12-1/16 | 10:30 a.m.-12 p.m.

FEE: \$273/ Seniors \$246 | [REGISTER](#)

No class 10/3, 11/28, 12/26, 1/2

Italian II

Instructor: Phyllis Horn-Liparini • 16 sessions

Continue to learn the wonderful Italian language while discovering Italy's culture. The emphasis is on daily conversation and patterns of speech. You will learn pronunciation, vocabulary, and basic communication skills along with fundamental grammar. Minimum of 6, maximum of 12 students. Fee does not include the required text to be purchased online.

Location: Live Online via Zoom

243-851 | Tuesdays | 9/10-1/14 | 10:30 a.m.-12 p.m.

FEE: \$291/ Seniors \$262 | [REGISTER](#)

No class 11/5, 12/24, 12/31

Italian III

Instructor: Phyllis Horn-Liparini • 16 sessions

Let's keep learning as we prepare for our Italian adventures! This course is for students who already know some Italian or have taken Italian II. We will review some grammar and go on to more verb tenses, listening comprehension, and lots more conversation. New students need the instructor's permission. Maximum of 12 students. Fee does not include the required text to be purchased online.

Location: Live Online via Zoom

243-852 | Tuesdays | 9/10-1/14 | 9-10:30 a.m.

FEE: \$291/ Seniors \$262 | [REGISTER](#)

No class 11/5, 12/24, 12/31

Italian IV

Instructor: Phyllis Horn-Liparini • 17 sessions

Let's continue our journey into the land of explorers, artists, poets, and saints as we enrich the ways in which we express ourselves. This course is for students who have been studying Italian for a few years. We will fine-tune what we've already learned, investigate new grammar, and expand listening comprehension and conversation. New students need the instructor's permission. Maximum of 12 students. Fee does not include the required text to be purchased online.

Location: Live Online via Zoom

243-853 | Tuesdays | 9/10-1/14 | 6:30-8 p.m.

FEE: \$291/ Seniors \$262 | [REGISTER](#)

No class 11/5, 12/24, 12/31

Italian V

Instructor: Phyllis Horn-Liparini • 16 sessions

Un corso per studenti con almeno 3-4 anni d'italiano che vogliono perfezionare la loro conoscenza delle strutture grammaticali e esplorare la letteratura e il cinema. Questa classe offre la possibilità di investigare importanti argomenti culturali, politici e sociali in Italia. New students need the instructor's permission. Maximum of 12 students. Fee does not include the required text to be purchased online.

Location: Live Online via Zoom

243-854 | Thursdays | 9/12-1/16 | 12:30-2 p.m.

FEE: \$273/ Seniors \$246 | [REGISTER](#)

No class 10/3, 11/28, 12/26, 1/2

Spanish I Beginner:

Conversation and Grammar (Part 1A)

Instructor: Megan Lennon • 11 sessions

Experience the joy and satisfaction of learning a new language. Designed for beginners or those who have had Spanish years ago and want to come back, this lively, interactive class focuses on developing the four basic language skills of listening, speaking, reading, and writing. Students acquire vocabulary and structures through repetition, conversation, and stories. Fee does not include the required text to be purchased online.

Location: NT Northfield

243-855 | Wednesdays | 10/16-1/15 | 5-6:30 p.m.

FEE: \$199/ Seniors \$179 | [REGISTER](#)

No class 11/27, 12/25, 1/1

Spanish I Advanced:

Conversation and Grammar (Part 1B)

Instructor: Megan Lennon • 11 sessions

Continue the joy and satisfaction of learning a new language. Designed for those who have: completed Spanish IA, had Spanish years ago, and want to come back, or those who have been using other methods, such as Duolingo or YouTube to learn on their own. This lively, interactive class continues from IA and focuses on improving your language skills in listening, speaking, reading, and writing. We will review previously learned language skills and add new vocabulary, expressions, and grammatical structures using thematic units, incorporating extra conversation practice. Fee does not include the required text, to be purchased online.

Location: NT Northfield

243-856 | Wednesdays | 10/16-1/15 | 6:30-8 p.m.

FEE: \$199/ Seniors \$179 | [REGISTER](#)

No class 11/27, 12/25, 1/1

Spanish I (Part II Review and Move Forward)

Instructor: Robin Martinez • 16 sessions

Experience the joy of continuing your study of Spanish. This course is designed for beginners who have had at least one Spanish course and would like to briefly review before going on. This lively, interactive course focuses on developing the four basic language skills of listening, speaking, reading, and some occasional writing. Students acquire vocabulary and structures through repetition, conversation, and readings.

