



# NEW TRIER extension

August 2018 - January 2019

Register today at [www.ntx203.org](http://www.ntx203.org)

NEW  
TRIER  
HIGH SCHOOL

*To commit minds to inquiry,  
hearts to compassion, and lives  
to the service of humanity.*

# New Trier Extension...

## *A new season brings new opportunities*

Welcome to the fall term at New Trier Extension!

If you have taken some time off over the summer, this is a great time to get back into the swing of things and take some classes. Many of your favorite courses are back, as well as exciting, new offerings. Be sure to take a look at new classes throughout the catalog as well as a host of new culinary offerings.

**Check your receipts for class locations.** While we held daytime classes at the Winnetka campus over the summer, we will be back to having daytime classes at the Northfield campus this Fall. In addition, some classes will be held at the Northfield Park District. So, please double check your class receipts for pertinent class information!

As always, 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 provide our participants with the skills that they need for work, self-improvement, personal growth, learning a new hobby, or meeting new people. Your input is welcome so that New Trier Extension can continue meeting the diverse needs of our communities by offering quality learning opportunities.



**DeDe Kern, MS, CPP**  
NTX Manager

**Make sure to check your emailed class receipt for important dates that might affect your course schedule this session!**



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## View this entire catalog online and register through live links.

New Trier Extension offers an online version of our catalog every term, with live links that allow you to scroll through the catalog on your computer and register in a few easy clicks!

Visit [ntx203.net](http://ntx203.net), download the .PDF version of our catalog, and click the red “register button” beneath each course code to register through our online system (the register buttons only appear within the online version).

Visit <https://bit.ly/2IVKTsR> to view a step-by-step video with more information!

# NEW TRIER



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Special thanks to Tom James' students  
for providing the art in this catalog.  
View more at: <https://bit.ly/2u9hT10>  
Cover art by: Pat Pahwa

## ONE OF A KIND

### Simple Adult Quirky Dolls

Nancy Simon • 1 session

Want to get out of your head and into something creative? Join us for a couple hours of doll making. Using Cotton sheets and a variety of yarns, fabric scraps and accessories, you will put together a lovely creation to take home and admire. Make a wonderful gift for yourself or someone else. Participants have said how much fun and relaxing this class is. All materials will be supplied. Beginners welcome!

Location: NT Northfield

**183-758** DAY: Sat.  
**REGISTER** TIME: 1:00-3:30P  
DATE: 9/15

**183-759** DAY: Sat.  
**REGISTER** TIME: 1:00-3:30P  
DATE: 11/3  
FEE: \$26 /Seniors \$23

### How To Look Good For Less

Nancy Riddle • 5 sessions

Every woman in France is taught this and you can learn too: what colors look best on you and what your basic body shape is. Knowing this will free you to shop anywhere, at any price point. Join Nancy Riddle, energetic fashion maven, on an adventure of self-discovery as she helps you identify some frugal fashion finds, wardrobe updates, closet editing, and more. Each session will cover different themes, including: color analysis, dressing for body type, and makeup tips. "Homework" includes closet editing and scarf tying. We'll go on a field trip for our final class session to apply your new skills! Students will provide their own transportation. Limit of 15. Location: NT Northfield

**183-799** DAY: Mon.  
**REGISTER** TIME: 12:30-2:00P  
DATES: 10/1-11/5  
FEE: \$65 /Seniors \$59

\* No class 10/8

### How Do I Sell My Stuff?

George Glastris • 4 sessions

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 secondhand. Nor do we know how to go about disposing of everything. 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, and 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. Limit of 20.

Location: NT Northfield

**183-725** DAY: Wed.  
**REGISTER** TIME: 7:00-8:30P  
DATES: 10/3-10/24  
FEE: \$69 /Seniors \$59



Alys Mancoff

## ONE OF A KIND

### St. Patrick's Ireland:

400 - 600 A.D. \*NEW\*

Kitty Picken • 1 session

Behind the stories of snakes and shamrocks, there's a real St. Patrick—thoughtful, humble, devoted to protecting his Christian flock from powerful pagan lords. This class will look for this St. Pat and consider his legacy and the Age of Saints—such as Bridget and Columbanus—that followed.

Location: NT Northfield

183-700

DAY: Sat.

REGISTER

TIME: 1:00-4:00P

DATE: 10/13

FEE: \$35 /Seniors \$32

### Beginning Knitting

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

183-101

DAY: Mon.

REGISTER

TIME: 7:00-9:00P

DATES: 10/15-11/12

FEE: \$150 (No discounts)

### Ireland's Golden Age:

600 - 800 A.D. \*NEW\*

Kitty Picken • 2 sessions

A "Golden Age" is usually defined by the proliferation of the arts: in Ireland, this featured metal work and manuscript illumination. The period used to be called "the Dark Ages" but there is nothing, dark about the gold, silver, cloisonné, rock crystal or gilded pages of the Book of Kells.

Location: NT Northfield

183-701

DAY: Wed.

REGISTER

TIME: 1:00-2:30P

DATES: 10/17-10/24

FEE: \$35 /Seniors \$32

### The Adoption Process From A to Z

Sally Wildman • 1 session

Attorney-at-Law Sally Wildman, a Chicago and Northbrook attorney with many years of experience in adoption practice, helps you explore the world of adoption. She presents the fundamentals and legal steps of this process with focus on preparing you to adopt. Ms. Wildman distinguishes the many types of adoption available, including agency, private, foreign and foster parent adoptions. She will guide you through home study, foster parent licensing, and immigration steps required in this process. Identify your best options as Ms. Wildman shares resources on choosing adoption agencies, attorneys, adoption organizations, and related professionals. Discussion concludes by considering the common needs of adopted children and the current trend toward openness in adoption.

Location: NT Northfield

183-753

DAY: Tues.

REGISTER

TIME: 7:00-9:15P

DATE: 10/16

FEE: \$18 per person (No discount)

## ONE OF A KIND

### Monsters, Gargoyles & Grotesques: A Monster Hunt Through Time \*NEW\*

Lisa Kent • 1 session

October is a great month for monsters, but did you know they didn't start with Frankenstein, Dracula and the Wolfman? Almost as long as there has been art, there have been monsters in art. Monsters can be found in Ancient Egypt's Book of the Dead and in Ancient Roman mosaic floors. Crazy, colorful monsters appear in the margins of Medieval illuminated manuscripts (people in the Middle Ages had a great sense of humor) and the 19th century Gothic Revival is full of great dragons and gargoyles. Monsters come in all shapes and sizes, in architecture, painting, sculpture, silver, ceramics and more. So let's take a fun monster hunt through time and find some great creatures. Open to adults and children accompanied by an adult.

Location: NT Northfield

183-722

DAY: Sat.

REGISTER

TIME: 1:00-2:30P

DATE: 10/20

FEE: \$26/Seniors \$23

### Group Travel

Shelly Greenberg • 1 session

Group travel is a safe and affordable way to travel. Shelly Greenberg is a retired computer consultant, who along with his wife Patti, loves to travel. Their passion has led them to many parts of the world with more to come. Shelly's presentation will cover international group travel based on their personal experiences in trips to Africa, Asia, Europe and Central and South America. Learn about opportunities available for group travelers and what to look for in choosing a group travel company. Shelly became so hooked on this type of travel and the company they like to travel with, that he became an independent travel counselor and makes travel presentations to individual groups and organizations. This will be an informational session on the benefits of group travel and not a sales pitch.

Location: NT Northfield

183-720

DAY: Mon.

REGISTER

TIME: 7:00-9:00P

DATE: 10/22

FEE: \$20 (No discount)



Leslie Wilner

## ONE OF A KIND

### Get Your Foot In The Door: Resume 101

Darrin Utynek • 1 session

This class will focus in on the basics of building an effective and updated resume. It does not matter if you are a seasoned professional, or simply looking to get back into the workforce: this session will give you the tools to successfully begin your path to success. This will be an interactive session, allowing for open discussion and class participation.

Location: NT Northfield

**183-732**

**DAY:** Mon.

**REGISTER**

**TIME:** 7:00-8:30P

**DATE:** 11/12

**FEE:** \$29 /Seniors \$26

### Interview Skills For Landing The Job

Darrin Utynek • 1 session

Interviewing can be a scary and daunting experience, as it is a skill people do not utilize very often. This class will focus on how to prepare to ensure you are presenting your skills and experience in the best way possible. This will be an interactive session, allowing for open discussion and class participation.

Location: NT Northfield

**183-733**

**DAY:** Mon.

**REGISTER**

**TIME:** 7:00-8:30P

**DATE:** 11/19

**FEE:** \$29 /Seniors \$26

### Organizing Your Home

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? It's always 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 more calm, in control and 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 15.

Location: NT Northfield

**183-741**

**DAY:** Fri.

**REGISTER**

**TIME:** 9:30-11:30A

**DATE:** 1/18

**FEE:** \$39 /Seniors \$33

### 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

**183-742**

**DAY:** Fri.

**REGISTER**

**TIME:** 9:30-11:30A

**DATE:** 1/25

**FEE:** \$39 /Seniors \$33



## HEALTHY LIVING

### Meditation: Beginning/Continuing

Jeffrey Bunn • 6 sessions

This class will follow a set progression, beginning with a discussion of the what's, how's and why's of meditation, moving on to what is commonly referred to as a body scan, followed by meditations on thought, emotion, metta and self-compassion. Each week, we will follow the same general format beginning with a brief discussion of the topic of the week, a led group sit of approximately 15 minutes, followed by some time for some public/private Q & A. Sessions will: 1) provide a foundation for developing a new practice, or provide new ideas that can be helpful in continuing an existing private practice, and 2) help participants address various health or lifestyle concerns such as stress, anxiety or rumination. Please dress in comfortable clothes to maximize physical comfort. Bring a zafu, block or blanket, if you prefer. Limit of 12.

Location: NT Northfield

183-714

DAY: Thurs.

REGISTER

TIME: 7:00-8:00P

DATES: 9/20-11/1

FEE: \$96 /Seniors \$87

*\*No class 10/4*



Rebecca Miller

### Food Workshop: Make Your Own Dill Pickles \*NEW\*

Evey Schweig • 1 session

Did you know that the pickles you buy on the store shelf have less nutrition than those you can easily make at home? Homemade pickles taste better too! Discover the natural health benefits of lacto-fermented pickles and how to make your own, in this hands-on workshop. Evey Schweig, Certified Health Coach will supply everything you will need so you can take home your own pickle creation. Minimum of 5, maximum of 12.

Location: NT Northfield

183-751

DAY: Thurs.

REGISTER

TIME: 6:45-8:15P

DATE: 9/27

FEE: \$26 /Seniors \$23

### Food Workshop: Make Your Own Sauerkraut \*NEW\*

Evey Schweig • 1 session

Expand your fermenting skills by making a fermented classic—sauerkraut—and get creative with tasty and nutritious variations. Sauerkraut is the perfect fall food, and it's nutritious to boot! While cabbage and other vegetables are naturally full of nutrition, the process of fermentation increases their health benefits even more. In this hands-on workshop, instructor Evey Schweig explains why fermented foods are so good for you. Watch her quick demonstration, and then make your own red-cabbage sauerkraut to take home. Minimum of 5, maximum of 12.

Location: NT Northfield

183-752

DAY: Thurs.

REGISTER

TIME: 6:45-8:15P

DATE: 11/15

FEE: \$26 /Seniors \$23

## ART

### Beginning Drawing for True Beginners

Tom James • 13 sessions

Yes, you can! It's never too late to learn. This term will be centered around how to draw the face. We will spend each week focusing on each facial feature, and the perspective of the face. Towards the end of the session, the class will be engaging in doing complete drawings of faces from photographs in pencil and colored pencils, learning blending techniques and working with the materials.

Location: Wilmette Community Recreation Center

**183-162**

**DAY:** Thurs.

**REGISTER**

**TIME:** 12:30-2:30P

**DATES:** 9/20-12/20

**FEE:** \$273 /Seniors \$246

*\*No class 11/22*

### Beginning/Intermediate Drawing

Tom James • 14 sessions

This course is for everyone interested in learning how to draw, as well as those who would like to improve their drawing abilities—new students as well as continuing students. Both courses will focus on drawing techniques. The class will include a mix of drawing exercises at different levels. We will also be cartooning and spending time drawing animals in a variety of materials, such as pencil/colored pencil and markers. Class limit is 15.

Location: Wilmette Community Recreation Center

**183-130**

**DAY:** Mon.

**REGISTER**

**TIME:** 7:00-9:00P

**DATES:** 9/17-12/17

**FEE:** \$294 /Seniors \$265

### Intermediate Drawing

Tom James • 13 sessions

This class will include creative projects that incorporate the written word and illustration, using a variety of materials: pen and ink/markers, and colored pencils. We will also be doing drawing exercises in pencil. Class limit is 15.

Location: Wilmette Community Recreation Center

**183-131**

**DAY:** Thurs.

**REGISTER**

**TIME:** 10:00A-12:00P

**DATES:** 9/20-12/20

**FEE:** \$273 /Seniors \$246

*\*No class 11/22*

### Creative Drawing

Tom James • 14 sessions

The Fall session will include working in pen and ink and creative drawing projects using colored pencils. The subject will be drawing animals. We will also spend a few weeks working on a holiday card project, for those who choose to. Class limit is 15.

Location: Wilmette Community Recreation Center

**183-132**

**DAY:** Mon.

**REGISTER**

**TIME:** 10:00A-12:00P

**DATES:** 9/17-12/17

**FEE:** \$294 /Seniors \$265

### January classes

Look for the Tom James' January "mini-session" art classes online in early fall OR in the Wilmette Park District Winter catalog as well as the New Trier Extension Winter/Spring catalog.

