



Summer 2024
Full Digital Catalog

Register today at www.ntx203.net!



Welcome to the Summer term at NTX!

While there will be construction at the Northfield campus this summer, we look forward to having additional locations for daytime classes, including the NT Winnetka campus. A full list of class locations can be found on this page. Please note that parking locations may change for NT Northfield classes as this work is done. New Trier Extension 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 give our participants the skills they need for work, self-improvement, personal growth, and the opportunity to learn a new hobby and meet new people. Whether we connect in person, via email, or by phone, we are here to help you register for the next session and look forward to having you enjoy the many programs NTX offers.



DeDe Kern, MS, CPP
NTX Manager



Facebook:

facebook.com/ntextension



Instagram:

@new_trier_extension

Summer 2024 Class Locations:

NT Northfield,
7 Happ Rd, Northfield

NT Winnetka,
385 Winnetka Ave, Winnetka

The Canvasback,
1747 Orchard Lane, Northfield

Am Yisrael,
4 N Happ Rd, Northfield

Wilmette Community Recreation Center,
3000 Glenview Rd, Wilmette

Lutheran Church of the Ascension,
460 Sunset Ridge Rd, Northfield

Our Music Institute,
400 Central Ave, Northfield

Dammrich Rowing Center,
3220 Oakton St, Skokie

Wilmette Harbor,
20 Harbor Drive, Wilmette

ONE OF A KIND

Beginning Needlepoint

Instructor: The Canvasback of Northfield Staff • 3 sessions
Come to the Canvasback and learn to needlepoint. You will learn all about the materials and tools you will be working with and 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

242-701 | Mondays | 6/10, 7/8, 8/5 | 6-7:30 p.m.
FEE: \$129 (No discount) | [REGISTER](#)

Irish History

Instructor: Frank Sullivan • 6 sessions
Do you like stories? How about stories of mythic heroes, saints, scholars, and villainous Vikings? In this course, we will consider Ireland's ancient origins, later conquest by the Normans, the Reformation, the rise of Irish nationalism, and the birth of the Irish Free State until 1923. Join us as we explore the intriguing topic of Irish History.
Location: NT Winnetka

242-705 | Mondays | 6/17-7/22 | 1-2:30 p.m.
FEE: \$96/ Seniors \$86 | [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 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, to 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

242-702 | Wednesdays | 7/10-7/31 | 7-8:30 p.m.
FEE: \$69/ Seniors \$62 | [REGISTER](#)

Watercolor For All Levels (In-Person)

Instructor: Fran Vail • 6 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 12.

Location: Am Yisrael

242-156 | Thursdays | 6/13-7/25 | 9:30 a.m.-12 p.m.

FEE: \$168/ Seniors \$151 | [REGISTER](#)

No class 7/4

Watercolor For All Levels (Zoom)

Instructor: Fran Vail • 6 sessions

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

Location: Live Online via Zoom

242-158 | Wednesdays | 6/12-7/24 | 9:30 a.m.-12 p.m.

FEE: \$168/ Seniors \$151 | [REGISTER](#)

No class 6/19

Gouache, Drawing, and Mixed Media

The open studio class 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

11 sessions

242-160 | Mondays | 6/3-8/12 | 10 a.m.-12 p.m.

FEE: \$264/ Seniors \$238 | [REGISTER](#)

Nut and Bolts Landscape Perspective

Instructor: Tom James • 4 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

242-162 | Tuesdays | 6/4-6/25 | 10-11:15 a.m.

FEE: \$62/ Seniors \$56 | [REGISTER](#)

Abstract Painting

Instructor: Tom James • 4 sessions

This is a fun class for the adventurous with lots of interaction and results. These sessions 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 to be discussed the following week.

Location: Live Online via Zoom

242-163 | Tuesdays | 6/4-6/25 | 12:30-2:15 p.m.

FEE: \$76/ Seniors \$68 | [REGISTER](#)

Painting: Intermediate/Advanced Studios

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

9 sessions

242-164 | Wednesdays | 6/5-8/14 | 12:30-2:30 p.m.

FEE: \$216/ Seniors \$194 | [REGISTER](#)

No class 6/19, 7/3

10 sessions

242-165 | Fridays | 6/7-8/16 | 10 a.m.-12 p.m.

FEE: \$239/ Seniors \$215 | [REGISTER](#)

No class 7/5

The Art History classes emphasize not only the art created by the artists but also the history and culture of the time. Art is, more often than not, 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 used.

Art History, Section II

Instructor: Tom James

The summer session will focus on more 20th-century painters. The class will view images, YouTube documentaries, and DVD presentations.

Location: Live Online via Zoom

4 sessions

242-166 | Tuesdays | 6/4-6/25 | 7-8:15 p.m.

FEE: \$61/ Seniors \$55 | [REGISTER](#)

3 sessions

242-167 | Wednesdays | 6/5-6/26 | 3:15-4:30 p.m.

FEE: \$46/ Seniors \$41 | [REGISTER](#)

No class 6/19

Representational Painting/Painting Critiques

Instructor: Tom James • 3 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 to be 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

242-168 | Wednesdays | 6/5-6/26 | 10-11:30 a.m.

FEE: \$54/ Seniors \$49 | [REGISTER](#)

No class 6/19

Intermediate Drawing Your Way

Instructor: Tom James • 4 sessions

This session will focus on drawing and using different mediums of one's choice: pencils, pen and ink, markers, colored pencils, gouache, etc. Subject matter will vary based on the needs of the individuals in the class. Possibilities may include still lifes, interiors, landscapes, animals, faces, and figures. The instructor will focus on basic foundational skills, discuss the materials one chooses to use, and techniques such as using solvents to blend colored pencils. 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 using annotation tools and class critique. A screenshot of the work with annotation will be sent to the students. Previous drawing experience is required.

Location: Live Online via Zoom

242-169 | Thursdays | 6/6-6/27 | 10-11:30 a.m.

FEE: \$72/ Seniors \$65 | [REGISTER](#)

Drawing and Mixed Media

Instructor: Tom James • 4 sessions

This session we will be drawing/painting using a variety of mediums including pencil, colored pencil, gouache, markers, and collage. Subject matter will vary from week to week. Emphasis will be on “finished” pieces of artwork. Each week there will be an assignment given to be discussed the following week using screenshots and annotation from the instructor. Previous drawing experience is required.

Location: Live Online via Zoom

242-170 | Thursdays | 6/6-6/27 | 3-4:30 p.m.

FEE: \$72/ Seniors \$65 | [REGISTER](#)



Margaret Burka

BRIDGE AND MAH JONGG

Bridge 1.5

Instructor Mike Cochran • 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 be used to supplement the text, which is the same book used in 1.0.

Location: Lutheran Church of the Ascension

242-503 | Wednesdays | 6/12-7/31 | 12:45-2:45 p.m.

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

No class 6/19, 7/3

Location: NT Northfield

242-504 | Wednesdays | 6/12-7/31 | 7-9 p.m.

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

No class 6/19, 7/3

Bridge 2.5

Instructor Mike Cochran

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.

5 sessions • Location: NT Northfield

242-505 | Tuesdays | 6/11-7/9 | 7-9 p.m.

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

5 sessions • Location: NT Northfield

242-506 | Tuesdays | 7/16-8/13 | 7-9 p.m.

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

6 sessions • Location: Lutheran Church of the Ascension

242-507 | Wednesdays | 6/12-7/31 | 10 a.m.-12 p.m.

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

No class 6/19, 7/3

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: Lutheran Church of the Ascension

242-508 | Fridays | 6/14-7/26 | 9:30-11:30 a.m.