Location: Live Online via Zoom

243-857 | Tuesdays | 9/10-1/14 | 10-11:30 a.m.

FEE: \$289/ Seniors \$260 | [REGISTER](#)

No class 11/5, 12/24, 12/31

Spanish II: Conversation and Grammar (Intermediate)

Instructor: Robin Martinez • 15 sessions

This course is designed for those who have already completed Spanish II (Beginning) or its equivalent. You will improve your language skills in listening, speaking, reading, and writing. We will review previously learned language skills while continually adding new ones such as more vocabulary, expressions, verb conjugations, and structures through the use of thematic units, conversation, and readings.

Location: Live Online via Zoom

243-858 | Thursdays | 9/12-1/16 | 10-11:30 a.m.
FEE: \$271/ Seniors \$244 | [REGISTER](#)

No class 10/3, 11/28, 12/26, 1/2

Spanish III (Advanced): Conversation, Composition, and Culture

Instructor: Robin Martinez • 16 sessions

This course is for students who have taken Spanish III (Intermediate) or its equivalent. It is designed to help students improve and enhance their ability to comprehend, speak, read, and write in Spanish. Emphasis is placed on learning new vocabulary, expressions, and structures as well as on reviewing previous material through conversation, readings, and other cultural connections. Instructor's permission is recommended for new students to the NTX Spanish program. Fee does not include the required text to be purchased online. Min 6/ Max 12.

Location: Live Online via Zoom

243-859 | Wednesdays | 9/11-1/15 | 11 a.m.-12:30 p.m.
FEE: \$289/ Seniors \$260 | [REGISTER](#)

No class 11/27, 12/25, 1/1

Spanish IV

Instructor: Robin Martinez • 16 sessions

This course is for advanced students who have studied Spanish for at least three years at NTX (or the equivalent) and are interested in continuing their study of Spanish through the use of texts, discussion, and occasional writing assignments. There will be plenty of conversation to put your grammar into practice, and review of grammar and vocabulary as needed. Instructor's permission is recommended for new students to the NTX Spanish program. Fee does not include required text online. Minimum of 6.

Location: Live Online via Zoom

243-860 | Wednesdays | 9/11-1/15 | 9-10:30 a.m.
FEE: \$289/ Seniors \$260 | [REGISTER](#)

No class 11/27, 12/25, 1/1



MUSIC

Good Vibes Guitar Club

Instructor: Our Music Institute Staff • 10 sessions

It's *never* too late to learn an instrument. Tap into life's good vibrations by learning directly from the soundtrack of *your* life. Learn classic songs by The Beatles, Fleetwood Mac, CCR, and more. Experience guitar in a low-pressure, relaxed group setting with the accomplished, patient, and fun instructors at Our Music Institute (OMI) in Northfield. This class is suitable for beginners to early intermediate players. Each session covers guitar fundamentals including scales, strumming patterns, chord progressions, and more. Every semester features a new collection of classic songs and unknown gems that are fun to play and help you apply your new guitar skills. All the material in Good Vibes Guitar Club is presented on multiple levels, making it accessible to early learners and challenging for those who have been playing longer. Complete beginners with no guitar experience are required to attend OMI's Guitar Basics Class which will be held one week prior to the start of the club. Bring your own guitar or let Our Music Institute know if you'd like to purchase or rent one (847) 386-6765. Six student minimum required. Location: Our Music Institute (Northfield)

243-103 | Wednesdays | 9/18-11/20 | 7-8 p.m.
FEE: \$245 (No discount) | [REGISTER](#)

Guitar Basics Primer

Instructor: Our Music Institute Staff • 1 session

This is a one-day class that serves as a precursor to OMI's Good Vibes Guitar Club. This will teach you the language of learning guitar. Students will learn to identify the parts of the guitar, navigate the strings and fretboard, tune the instrument, and grasp how to read tablature, chord diagrams, charts, and strumming patterns. This one-hour class is a requirement for complete beginners who are attending Good Vibes Guitar Club and is also encouraged for anyone who wants to review the basics. Students must be enrolled in Good Vibes Guitar Club to be enrolled in Guitar Basics Primer.