# ART

## Beginning Painting/Painting Studio

Tom James

Come learn the basic techniques of acrylic painting in a structured class. First, you will learn about the nature of the materials: acrylic paints, brushes and canvas.

Attendance at the first class is critical as you will learn to grid the photo source. The class will stress use of different brush techniques, and will include painting demonstrations by the instructor and discussion of painting techniques. The class will also be structured around everyone working from the same source material chosen by the instructor. A supply list will be emailed with registration confirmation. The evening class is also appropriate as a continuing studio course for the intermediate/advanced student who wants to work independently. **Prerequisite for both classes: knowledge of drawing or previous painting experience.** Limit is 12. Location: Wilmette Community Recreation Center

### 12 sessions

**183-135** DAY: Wed.  
**REGISTER** TIME: 7:00-9:00P  
DATES: 9/26-12/19  
FEE: \$252 /Seniors \$227

*\*No class 11/21*

### 14 sessions

**183-134** DAY: Tues.  
**REGISTER** TIME: 12:30-2:30P  
DATES: 9/18-12/18  
FEE: \$294 /Seniors \$265

## Painting: Intermediate/ Advanced Studios

Tom James

These studio class sections are for students who have experience in 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. Class limit is 12.

Location: Wilmette Community Recreation Center

### 14 sessions

**183-136** DAY: Mon.  
**REGISTER** TIME: 12:30-2:30P  
DATES: 9/17-12/17  
**183-137** DAY: Tues.  
**REGISTER** TIME: 7:00-9:00P  
DATES: 9/18-12/18  
FEE: \$294 /Seniors \$265

### 13 sessions

**183-140** DAY: Fri.  
**REGISTER** TIME: 10:00A-12:00P  
DATES: 9/21-12/21  
**183-138** DAY: Wed.  
**REGISTER** TIME: 10:00A-12:00P  
DATES: 9/26-12/19  
**183-139** DAY: Wed.  
**REGISTER** TIME: 12:30-2:30P  
DATES: 9/26-12/19  
FEE: \$273 /Seniors \$246

*\*No class 11/23*

# ART

## Painting A Day

Tom James

This program, for the intermediate/advanced painter, has become a fast favorite for our painting students. The fun and informative environment is a perfect place to sharpen your painting knowledge and skills. The focus will be on freehand/representational painting and each week the class will have a new assignment and new lesson. Lessons will focus on seeing shapes, values, and spontaneity. Plenty of class demonstrations and discussions enhance the learning environment. The class works on either canvas paper or 300lb watercolor paper. The objective of this class is to expand one's painting horizons through a weekly assignment of small 8x10 paintings. The class is loosely based on the book *Daily Painting* by Carol Marine, which is recommended for the class.

Location: Wilmette Community Recreation Center

### 14 sessions

**183-141** DAY: Tues.  
**REGISTER** TIME: 10:00A-12:30P\*  
DATES: 9/18-12/18  
FEE: \$364 /Seniors \$336

*\*2.5 hour class*

### 13 sessions

**183-144** DAY: Thurs.  
**REGISTER** TIME: 7:00-9:00P  
DATES: 9/20-12/20  
FEE: \$273 /Seniors \$246

*\*No class 11/22*

## Watercolor For All Levels

Fran Vail

Learn to paint in watercolor with singing colors and varied styles. This course will be tailored to your individual skill level from 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: Northfield Park District

### 8 sessions

**183-172** DAY: Wed.  
**REGISTER** TIME: 9:30A-12:00P  
DATES: 9/5-11/14  
FEE: \$210 /Seniors \$189

*\*No class 9/19, 10/10, 10/17*

### 7 sessions

**183-173** DAY: Wed.  
**REGISTER** TIME: 9:30A-12:00P  
DATES: 11/28-1/23  
FEE: \$184 /Seniors \$166

*\*No class 12/26, 1/2*



Robbie Hamill

## BRIDGE/MAH JONGG

### Beginning Bridge 1.0

This course will give the beginner a firm foundation and basic fundamentals in the wonderful game of bridge. It is also a good refresher for those returning to the game after a long hiatus or for players who would like to learn the modern "Standard American" system of bidding. We will cover opening bids of a suit and notrump, responses and rebids, as well as overcalls, takeout doubles and the Stayman convention. Please see class receipt for required text to be purchased online prior to the start of class. Limit of 12.

Location: NT Northfield

Marilyn Richards • **9 sessions**

**183-501 DAY:** Mon.

**REGISTER**

**TIME:** 1:00-3:00P

**DATES:** 9/17-11/19

**FEE:** \$193 /Seniors \$165

*\*No class 10/8*

Jan Churchwell • **7 sessions**

**183-502 DAY:** Thurs.

**REGISTER**

**TIME:** 7:15-9:15P

**DATES:** 9/20-11/15

**FEE:** \$150 /Seniors \$128

*\*No class 10/4, 11/8*



Mary Ann Wetoska

### Beginning Bridge 1.5 Continuing Play

Now that you've learned the basics, it's time to sit down and play. This course is a follow-up to Beginning Bridge 1.0. By playing pre-dealt hands, it will reinforce the principles and guidelines learned earlier. Mini-instructional lessons will be reminders, rather than introduce new material.

Discussion will follow the bidding and play of each hand. Limit of 12.

Location: NT Northfield

Marilyn Richards • **4 sessions**

**183-506**

**REGISTER**

**DAY:** Mon.

**TIME:** 1:00-3:00P

**DATES:** 11/26-12/17

**FEE:** \$86 /Seniors \$73

Jan Churchwell • **5 sessions**

**183-512**

**REGISTER**

**DAY:** Thurs.

**TIME:** 7:15-9:15P

**DATES:** 12/6-1/17

**FEE:** \$107 /Seniors \$92

*\*No class 12/27, 1/3*

Special thanks to Joan Levy for her years of dedicated service teaching bridge for New Trier Extension.

*Enjoy your retirement!*

## BRIDGE/MAH JONGG

### Beginning Bridge 2.0 Play of the Hand

This class is for students who have completed Beginning Bridge 1.0 and are ready for the next level and for people with previous knowledge who are returning to the game after some time. We will focus on declarer play techniques such as promotion and suit establishment, finesses, ruffing in the dummy and discarding losers, hold-up plays, watching out for entries and the “dangerous opponent.” We will review the basics of bidding, basic defense guidelines and you will learn new bids including Weak Two’s, Strong Opening Two Club bids, and Jacoby Transfers. Please see class receipt for required text to be purchased online prior to the start of class. Limit of 12.  
Location: NT Northfield

#### Marilyn Richards • 9 sessions

**183-503** DAY: Thurs.  
**REGISTER** TIME: 9:30-11:30A  
DATES: 9/13-11/8  
FEE: \$193 /Seniors \$165

#### Jan Churchwell • 8 sessions

**183-504** DAY: Wed.  
**REGISTER** TIME: 7:15-9:15P  
DATES: 9/12-11/14  
FEE: \$172 /Seniors \$147

*\*No class 9/19, 11/7*

### Beginning Bridge 2.5 Continuing Play of the Hand

For students who have completed Play of the Hand 2.0, this course will reinforce the principles and guidelines learned earlier. Emphasis will be on creating a system of bids and play techniques to give you a better understanding of modern bridge. Limit of 12.

Location: NT Northfield

#### Marilyn Richards • 4 sessions

**183-507** DAY: Thurs.  
**REGISTER** TIME: 9:30-11:30A  
DATES: 11/15-12/13  
FEE: \$86 /Seniors \$73

*\*No class 11/22*

#### Jan Churchwell • 6 sessions

**183-514** DAY: Wed.  
**REGISTER** TIME: 7:15-9:15P  
DATES: 12/5-1/23  
FEE: \$129 /Seniors \$110

*\*No class 12/19, 12/26, 1/2*

### Bridge 3.0 The Secrets of Winning

#### Marilyn Richards • 9 sessions

At the bridge table you are a defender twice as often as you’re actually playing the hand. You’ll learn important principles used in communicating with your partner such as choosing the opening lead vs. notrump and suit contracts, Second and Third-Hand plays, when and when not to lead, signals, and how to interfere with declarer. You’ll also review basic bidding and declarer play principles. This course completes the Basic Bridge Trilogy (Introduction, Play of the Hand, Defense). See class receipt for required text to purchase prior to first class. Limit of 12.  
Location: NT Northfield

**183-505** DAY: Mon.  
**REGISTER** TIME: 9:30-11:30A  
DATES: 9/17-11/19  
FEE: \$193 /Seniors \$165

*\*No class 10/8*

# BRIDGE/MAH JONGG

## Bridge 3.5 Continuing The Secrets of Winning

Marilyn Richards • 4 sessions

For students who have completed The Secrets of Winning 3.0, this course will reinforce the principles and guidelines learned earlier. Limit of 12.

Location: NT Northfield

**183-508**

**DAY:** Mon.

**REGISTER**

**TIME:** 9:30-11:30A

**DATES:** 11/26-12/17

**FEE:** \$86 /Seniors \$73

## Now Let's Play

Marilyn Richards • 6 sessions

Come practice your bridge skills. If you have completed Bridge 3.0 or have knowledge of basic bidding, declarer play and defensive strategies, these supervised play sessions using pre-dealt hands will give you practice with bids including Stayman, Jacoby Transfers and Negative Doubles. Reminders and helpful hints will be offered as you hone the skills used in Declarer Play and Defense. Limit of 16.

Location: NT Northfield

**183-517**

**DAY:** Thurs.

**REGISTER**

**TIME:** 1:00-3:00P

**DATES:** 9/13-10/18

**FEE:** \$129 /Seniors \$110

**183-518**

**DAY:** Thurs.

**REGISTER**

**TIME:** 1:00-3:00P

**DATES:** 10/25-12/6

**FEE:** \$129 /Seniors \$110

*\*No class 11/22*

## Major Suit Raises, Intermediate Bidding

Marilyn Richards • 4 sessions

There are two important questions in bridge that a partnership addresses during the bidding stage:

1. Do we have a fit in a suit or will we play in notrump? (**Where**)
2. Should we play in part score, game, or a slam contract? (**How high**)

This "mini" course will cover several bridge conventions which help you and partner discover and bid to the best contract. Single and Limit Raises will be covered as well as Cuebid Raises, Weak Freaks, Help Suit Game Tries, and Splinter Bids. We will end the 4 weeks learning the Jacoby 2 notrump and the Jordan conventions. Discussions will cover which bids are forcing or non-forcing before playing some hands to illustrate each lesson. This is not a beginner course. Students should be familiar with the basics of Standard American bidding.

Location: NT Northfield

**183-519**

**DAY:** Tues.

**REGISTER**

**TIME:** 1:00-3:00P

**DATES:** 10/2-10/23

**FEE:** \$86 /Seniors \$73



Laura Gean

# BRIDGE/MAH JONGG

## Supervised Play

Jan Churchwell • 3 sessions

How many times have you been playing bridge and wished there were someone you could ask for advice on what to do next? Whether during the bidding or during the play, there are always times when there is no clear-cut or easy choice. Sometimes you even have to decide “which lie is best!” Welcome to Supervised Play. You will deal and play hands, and when you are confronted with a confusing situation, you may ASK THE INSTRUCTOR. You will be “walked” through the choices until you find *your* decision based on what you know about the rules of the game and how they apply in a given situation. Limit of 12.

Location: NT Northfield

**183-520**

**DAY:** Mon.

**REGISTER**

**TIME:** 1:00-3:00P

**DATES:** 12/3-12/17

**FEE:** \$64 /Seniors \$55

**183-521**

**DAY:** Mon.

**REGISTER**

**TIME:** 1:00-3:00P

**DATES:** 1/7-1/28

**FEE:** \$64 /Seniors \$55

*\*No class 1/21*



Hilary James

## Beginning Mah Jongg

Sue Hershinow • 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. Maximum of 10. \*Includes 2018 Mah Jongg card. Location: NT Northfield

**183-550**

**DAY:** Wed.

**REGISTER**

**TIME:** 1:00-3:00P

**DATES:** 9/26-10/24

**FEE:** \$140 (No discounts)

## Mah Jongg Supervised Play

Sue Hershinow • 3 sessions

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 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 2018 card with you. Location: NT Northfield

**183-551**

**DAY:** Tues.

**REGISTER**

**TIME:** 1:00-3:00P

**DATES:** 11/6-11/27

**FEE:** \$63 (No discounts)

*\*No class 11/23*



## CULINARY

### Tailgating: Recipes for Game Day \*NEW\*

Blair Carothers • 1 session

Fall means football season, and game day is the perfect excuse for a get together.

Whether on the field, tailgating, or in front of your own television, great snacks are a must. We'll talk about classics like chili and wings as well as some healthier options for game day fare. I'll make sure you score points with your guests!

Location: NT Winnetka

**183-302** DAY: Tues.  
**REGISTER** TIME: 6:00-8:30P  
DATE: 9/11  
FEE: \$59 /Seniors \$53

### Fall Produce \*NEW\*

Blair Carothers • 1 session

As the leaves turn, let us turn our thoughts and ovens to fall produce. We will work with frequently overlooked vegetables, as well as traditional favorites like apples and squash, used in new and interesting recipes. When the frost is on the pumpkin, we'll make stuffed squash, sheet pan roasted vegetables, and more! All new recipes for fall 2018.