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

No class 7/5

How Do You Get to Carnegie Hall? *NEW*

Instructor: Jan Churchwell • 6 sessions

Practice, practice, practice. You've learned the basic rules of bidding and the fundamentals of play. You've learned how to bid hands with one long suit, with half the points in the deck or more, what a "convention" is, and how they can boost your bidding. You've seen how bidding and play change when all four players are active, and that is the jumping-off point for this course. You will practice, practice, practice all of the above-using hands from recent duplicate games. We will discuss each hand after it's played, and you will receive weekly handouts that review the hands.

Location: NT Northfield

242-509 | Mondays | 6/24-7/29 | 7-9 p.m.

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

3.0 Defense: Last But Not Least

Instructor: Jan Churchwell • 6 sessions

Each bridge hand includes a Declarer who plays two hands (their own which no one else sees and Partner's hand which becomes visible to all players), Declarer's Partner who is silent once their hand is on the table, and two players who want to stop Declarer from making the contract: The Defenders. Basic courses cover defense concepts, but they are rarely emphasized. Defense is highly situational because what a defender does varies with each trick. This intrinsic shifting of focus on defense adds another layer of complexity to the game, and understanding it needs to be in your mental bridge bag. Fee does not include the required text to be purchased online before the first class.

Location: NT Northfield

242-510 | Thursdays | 6/20-8/1 | 7-9 p.m.

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

No class 7/4

Beginning Mah Jongg

Instructor: Marlene Dobrin • 5 sessions

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 Winnetka

242-511 | Mondays | 6/10-7/8 | 1-3 p.m.

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



FENCING

Beginning Fencing Membership for All Ages

Instructor: NTX Coaching Staff

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 two times a week for 45 minutes. Members will then be able to stay after to spar during club hours from 7:15-8 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.-12 p.m.

242-440 | 6/3-6/29 | FEE: \$168 (12 sessions) | [REGISTER](#)

242-441 | 7/8-7/27 | FEE: \$126 (9 sessions) | [REGISTER](#)

NTX-Caliber Fencing Club

Instructor: NTX Coaching Staff

The NTX Caliber Fencing Club is a fencing club that meets throughout the year except for the month of 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

242-444 | 3-month membership | \$229 | [REGISTER](#)

242-445 | 6-month membership | \$449 | [REGISTER](#)

242-446 | 1-year membership | \$839 | [REGISTER](#)

Summer Schedule

6/3-7/27

Weekdays (M, Th): 6:30-8 p.m.

Saturdays: 10 a.m.-12 p.m.

No class 7/1-7/6

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 echeck (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

242-447 | [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

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

242-448 | \$10 per drop-in visit | [REGISTER](#)



Mary Ann Wetoska

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; to avoid unnecessary death taxes; to 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

242-242 | Tuesday | 7/16 | 6:30-9 p.m. (new time)

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

242-243 | Tuesday | 7/23 | 6:30-8:30 p.m. (new time)

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



FITNESS

Everyone needs a healthy social outlet to help their mental wellness, along with achieving their fitness goals, no matter their age. Years of research have proven people who participate in group exercise stay social and stay on target with their fitness goals throughout their lifetime. Your overall mental and physical health dramatically improves in group fitness. It's a supportive environment, working hard, laughing together, and connecting with others. For some, it feeds the competitive spirit. Together it promotes happiness!

Highly Motivated Group Fitness Classes!

Cardio/Strength

Instructor: Beth Klobuchar-Mendez • 10 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

242-450 | Mondays | 6/24-9/9 | 5:45-6:30 p.m.

Fee: \$93/ Seniors \$84 | [REGISTER](#)

No class 7/1, 9/2

Pilates

Instructor: Beth Klobuchar-Mendez • 10 sessions

Back by popular demand – it's time to get your core strengthening goals back on track! 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 and less back pain. Floor mats are provided for this class and modifications are provided for all fitness levels.

Location: NT Northfield

242-451 | Mondays | 6/24-9/9 | 6:30-7:15 p.m.

Fee: \$93/ Seniors \$84 | [REGISTER](#)

No class 7/1, 9/2

Stretch

Instructor: Beth Klobuchar-Mendez

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 • 10 sessions

242-452 | Mondays | 6/24-9/9 | 7:15-8 p.m.

Fee: \$93/ Seniors \$84 | [REGISTER](#)

No class 7/1, 9/2

Location: NT Northfield • 11 sessions

242-453 | Wednesdays | 6/26-9/11 | 6:50-7:35 p.m.

FEE: \$102/ Seniors \$92 | [REGISTER](#)

No class 7/3

Saturday Stretch

Instructor: Beth Klobuchar-Mendez • 10 sessions

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

Location: NT Winnetka

242-454 | Saturdays | 6/29-9/14 | 9:15-9:45 a.m.

FEE: \$61 /Seniors \$55 | [REGISTER](#)

No class 7/6, 8/17

Circuit Strength Training

Beth Klobuchar-Mendez • 11 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 utilizing free weights, tubing, medicine balls, and your own body weight. This class will also include a combination of step classes. 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, a towel, and water. Limit of 12.

Location: NT Northfield

242-455 | Wednesdays | 6/26-9/11 | 5:45-6:45 p.m.

FEE: \$136/ Seniors \$122 | [REGISTER](#)

No class 7/3

Saturday Cardio/Strength

Instructor: Beth Klobuchar-Mendez • 10 sessions

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

Location: NT Winnetka

242-456 | Saturdays | 6/29-9/14 | 8:30-9:15 a.m.

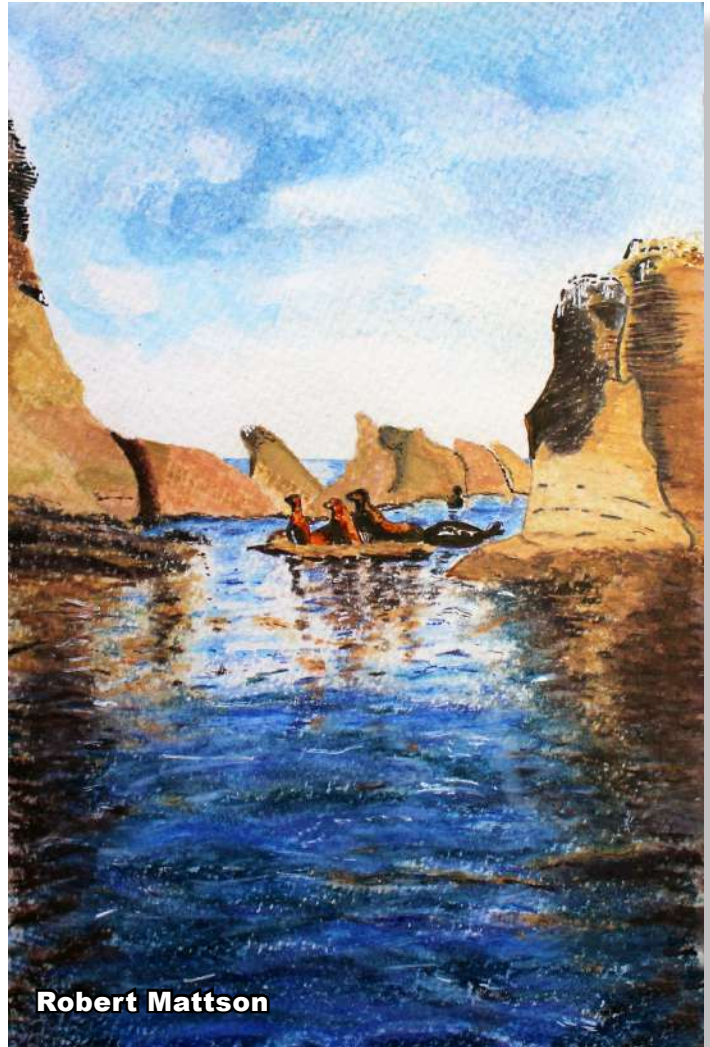
FEE: \$93 /Seniors \$84 | [REGISTER](#)