Location: Our Music Institute (Northfield)

243-104 | Wednesday | 9/11 | 7-8 p.m.
FEE: \$20 (No discount) | [REGISTER](#)

Soundations Music Production Club for Kids

Instructor: Our Music Institute Staff • 10 sessions

Have you ever heard the music in a video game or a movie and wondered how it was made? Learn here! In Soundations Music Production Club students will learn all the basics of music production in a professional recording studio environment. Using the DAW (digital audio workstation) GarageBand, you will learn how to use loops and record your own audio to create music or soundscapes of your liking. You will become a wiz at navigating the DAW and be able to capture and manipulate sound like a pro. Learn to control faders, gain, panning, equalization, reverb, and other sound effects to create your own masterpiece. All students will experience producing their own original piece with a presentation day at the culmination of the class. Music-making has gone beyond instruments and orchestras. Your experience in Soundations Music Production Club will set you up for success in industry-standard DAW's including Logic, Ableton, and ProTools. *iPad, tablet, or laptop required for class.

Location: Our Music Institute (Northfield)

Ages: Students in 4th and 5th grade
243-105 | Tuesdays | 9/10-11/19 | 6-7 p.m.
FEE: \$290 (No discount) | [REGISTER](#)

No class 11/5

Melodic Minds Jr. Choir

Instructor: Our Music Institute Staff • 10 sessions

Designed for students in junior high, this class offers a fun and supportive environment where young singers can explore their vocal talents, develop their musical skills, and build confidence. Led by experienced instructors, students will learn a variety of songs from different genres, work on vocal techniques, and participate in engaging group activities. Whether they're beginners or have some experience, this class provides a space for kids to express themselves creatively and connect with others who share their love for music. 6 student minimum required.

Location: Our Music Institute (Northfield)

Ages: Students in 6th-8th grade
243-106 | Tuesdays | 9/10-11/19 | 7:15-8:15 p.m.
FEE: \$295 (No discount) | [REGISTER](#)

No class 11/5

Grand Staff Piano Class

Instructor: Our Music Institute Staff • 10 sessions

Stretch out your fingers and get ready to play. It's never too late to learn something new. In this beginner's piano class, students will learn piano technique, how to read music notation, how to perform with expression, and more. Specifically, students will learn how to read notes in the treble and bass clef, how to play in steps, the C position, how to identify and play melodic intervals, what dynamics are and how to express them, what time signatures are and how to play in a few different ones, what sharps are and how to play them, learn to identify and perform staccato markings, and will even experience performing a duet! Learn an instrument you've always wanted to learn in a supportive environment of your peers, led by a passionate and fun instructor at OMi. Keyboards and headphones are provided at OMi for class. Coursebook information will be emailed upon registration. Coursebooks are purchased separately, either from OMi or from a music dealer of your choice. Practice rooms are available for use to all NTX students during OMi office hours. 6 student minimum is required.

Location: Our Music Institute (Northfield)

243-107 | Mondays | 9/9-11/11 | 7-8 p.m.

FEE: \$245 (No discount) | [REGISTER](#)



ROWING

Adult Learn-to-Row On-the-Water (New Rowers)

Instructor: New Trier Rowing Coaches • 4 sessions

These classes are for women and men who have no prior experience and want to learn to row in a fun and supportive environment. All classes are held on the North Shore Channel of the Chicago River. Wear tight-fitting shorts (biker-style) and a T-shirt and bring a water bottle. Please arrive 15 minutes early to warm up and stretch prior to all classes. No discounts; students should plan to attend all classes. Students are expected to know how to swim. Fee includes 2 complimentary Learn to Erg sessions held on Wednesdays from 6-7 p.m. at NT Northfield. Class minimum enrollment must be met for the course to run.

Location: Dammrich Rowing Center

243-605 | Fridays | 9/6-9/27 | 9-11 a.m.

FEE: \$160 (No discount) | [REGISTER](#)

243-606 | Fridays | 10/4-10/25 | 9-11 a.m.

FEE: \$160 (No discount) | [REGISTER](#)

Adult On-the-Water Rowing (Experienced Rowers)

Instructor: New Trier Rowing Coaches • 8 sessions

These sessions are for women rowers with prior on-the-water experience who are seeking a recreational or competitive rowing experience. You will row on the North Shore Channel of the Chicago River. Wear tight-fitting shorts (biker-style) and a T-shirt and bring a water bottle. Please arrive 15 minutes early to warm up and stretch prior to all classes.

Location: Dammrich Rowing Center

243-636 | Wednesdays | 9/4-10/23 | 9-11 a.m.