Location: NT Winnetka

**183-303** DAY: Tues.  
**REGISTER** TIME: 6:00-8:30P  
DATE: 10/23  
FEE: \$54 /Seniors \$49

### The Wok and Beyond: Healthy Asian Cooking \*NEW\*

Blair Carothers • 1 session

This class includes recipes, techniques, and shopping lists to create interesting Asian cuisine using healthy ingredients. Learn about some of the ingredients and cooking techniques that make Asian cuisine special while avoiding MSG and other unhealthy additives that can be found in your take out favorites. We'll tackle pho, Buddha bowls, stir fry and much more! Take out containers are recommended.

Location: NT Winnetka

**183-304** DAY: Thurs.  
**REGISTER** TIME: 6:00-8:30P  
DATE: 10/25  
FEE: \$59 /Seniors \$53

### Edible Gifts \*NEW\*

Blair Carothers • 1 session

Learn about favorite foods that make wonderful gifts, ranging from simple, kid-friendly items to delicacies for the more sophisticated palate. Items for the gift baskets include cheese biscuits, GORP, sundae sauces, pâtés, and handmade dog biscuits. Packaging tips will be discussed as well.

Location: NT Winnetka

**183-305** DAY: Tues.  
**REGISTER** TIME: 6:00-8:30P  
DATE: 11/13  
FEE: \$59 /Seniors \$53

## CULINARY

### Holiday Appetizers

Blair Carothers • 1 session

The holidays are coming! Be prepared for guests—planned and unannounced alike—with great recipes for frozen appetizers, quick and easy, and assemble ahead appetizers, perfect for your holiday table. This class is a perennial favorite with NTX students and brand new recipes are featured each year!

Location: NT Winnetka

**183-306** DAY: Thurs.  
**REGISTER** TIME: 6:00-8:30P  
DATE: 11/29  
FEE: \$59 /Seniors \$53

### Cooking For One \*NEW\*

Blair Carothers • 1 session

If one person and a ham defines eternity, learn as a single person in your kitchen to cook for the moment: tasty, easy, and inexpensive recipes for one. Remember to bring a container for one... for single serving leftovers.

Location: NT Winnetka

**183-307** DAY: Tues.  
**REGISTER** TIME: 6:00-8:30P  
DATE: 1/8  
FEE: \$59 /Seniors \$53

### Cake Decorating Fun

Nancy Halperin Gandelman  
& Debbie Siegel • 1 session

Join the party and learn how to decorate cakes and cupcakes like a professional. The teachers will demonstrate the uses of three different tips and you'll practice each technique on laminated templates while they give you lots of individual help. Then, you'll decorate your own cake to take home along with a kit to make more on your own. At the end of class, we'll eat the delicious demonstration cake. Come eat your cake and have it too! Tuition includes your decorated six-inch cake in a box. Open to students high school age and up. Please bring an apron. Limit of 12 students. **Please register by Thursday, October 11 so we have enough cakes.**

Location: NT Northfield

**183-350** DAY: Thurs.  
**REGISTER** TIME: 7:00-9:00P  
DATE: 10/18  
FEE: \$66 (No discounts)

### Soup, Muffins, & Nuts

Jeanne Wakenight • 1 session

Warm up with some new soup recipes, healthy muffins and a variety of glazed nuts. This class is designed to educate you and share tips to help others (your friends, grown children, etc.) learn the inexpensive and easy ways of cooking and eating healthy! There will also be vegetarian/vegan recipes. Maximum of 10 students.

Location: NT Winnetka

**183-307** DAY: Tues.  
**REGISTER** TIME: 6:00-8:30P  
DATE: 1/8  
FEE: \$59 /Seniors \$53

**CLASS CANCELED**

## DANCE

### Modern Dance/Ballet/Jazz

Katy Rashman Wagner • 11 sessions

An outstanding physical and brain-engaging workout for the new/beginning or intermediate adult dance student. This course includes barre work, center work, locomotor combinations, and meaningful choreography to contemporary artists, African instrumentals, and even Bach and Vivaldi cello music! This special class involves a unique blend of jazz, modern, and ballet exercises/techniques and choreography. The class incorporates core strength, balance, flexibility, artistic expression, coordination and agility. Charismatic, quality, and personalized instruction included!

Location: NT Northfield

**183-755** DAY: Thurs.

**REGISTER**

TIME: 6:00-7:15P

DATES: 9/13-12/13

FEE: \$151 /Seniors \$136

*\*No class 10/4, 11/8, 11/22*

### Catch The Beat, Rhythm Dances

Bob Urbon • 7 sessions

Join us and enjoy these easy-to-learn dances. Wow your friends at your next social event. For couples ages 18 and up. No prerequisite, but bring a partner. Please wear leather-soled shoes if possible. Limit of 14 couples.

Location: NT Northfield

**183-750** DAY: Tues.

**REGISTER**

TIME: 7:00-8:00P

DATES: 9/18-10/30

FEE: \$96 /Seniors \$82 (per person)

### Bellydance for Every Body! \*NEW\*

Aliyah Schneider

Learn the graceful art of “raqs sharqi” or bellydance—bare bellies not required! Focusing on core strength and building strength in the shoulders, arms and legs, dancers will learn the foundation movements and how to adapt them to their own unique bodies. Bellydance is non-impact movement with no jumping or jarring motions, while gaining flexibility and having fun. Please wear semi-snug workout wear (yoga type clothing). No previous dance experience is required. Location: NT Northfield

**8 sessions**

**183-797** DAY: Wed.

**REGISTER**

TIME: 6:00-7:15P

DATES: 9/12-11/14

FEE: \$110 /Seniors \$99

*\*No class 9/19, 11/7*

**7 sessions**

**183-798** DAY: Wed.

**REGISTER**

TIME: 6:00-7:15P

DATES: 11/28-1/23

FEE: \$96 /Seniors \$87

*\*No class 12/26, 1/2*



Alys Mancoff

## NTX - Caliber Fencing Club

NTX Coaching Staff

New Trier X-Caliber Fencing Club is a USA Fencing sanctioned club in the Illinois Division, the sixth largest fencing division in the US and growing! Our goal is to teach and further our students' skills in the sport of fencing, whether that be competitive or recreational. Our experienced staff includes coaches from New Trier High School's Varsity program, as well as two other experienced coaches. The new format features an additional fencing day and a host of other benefits!

**For detailed information or specific fencing questions, please contact Coach Shawn Smith at [Smittyfencer@yahoo.com](mailto:Smittyfencer@yahoo.com).**



Marianne Roderick

## Beginning Fencing Membership for All Ages

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 grade 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 each session, each student will be evaluated for advancement. No discounts. No pro-rating.

Location: NT Winnetka

### 12 sessions

**183-440** Mondays & Thursdays: 6:30-7:15P  
**REGISTER** Saturdays: 10:00A-1:00P  
**DATES:** 9/6-10/4  
**FEE:** \$151

*\*No class 9/10*

### 16 sessions

**183-441** Mondays & Thursdays: 6:30-7:15P  
**REGISTER** Saturdays: 10:00A-1:00P  
**DATES:** 10/11-11/17  
**FEE:** \$201

*\*No class 11/8*

### 12 sessions

**183-442** Mondays & Thursdays: 6:30-7:15P  
**REGISTER** Saturdays: 10:00A-1:00P  
**DATES:** 11/26-12/22  
**FEE:** \$151

### 11 sessions

**183-443** Mondays & Thursdays: 6:30-7:15P  
**REGISTER** Saturdays: 10:00A-1:00P  
**DATES:** 1/7-2/2  
**FEE:** \$138

*\*No class 1/21*

# FENCING

## NTX – Caliber Fencing Club

NTX Coaching Staff

The NTX Caliber Fencing Club is a fencing club that meets throughout the year with the exception of 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, one weapons specific class 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. 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 date of purchase depending on your membership.

Weekdays: Monday, Wednesday, Thursday

<b>183-444</b> <b>REGISTER</b>	3-month membership	<b>\$212</b>
<b>183-445</b> <b>REGISTER</b>	6-month membership	<b>\$423</b>
<b>183-446</b> <b>REGISTER</b>	1-year membership	<b>\$798</b>

### Fall Schedule

Weekdays	<b>9/5-1/31</b>	6:30-9:00P
Saturdays	<b>9/8-2/2</b>	10:00A-1:00P

\*No class 9/10, 9/19, 10/4-10/8, 11/8, Thanksgiving break (11/19-11/24), and Winter break (12/22-1/5).

## 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 (class at beginning of each session is available to NTX-Caliber club members only). Fencers may borrow non-electrical equipment, and those wishing to fence electric must provide their own equipment. No online registrations accepted. Open to fencers 3rd 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. Participants must sign NTX waiver on site prior to participating.

Location: NT Winnetka

**183-447**

**REGISTER**

**Mon., Wed., Thurs.: 6:30-8:30P**

**Saturdays: 10:00A-1:00P**

**DATES: 9/5-2/2**

**FEE: \$10 per session**

\*No class 9/10, 9/19, 10/4-10/8, 11/8, Thanksgiving break (11/19-11/24), and Winter break (12/22-1/5).



Nancy Simon

## FINANCIAL PLANNING

### First-Time Home Buyer

Michael P. Olach • 1 session

Are you a first time buyer? Have you done your research, yet you're still confused about the process? This course offers valuable insights in the process of home ownership. Get a head start and obtain the knowledge needed in buying your first home. Learn about the different down payment assistance programs, and educate yourself on the roadblocks to look out for. Get familiar with contracts, closing costs, inspections, appraisals, down payments, interest rates, credit requirements and negotiating with banks and sellers.

Location: NT Northfield

**183-291** DAY: Thurs.  
**REGISTER** TIME: 6:30-8:30P  
DATE: 9/20  
FEE: \$19 (No discounts)

### Investing in Real Estate

Michael P. Olach • 1 session

Whether you are a novice/first time investor or a seasoned investor looking to invest further in real estate, this course offers valuable insights in the process of purchasing investment properties. Learn everything you need to know about buying your first rental property and start building your real estate portfolio. Learn what to look for in foreclosed properties, and the roadblocks to look out for. Get familiar with contracts, closing costs, inspections, appraisals, down payments, interest rates, credit requirements, and negotiating with banks and sellers. This class will be a valuable tool to begin investing in real estate.

Location: NT Northfield

**183-293** DAY: Tues.  
**REGISTER** TIME: 6:30-8:30P  
DATE: 10/16  
FEE: \$19 (No discounts)

### How to Purchase a Second Home or a Vacation/Retirement Property

Michael P. Olach • 1 session

This 90-minute class will teach and inform you the best way to purchase your own vacation home or second home. Learn the guidelines that banks require to make owning your vacation/second home a reality. This class will go over minimum down payments necessary, credit requirements, affordability and the different rules for purchasing different types of vacation/second homes. This class is not a class on buying or owning time shares.

Location: NT Northfield

**183-290** DAY: Thurs.  
**REGISTER** TIME: 6:30-8:00P  
DATE: 12/6  
FEE: \$19 (No discounts)

### Sell Your Home for Top Dollar in Today's Market

Michael P. Olach • 1 session

Prepare your home for sale and get it sold, on your own or with an agent. This class gives you step-by-step instructions on preparing your home for today's competitive market, determining current home values, home staging, advertising that really works, and holding a successful open house. We'll also cover required disclosures, the Residential Real Estate Contract and how to handle inspections.

Location: NT Northfield

**183-292** DAY: Wed.  
**REGISTER** TIME: 6:30-8:30P  
DATE: 12/12  
FEE: \$19 (No discounts)

## FINANCIAL PLANNING

### Social Security: What You Need to Know

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. You must pre register with NTX, online, by mail, in person or by fax. No telephone registrations.

Location: NT Northfield

**183-280**

**DAY:** Tues.

**REGISTER**

**TIME:** 7:00-8:30P

**DATE:** 9/25

**FEE:** FREE

### Strategies for Collecting Social Security Benefits

Jason Slezak • 1 session

If you are thinking about taking your Social Security benefits, this course should be your first step. For most people, Social Security is simple—when you retire, you file for retirement benefits. But there are ways to maximize your lifetime Social Security payouts. This course will focus on a few of the widely accepted strategies for maximizing those retirement benefits, including withdrawal and refiling, restricted application, and file and suspend.

Location: NT Northfield

**183-281**

**DAY:** Tues.

**REGISTER**

**TIME:** 7:00-8:30P

**DATE:** 10/2

**FEE:** \$24 /Seniors \$20

### Your Budget: Before and After Retirement

Jack Ross • 1 session

What are the unknowns in your retirement budget? This class will compare your budget before you retire to after you retire. We will discuss the income you will need after retirement and where that income will come from. Conversely, how your expenses will change after retirement. We will also cover federal and state income taxes, cost of medical, and other miscellaneous items, including some of the biggest mistakes retirees make.

Location: NT Northfield

**183-284**

**DAY:** Tues.

**REGISTER**

**TIME:** 7:00-8:30P

**DATE:** 10/9

**FEE:** \$22 /Seniors \$20

### Optional Distributions from 401(k), 403(b) and Pension Plans

Jack Ross • 1 session

Are you considering a distribution from your employer's qualified retirement or savings plan? This class will focus on your options of when and how you can take your distribution, including how much your benefit can change, retirement ages, different types of payments, and how benefits are taxed. Also, it answers the question of how the distributions are affected when you die. If you are considering a distribution from an employer plan, you should consider taking this class.