No class 7/6, 8/17

WRESTLING

Trevian Wrestling Club

The Trevian Wrestling Club, offered through New Trier Extension, is open to all kids (boys and girls) in grades K-8. This program teaches wrestling fundamentals and instills values of hard work, self-discipline, and the importance of goal setting. The season runs early November-March each year. The program is run by New Trier Head Wrestling Coach, Marc Tadelman. Questions may be directed to Tadelmam@nths.net



Robert Mattson



Margaret Burka



Holly Specht

LANGUAGES

French Culture & Civilization: Intermediate and Advanced

Instructor: Panthea Sadri • 6 sessions

Dive deeper into French culture and way of life in classes at the Intermediate level inspired by different themes and topics. Culture shapes the way language is structured and the ways in which language is used. Expand your linguistic skills while exploring themes as diverse as pop culture, history, society, politics, philosophy, everyday life, and more. Using a variety of media—novels, films, documentaries, news articles, and more—you will have the opportunity to delve deeper into each topic. This course is designed for the culture addict who would like to learn more about French and other Francophone cultures, as well as become more independent in speaking in French about more complex and challenging topics.

Location: NT Northfield

242-823 | Wednesdays | 6/26-7/31 | 3:30-5:00 p.m.
FEE: \$108/ Seniors \$97 | [REGISTER](#)

French Refresher Course

Instructor: Panthea Sadri • 7 sessions

Do you want to update and refresh your French skills? This course is for you! Brush up on your French in this interactive refresher course offered for people who have some basic skills. Ideal for students who want to strengthen and review their language skills before moving on to the next level. We'll explore online media, video, and contemporary music to reinforce conversation abilities, comprehension, grammar, and vocabulary. Setting aside the traditional textbook format, we'll engage with real-world situations and dialogue for a unique, fun transition into the next stage of your French journey.

Location: NT Northfield

242-824 | Tuesdays | 6/18-7/30 | 5:15-6:45 p.m.
FEE: \$126/ Seniors \$113 | [REGISTER](#)

French Cine Club

Instructor: Panthea Sadri • 6 sessions

This class is intended for French learners who have taken French for at least two years. We will view a French movie in class along with discussing vocabulary and the context of the movie each week. Bring your favorite snack.

Location: NT Northfield

242-825 | Wednesdays | 6/26-7/31 | 5:15-6:45 p.m.
FEE: \$108/ Seniors \$97 | [REGISTER](#)

French Book Club

Instructor: Panthea Sadri • 7 sessions

This class is intended for French learners who have taken French for at least two years. We will read a short French novel and discuss it in class – some reading at home is required. Grammar and vocabulary will be covered as needed. Fee does not include the required book to be purchased online before class begins.

Location: NT Northfield

242-826 | Tuesdays | 6/18-7/30 | 4-5 p.m.
FEE: \$84/ Seniors \$76 | [REGISTER](#)

Italian I Review

Phyllis Horn-Liparini • 8 sessions

This summer session will review both Part 1 and Part 2 of Italian I, with an emphasis on daily conversation and patterns of speech, and the perfection of grammatical structures presented during the first year. We will work hard in class, but there will be no homework. Instructor's permission is recommended for students new to NTX's Italian program. Fee does not include the required text to be purchased online.

Location: Live Online via Zoom

232-850 | Tuesdays | 6/11-7/30 | 10:30 a.m.-12 p.m.
FEE: \$136/ Seniors \$122 | [REGISTER](#)

Italian II Review

Phyllis Horn-Liparini • 8 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, Part 2. We will review some grammar and go over the verb tenses, work on listening comprehension, and have lots of conversation. New students need the instructor's permission. Fee does not include the required text to be purchased online.

Location: Live Online via Zoom

232-851 | Tuesdays | 6/11-7/30 | 9-10:30 a.m.
FEE: \$136/ Seniors \$122 | [REGISTER](#)

Italian III Review

Phyllis Horn-Liparini • 8 sessions

Andiamo! This course is for students who already have taken Italian III, Part 1 and Part 2 or its equivalent. We will review grammar, conquer new vocabulary, and focus on conversation and culture. New students need the instructor's permission to register. Fee does not include the required text to be purchased online.

Location: Live Online via Zoom

232-852 | Tuesdays | 6/11-7/30 | 6:30-8 p.m.
FEE: \$136/ Seniors \$122 | [REGISTER](#)

Italian IV Review

Phyllis Horn-Liparini • 8 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 instructor's permission. Maximum of 12 students. Fee does not include required text to be purchased online.

Location: Live Online via Zoom

242-854 | Thursdays | 6/13-8/8 | 12:30-2 p.m.

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

No class 7/4

Spanish Immersion, Beyond Beginners, Practical Applications: Levels I and II

Instructor: Robin Martinez • 8 sessions

They say practice makes perfect! Take your Spanish knowledge to a higher level with this Spanish immersion class. Converse for 55 minutes as you continue to learn Spanish in each class. Ask questions or comment in English during the last 5 minutes of class. Apply and keep current with what you've learned in previous classes! Minimal homework is required.

Location: Live Online via Zoom

242-835 | Tuesdays | 6/11-7/30 | 10-11:00 a.m.

FEE: \$104/ Seniors \$94 | [REGISTER](#)

Spanish Grammar and Vocabulary Workshop: Levels I and II

Instructor: Robin Martinez • 8 sessions

Stand out from the crowd as you continue to learn and master Spanish vocabulary and grammar. This review course is for learners who have completed either level I and/or II and would like to review the grammar and apply it to practical use. Homework is assigned weekly to keep the class moving through a review of topics covered in the textbook.

Location: Live Online via Zoom

242-836 | Thursdays | 6/13-8/8 | 10-11 a.m.

FEE: \$104/ Seniors \$94 | [REGISTER](#)