FEE: \$320 (No discount) | [REGISTER](#)

243-637 | Fridays | 9/6-10/25 | 9-11 a.m.

FEE: \$320 (No discount) | [REGISTER](#)

Fall Learn to Erg

Instructor: New Trier Rowing Coaches • 7 sessions

For students (13 years and over) and adults new to the sport. 500-meter splits, strokes per minute, Power-10s and leg drive will all be part of the new rowing jargon you learn as part of this class. If you have prior rowing experience, you will be appropriately challenged to maintain proper technique while increasing your physical fitness. You will not be required to row a 2,000-meter test piece, but will learn how to:

- Adjust the ergometer ("erg") properly before rowing
- Row with proper technique so you don't injure yourself
- Apply power most effectively

You'll understand that dipping your hands, shooting your slide, or opening your back early is not desirable; You'll learn that suspending your body weight on the end of the erg is desirable. Wear tighter-fitting shorts (biker style) and a T-shirt. Bring a water bottle. Space is limited so sign up early! Students must register prior to attending class. No refunds.

Location: NT Northfield

243-612 | Wednesdays | 9/4-10/30 | 6:30-7:30 p.m.

FEE: \$140 (No discount) | [REGISTER](#)

No class 10/2, 10/9

SAILING AND BOATING SAFETY

ASA101: Basic Keelboat Certification

Instructor: Captain Brian Earl, Be-Nautical Sailing School • 2 sessions
This is a perfect introductory course to help you learn about sailing. It will provide the necessary knowledge to sail a boat of about 20-27 feet in light to moderate winds and sea conditions in familiar waters without supervision. The 12-hour course is taught by a USCG Captain and Certified Instructor. After completing on-water and written tests you'll earn a certification recognized by the United States Coast Guard as a Safe Boating Course. Fee is per person.
Location: Wilmette Harbor

242-757 | Saturday & Sunday | 9/7, 9/8 | 8:30 a.m.-2:30 p.m.
FEE: \$525 (No discount) | [REGISTER](#)

Sun and Moon

Instructor: Captain Brian Earl, Be-Nautical Sailing School • 1 session
This experience offers participants a new perspective watching the sunset and the moonrise from the water. We'll meet at the harbor about an hour before sunset and watch the sunset as we venture out on the lake, while on the other horizon, the moon rises. Many of us have watched the sunset across the water, but the vantage point from the boat, while watching the moon rise, is rich with experience. Fee is per person.
Location: Wilmette Harbor

242-759 | Saturday | 9/14 | 6:45-9:45 p.m.
FEE: \$99 (No discount) | [REGISTER](#)

Basic Skills Refresher/Beginners and Families for Sail

Instructor: Captain Brian Earl, Be-Nautical Sailing School • 1 session
This course is designed for students to experience sailing for the first time or to practice their newly learned or already experienced sailing skills on a smaller boat. We'll practice the basics – departing and returning under sail (no motor) as well as underway sailing skills. A great intro or "crew" course for those with little sailing knowledge to prepare for a season or a vacation of sailing. Plus, a smaller boat means a smaller class and more time at the helm.
Location: Wilmette Harbor

243-729 | Saturday | 9/28 | 8:30-11:30 a.m.
FEE: \$165 (No discount) | [REGISTER](#)

243-730 | Saturday | 9/28 | 12:30-3:30 p.m.
FEE: \$165 (No discount) | [REGISTER](#)

243-731 | Sunday | 9/29 | 8:30-11:30 a.m.
FEE: \$165 (No discount) | [REGISTER](#)

243-732 | Sunday | 9/29 | 12:30-3:30 p.m.
FEE: \$165 (No discount) | [REGISTER](#)

Sailing Fundamentals

Instructor: Captain Brian Earl, Be-Nautical Sailing School • 2 sessions
This 8-hour course is taught over a weekend or weeknights during the summer. This course is designed to teach you fundamental sailing skills along with the rules of the road and federal requirements for boating on the Great Lakes. From parts of the boat, sailing skills, and crew over-board skills to critical rules of the road and navigation, safely departing, and returning to the dock, this comprehensive sailing course will give you the necessary foundation on which to build additional sailing skills.
Location: Wilmette Harbor

243-739 | Saturday & Sunday | 9/7, 9/8 | 8:30 a.m.-2:30 p.m.
FEE: \$445 (No discount) | [REGISTER](#)