Location: NT Northfield

**183-282**

**DAY:** Thurs.

**REGISTER**

**TIME:** 7:00-8:30P

**DATE:** 10/11

**FEE:** \$22 /Seniors \$20

## FINANCIAL PLANNING

### Medicare, Medigap and Other Insurance Needs in Retirement

Jack Ross • 2 sessions

Medical coverage is one of the most important retirement decisions, yet one of the most complicated. This in-depth course will cover the governmental and non-governmental provider 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

**183-285**

**DAY:** Tues.

**REGISTER**

**TIME:** 7:00-8:30P

**DATES:** 10/16-10/23

**FEE:** \$44 /Seniors \$40

### Investment Fundamentals

Peter Hemwall • 4 sessions

Investing is an important tool for building wealth, but the news and complicated terminology can be confusing. This course will cut through the noise to simplify the concepts of investing. We begin with a simulated company creation, which will introduce you to the various investment vehicles available today. We then take a deep dive into the value of an investment, focusing on stocks and bonds, but also covering ETFs, index funds and mutual funds. We finish by putting what we have learned to practical use looking at real portfolios. Students will gain a better understanding of their investments, how to structure their own portfolios, and how to evaluate a portfolio manager or financial advisor.

Location: NT Northfield

**183-241**

**DAY:** Wed.

**REGISTER**

**TIME:** 7:00-8:30P

**DATES:** 10/3-10/24

**FEE:** \$96 /Seniors \$82

### Estate Planning

Kevin Fitzsimons • 2 sessions

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; to 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 \$35, check or cash only.*

Location: NT Northfield

**183-242**

**DAY:** Thurs.

**REGISTER**

**TIME:** 6:00-7:30P

**DATES:** 10/25-11/1

**FEE:** \$48 /Seniors \$41



# FINANCIAL PLANNING

## Executor? Trustee? Help!

Kevin Fitzsimons • 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

183-243

DAY: Tues.

REGISTER

TIME: 6:00-8:00P

DATE: 11/6

FEE: \$35 /Seniors \$32

## What The Income Tax Is Going On?! \*NEW\*

Kevin Fitzsimons • 1 session

There is a complete change as to how you prepare your income tax return. Come learn the tax changes in an easy-to-understand format. What can you deduct? Will the new law result in tax savings to you? Find out what you can do now to save on taxes. Despite what the politicians say, you will not be able to use a postcard to complete your tax return.

Location: NT Northfield

183-244

DAY: Thurs.

REGISTER

TIME: 6:00-7:30P

DATE: 12/6

FEE: \$26 /Seniors \$24



Andy McGrail

## FITNESS

### Physical Conditioning

Bill Sachse • 54 sessions

Tone up! Firm up! Get in shape! Stay in shape! Here is your chance to use the fine conditioning facilities at New Trier. A physical examination is recommended prior to participating in any physical activity. This program has a group component, and also allows an opportunity for self-guided exercise. Flexibility stretching, weight training and cardio are all areas of focus in this morning workout group. Be dressed and ready to go at 6 a.m. sharp! You'll need good running/walking shoes and shorts. Please bring a towel. Showers are available; bring a lock if you want to use a locker during class; we are not responsible for lost articles.

Location: NT Winnetka

**183-400** DAYS: Mon., Wed., Fri.

**REGISTER**

TIME: 6:00-7:00A

DATES: 8/27-1/25

FEE: \$189 /Seniors \$173

*\*No class 9/3, 9/10, 9/19,  
10/8, 11/23, 12/24-1/4*



Mary Lou O'Toole

### Sunrise Boot Camp

Beth Mendez • 54 sessions

This is a whole body workout session designed to tone and sculpt your body and improve your personal fitness level and agility. High energy interval training features a combination of strength, core and cardio drills for a complete workout that will get you into shape. All levels are welcome; work at your own pace. Please bring an exercise mat, hand-weights, a towel, water and a friend! Minimum of 17.

Location: NT Winnetka

**183-401** DAYS: Mon., Wed., Fri.

**REGISTER**

TIME: 5:50-6:50A

DATES: 8/27-1/25

FEE: \$297 /Seniors \$272

*\*No class 9/3, 9/10, 9/19,  
10/8, 11/23, 12/24-1/4*

### Circuit Strength Training

Beth 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 utilizing free weights, tubing, medicine balls and your own body weight. No age requirement, no previous experience, 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 Northfield

**183-402** DAY: Mon.

**REGISTER**

TIME: 6:30-7:30P

DATES: 8/27-1/28

FEE: \$187 /Seniors \$159

*\*No class 9/3, 9/10, 10/8,  
12/24, 12/31, 1/21*

## FITNESS

### Personal Group Training

Beth Mendez • **20 sessions • 2 hour class**  
This is a results-driven class designed to take you to the next level of fitness! Enjoy the benefits of personal training combined with the motivation that comes from being part of a team. Bring your fitness goals to the trainer for a program designed just for you. Your personal program will be different every four weeks so you stay focused and motivated. An interval-inspired routine will test your cardiovascular fitness, along with body conditioning through strength training, with additional focus on stretch and balance. Please bring water and a towel.  
Location: NT Northfield

**183-403** DAY: Tues.  
**REGISTER** TIME: 5:00-7:00P  
DATES: 8/28-1/22  
FEE: \$330 /Seniors \$297

*\*No class 12/25, 1/1*

### Core and Back Strength

Beth Mendez • **17 sessions**  
This class, for both men and women, will strengthen your pelvic girdle and core to increase your mobility, strength and stability using the specially designed Pelvicor Pro™ tool. Weak or imbalanced core muscles can lead to lower back pain, hip pain, knee pain and pelvic floor dysfunction/incontinence. The pelvic girdle core is composed of your back, abdominals, hips and diaphragm, all of which are interconnected and strengthen when they are worked together as a unit.  
*\*\*Fee doesn't include \$40 equipment purchase if you don't own a Pelvicor Pro™ tool.*  
Location: NT Winnetka

**183-405** DAY: Wed.  
**REGISTER** TIME: 6:30-7:30P  
DATES: 8/29-1/23  
FEE: \$187 /Seniors \$159\*\*

*\*No class 9/19, 11/7, 11/21, 12/26, 1/2*

### Primer Floor Pilates-Core Strengthening

Beth Mendez • **17 sessions**  
Pilates is a system and philosophy of exercises based on the work of Joseph Pilates (1883-1967) that focuses on precision and optimal alignment, requiring your focus to increase motor control. The Pilates method is gentle but effective in nature, as well as therapeutic. Pilates Primer is appropriate for beginners. You will learn 34 mat exercises, including the fundamental tenets of posture, body mechanics, correct breathing, spinal flexibility, and natural exercises. NOTE: We have mats; however, if there are more than 12 students signed up, you will need to bring your own mat. We suggest a thicker mat for your comfort.  
Location: NT Northfield

**183-406** DAY: Mon.  
**REGISTER** TIME: 5:30-6:30P  
DATES: 8/27-1/28  
FEE: \$187 /Seniors \$159

*\*No class 9/3, 9/10, 10/8, 12/24, 12/31, 1/21*



Alys Mancoff

## FITNESS

### Boxing Fun! Cardio, Sculpting, Stretching

Beth Mendez • **17 sessions**

Designed for all ages, you can change your body, clear your mind and engage your spirit! The fundamentals of a true boxer's workout are to strengthen and tone your arms, legs, back, core and confidence. Empowering, exhilarating and totally addictive—this is your new favorite workout. This high-intensity interval training workout sculpts your body and burns calories like nothing you've experienced before. You will be led through explosive boxing rounds where you'll deliver jab, cross, hook and uppercut combinations, working your entire body on our 100-pound heavy bags. For lower body workouts, we incorporate kicking with punching kicking with punching for a dynamic and challenging experience. A 10-minute focus for sculpting the core, to strengthen and tone your abdominals, finishing with a 10-minute total body stretch. Gloves are not necessary, however, you may want to wear them. There are some extra pairs in the studio. You can purchase your own for about \$20. Bring a water bottle and towel.

Location: NT Winnetka

**183-404 DAY:** Wed.

**REGISTER** **TIME:** 5:30-6:30P

**DATES:** 8/29-1/23

**FEE:** \$209 /Seniors \$189

*\*No class 9/19, 11/7, 11/21,  
12/26, 1/2*

### Sweat and Stretch

Beth Mendez • **17 sessions**

Jump start your weekend energy! This class includes 20 minutes of age appropriate cardio training and 20 minutes of static stretching to improve your vascular system. Learn how to become cardio-fit in 15 minutes a day! A heart rate monitor is not mandatory, but using one will get you better results in this class. Heart rate monitors help you understand your heart and how to train it, and the best style of monitor is the one that comes with the chest strap and wrist watch (Polar offers a nice one at a good price point). We will also be doing several stretches, including static stretching with 20-second hold times to loosen up your body, reduce back pain, and other aches and pains. Bring a water bottle, mat and towel—you will sweat!

Location: NT Winnetka

**183-407**

**REGISTER**

**DAY:** Sat.

**TIME:** 8:30-9:15A

**DATES:** 9/8-1/26

**FEE:** \$131 /Seniors \$119

*\*No class 10/6, 11/24,  
12/29, 1/5*



Sam DiCola

## FITNESS

### Hatha Yoga: Beginning/Continuing

Elaine Feinblatt • 16 sessions

This course is for both beginning and continuing students. Yoga is a wonderful method of exercise that has a long history of proven benefits such as improving flexibility, countering stress, and managing weight. We will begin with the basic postures and build upon them, each week introducing new postures and stretches. In addition, the importance of proper breathing techniques for optimal health will also be covered. During this course you will learn how the regular practice of yoga can lead to improved health and peace of mind. Please bring a mat to class and dress in loose, comfortable clothes. Limit of 12. Location: NT Northfield

**183-411 DAY:** Mon.

**REGISTER**

**TIME:** 6:30-7:30P

**DATES:** 9/17-1/28

**FEE:** \$176 /Seniors \$158

*\*No class 10/8, 12/24,  
12/31, 1/21*

### Easy Yoga For Everybody

Elaine Feinblatt • 15 sessions

This class is for beginning students who want to learn basic mat-based yoga exercises. We will begin with relaxation reclined on a yoga mat and do seated, kneeling and standing exercises with a relaxation at the end. Blocks are provided. Please bring a mat to class and dress in loose, comfortable clothes. Limit of 12. Location: NT Northfield

**183-409 DAY:** Wed.

**REGISTER**

**TIME:** 6:30-7:30P

**DATES:** 9/12-1/23

**FEE:** \$165 /Seniors \$149

*\*No class 9/19, 11/7, 11/21,  
12/26, 1/2*

### Hatha Yoga: Continuing

Diana Gourguechon • 16 sessions

This course will focus on connecting breath to movement, resulting in greater flexibility, additional strength, and refined postures. Many benefits are derived through a regular yoga practice: improved physical fitness, release of tension, greater concentration and balance, as well as a deeper sense of well-being. Yoga philosophy and some meditation will be included. Please bring a yoga mat and dress comfortably. Prerequisite: Yoga: Beginning or permission of instructor. Limit of 12.

Location: North Shore United Methodist Church

**183-415**

**REGISTER**

**DAY:** Thurs.

**TIME:** 9:00-10:30A

**DATES:** 9/6-1/24

**FEE:** \$248 /Seniors \$223

*\*No class 9/27, 11/8, 11/22,  
12/27, 1/3*

**183-416**

**REGISTER**

**DAY:** Mon.

**TIME:** 9:30-11:00A

**DATES:** 9/10-1/21

**FEE:** \$248 /Seniors \$223

*\*No class 9/24, 11/5,  
12/24, 12/31*

## FITNESS

### Gentle Yoga

Lucien Dall' Agata • **16 sessions**

This class will follow a progressive order, starting from the very basics and building upon them. We will explore the various types of poses and the fundamentals of yogic breathing, experiencing beneficial stretches and ultimately learning to meditate, always closing with a deep relaxation. Various settings will be offered: props, partner yoga, chair yoga, etc. You will enjoy the benefits of reduced stress and better balance, strength and flexibility. Blocks are provided. Please dress in loose, comfortable clothes. Bring a mat to class and a blanket if you desire. Limit of 12.

Location: North Shore United Methodist Church

**183-412** DAY: Wed.

**REGISTER**

TIME: 9:30-11:00A

DATES: 9/12-1/30

FEE: \$248/Seniors \$223

*\*No class 9/19, 9/26, 11/7,  
12/26, 1/2*



Linda Prasil

### North Shore Edge Wrestling Club

North Shore Edge Wrestling Club offered through New Trier Extension is open to all kids in grades K-8. This program will teach wrestling fundamentals and instill values of hard work, self-discipline, and the importance of goal setting. The season will begin October 23 and end in March. Practices will be held 2-3 times per week for 1.5 hours each. The team will compete in 12 optional tournaments and wrestle against other clubs in head-to-head dual meets at local high schools. No prior experience in the sport is required to participate. At the conclusion of the season, wrestlers will have the option to compete in the 2018 IKWF State Tournaments Series.

**For questions please contact Marc Tadelman at [Tadelmam@nth.net](mailto:Tadelmam@nth.net) or call (847) 612-9765. Tournaments will be on Sundays and will require extra entry fees and a USA Card. No refunds. Space is limited. A parent meeting will be held in early October. \*Tuesdays reserved for advanced wrestlers only.**

Location: NT Winnetka Wrestling Room

**183-680** DAYS: Tues., Wed., Thurs.

**REGISTER**

TIME: 6:15-7:45P

DATES: October 23, 2018 -  
March 2019

FEE: \$225

## ROWING

### Adult Fall Erg Workouts

New Trier Rowing Coaches • **13 sessions**  
Join fellow enthusiasts in a fun class environment to condition on the “dreaded erg.” Achieve a new level of fitness for health, cross-training and improve boat speed when rowing. No prior experience required. Wear tighter-fitting shorts and a T-shirt and bring water. Mix and match registrations at \$15 per class.  
Location: NT Northfield

**183-601** DAY: Tues.  
**REGISTER** TIME: 5:45-6:45A  
DATES: 7/31-10/23

**183-602** DAY: Thurs.  
**REGISTER** TIME: 5:45-6:45A  
DATES: 8/2-10/25  
FEE: \$195



Beverly McLaughlin

### Women's Learn To Row (New Rowers)

New Trier Rowing Coaches  
These classes are for women 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 and a T-shirt and bring water. Arrive 15 minutes early to warm up/stretch prior to class. No discounts; Minimum of 4. Rowers must attend the first four sessions. You are encouraged to attend all 8 classes. No Refunds. All participants are expected to know how to swim.