No class 7/4

Spanish Immersion, Practical Applications: Level III

Instructor: Robin Martinez • 8 sessions

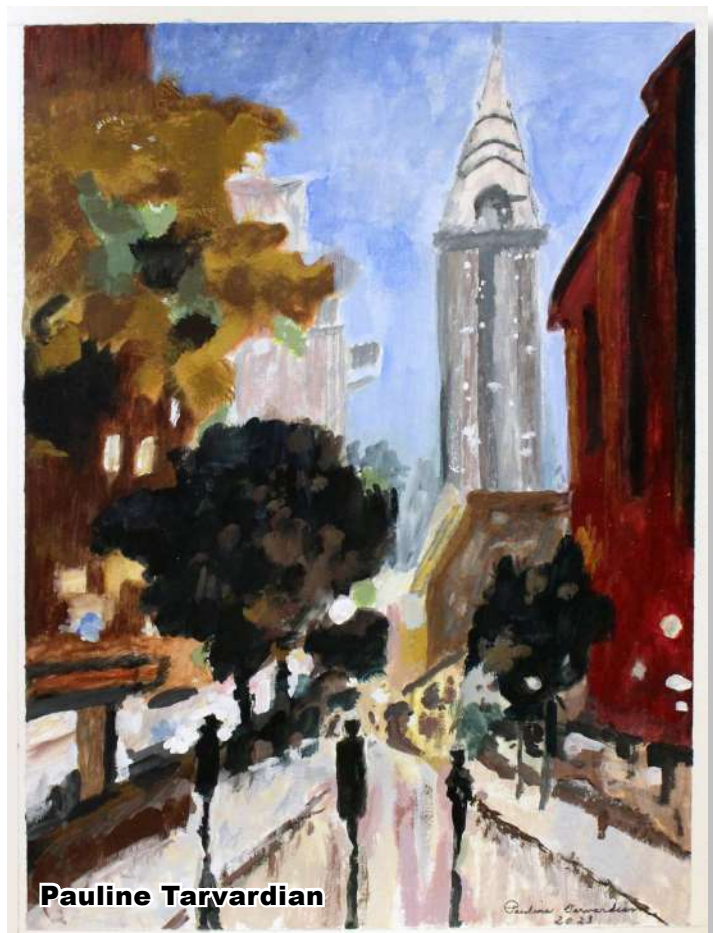
Keep your Spanish fresh this summer! This Spanish immersion conversation course is for learners who have completed level III Spanish courses and want to continue practicing over the summer. Converse for 55 minutes as you apply what you've already learned in other Spanish classes. Ask questions or comment in English during the last 5 minutes of class. Minimal homework is required.

Location: Live Online via Zoom

242-837 | Wednesdays | 6/12-8/7 | 10-11 a.m.

FEE: \$104/ Seniors \$94 | [REGISTER](#)

No class 6/19



Good Vibes Guitar Club

Instructor: Our Music Institute Staff • 8 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 beginner 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 in 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. Fee does not include required course books. Books are to be purchased at OMI at the first class. Min/Max: 6/12

Location: Our Music Institute

242-103 | Wednesdays | 6/12-8/14 | 7-8 p.m.

FEE: \$196 (No discount) | [REGISTER](#)

No class 6/19, 7/3

Guitar Basics Primer

Instructor: Our Music Institute Staff • 1 session

This one-day class 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 or anyone who wants to review the basics.

Location: Our Music Institute

242-104 | Wednesday | 6/5 | 7-8 p.m.

FEE: \$20 (No discount) | [REGISTER](#)

Grand Staff Piano Class

Instructor: Our Music Institute Staff • 8 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 techniques, 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. Practice rooms are available for use to all NTX students during OMI office hours. Fee does not include required course books. Books can be purchased online prior to the first class or purchased from OMI at the first class. 7 student maximum.

Location: Our Music Institute

242-105 | Wednesdays | 6/12-8/14 | 7-8 p.m.

FEE: \$196 (No discount) | [REGISTER](#)

No class 6/19, 7/3

Soundations Music Production Club for Kids **NEW**

Instructor: Our Music Institute Staff • 10 session

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 for Kids, 4th and 5th-grade 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. 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, bands, and orchestras. Your experience in Soundations Music Production Club will set you up for success in industry-standard DAWs including Logic, Ableton, and ProTools. Ipad, tablet, or laptop required for class. Min/Max: 6/10

Location: Our Music Institute

Ages - Entering 4th and 5th grade

242-106 | Tuesdays | 6/11-8/13 | 2-3 p.m.

FEE: \$295 (No discount) | [REGISTER](#)

Melodic Minds Jr. Choir ***NEW***

Instructor: Our Music Institute Staff • 10 session

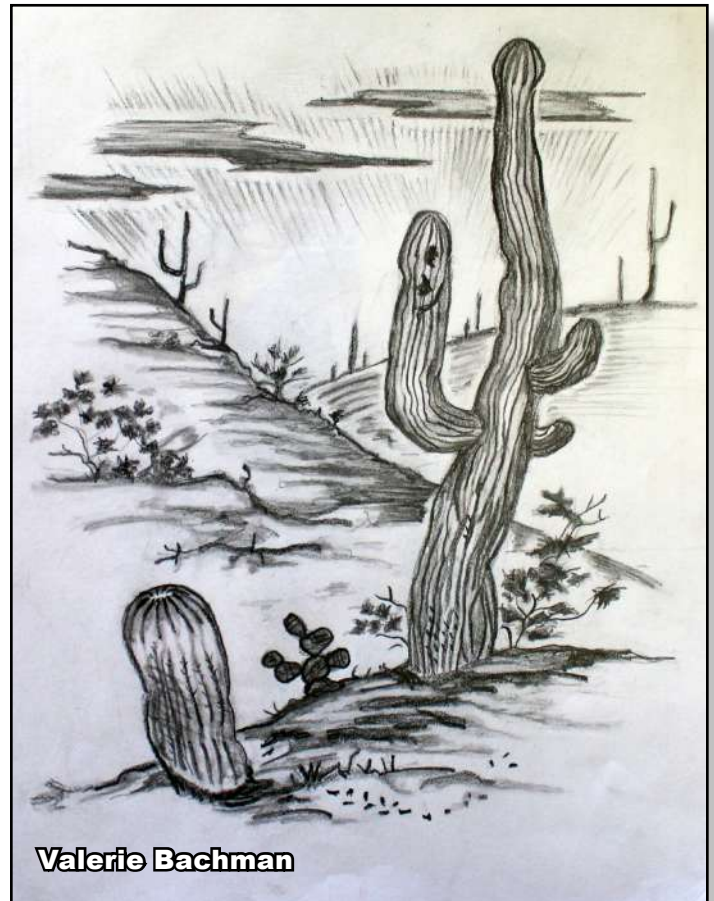
Designed for students in junior high, this class offers a fun and supportive environment where young singers can explore their vocal talents, develop their musical skills, and build confidence. Led by experienced instructors, students will learn a variety of songs from different genres, work on vocal techniques, and participate in engaging group activities. On the last day of class, students will record themselves singing in the recording studio at OMi! 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. Experience singing in a low pressure, relaxed group setting with the accomplished, patient, and fun instructors at Our Music Institute (OMi) in Northfield.

Location: Our Music Institute

Ages - Entering 6th-8th grade

242-107 | Mondays | 6/10-8/12 | 2-3 p.m.

FEE: \$295 (No discount) | [REGISTER](#)



ROWING

Seasonal Rowing class offerings can be found at <https://www.newtrier.k12.il.us/Page/2006>

Intermediate Sculling Summer Camps

This camp is designed for rowers with basic sculling proficiency or those recommended by a rowing coach. Rowers will refine proper sculling technique in racing singles (bring your own if you have one), doubles, or quads. Build on your conditioning while learning how to steer better, improve balance and speed, and perfect racing starts. There will be opportunities to learn from video analysis of each sculler and race others in the camp. The skills developed will improve technique and make anyone a better boat mover for sweep rowing. Sculling is a skill that will allow you to row for life!

Location: Dammrich Rowing Center, 3220 Oakton Avenue

242-660 | M-F | June 10-14 | 4-6 p.m.

FEE: \$300 | [REGISTER](#)

242-661 | M-F | July 22-26 | 4-6 p.m.

FEE: \$300 | [REGISTER](#)

Adult On-the-Water Learn to Row

These classes are for adults, women and men, who have no prior experience and want to learn to row in a fun and supportive environment. All classes will be held on the North Shore Channel of the Chicago River. Wear tighter-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. All participants are expected to know how to swim. No refunds. Class minimum enrollment must be met. Location: Dammrich Rowing Center, 3220 Oakton Avenue

242-630 | W | June 5, 12, 26 | 8:30-10:30 a.m.

FEE: \$120 | [REGISTER](#)

242-632 | W | July 10, 17, 24, 31 | 8:30-10:30 a.m.