Boat America: A Course on Responsible Boating

Instructor: USCG AUX Flotilla 39-6 • 4 sessions
This introductory boating safety class covers the basics of boating safety, required safety equipment, navigation and rules of the road, federal and Illinois boating regulations, emergency measures, and more. The course is taught by experienced and knowledgeable US Coast Guard Auxiliary instructors committed to the highest standards of the US Coast Guard and the National Association of Safe Boating Law Administrators (NASBLA). The course meets the boating license or safety certification requirements of all states, including Illinois. Upon successful completion of this course, participants will receive a certificate of completion and a boating safety card. For more information, contact Dan O'Connell at cgaux.doc@gmail.com. Min 6/ max 10.
Location: NT Northfield

243-750 | Mondays & Wednesdays | 9/9-9/18 | 6:30-8:30 p.m.
FEE: \$59 (No discount) | [REGISTER](#)

243-751 | Mondays & Wednesdays | 1/27-2/5 | 6:30-8:30 p.m.
FEE: \$59 (No discount) | [REGISTER](#)

T'AI CHI

Qigong and Foundations of Tai Chi Chuan

The Qigong (pronounced chee-gung) and Foundations class introduces Chinese health exercises and the fundamental principles and exercises of Tai Chi Chuan. The class focuses on balance, breathing, stillness, movement, and relaxing the body and the mind.

Maximum of 14.

Location: NT Northfield

Instructor: Kathy Sheridan • 11 sessions
243-430 | Mondays | 9/16-12/9 | 7-8 p.m.
FEE: \$141/ Seniors \$127 | [REGISTER](#)

No class 10/14, 11/25

Instructor: Paula Chalk • 11 sessions
243-431 | Saturdays | 9/21-12/14 | 9:30-10:30 a.m.
FEE: \$141/ Seniors \$127 | [REGISTER](#)

No class 10/12, 11/30

Classes below have a prerequisite of one semester of the Qigong and Foundations of T'ai Chi class.

Gentle Tai Chi Class

The Gentle Tai Chi Class is ideal for students who wish to learn at a slower pace, seniors, or those who might have some physical challenges with balance or memory.

Location: NT Northfield

Instructor: Pam Hultgren • 11 sessions
243-432 | Saturdays | 9/21-12/14 | 9:30-10:15 a.m.
FEE: \$109/ Seniors \$98 | [REGISTER](#)

No class 10/12, 11/30

Tai Chi Form Class

Instructor: Pam Hultgren • 11 sessions

The Form Class is open to Form 1 and Form 2 students and students who have completed one semester of the Qigong and Foundations of Tai Chi class. This class will focus on the principles of Tai Chi and on learning the Form with breakout sessions for more focused work on the various parts of the Form.

Location: NT Northfield

Instructor: Pam Hultgren • 11 sessions
243-433 | Mondays | 9/16-12/9 | 7-8 p.m.
FEE: \$141/ Seniors \$127 | [REGISTER](#)

No class 10/14, 11/25

Instructor: Pam Hultgren • 11 sessions
243-434 | Saturdays | 9/21-12/14 | 8:20-9:20 a.m.
FEE: \$141/ Seniors \$127 | [REGISTER](#)

No class 10/12, 11/30

Tai Chi Form: Advanced

Contact the instructor before registering for this class for the first time.

Location: NT Northfield

Instructor: Pam Hultgren • 11 sessions
243-435 | Wednesdays | 9/18-12/11 | 6:50-7:50 p.m.
FEE: \$141/ Seniors \$127 | [REGISTER](#)

No class 10/9, 11/27

Tai Chi Form: Advanced+

The Advanced+ class will serve as an extension to the Advanced class for those Advanced students wishing to have some additional time for discussion and two-person practices.

Location: NT Northfield

Instructor: Pam Hultgren • 11 sessions
243-436 | Wednesdays | 9/18-12/11 | 8-8:30 p.m.
FEE: \$72/ Seniors \$65 | [REGISTER](#)

No class 10/9, 11/27

These classes may be eligible for reimbursement from your Medicare provider.

TECHNOLOGY

Tech Help Tuesday

Instructor: Sabrina Nizzi

Technology can be overwhelming! Ease your mind with an in-person, patient, and understanding one-on-one session with a local expert. Do you have questions about your laptop, smartphone, or tablet? Would you like tips or ideas on how to use your device more efficiently? Tech Help Tuesdays are here to help! On the Tuesday dates below from 9 a.m. to noon, beginning September 10, you can reserve up to one hour of time to have your questions answered via an in-person session. Reservations (at least 24 hours in advance) are required. Sorry, no walk-ins.