Location: Dammrich Rowing Center

#### 4 sessions

**183-605** DAY: Wed.  
**REGISTER** TIME: 9:00-11:00A  
DATES: 9/5-10/3  
FEE: \$160 (no proration)

**183-606** DAY: Fri.  
**REGISTER** TIME: 9:00-11:00A  
DATES: 9/7-9/28  
FEE: \$160 (no proration)

*\*No class 9/19*

#### Additional Classes - \$40 each class

**183-615** DAYS: Wed. or Fri.  
**REGISTER** TIME: 9:00-11:00A  
WED. DATES: 10/10-10/31  
FRI. DATES: 10/5-10/26  
FEE: \$40 EACH

## ROWING

### Women's On-The-Water Rowing (Experienced Rowers)

New Trier Rowing Coaches • **8 sessions**

These sessions are for women rowers with prior on-the-water experience that 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. **You must register for a minimum of 8 classes, you may add additional classes after that. Class dates you select are flexible, you can work out schedule with the rowing coaches.** Classes must be used in the fall season.

Location: Dammrich Rowing Center

**183-636** DAY: Wed.  
**REGISTER** TIME: 9:00-11:00A  
DATES: 9/5-10/31

**183-637** DAY: Fri.  
**REGISTER** TIME: 9:00-11:00A  
DATES: 9/7-10/26  
FEE: \$280

*\*No class 9/19*

### Fall Learn To Erg

New Trier Rowing Coaches • **7 sessions**

This class is for students (13 years or older) and adults. If you are new to the sport or if you have prior rowing experience, you will be appropriately challenged to maintain proper technique while increasing your physical fitness. Students will learn how to adjust the ergometer properly before rowing, row with proper technique to avoid injury, and apply power most effectively. Space is limited!

Location: NT Winnetka

**183-610** DAY: Tues.  
**REGISTER** TIME: 6:00-7:00P  
DATES: 9/4-10/16  
FEE: \$140

Location: NT Northfield

**183-611** DAY: Wed.  
**REGISTER** TIME: 6:00-7:00P  
DATES: 9/5-10/24  
FEE: \$140

*\*No class 9/19*



Beverly Fleischman



# SAILING

## Sun, Moon and Stars for Sail

Brian Earl • 1 session

Have you ever seen the sun set or the moon rise from a sailboat on Lake Michigan? Can you recall the first time you really saw the stars, including the Milky Way from a spot away from the lights of the city? Journey with us to enjoy a beautiful sunset from the water on one horizon while watching the moon rise over the lake on the other during full moon nights. Or on new moon nights, watch the sun go down and witness the wonder of a canopy of stars beyond the din of city lights from Waukegan Harbor. Sail along with a USCG Master Captain, with many hours of night sailing, who will help point out a few stars or perhaps even teach you the basics of celestial navigation while aboard. Bring a snack and your cameras! Open to all ages. Children must be accompanied by an adult. Minimum of 4, maximum of 6. Location: Wilmette Harbor

Sun and Moon for Sail

183-718 DAY: Sat  
TIME: 5-8 (5)  
FEE: \$725

183-719 DAY: Sun.  
TIME: 5-8 (5)  
FEE: \$723

**FEE: \$50**

Sun and Stars for Sail

183-723 DAY: Sat  
TIME: 5-8 (5)  
FEE: \$728

**FEE: \$50**



Beverly McLaughlin

## T'AI CHI

### *T'ai Chi Ch'uan for Health, Peace, and Happiness*

The Harvard Medical School Guide to T'ai Chi says, "cutting edge research now lends support to long-standing claims that T'ai Chi favorably impacts the health of the heart, bones, nerves and muscles, immune system, and the mind." T'ai Chi

Ch'uan can be a profound system of health and self-defense while instilling a feeling of relaxation and tranquility. Tai Chi can benefit everyone, from those who have been sedentary to those who are active athletes.



Janet Levine

### **Qigong and Foundations of T'ai Chi Ch'uan**

**14 sessions**

In the Qigong (pronounced Chee-gung) and Foundations class we introduce Chinese health exercises, Qigong, and the fundamental principles and exercises of T'ai Chi Ch'uan. Students will begin to learn the exercises to develop an understanding of Chi. The class will also focus on balance, breathing, stillness, basic movement, and flexibility. This class is open to new and continuing students and is a prerequisite to T'ai Chi Ch'uan Form: 1st Section and for Gentle T'ai Chi Form. Soft-soled shoes and comfortable clothing are suggested.

Location: NT Northfield

Kathy Sheridan

**183-430 DAY:** Mon.

**REGISTER**

**TIME:** 7:00-8:00P

**DATES:** 9/17-1/14

**FEE:** \$165 /Seniors \$149

*\*No class 10/8, 11/19,  
12/24, 12/31*

Paula Chalk

**183-433 DAY:** Sat.

**REGISTER**

**TIME:** 9:30-10:30A

**DATES:** 9/15-1/19

**FEE:** \$165 /Seniors \$149

*\*No class 10/6, 11/24,  
12/22, 12/29, 1/5*

### **T'ai Chi Sword Advanced**

**\*JUST ADDED\***

Pam Hultgren • **6 sessions**

Location: NT Northfield

**183-439 DAY:** Mon.

**REGISTER**

**TIME:** 8:15-9:00P

**DATES:** 9/17-10/29

**FEE:** \$50/Seniors \$45

*\*No class 10/8*

# T'AI CHI

## Gentle T'ai Chi Form

Pam Hultgren • 14 sessions

Students in this class will focus on the principles of T'ai Chi through the various exercises and Qigong as they learn the first section of the T'ai Chi Ch'uan form. A specific focus in this class is on health, balance, and flexibility. This class is ideal for students who wish to learn at a slower pace, seniors, or those who might have some challenges with balance or memory. Prerequisite: one semester of the Qigong and Foundations of T'ai Chi class.

Location: NT Northfield

**183-434** DAY: Sat.  
**REGISTER** TIME: 9:30-10:15A  
DATES: 9/15-1/19  
FEE: \$116/Seniors \$99

*\*No class 10/6, 11/24, 12/22-1/5*

## T'ai Chi Form: 1st Section

Ann Cusack • 14 sessions

Students will apply the principles learned in the Qigong and Foundations of T'ai Chi class as they learn the first section of the T'ai Chi Ch'uan form—a series of T'ai Chi movements woven together in a sequence to enhance relaxation, Chi development, physical balance, and energy balance. Students may repeat this class a number of times. Prerequisite: One semester of the Qigong and Foundations of T'ai Chi class or permission from the instructor.

Location: NT Northfield

**183-431** DAY: Mon.  
**REGISTER** TIME: 7:00-8:00P  
DATES: 9/17-1/14  
FEE: \$165 /Seniors \$149

*\*No class 10/8, 11/19, 12/24, 12/31*

**183-432** DAY: Sat.  
**REGISTER** TIME: 8:20-9:20A  
DATES: 9/15-1/19  
FEE: \$165 /Seniors \$149

*\*No class 10/6, 11/24, 12/22-1/5*

## T'ai Chi Form: 2nd Section

Pam Hultgren • 14 sessions

This class will focus on the second section of the T'ai Chi Ch'uan Form, teaching the movements to those who have not yet learned them and refining the movements for those who have learned the entire form. Prerequisite: Permission of instructor, based upon having learned the first section of the Form.

Location: NT Northfield

**183-438** DAY: Mon.  
**REGISTER** TIME: 7:00-8:00P  
DATES: 9/17-1/14  
FEE: \$165 /Seniors \$149

*\*No class 10/8, 11/19, 12/24, 12/31*

**183-435** DAY: Wed.  
**REGISTER** TIME: 6:50-7:50P  
DATES: 9/26-1/23  
FEE: \$165 /Seniors \$149

*\*No class 11/7, 11/21, 12/26, 1/2*

**183-436** DAY: Sat.  
**REGISTER** TIME: 8:20-9:20A  
DATES: 9/15-1/19  
FEE: \$165 /Seniors \$149

*\*No class 10/6, 11/24, 12/22-1/5*

## T'ai Chi Form: Advanced

Pam Hultgren • 14 sessions

The advanced class is for students who have learned the complete 37-posture T'ai Chi Ch'uan Form. In this class we focus on the principles of T'ai Chi as they relate to the Form and two-person practice. Prerequisite: permission of instructor, based upon having learned the 37-posture Form.

Location: NT Northfield

**183-437** DAY: Wed.  
**REGISTER** TIME: 8:00-9:00P  
DATES: 9/26-1/23  
FEE: \$165/Seniors \$149

*\*No class 11/7, 11/21, 12/26, 1/2*

## LANGUAGES

# Chinese

### Basic Chinese

Yue Cai • 12 sessions

This course is designed for absolute beginners. We will start from pin yin (Chinese-English phonetic transcription), to pronunciation, intonation, listening, speaking, reading and writing skills. You will be proud to speak Mandarin Chinese, a language spoken by over 1.2 billion people. We will focus on daily, practical language.

Location: NT Northfield

**183-801** DAY: Tues.  
**REGISTER** TIME: 6:00-7:00P  
DATES: 9/11-11/27  
FEE: \$128 /Seniors \$112

### Intermediate Chinese

Yue Cai • 12 sessions

For the learners who can use Chinese to serve the demands of their personal lives, studies and work, and are capable of completing most of the communicative tasks they experience during their journey with Chinese.

Location: NT Northfield

**183-802** DAY: Tues.  
**REGISTER** TIME: 7:00-8:00P  
DATES: 9/11-11/27  
FEE: \$128 /Seniors \$112

### Advanced Chinese

Yue Cai • 10 sessions

This class is for students who possess a high level of Mandarin ability. Whether you have studied for years, are a heritage speaker, or have spent many years immersed in local society, this class is focused on extended discussion in the language. Study of other materials such as books and movies can be arranged depending on student interest and ability.

Location: NT Northfield

**183-803** DAY: Wed.  
**REGISTER** TIME: 6:00-7:00P  
DATES: 9/12-12/5  
FEE: \$107 /Seniors \$93

\*No class 9/19, 11/7, 11/21



Linda Sicer

# LANGUAGES

## French

### Basic Courses

French I-V provide students with the background needed to advance to intermediate courses. Each level is designed as a yearlong class, with Part I beginning in the fall and Part 2 in the spring term. Students will learn vocabulary, grammar and structures through exercises, drills, conversations and readings. Preparation, including homework outside the classroom, is important. Required textbook/CD for French I-V is Contacts 8th Edition. Students should wait to purchase this until after the first class and input from the instructor.

### Intermediate Courses

In Conversation Intermédiaire, students will enrich their knowledge and skills while developing their ability to understand French and speak in a more spontaneous manner. Grammar will be included at each level. The grammar book for Janet Evans' Conversation Intermédiaire class will be ordered after the first class.

### Advanced Courses

Conversation Avancée (two levels) is designed for those who speak and understand French with ease and wish to practice and improve their comprehension and conversation skills. Cercle de Conversation (two levels) gives students who are fluent in French the possibility to "utilize" their knowledge and enrich their vocabulary: grammar "à la carte."

*Note: Instructor's permission is recommended for students new to NTX's French program, with the exception of French I, Part I and French For Travelers.*

## French I (Part 1)

Domitille Nicolescou • **15 sessions**

This course is designed for beginning students who want to learn how to speak and read French. You will learn basic grammar—verb conjugations, adjectives, and vocabulary. Pair and small group practice will help you develop pronunciation and communication skills. Listening, reading and writing skills will also be practiced in class and for homework. *\*\*Fee does not include required text to be purchased online after class begins.*  
Location: NT Northfield

183-820

DAY: Tues.

REGISTER

TIME: 1:30-3:00P

DATES: 9/18-1/22

FEE: \$241 /Seniors \$218\*\*

*\*No class 11/20, 12/18-1/1*

## French II (Part 1)

Janet Evans • **14 sessions**

Students who are familiar with common regular and irregular verbs in the present tense will add learning past and future tenses. Each class begins with a conversation based on student interests. Pair and small group practice will help you develop pronunciation and communication skills. Listening, reading and writing skills will also be practiced in class and for homework. *\*\*Fee does not include required text to be purchased online after class begins.*  
Location: NT Northfield

183-822

DAY: Thurs.