FEE: \$160 | [REGISTER](#)

242-634 | W | August 7, 14, 21, 28 | 8:30-10:30 a.m.

FEE: \$160 | [REGISTER](#)

242-631 | F | June 7, 14, 21, 28 | 8:30-10:30 a.m.

FEE: \$160 | [REGISTER](#)

242-633 | F | July 12, 19, 26 | 8:30-10:30 a.m.

FEE: \$120 | [REGISTER](#)

242-635 | F | August 2, 9, 16, 23, 30 | 8:30-10:30 a.m.

FEE: \$200 | [REGISTER](#)

No class 6/19, 7/3, and 7/5

Experienced Adults

On-the-Water Summer Rowing Pass

Enjoy greater flexibility this summer! One payment of \$400 allows 10 visits to any of the program dates listed below. Rowers must indicate the dates they will attend at registration. Additional visits may be added at the time of registration or later for \$40 each. These sessions are for women rowers with prior on-the-water experience who are seeking a recreational or competitive rowing experience. You will row (sweep or scull) on the North Shore Channel of the Chicago River. Wear tighter-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. All participants are expected to know how to swim. No discounts or refunds; students should plan to attend all classes.

Location: Dammrich Rowing Center, 3220 Oakton Avenue

242-636 | W & F | 8:30-10:30 a.m.

FEE: 10 Visits \$400 | Additional visits \$40 | [REGISTER](#)

Wednesdays:

June 5, 12, 26; July 10, 17, 24, 31; August 7, 14, 21, 28

Fridays:

June 7, 14, 21, 28; July 12, 19, 26; August 2, 9, 16, 23, 30

No class 6/19, 7/3, and 7/5



Adults On-the-Water

Summer Erg Classes

Great for new rowers to gain experience and for experienced rowers to continue conditioning on state-of-the-art Concept2 ergometers. Space is limited so sign up early! Each course is 1.5 hours per session and will include body and weight circuit work. No prior experience is required. Wear tight-fitting shorts and a T-shirt. Bring a water bottle. No refunds. Location: NT Winnetka Rowing Loft

Week 1

242-620 | M, W, F | June 10, 12, 14 | 1:30-3 p.m.

FEE: \$60 | [REGISTER](#)

Week 2

242-621 | M, F | June 17, 21 | 1:30-3 p.m.

FEE: \$40 | [REGISTER](#)

No class 6/19

Week 3

242-622 | M, W, F | June 24, 26, 28 | 1:30-3 p.m.

FEE: \$60 | [REGISTER](#)

Week 4

242-623 | M, W, F | July 8, 10, 12 | 1:30-3 p.m.

FEE: \$60 | [REGISTER](#)

Week 5

242-624 | M, W, F | July 15, 17, 19 | 1:30-3 p.m.

FEE: \$60 | [REGISTER](#)

Varsity

242-625 | F | June 14, 21, 28; July 12, 19 | 3-4:30 p.m.

FEE: \$100 | [REGISTER](#)

Novice On-the-Water Summer Rowing Camps

High school rowers, or rowers with less than one year of rowing experience who will be at least an incoming high school freshman, are invited to participate. Students may select the week(s) that work best for their schedule and are encouraged to participate in all four weeks. On-the-water sessions are designed to complement the ergometer classes and develop and reinforce proper rowing techniques in a fun co-ed environment. Appropriate level conditioning and race strategies will be incorporated. All participants are expected to know how to swim. The camp fee covers coaching, facilities, and boat usage. In case of inclement weather, the class will be canceled. No refunds. Space is limited.

Location: Dammrich Rowing Center, 3220 Oakton Avenue

Week 1

242-626 | M, Tu, Th, F | June 17-21 | 4-6 p.m.

FEE: \$180 | [REGISTER](#)

No camp 6/19

Week 2

242-627 | M-F | June 24-28 | 4-6 p.m.

FEE: \$225 | [REGISTER](#)

Week 3

242-628 | M-F | July 8-12 | 4-6 p.m.

FEE: \$225 | [REGISTER](#)

Week 4

242-629 | M-F | July 15-19 | 4-6 p.m.

FEE: \$225 | [REGISTER](#)



Varsity On-the-Water Summer Rowing Camps

High school rowers with a minimum of one year of rowing experience are invited to participate in this training and racing camp. On-the-water sessions are designed to further develop technique and prepare athletes for national-level rowing competitions. Rowers will be able to compete at the 44th annual Chicago Sprints held July 12-14th by registering with NTX. All participants are expected to know how to swim. The camp fee covers coaching, facilities, boat usage, and video analysis. In case of inclement weather, the class will be canceled. No refunds. Space is limited. Register week by week or for the full five-week camp.

Location: Dammrich Rowing Center, 3220 Oakton Avenue

VARSITY BOYS

242-640 | M-Th | June 17-July 18 | 1:15-3:15 p.m.

FEE: \$750* | [REGISTER](#)

**No class June 19, July 3, and July 4*

Week 1

242-641 | M, Tu, Th | June 17-20 | 1:15-3:15 p.m.

FEE: \$135 | [REGISTER](#)

No camp 6/9

Week 2

242-642 | M-Th | June 24-27 | 1:15-3:15 p.m.

FEE: \$180 | [REGISTER](#)

Week 3

242-643 | M-Tu | July 1-2 | 1:15-3:15 p.m.

FEE: \$90 | [REGISTER](#)

No camp 7/3-7/4

Week 4

242-644 | M-Th | July 8-11 | 1:15-3:15 p.m.

FEE: \$180 | [REGISTER](#)

Week 5

242-645 | M-Th | July 15-18 | 1:15-3:15 p.m.

FEE: \$180 | [REGISTER](#)

VARSITY GIRLS

242-650 | M-Th | June 17-July 18

FEE: \$750* | [REGISTER](#)

**No class June 19, July 3, and July 4*

Week 1

242-651 | M, Tu, Th | June 17-20 | 1:30-3:30 p.m.

FEE: \$135 | [REGISTER](#)

No camp 6/19

Week 2

242-652 | M-Th | June 24-27 | 1:30-3:30 p.m.

FEE: \$180 | [REGISTER](#)

Week 3

242-653 | M-Tu | July 1-2 | 7-9 a.m.

FEE: \$90 | [REGISTER](#)

No camp 7/3-7/4

Week 4

242-654 | M-Th | July 8-11 | 7-9 a.m.

FEE: \$180 | [REGISTER](#)

Week 5

242-655 | M-Th | July 15-18 | 7-9 a.m.

FEE: \$180 | [REGISTER](#)



Novice On-the-Water

SAILING AND BOATING SAFETY

Basic Skills Refresher

/Beginners and Families for Sail

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

241-733 | Sunday | 5/19 | 8:30-11:30 a.m.

FEE: \$165 | [REGISTER](#)

241-734 | Sunday | 5/19 | 12:30-3:30 p.m.

FEE: \$165 | [REGISTER](#)

241-735 | Saturday | 6/1 | 3:30-6:30 p.m.

FEE: \$165 | [REGISTER](#)

241-736 | Sunday | 6/2 | 3:30-6:30 p.m.

FEE: \$165 | [REGISTER](#)

241-737 | Saturday | 6/22 | 3:30-6:30 p.m.

FEE: \$165 | [REGISTER](#)

241-738 | Sunday | 6/23 | 3:30-6:30 p.m.

FEE: \$165 | [REGISTER](#)

242-743 | Saturday | 7/6 | 8:30-11:30 a.m.

FEE: \$165 | [REGISTER](#)

242-744 | Saturday | 7/6 | 12:30-3:30 p.m.