Sessions will be held on the following dates: 9/10, 9/24, 10/8, 10/22, 11/19, 12/3, 12/17, 1/7, and 1/21.

Location: NT Northfield

241-711 | Every-other Tuesday starting 9/10 | 9 a.m.-12 p.m.
FEE: \$32/ Seniors \$29 | [REGISTER](#)

20 Tips for Better Smartphone Photography

Instructor: Vera Holroyd • 1 session

If you find yourself mostly taking photos with your smartphone (like many of us these days) and want to improve your pictures, this class is for you! It is much easier to improve your smartphone photography skills and photos than you might think. This practical, dynamic, and fun class by a travel writer who takes all her pictures with her iPhone will give you 20 tips you can apply immediately to up your smartphone photography game.

Location: NT Northfield

243-712 | Thursday | 9/26 | 6:30-8:30 p.m.
FEE: \$29/ Seniors \$26 | [REGISTER](#)

Cut the Cable Cord

Instructor: Michael Gershbein • 1 session

There are more choices than ever to provide an option to traditional cable. Amazon, Apple, Hulu, YouTube, and Netflix offer just a few of the options available for people who are interested in cutting the cable cord. Find out all the best services as well as streaming devices like Roku and Apple TV.

Location: NT Northfield

243-713 | Thursday | 9/26 | 7-8:30 p.m.
FEE: \$24/ Seniors \$22 | [REGISTER](#)

Holiday Tech Gifts

Instructor: Michael Gershbein • 1 session

Find out all the hottest gadget gifts available this holiday season. From smart homes and smart phones to toys and oddities, we'll open people's eyes to lots of cool options for the family's (or their own) wish list!

Location: NT Northfield

243-714 | Thursday | 11/7 | 7-8:30 p.m.
FEE: \$24/ Seniors \$22 | [REGISTER](#)

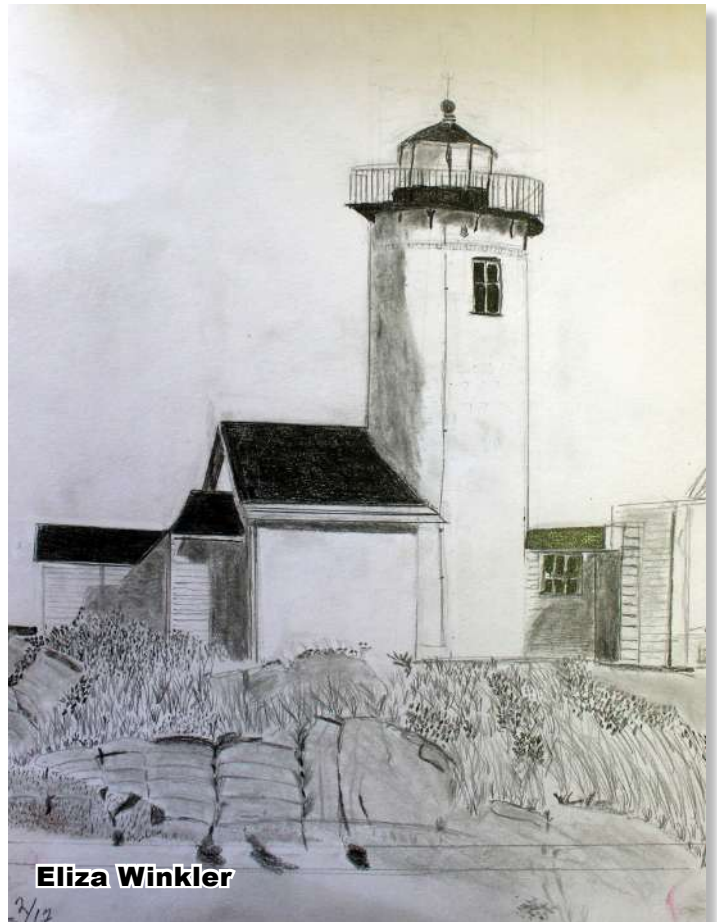
Password Safety

Instructor: Michael Gershbein • 1 session

The first line of defense in online safety is practicing smart password habits. We'll show you how to create safe passwords and use password managers to make your online life easier.