REGISTER

TIME: 7:30-9:00P

DATES: 9/13-1/17

FEE: \$225 /Seniors \$204\*\*

*\*No class 10/4, 11/8, 11/22, 12/27, 1/3*

## LANGUAGES

### French IV (Part 1)

Domitille Nicolescou • 14 sessions

This course stresses oral communication and grammar study will be used to facilitate your progress. Pair and small group practice will help you develop your pronunciation and communication skills. The main points of this session include: a new tense, “l'imparfait,” which will enable you to narrate past stories, and the completion of French pronouns. Homework includes listening, reading and writing practice. **\*\*Fee does not include required text to be purchased online after class begins.**  
Location: NT Northfield

**183-821** DAY: Wed.  
**REGISTER** TIME: 9:00-10:30A  
DATES: 9/26-1/23  
FEE: \$225 /Seniors \$203\*\*

\*No class 11/21, 12/19-1/2

### French V (Part 1)

Janet Evans • 16 sessions

Students who enroll in this course should be able to use the correct past tenses (present perfect and imperfect) to relate past events. We will study additional verb structures and the use of pronouns. Pair and small group practice will help you develop your pronunciation and communication skills. Homework will include listening, reading and writing practice. Each class will begin with a conversation based on student interests. **\*\*Fee does not include required text to be purchased online after class begins.**  
Location: NT Northfield

**183-825** DAY: Thurs.  
**REGISTER** TIME: 12:45-2:15P  
DATES: 9/13-1/17  
FEE: \$257 /Seniors \$231\*\*

\*No class 11/22, 12/27, 1/3

### Conversation Français Intermédiaire Niveau I (Part 1)

Janet Evans • 14 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 from the francophone world will be used for vocabulary study and as a point of departure for the topics discussed. Classes will begin with a conversation based on student interests. **\*\*Fee does not include required text.**  
Location: NT Northfield

**183-830** DAY: Thurs.  
**REGISTER** TIME: 6:00-7:30P  
DATES: 9/13-1/17  
FEE: \$225 /Seniors \$203\*\*

\*No class 10/4, 11/8,  
11/22, 12/27, 1/3

### Conversation Français Intermédiaire Niveau II (Part 1)

Janet Evans • 16 sessions

This course is for students who have a good grammar and vocabulary foundation and who are able to relate past events and discuss various general topics based on current events, articles, and literary selections. Grammar, reading, and listening exercises will be done in class and for homework. Classes will begin with a conversation based on student interests. **\*\*Fee does not include required text.**  
Location: NT Northfield

**183-823** DAY: Thurs.  
**REGISTER** TIME: 9:10-10:40A  
DATES: 9/13-1/17

**183-824** DAY: Thurs.  
**REGISTER** TIME: 11:00A-12:30P  
DATES: 9/13-1/17  
FEE: \$257 /Seniors \$231\*\*

\*No class 11/22, 12/27, 1/3

# LANGUAGES

## Conversation Français Avancé (Part 1)

Domitille Nicolescou

Ces cours s'adressent aux étudiants qui ont acquis un bon vocabulaire et les structures grammaticales nécessaires à l'expression et la compréhension orale et qui désirent s'exprimer avec plus de facilité. **\*\*Fee does not include required text.**

Location: NT Northfield

### Niveau I • 13 sessions

Cette classe mettra l'accent sur l'expression orale – tout spécialement sur les connecteurs [mots de liaison] qui permettent d'exprimer ses idées et de les articuler dans une phrase.

**183-832** DAY: Wed.

**REGISTER**

TIME: 6:00-7:30P

DATES: 9/26-1/23

FEE: \$209 /Seniors \$188 \*\*

*\*No class 11/7, 11/21,  
12/19-1/2*

### Niveau II • 15 sessions

Un roman contemporain servira de base à la conversation. Grammaire à la carte.

**183-836** DAY: Tues.

**REGISTER**

TIME: 9:00-10:30A

DATES: 9/18-1/22

FEE: \$241 /Seniors \$218 \*\*

*\*No class 11/20, 12/18-1/1*

## Cercle de conversation (Part 1)

Domitille Nicolescou

Ces cours s'adressent aux étudiants qui ont atteint une excellente compréhension orale et qui désirent s'exprimer avec plus de spontanéité. Un roman contemporain servira de base à la conversation. Grammaire à la carte. **\*\*Fee does not include required text.**

Location: NT Northfield

### Niveau I • 15 sessions • 2-hour class

**183-840**

**REGISTER**

DAY: Tues.

TIME: 10:40A-12:40P

DATES: 9/18-1/22

FEE: \$315 /Seniors \$283 \*\*

*\*No class 11/20, 12/18-1/1*

### Niveau II • 15 sessions

**183-844**

**REGISTER**

DAY: Tues.

TIME: 7:30-9:00P

DATES: 9/18-1/22

FEE: \$241 /Seniors \$218 \*\*

*\*No class 11/20, 12/18-1/1*

### Niveau II • 14 sessions

**183-842**

**REGISTER**

DAY: Wed.

TIME: 10:40A-12:10P

DATES: 9/26-1/23

FEE: \$225 /Seniors \$203 \*\*

*\*No class 11/21, 12/19-1/2*

## LANGUAGES

### German

*\*\*Class fees do not include required text to be purchased online.*

#### German I (Part 1)

Angelique Burbach • **15 sessions**

Willkommen! This interactive German class focuses on basic conversational skills that you can apply to real-life, practical situations. We'll develop speaking, listening, reading and writing skills while exploring the country's language and culture. This class offers an excellent foundation for personal development, business or travel.

Location: Northfield Park District

**183-811** DAY: Thurs.

**REGISTER**

TIME: 9:00-10:30A

DATES: 9/20-1/17

FEE: \$240 /Seniors \$217\*\*

*\*No class 11/22, 12/27, 1/3*

#### German II (Part 1)

Angelique Burbach • **15 sessions**

Willkommen! You will continue to explore the country's language and culture by honing your listening, speaking, reading and writing skills. Through exercises, conversations and readings, students will learn to apply vocabulary, grammar and structures to real-life situations. Prerequisite: German I or previous German language experience. Limit of 12.

Location: Northfield Park District

**183-812** DAY: Mon.

**REGISTER**

TIME: 9:00-10:30A

DATES: 9/17-1/14

FEE: \$240 /Seniors \$217\*\*

*\*No class 10/8, 12/24, 12/31*

#### German IV (Part I)

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: German III or previous German language experience. Instructor's permission is recommended for students new to NTX!

Location: Northfield Park District

**183-814** DAY: Wed.

**REGISTER**

TIME: 9:00-10:30A

DATES: 9/26-1/16

FEE: \$240 /Seniors \$217

*\*No class 12/26, 1/2*

#### German V (Part 1)

Angelique Burbach • **15 sessions**

Designed for students with several years of German language experience, this course focuses on more advanced reading and conversation. In addition, we will learn and review advanced grammar topics and vocabulary. Prerequisite: German IV or previous German language experience. Instructor's permission recommended for students new to NTX.

Location: Northfield Park District

**183-815** DAY: Mon.

**REGISTER**

TIME: 11:00A-12:30P

DATES: 9/17-1/14

FEE: \$240 /Seniors \$217

*\*No class 10/8, 12/24, 12/31*



## LANGUAGES

### Italian

*\*\*Class fees do not include the required text to be purchased online.*

All Italian classes have a minimum of 6 students. New students need instructor's permission for Italian II and beyond.

#### Italian I (Part 1)

Phyllis Horn-Liparini • **15 sessions**

Have you always wanted to learn this wonderful language? Now is the perfect time to begin. The emphasis is on daily conversation and patterns of speech. You will learn pronunciation, vocabulary and basic communication skills along with fundamental grammar.

Location: NT Northfield

**183-850 DAY:** Tues.

**REGISTER**

**TIME:** 6:30-8:00P

**DATES:** 10/2-1/22

**FEE:** \$240 /Seniors \$217\*\*

*\*No class 12/25, 1/1*

#### Italian I Continuing (Part 1)

Phyllis Horn-Liparini • **14 sessions**

This course continues Italian I's conversation and grammar goals. New constructs will be introduced and more sophisticated use of language will be developed. We may also introduce small pieces of Italian literature/film into the course.

Location: Northfield Park District

**183-851 DAY:** Thurs.

**REGISTER**

**TIME:** 9:00-10:30A

**DATES:** 10/4-1/24

**FEE:** \$224 /Seniors \$202\*\*

*\*No class 11/22, 12/27, 1/3*

#### Italian II (Part 1)

Phyllis Horn-Liparini • **15 sessions**

This course is for students who already know some Italian or have taken Italian I. We'll review grammar and go on to more verb tenses, listening comprehension and conversation.

Location: NT Northfield

**183-854**

**REGISTER**

**DAY:** Tues.

**TIME:** 4:30-6:00P

**DATES:** 10/2-1/22

**FEE:** \$240 /Seniors \$217\*\*

*\*No class 12/25, 1/1*

#### Italian III (Part 1)

Phyllis Horn-Liparini • **14 sessions**

This course is for students who already know some Italian, or those who have taken Italian II. We'll review grammar and go on to more verb tenses, listening comprehension and conversation.

Location: Northfield Park District

**183-855**

**REGISTER**

**DAY:** Thurs.

**TIME:** 12:30-2:00P

**DATES:** 10/4-1/24

**FEE:** \$224 /Seniors \$202\*\*

*\*No class 11/22, 12/27, 1/3*

#### Italian IV (Part 1)

Phyllis Horn-Liparini • **14 sessions**

For experienced students who wish to integrate literature with an in-depth review of grammar, the class is a potpourri for students who have studied Italian up to level IV. We'll look at grammatical structures while emphasizing current cultural, social and political events.

Location: Northfield Park District

**183-856**

**REGISTER**

**DAY:** Thurs.

**TIME:** 10:30A-12:00P

**DATES:** 10/4-1/24

**FEE:** \$224 /Seniors \$202\*\*

*\*No class 11/22, 12/27, 1/3*

## LANGUAGES

# Spanish

## Spanish for Travelers

G.G. Baez • 10 sessions

Planning a trip to a Spanish-speaking country? Learning Spanish phrases and vocabulary can make your travel easier and more enjoyable. You'll also experience the culture and flavor of Spanish-speaking countries. Helpful travel booklet included!

Location: NT Winnetka

**183-870 DAY:** Mon.

**REGISTER**

**TIME:** 6:30-7:30P

**DATES:** 9/17-11/26

**FEE:** \$109/Seniors \$98

*\*No class 10/8*

## Spanish I: Conversation and Grammar (Part I)

G.G. Baez

Designed for beginners or those who want a refresher, this 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 required text, to be purchased online. Limit of 20.*

Location: NT Northfield • 16 sessions

**183-874 DAY:** Mon.

**REGISTER**

**TIME:** 9:00-10:30A

**DATES:** 9/17-1/28

**FEE:** \$256 /Seniors \$230 \*\*

*\*No class 10/8, 12/24,  
12/31, 1/21*

Location: NT Winnetka • 17 sessions

**183-877 DAY:** Tues.

**REGISTER**

**TIME:** 7:30-9:00P

**DATES:** 9/11-1/22

**FEE:** \$272 /Seniors \$245 \*\*

*\*No class 11/20, 12/25, 1/1*

## Spanish II: Conversation and Grammar (Part I)

G.G. Baez

Continue the pleasure of learning a new language. This course is designed for those who have taken Spanish I or its equivalent. You will improve your language skills in listening, speaking, reading, and writing. We will review previously learned language skills and add new vocabulary, expressions and structures using thematic units, conversation and readings. Instructor's permission is recommended for new students to the NTX Spanish program. *\*\*Fee does not include required text, to be purchased online. Limit of 20.*

Location: NT Northfield • 16 sessions

**183-872 DAY:** Mon.

**REGISTER**

**TIME:** 10:30A-12:00P

**DATES:** 9/17-1/28

**FEE:** \$256 /Seniors \$230 \*\*

*\*No class 10/8, 12/24,  
12/31, 1/21*

Location: NT Winnetka • 15 sessions

**183-871 DAY:** Wed.

**REGISTER**

**TIME:** 7:30-9:00P

**DATES:** 9/12-1/23

**FEE:** \$240 /Seniors \$216 \*\*

*\*No class 9/19, 11/7, 11/21,  
12/26, 1/2*

## LANGUAGES

### Spanish II: Advanced Conversation and Grammar (Part I)

G.G. Baez • 16 sessions

This course is designed for advanced students who have taken Spanish I or its equivalent. You will improve your language skills in listening, speaking, reading, and writing. Instructor's permission is recommended for new students to the Spanish program. **\*\*Fee does not include required text, to be purchased online.** Limit of 20. Location: NT Northfield

**183-873**

**DAY:** Fri.

**REGISTER**

**TIME:** 10:30A-12:00P

**DATES:** 9/14-1/25

**FEE:** \$256 /Seniors \$230 \*\*

*\*No class 10/5, 11/23,  
12/28, 1/4*

### Spanish Intermediate (Continuing)

*Conversation, Composition, and Culture*

Roberta Price • 13 sessions

This course is for students who have taken Spanish III 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, film, and other cultural connections. Instructor's permission is recommended for new students to the NTX Spanish program. **\*\*Fee does not include required text to be purchased online.** Minimum of 6.

Location: NT Northfield

**183-863**

**DAY:** Wed.

**REGISTER**

**TIME:** 10:45A-12:15P

**DATES:** 10/10-1/23

**FEE:** \$208 /Seniors \$187 \*\*

*\*No class 11/21, 12/26, 1/2*

### Spanish Advanced (Continuing)

*Conversation, Composition, and Culture*

Roberta Price • 13 sessions

This course is for students who have taken Spanish III or its equivalent. It is designed to help students expand and refine their Spanish language skills as well as improve and broaden the use of vocabulary and structures. Emphasis is placed on conversation, reading, and writing using a variety of cultural resources, such as magazine articles, short stories, plays, novels, and film. Instructor's permission is recommended for new students to the NTX Spanish program. **\*\*Fee does not include required text to be purchased online.** Minimum of 6.