FEE: \$165 | [REGISTER](#)

242-745 | Sunday | 7/7 | 8:30-11:30 a.m.

FEE: \$165 | [REGISTER](#)

242-746 | Sunday | 7/7 | 12:30-3:30 p.m.

FEE: \$165 | [REGISTER](#)

242-747 | Saturday | 8/3 | 3:30-6:30 p.m.

FEE: \$165 | [REGISTER](#)

242-748 | Sunday | 8/4 | 3:30-6:30 p.m.

FEE: \$165 | [REGISTER](#)

242-749 | Saturday | 8/17 | 8:30-11:30 a.m.

FEE: \$165 | [REGISTER](#)

242-750 | Saturday | 8/17 | 12:30-3:30 p.m.

FEE: \$165 | [REGISTER](#)

242-751 | Sunday | 8/18 | 8:30-11:30 a.m.

FEE: \$165 | [REGISTER](#)

242-752 | Sunday | 8/18 | 12:30-3:30 p.m.

FEE: \$165 | [REGISTER](#)

242-753 | Saturday | 9/7 | 3:30-6:30 p.m.

FEE: \$165 | [REGISTER](#)

242-754 | Sunday | 9/8 | 3:30-6:30 p.m.

FEE: \$165 | [REGISTER](#)

Sailing Fundamentals

Instructor: Captain Brian Earl, Be-Nautical Sailing School • 3 sessions

This 9-hour course is designed to teach you fundamental sailing skills along with 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.

241-739 | Tu-W-Th | 6/4-6/6 | 6-9 p.m.

FEE: \$445 | [REGISTER](#)

ASA101- Basic Keelboat Certification

Instructor: Captain Brian Earl, Be-Nautical Sailing School

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.

241-740 | Sat & Sun | 6/1-6/2 | 8:30 a.m.-2:30 p.m.

FEE: \$575 | [REGISTER](#)

241-742 | Sat & Sun | 6/22-6/23 | 8:30 a.m.-2:30 p.m.

FEE: \$575 | [REGISTER](#)

242-755 | Sat & Sun | 7/13-7/14 | 8:30 a.m.-2:30 p.m.

FEE: \$575 | [REGISTER](#)

242-756 | Sat & Sun | 8/3-8/4 | 8:30 a.m.-2:30 p.m.

FEE: \$575 | [REGISTER](#)

242-757 | Sat & Sun | 9/7-9/8 | 8:30 a.m.-2:30 p.m.

FEE: \$575 | [REGISTER](#)

241-741 | Tu-W-Th-F | 6/4-6/7 | 6-9 p.m.

FEE: \$575 | [REGISTER](#)

Sun and Moon

Instructor: Captain Brian Earl, Be-Nautical Sailing School

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.

242-758 | Saturday | 8/17 | 8-11 p.m.

FEE: \$99 | [REGISTER](#)

242-759 | Saturday | 9/14 | 6:45-9:45 p.m.

FEE: \$99 | [REGISTER](#)

Sun and Stars

Instructor: Captain Brian Earl, Be-Nautical Sailing School

This experience offers participants a new perspective watching the sunset and during a new moon, then watching the stars appear and linger in the sky. We'll meet at the harbor about an hour before sunset and watch the sunset as we venture out on the lake, beyond the din of the city lights to witness a blanket of stars. Many of us have watched the sunset across the water, but watching it set on a boat is rich with experience.

Location: Wilmette Harbor

242-760 | Tuesday | 9/3 | 7:15-10:15 p.m.

FEE: \$99 | [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 boating safety card. For more information, contact Dan O'Connell at cgaux.doc@gmail.com. Min 4/ max 10.

Location: NT Northfield

242-761 | Tu & Th | 6/11-6/20 | 6:30-8:30 p.m.

FEE: \$54 (No discount) | [REGISTER](#)

242-762 | M & W | 7/8-7/17 | 6:30-8:30 p.m.

FEE: \$54 (No discount) | [REGISTER](#)

Weather and Boating Seminar

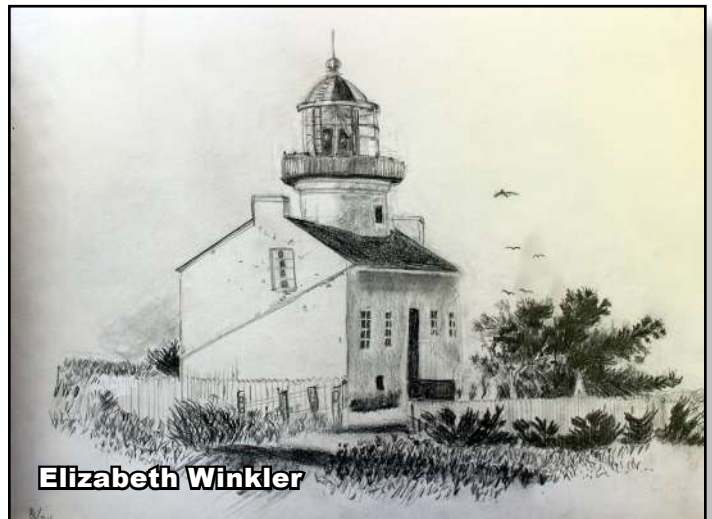
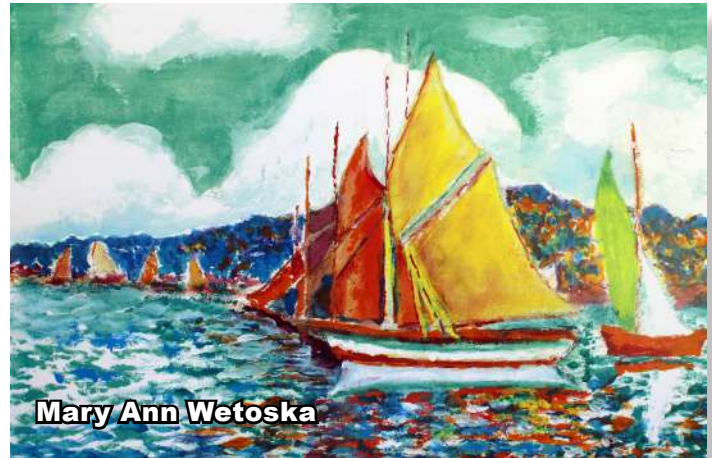
Instructor: USCG AUX Flotilla 39-6 • 1 session

Boaters have a special need to know about the weather, and knowing the weather before you head out is a must! In this introduction to weather class, we will talk about some sources of useful weather information and cover some of the basic weather patterns and how to do some deck-level forecasting. We will also talk about preparing for and going out on the water with an eye to the sky, and what to do when the weather turns ugly. Using US Coast Guard Auxiliary materials and taught by certified US Coast Guard Auxiliary instructors, this brief seminar is a must for all boaters! Min 2/ max 10.

Location: NT Northfield

242-763 | Wednesday | 6/12 | 6:30-8:30 p.m.

FEE: \$15 (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 12.