Location: NT Northfield

243-715 | Thursday | 12/19 | 7-8:30 p.m.
FEE: \$24/ Seniors \$22 | [REGISTER](#)



Eliza Winkler

WRITING

Quick Fiction:

Writing Flash Fiction for Fun and Profit

Instructor: Pamela Dell • 6 sessions

In our digital age, flash fiction has become a hugely popular form of prose writing. Maybe that's because flash is short—usually no longer than 1,000 to 2,000 words, and often even shorter (as well as sometimes longer). Flash is proliferating on the web, offering writers many opportunities to get published and get paid in the numerous flash fiction writing competitions offered there. In this class, we'll have fun trying out different approaches to writing flash, with attention to strengthening participants' fiction-writing skills at the same time. Maybe your flash fiction could earn a little profit too! Pamela Dell is a professional editor and the author of work for both adults and kids. Limit of 12.

Location: NT Northfield

243-930 | Tuesdays | 9/10-10/15 | 1-3 p.m.

FEE: \$137/ Seniors \$123 | [REGISTER](#)

243-931 | Tuesdays | 11/12-12/17 | 1-3 p.m.

FEE: \$137/ Seniors \$123 | [REGISTER](#)

Micro Memoirs Workshop **NEW**

Instructor: Sarah Squires-Doyle • 1 session

Enjoy an afternoon dedicated to writing a mini collection of micro memoirs (short personal narratives). Writing prompts will be given to evoke stories from different ages and stages of life. Have fun writing and sharing true tales in this engaging 2-hour workshop. No experience is necessary.

Location: NT Northfield

243-932 | Friday | 10/18 | 1-3 p.m.

FEE: \$39/ Seniors \$35 | [REGISTER](#)



Holly Specht



Valerie Bachman

DISTANCE LEARNING:

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What our NTX students had to say about these courses:

"The instructor was really helpful and has expert knowledge and fine techniques to explain sometimes very difficult topics in easy to understand words. Also the instructor was highly encouraging students with praises and useful suggestions. This course is very good for those who want to become an illustrator or comic book artist." - Mari N

"I really enjoyed this course. It was informative, and I feel I have the skills to teach writing to students in the early grades. Thank you!" - Jennifer D.

This Fall 2024 term, courses begin:

September 11, October 16, November 13, and December 18



Program Registration Form
www.ntx203.net

Mail to: NEW TRIER EXTENSION 7 Happ Rd., Northfield, IL 60093
PHONE: (847) 446-6600

Family Last Name: _____

Address: _____

City: _____ Zip: _____

Phone #: _____

E-mail: _____

EMERGENCY CONTACT Name: _____ Phone: _____

PAYMENT INFO

☐ Cash ☐ Check ☐ Credit Card
Visa | MasterCard | Discover

Account #: _____ - _____ - _____ - _____

Exp. Date: ____ / ____ Total Enclosed: \$ _____

Authorized Signature: _____

Print Cardholder's Name: _____

SAVE TIME AND REGISTER ONLINE AT
www.ntx203.net

Course Number	Course name	Registrant's First Name	Birthdate	Fee
			TOTAL	

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK SIGNATURE (please read below)

➡ **SIGNATURE OF ADULT PARTICIPANT:** _____ **DATE:** _____
(OR PARENT/GUARDIAN)

PARTICIPATION WILL BE DENIED if the signature of adult participant or parent/guardian and date are not on this waiver.

New Trier Extension Waiver, Hold Harmless, and Indemnification Terms

I recognize and acknowledge that there are certain risks of physical injury to participants in the course or courses identified this registration form (the "Course"), and I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that I or my minor child/ward sustain as a result of participation. I release and discharge New Trier Township High School District No. 203, the New Trier Extension Program, including the Board of Education, its members, employees, agents, and volunteers ("New Trier High School") from any and all claims from injuries, including death, damages, or losses which I or my child/ward may have or which may accrue on account of participation in the Course. I further agree to indemnify, hold harmless, and defend New Trier High School from any and all claims resulting from injuries, including death, damages, and losses that I or my child/ward sustain arising out of, connected with, or in any way associated with the activities of the Course. It is my express intent that this waiver and release shall bind the members of my family, spouse, heirs, assigns, and personal representatives and shall be deemed as a release, waiver, discharge, and covenant not to sue New Trier High School. In the event of an emergency, I authorize New Trier High School to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my or my child/ward's immediate care and agree that I or my child/ward's will be responsible for payment of any and all medical services rendered.

I have read and understand the registration form, including the warning of risk, assumption of risk and waiver and release of all claims. If any term, covenant, condition, or provision of this registration form is held by a court of competent jurisdiction to be invalid, void, or unenforceable, the remainder of the provisions shall remain in full force and effect and shall in no way be affected, impaired, or invalidated.