Location: NT Northfield

**183-864**

**DAY:** Wed.

**REGISTER**

**TIME:** 9:00-10:30A

**DATES:** 10/10-1/23

**FEE:** \$208 /Seniors \$187 \*\*

*\*No class 11/21, 12/26, 1/2*



Maggie Zielinski

## LANGUAGES

### Spanish IV: Advanced Conversation and Grammar (Part I)

G.G. Baez

This course is for advanced students who have studied Spanish for at least three years at NTX (or the equivalent) and are interested in conducting a general review of their grammar. There will be plenty of conversation to put your grammar into practice. Instructor's permission is recommended for new students to the NTX Spanish program. **\*\*Fee does not include required, text to be purchased online.** Minimum of 6.

Location: NT Winnetka • **16 sessions**

**183-876** DAY: Mon.  
**REGISTER** TIME: 7:30-9:00P  
DATES: 9/17-1/28  
FEE: \$256 /Seniors \$230 \*\*

\*No class 10/8, 12/24,  
12/31, 1/21

Location: NT Northfield • **16 sessions**

**183-879** DAY: Fri.  
**REGISTER** TIME: 9:00-10:30A  
DATES: 9/14-1/25  
FEE: \$256 /Seniors \$230 \*\*

\*No class 10/5, 11/23,  
12/28, 1/4

### Spanish V: Conversation and Grammar (Part I)

Alisha Betancourt Mullen • **14 sessions**

This course is for advanced students who can read and converse fluently and are interested in recognizing advanced grammar through classic literary readings. Instructor's permission is recommended for new students to the NTX Spanish program. **\*\*Fee does not include required text, to be purchased online.** Minimum of 6.

Location: NT Northfield

**183-878** DAY: Tues.  
**REGISTER** TIME: 10:00-11:30A  
DATES: 9/11-12/11  
FEE: \$252 (No discounts) \*\*



Linda Sicner

# MUSIC

## Introduction to Bulgarian Folk Music & Dance

George Tantchev • 4 sessions

This fun and energetic class involves live music played on the accordion, as well as instruction of easy dance steps of the most popular horo dances, presented by professional musicians and dancers living in the Chicago area. No previous experience necessary. Led by teachers from the Northfield School of Music.

Location: Northfield School of Music

**183-107** DAY: Tues.

**REGISTER**

TIME: 6:00-7:30P

DATES: 9/11-10/2

FEE: \$96 (No discounts)

## Maui To Motown Adult Ukulele Group

North Shore Music Institute Staff • 8 sessions

It's NEVER too late to learn an instrument, and ukulele is one of the most fun and accessible ways for adults with a busy schedule to experience the joys of playing one! This class is designed for true beginners. Students need to bring their own ukulele or you may purchase one from NSMI for \$40 at the first class.

Location: North Shore Music Institute

**183-103** DAY: Mon.

**REGISTER**

TIME: 7:00-8:00P

DATES: 9/17-11/12

FEE: \$120 (No discounts)

*\*No class 10/8*

## You Can Play Guitar

Sasha Brusin • 4 sessions

Bring your guitar and practice a couple of different songs every week. You will be a hit at the next family gathering or around the campfire with friends!

Location: Northfield School of Music

**183-106**

**REGISTER**

DAY: Wed.

TIME: 7:30-8:30P

DATES: 9/12-10/10

FEE: \$96 (No discounts)

*\*No class 9/19*



Diane Colwyn

## TECHNOLOGY

### Learning About Your Mac

Mary Ann McGinley • **1 session**

Are you a self-taught Mac user? Despite the commercials, learning to use a Mac is NOT intuitive. In this class, you'll learn tips to make use of the many hidden features Macs offer. Besides the basic techniques of the Mac, you will work with windows, dock, files, folders, scrolling, resizing and more. No computer experience necessary. Each student will work at a separate computer. If you have a laptop, you may bring it to class. Limit of 10.

Location: NT Winnetka

**183-220** DAY: Tues.

**REGISTER** TIME: 6:30-8:30P

DATE: 9/4

**183-227** DAY: Mon.

**REGISTER** TIME: 6:30-8:30P

DATE: 9/17

FEE: \$42 /Seniors \$38

### Macintosh Maintenance

Mary Ann McGinley • **1 session**

Is your computer a jumble of files all over the place? Learn how to organize your files and clear out unwanted clutter. Do you know which apps are good and which are fatal? A good maintenance schedule will keep your Mac running smoothly. We'll focus on three aspects of keeping your Mac healthy and happy: updating, maintenance, and troubleshooting. Each student will work at a separate computer. If you have a laptop, you may bring it to class. Limit of 8.

Location: NT Winnetka

**183-221** DAY: Wed.

**REGISTER** TIME: 6:30-8:30P

DATE: 9/5

**183-225** DAY: Wed.

**REGISTER** TIME: 6:30-8:30P

DATE: 9/12

FEE: \$42 /Seniors \$38

### Photo

Mary Ann McGinley • **2 sessions**

If you took many photos this past summer, this is the class for you! You will be introduced to the wonders of this built-in application. You will learn how to edit your hundreds of photos, organize them into meaningful albums, make them into slide shows, books, and more. You will learn how to enclose photos in emails, store them in the Cloud, or get them printed.

Location: NT Winnetka

**183-223** DAY: Thurs.

**REGISTER** TIME: 6:30-8:30P

DATES: 9/6-9/13

FEE: \$84 /Seniors \$76

### Pages

Mary Ann McGinley • **1 session**

Why aren't you using this powerful word processing program (Apple's answer to Microsoft Word), which is already loaded on your Mac? This fully functioning program is compatible to Word and documents can be easily transferred between the two applications. Learn how to set up documents just the way you want by adjusting the margins, highlighting with color, changing the styles, spacing and fonts, putting in headers and footers and setting the tabs. We will discuss many other features. Each student will work at a separate computer. Load it on your laptop, and you may bring it to class. Limit of 10.

Location: NT Winnetka

**183-226** DAY: Tues.

**REGISTER** TIME: 6:30-8:30P

DATES: 9/11

FEE: \$42 /Seniors \$38

## TECHNOLOGY

### Virtual Personal Assistants

Michael Gershbein • **1 session**

Siri, Alexa, and Cortana are the biggest names in tech right now, as virtual personal assistant devices are battling their way into our phones and homes in order to make our lives easier. Come learn some tips and tricks about this new trend.

Location: NT Northfield

**183-705**

**DAY:** Thurs.

**REGISTER**

**TIME:** 7:00-9:00P

**DATE:** 10/25

**FEE:** \$28 /Seniors \$25

### Introduction to Microsoft Excel 2016

Alex Valvassori • **2 sessions**

This hands-on course will cover the basics of this powerful spreadsheet application using the latest version of Excel. Each student will work at a separate computer to learn spreadsheet design, basic formula creation, workbooks, customization, character and cell formatting and much more. This class is not for beginning computer users and best serves students who have access to a computer for practice between sessions. *\*\*Fee does not include required text to be purchased online prior to the class.* Limit of 10.

Location: NT Winnetka

**183-710**

**DAY:** Mon.

**REGISTER**

**TIME:** 7:00-10:00P

**DATES:** 11/5-11/12

**FEE:** \$126 /Seniors \$107 \*\*

### Holiday Gifts Class

Michael Gershbein • **1 session**

Looking for tech gift ideas for your loved ones (or yourself)? Learn all about the hottest tech related to music, smart homes, phones and more, including many fun, innovative, and off-the-wall ideas. This year you can give the gift that everyone enjoys and remembers!

Location: NT Northfield

**183-708**

**DAY:** Thurs.

**REGISTER**

**TIME:** 7:00-9:00P

**DATE:** 11/29

**FEE:** \$28 /Seniors \$25

### Bitcoin and Cryptocurrency

Michael Gershbein • **1 session**

You can't read the news without seeing the hype about Bitcoin and other cryptocurrencies. Is this the first wave of the cashless future or just another overhyped technology? One thing is for sure: there's a lot of money riding on its success.

Location: NT Northfield

**183-706**

**DAY:** Thurs.

**REGISTER**

**TIME:** 7:00-9:00P

**DATE:** 12/13

**FEE:** \$28 /Seniors \$25

### Cut the Cable Cord

Michael Gershbein • **1 session**

Amazon, Apple 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

**183-711**

**DAY:** Thurs.

**REGISTER**

**TIME:** 7:00-9:00P

**DATE:** 1/17

**FEE:** \$28 /Seniors \$25

## WRITING

### Chrysalis: A Guided Autobiography Class

Pam Mayers • 7 sessions

Don't wait another minute! Now is the time to begin writing your life story, a story that is just waiting to be told. 'Guided Autobiography' is a memoir writing class designed to assist adults of all ages in writing and sharing stories from their earlier life experiences. Each week, participants will be guided in exploring a different life theme, and writing a two-page life-story on that theme at home. Participants will bring the story to class the following week, and read it in a nonthreatening, confidential setting to a small group of supportive fellow classmates. Location: NT Northfield

**183-920**

**DAY:** Thurs.

**REGISTER**

**TIME:** 2:30-4:30P

**DATES:** 9/6-10/18

**FEE:** \$147 /Seniors \$132

### The Fiction Writer's Toolbox

Pamela Dell • 8 sessions

To master the art of writing fiction it's essential to have a good handle on the tools of the trade—the elements of craft, including character development, scene-setting, dialog, and other essential writerly skills. In this hands-on, writer-friendly workshop, participants will have the opportunity to strengthen these skills and take their work to a higher level through in-class writing prompts and take-home exercises. Each session will also include critiques of participants' work, including professional editorial feedback. Many would-be authors aren't aware of what they're doing wrong and this class will go a long way to remedy that. Limit of 10. Location: Northfield Park District

**183-930**

**DAY:** Tues.

**REGISTER**

**TIME:** 1:00-3:00P

**DATES:** 9/25-11/13

**FEE:** \$168 /Seniors \$151



Marianne Roderick



**New Trier Extension  
Program Registration Form  
www.ntx203.net**

**SAVE TIME AND REGISTER ONLINE!**

NEW TRIER EXTENSION • 7 Happ Road • Northfield, IL 60093  
Phone: (847) 446-6600 • Fax: (847) 446-6614

Family Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Course Number	Course	Registrant's First Name	Registrant's Birthdate	Fee
			TOTAL	\$

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK SIGNATURE (please read Page 49)  
SIGNATURE OF ADULT PARTICIPANT OR PARENT/GUARDIAN:

Date: \_\_\_\_\_

Participation will be denied if the signature of adult participant or parent/guardian and date are not on this waiver.

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**PAYMENT INFO**

Cash

Check

Credit Card (Visa | MasterCard | Discover)

Acct #: \_\_\_\_\_

Exp. date: \_\_\_\_\_ Total: \_\_\_\_\_

Authorized signature: \_\_\_\_\_

Print Cardholder's name: \_\_\_\_\_

## **New Trier Extension Waiver, Hold Harmless & Indemnification Terms**

I recognize and acknowledge that there are certain risks of physical injury to participants in the course or courses identified on 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.

## **CLASS LOCATIONS**

**Be sure to check your class receipt  
for class location details!**

### **NEW TRIER NORTHFIELD CAMPUS**

7 Happ Road, Northfield

### **NEW TRIER WINNETKA CAMPUS**

385 Winnetka Avenue, Winnetka

### **DAMMRICH ROWING CENTER**

3220 Oakton Street, Skokie

### **NORTHFIELD PARK DISTRICT**

401 Wagner Rd, Northfield

### **NORTHFIELD SCHOOL OF MUSIC**

1845 Oak Street, Suite #8, Northfield

### **NORTH SHORE MUSIC INSTITUTE**

400 Central Avenue, Northfield

### **NORTH SHORE UNITED METHODIST CHURCH**

213 Hazel Avenue, Glencoe

### **WAUKEGAN HARBOR**

625 Sea Horse Drive, Waukegan

### **WILMETTE COMMUNITY RECREATION CENTER**

3000 Glenview Road, Wilmette

## **DISTANCE LEARNING:**

**Learn from the comfort of your own space, on your own time with Ed2go.**

**Is there something you'd like to learn but you don't see it in our course list?**

**Is there a course you would like to take that doesn't fit your busy schedule?**

Now you can choose from hundreds of online courses that fit your hectic lifestyle. We've had rave reviews from adult learners who have taken our convenient courses. It's easy, and there are hundreds of classes available at all times!

- Each course consists of 12 web-based lessons over 6 weeks, with a two-week grace period at the end if you need more time.
- Read your lessons, print out a hard copy, chat online with your instructor, and give or receive assistance at the time most convenient for you.
- All courses are taught by dedicated professionals and provide opportunities for lively online discussions with the teacher and fellow students plus practical information that you can put to immediate use.
- All you need to get started is Internet access, a web browser and an e-mail address. Any additional requirements will be listed with the course description.
- A new section of each course begins on the following dates this term and you can start any time during the first two weeks of the section.

## **THIS TERM, COURSES BEGIN...**

**Sept. 12 • Oct. 17 • Nov. 14 • Dec. 12 • Jan. 16**

## SIGN UP IN TWO EASY STEPS:

Just go to [www.ed2go.com/ntx](http://www.ed2go.com/ntx) for online classes taken entirely over the Internet.

### Step 1: Sign up

Visit our Online Instruction Center at [www.ed2go.com/ntx](http://www.ed2go.com/ntx) and click on 'Courses.' Browse the categories to find a course that interests you. You can see the entire course outline right there!