Location: NT Northfield

Instructor: Kathy Sheridan • 6 sessions
242-430 | Mondays | 6/10-7/15 | 7-8 p.m.
FEE: \$77/ Seniors \$69 | [REGISTER](#)

Classes below have a prerequisite of one semester of the Qigong and Foundations of T'ai Chi Ch'uan 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 • 6 sessions
242-432 | Saturdays | 6/15-7/20 | 9:30-10:15 a.m.
FEE: \$58/ Seniors \$52 | [REGISTER](#)

Tai Chi Form Class

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 Chuan 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 • 6 sessions
242-433 | Mondays | 6/10-7/15 | 7-8 p.m.
FEE: \$77/ Seniors \$69 | [REGISTER](#)

Instructor: Pam Hultgren • 6 sessions
242-434 | Saturdays | 6/15-7/20 | 8:20-9:20 a.m.
FEE: \$77/ Seniors \$69 | [REGISTER](#)

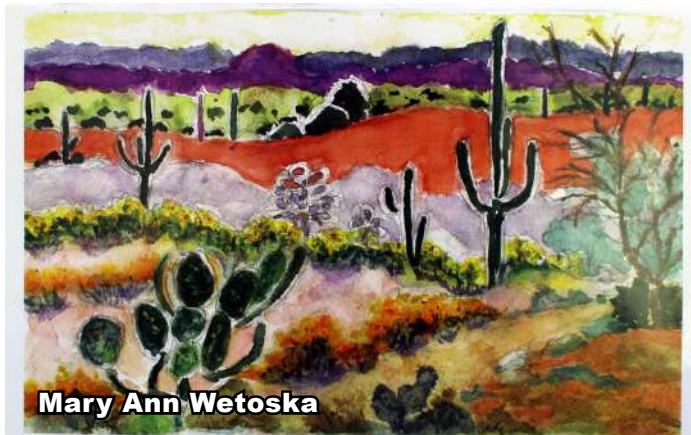
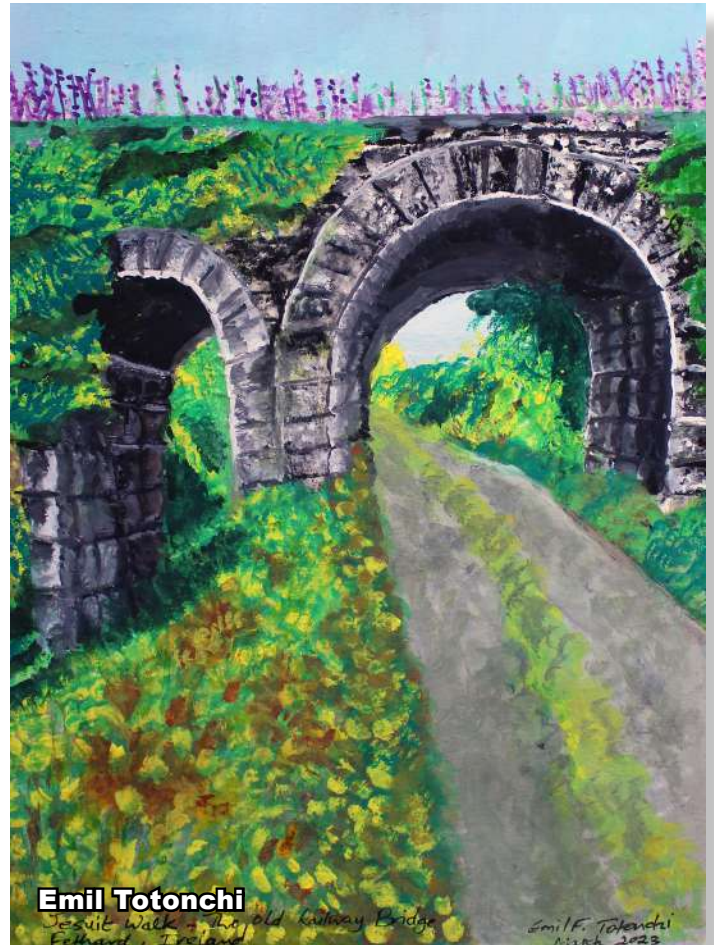
Tai Chi Form: Advanced

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

Location: NT Northfield

Instructor: Pam Hultgren • 4 sessions
242-435 | Wednesdays | 6/12-7/17 | 7:30-8:30 p.m.
FEE: \$52/ Seniors \$47 | [REGISTER](#)

No class 6/19, 7/3



TECHNOLOGY

Multitasking on the iPhone ***NEW***

Instructor: Sabrina Nizzi • 1 session

Ramp up your iPhone game! If your iPhone apps seem overwhelming, this class is for you. In this class, you will learn how to use multiple apps at the same time, and how to toggle between multiple open applications. Do you ever say "I have to call you back?" so you can get information from your iPhone? Those days can be a thing of the past as you learn how to multitask while on an active call. Learn how to do a number of tasks including surfing the internet, texting other people, and using other apps while talking such as Notes, Calendar, and Social Media. You will even learn how to add another person to the call while on a voice call.

Location: NT Winnetka

242-712 | Tuesday | 6/11 | 1-3 p.m.

FEE: \$34/ Seniors \$31 | [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

242-713 | Thursday | 6/27 | 7-8:30 p.m.

FEE: \$24/ Seniors \$22 | [REGISTER](#)

Texting on the iPhone ***NEW***

Instructor: Sabrina Nizzi • 1 session

The "Messages" app on the iPhone is so much more than just sending a text message. Learn how to use text bubbles and screen effects as well as how to Share content via text such as adding attachments and forwarding a website. Bring friends and family together by creating a "Group Chat", texting multiple people at once, and editing the text chain. You will also learn important features such as forward and delete.

Location: NT Winnetka

242-714 | Tuesday | 7/16 | 1-3 p.m.

FEE: \$34/ Seniors \$31 | [REGISTER](#)

Master Your Apple Watch ***NEW***

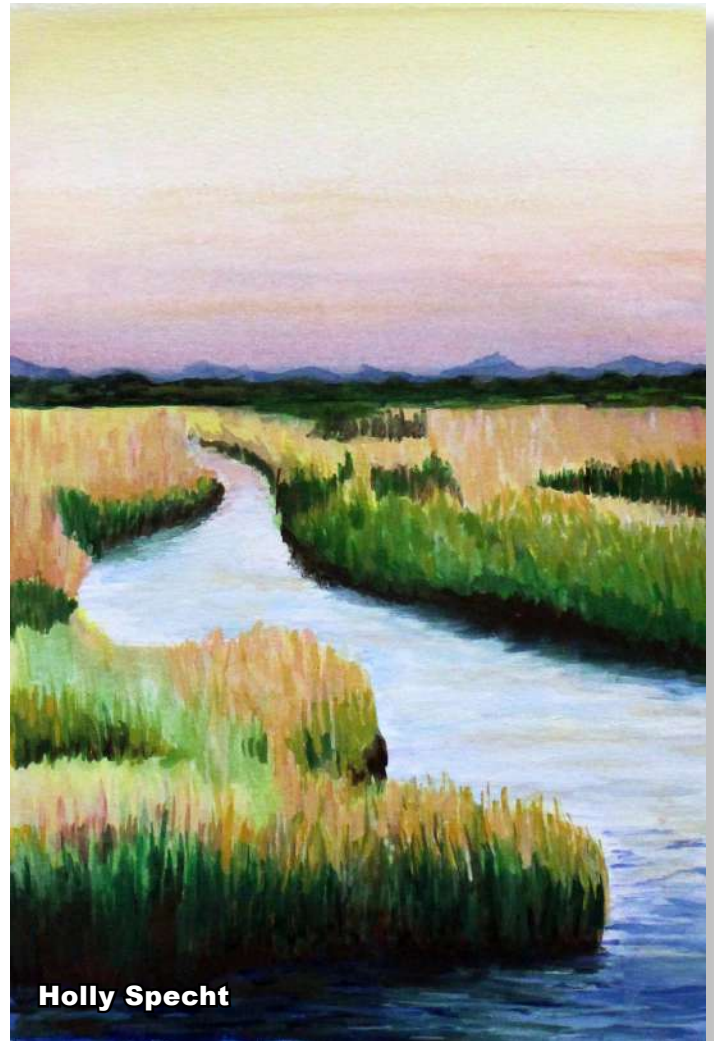
Instructor: Michael Gershbein • 1 session

Learn everything that you never knew about your Apple Watch, from customization to health tracking and notifications to extending your phone's functionality to your wrist.