FREQUENTLY ASKED QUESTIONS

New Trier Extension | www.ntx203.net

Can I register over the phone or online?

Yes! We prefer you register online for classes. If you need assistance, we can help you/ register you over the phone (847) 446-6600. The registration system works best when opened in a Google Chrome browser.

Once I register, how do I know where to go for my class?

Upon registering, you will receive an e-mail registration confirmation listing the location for your class and any other pertinent information (supply list, book list, etc.) This is for your information only; the confirmation receipt is not necessary for entrance to class. If you do not receive confirmation, please call the office at (847) 446-6600. Confirmations will be sent electronically, and supplemental paper confirmations will only be sent if necessary.

Do you have classes for children?

Almost all classes are open to adults and students high school age or older. Trevian Wrestling Club, fencing, Our Music Institute Kids programs, and a few others are open to younger students. Please call the office to check before enrolling anyone younger than high school age if you are unsure.

I don't live in the New Trier school district. Can I take your classes?

Yes. Out-of-district residents are welcome and pay the listed tuition.

I have registered and can no longer attend my class. Can I get a refund?

If you withdraw at least 3 full business days prior to the start of class (or the registration deadline, where applicable), you will receive a refund minus a \$15 withdrawal fee. No refunds will be given after that time. In case of a course cancellation, a full refund will be issued automatically.

Make up Classes

In the event a class needs to be canceled for the day, NTX will notify students via email of the missed class. NTX is committed to making every effort to offer a make-up class for any canceled session. However, in cases where a class is canceled due to circumstances beyond our control: a natural disaster, act of God (such as extreme weather events), or an unexpected facility closure, we cannot guarantee that a make-up class will be feasible. To mitigate the impact of unforeseen events, NTX includes a make-up week in every session schedule. This make-up week is designed to provide flexibility and allow for rescheduling of missed classes, thereby ensuring that the specified number of class sessions is delivered within the session period.

Senior Discounts

Senior discounts are available to anyone 65 years or older (except where otherwise noted) and are shown as the "seniors" price for each course. If no "seniors" price is shown, no discount is available.

Faculty Assignments

Faculty may change at the discretion of the Manager.

Photography/Video

Photos and video footage are periodically taken of people participating in New Trier Extension programs and activities. All persons registering for NTX programs/classes, thereby agree that any photograph or video taken by the District may be used in District publications, advertising, marketing materials, brochures, event fliers, social media (including Facebook, Instagram and other social media sites operated by the District), and the District's website without additional prior notice or permission and without any compensation to you. All photos and videos are property of the District.

Discrepancies/Changes in Catalog Data

It is sometimes necessary to make changes to the location, times, or date of courses. On occasion, inadvertent errors may occur in the catalog. NTX will make every effort to advise registered students of changes. We appreciate your patience and understanding in such matters.

Disclaimer

New Trier High School District 203 disclaims any responsibility or liability for any injuries, including death, damage to or loss of property or any other damages or losses sustained by participants in the New Trier Extension program which arise out of, are connected to or in any way associated with the activities of this program.



CLASS SUBJECTS THIS TERM

One of a Kind	1-3
Art	4-6
Bridge & Mah Jongg	7-8
Culinary	9
Fencing	10
Financial Planning	11
Fitness	12-13
Wrestling	14
Languages	15-18
Music	19-20
Rowing	21
Sailing & Boating Safety	22
Tai Chi & Qigong	23
Technology	24
Writing	25

NTX STAFF

DeDe Kern,
NTX Manager
Angie Woodul,
NTX Program Assistant
Lia Kass Fahs,
Communications Coordinator

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Christopher Johnson, Ed. D.,
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Winnetka Campus Principal/
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Paul M. Waechtler,
Northfield Campus Principal
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Join us for a class — there are multiple ways to register!



ONLINE:

Visit our website at ntx203.net
(or scan the QR code above)
to view our digital catalog on
your device and register directly
through the page.



WALK-IN/PHONE:

Walk-in registration is available during
daytime class hours at the Northfield
Campus or by appointment only. We
are happy to help you register over the
phone at (847) 446-6600.



MAIL:

Download our registration form online at
ntx203.net and fill out your credit card
info (or include a check made out to New
Trier Extension) and mail it to NTX at
7 Happ Road, Northfield, IL 60093