Location: NT Northfield

242-715 | Thursday | 7/25 | 7-8:30 p.m.

FEE: \$24/ Seniors \$22 | [REGISTER](#)



Holly Specht



Sally Waldron

WRITING

Quick Fiction: Writing Flash Fiction for Fun and Profit ***NEW***

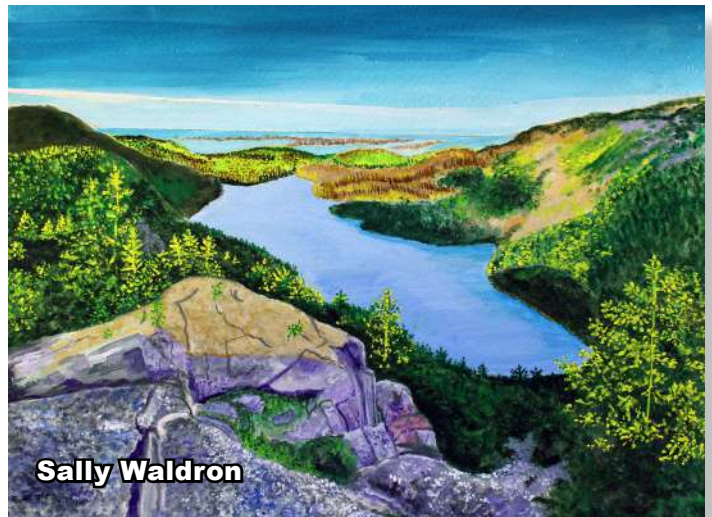
Instructor: Pamela Dell • 6 sessions

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.

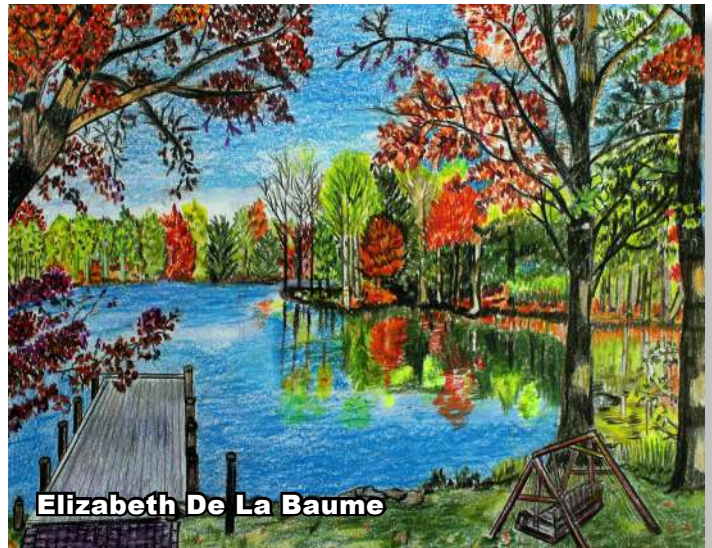
Location: NT Winnetka

242-930 | Tuesdays | 7/2-8/6 | 1-3 p.m.

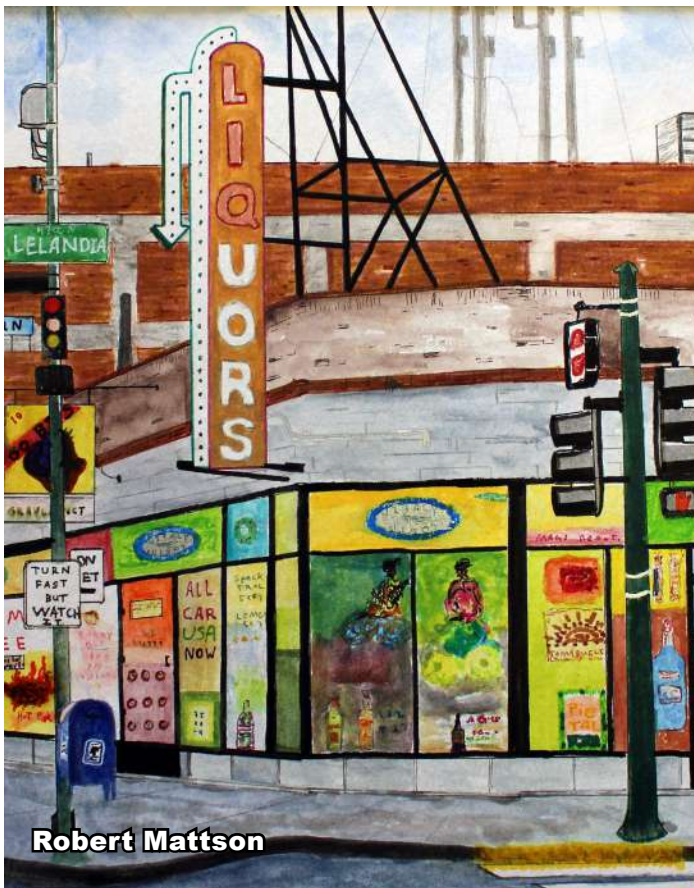
FEE: \$138/ Seniors \$124 | [REGISTER](#)



Sally Waldron



Elizabeth De La Baume



Robert Mattson



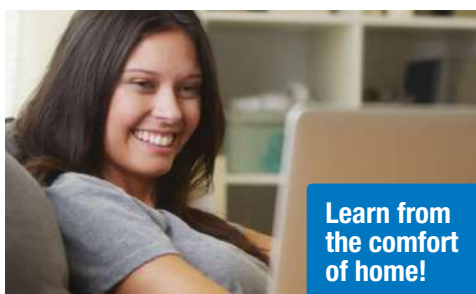
Elizabeth De La Baume

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 Summer 2024 term, courses begin:

May 15, June 12, July 17, August 14, September 11



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. North Shore Edge Wrestling, 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

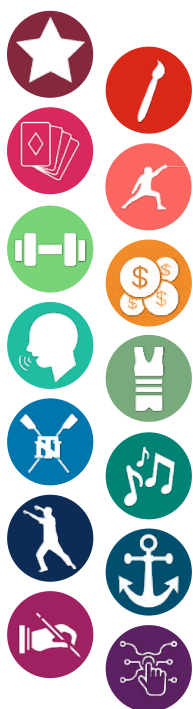
Photos and video footage are periodically taken of people participating in New Trier Extension programs and activities. All persons registering for NTX programs/classes, thereby agree that any photograph or video taken by the District may be used in District publications, advertising, marketing materials, 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
Art	2-3
Bridge & Mah Jongg	4-5
Fencing	6
Financial Planning	7
Fitness	8-9
Wrestling	9
Languages	10-11
Music	12-13
Rowing	14-16
Sailing & Boating Safety	17-18
Tai Chi & Qigong	19
Technology	20
Writing	21

NTX STAFF

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

ADMINISTRATION

Paul Sally, Ed. D.,
Superintendent
Christopher Johnson, Ed. D.,
Associate Superintendent
Denise Dubravec,
Winnetka Campus Principal/
Assistant Superintendent
Paul M. Waechtler,
Northfield Campus Principal
Nicole Dizon,
Director of Communications

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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 at the NTX
office is temporarily on hold
until further notice. If you need
assistance, you can call our
office 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