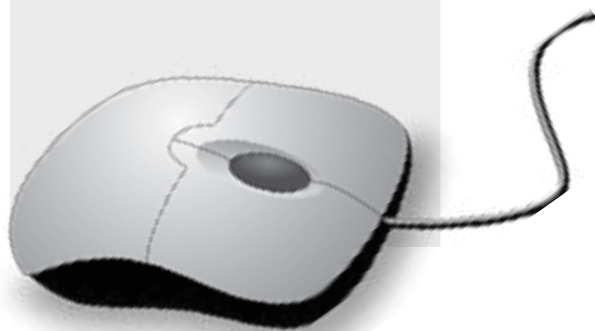
Select the course you would like to take and click on the 'Enroll Now' button. Follow the instructions to enroll and pay for your course(s) easily and safely online. Most courses are only \$115.

Please make a note of the e-mail address and password you choose for the course; you will need this information in order to log in for class.

### Step 2: Begin!

The day you begin your course, go to: [www.ed2go.com/ntx](http://www.ed2go.com/ntx) and click the 'Classroom' link.

Then, log in with the e-mail address and password you provided during enrollment!



### What some NTX students have said about these courses:

*"I thoroughly enjoyed this class and learned a lot about chemistry and how it works in the human body. The assignments and supplemental materials were helpful."*

- **E.M.**, Introduction to Chemistry

*"The instructor did a wonderful job of explaining concepts while making it interesting AND interactive!"*

- **J.O.**, Number Sense and Computational Strategies

## New Trier Extension Office & Northfield Campus Directions

New Trier Extension is located on the New Trier Northfield Campus. The address is 7 Happ Road, Northfield, but the office is in Building B which is best reached from West Frontage Road.

If you are coming from the north, take Winnetka Road, go south on West Frontage Road (between the athletic field and the expressway), drive past the white Stepan building and a red brick building, and turn into the driveway to New Trier (look for the New Trier sign).

If you are coming from the south, take Lake Avenue to Laramie Avenue (the light just west of the Edens Expressway), go north on Laramie Avenue, and turn right at the stop sign at Illinois Road. Go past two houses and follow the road around the left turn, where you will pass several more houses, some open forest preserve land, and turn into the New Trier driveway.

Drive straight forward into the parking lot facing the shipping/receiving doors. Use the B1 door to the immediate left of the shipping doors, under the large "New Trier Extension" sign.

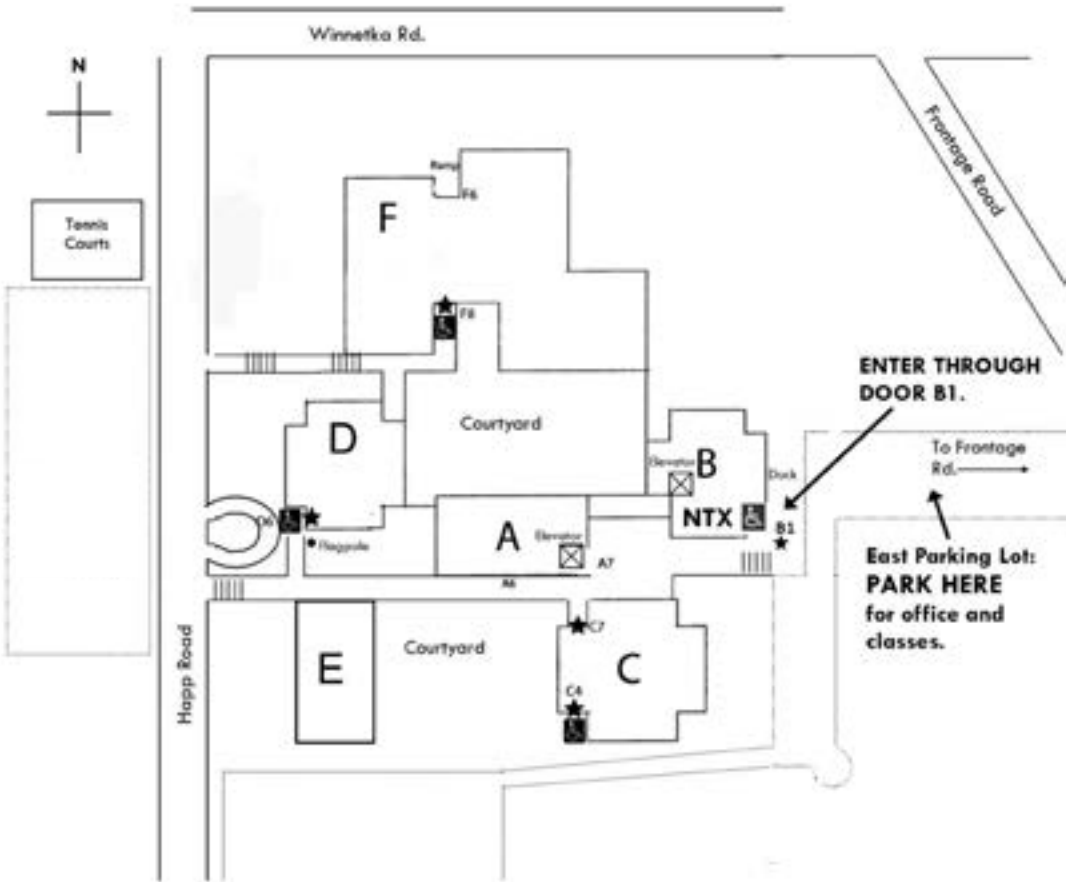


# New Trier Extension Office & Northfield Campus Directions

For the NTX office or classes in the B Building, please enter campus via West Frontage Road, park in the east lot and enter door B1 under the New Trier Extension sign, just left of the shipping/receiving doors.

- Parking is available in the West, East and Southeast parking lots.
- Please do not park in any spaces marked “reserved” between 7 a.m. and 4 p.m.
- For classes in the F Building, please enter through door F8.

**For help or more information, please call the NTX office (847) 446-6600.**

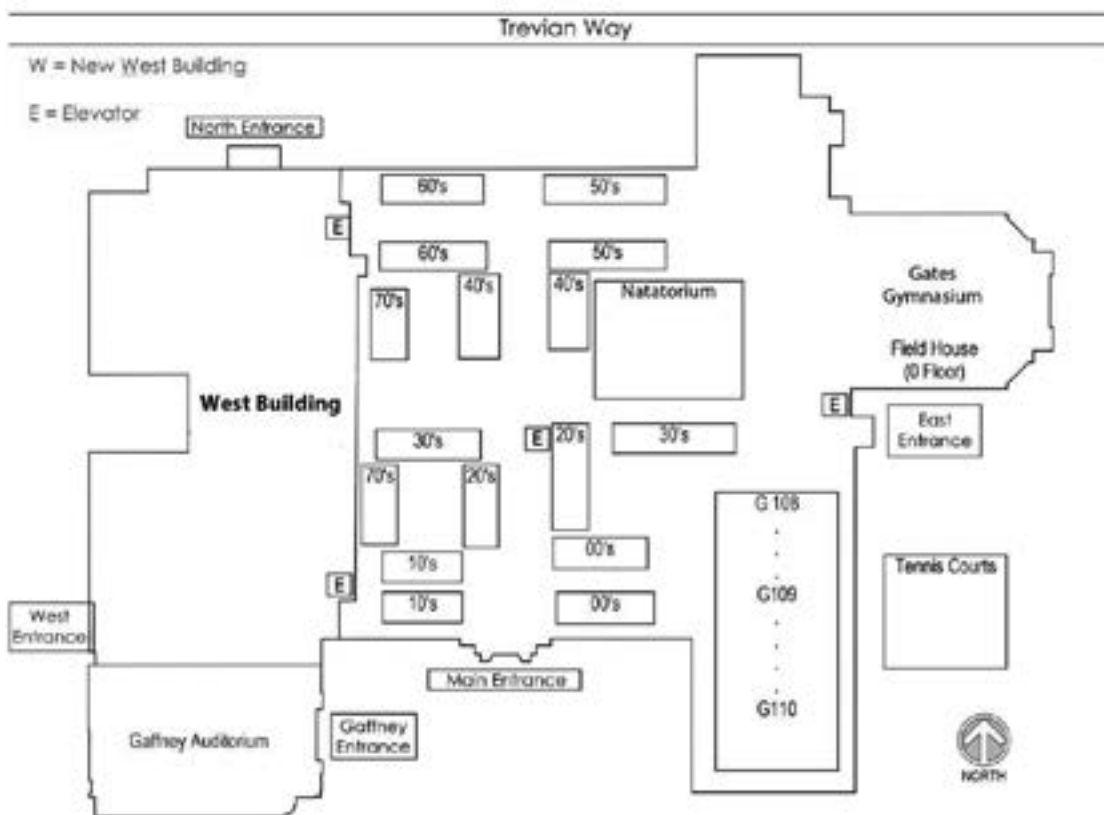


## Winnetka Campus Directions

New Trier High School's Winnetka Campus is located at 385 Winnetka Ave. The nearest main intersection is Green Bay Road and Winnetka Avenue. If you head east on Winnetka Avenue, cross under the train tracks and proceed east about three blocks, New Trier High School will be on your left.

If you are coming from the I-94 expressway, exit on Lake Avenue East in Wilmette. Continue on Lake Avenue for about two miles and turn left on Ridge Road (turns into Church Road). At Winnetka Avenue, take a right. The campus will be on your left in a half-mile after crossing Green Bay Road.

Check your class receipt for more detailed information on parking, classroom location, and entrance doors.

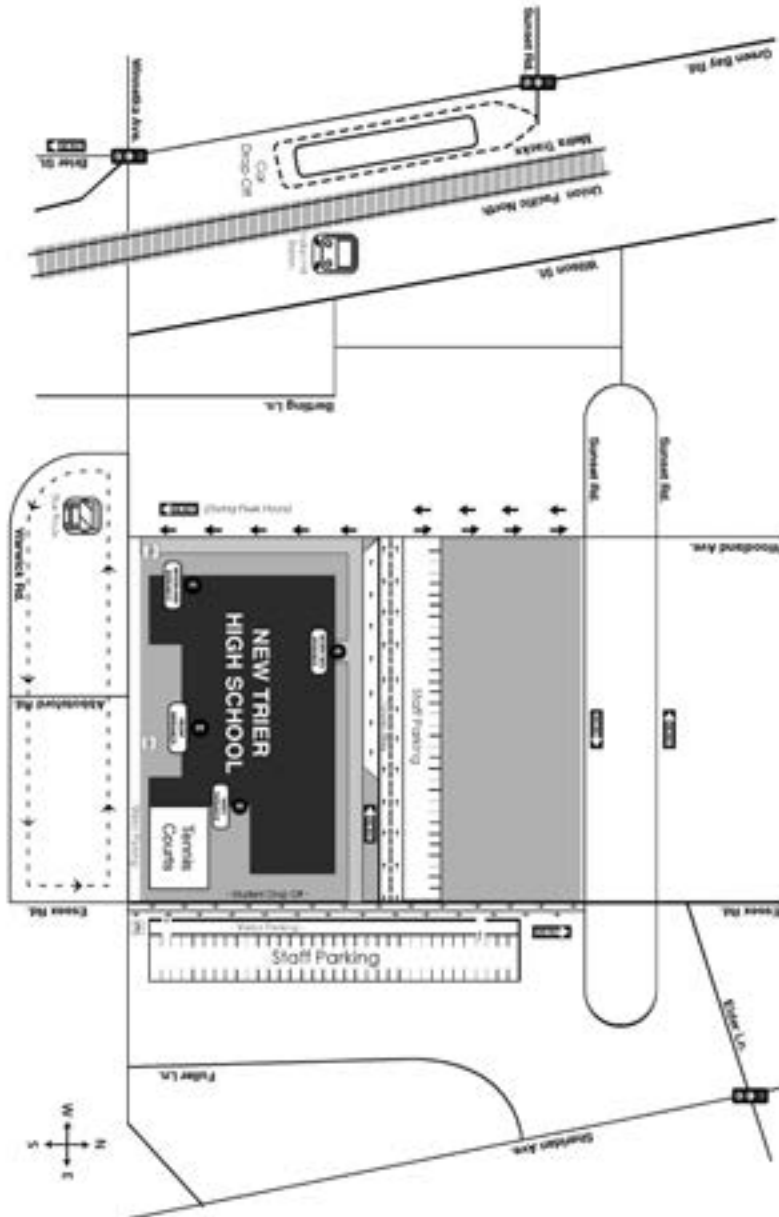




# Winnetka Campus Directions: Parking and Traffic Map

NTX students may use the parking lots on campus. For fitness classes, please use the East Entrance on Essex Road. For all other classes, please enter through the Northside Entrance located along the new access road (Trevian Way), which is a one-way road heading west. Access to Trevian Way is from the east (off Essex Road, along the tennis courts).

Please do not park in any numbered, reserved spots.



# Frequently Asked Questions

New Trier Extension | [www.ntx203.net](http://www.ntx203.net)

## Can I register over the phone or online?

Because your signature is required for the liability waiver and credit card transactions, we are unable to accept phone registrations, however, we are now accepting registrations online! Visit our webpage at [www.ntx203.net](http://www.ntx203.net) and follow the links to online registration. The registration system works best when opened in a Google Chrome browser.

## Why can't I access the New Trier Extension Website to Register?

Most commonly, you need to clear the cache on your computer. To do this on Windows, press Ctrl+shift+delete and follow the prompts. On a Mac, press Command+shift+delete. If you still can't register online, try accessing the website through the New Trier home page. **Visit: [www.newtrier.k12.il.us/NewTrierExtension](http://www.newtrier.k12.il.us/NewTrierExtension).**

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

You will receive an e-mail registration confirmation within a few days listing the location for your class and any other pertinent information (supply list, book list, etc.) This is for your information only; the confirmation 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 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.

## Is your catalog on the Web?

Yes. Our website includes a .PDF version of our catalog with live links, which allows you to click courses directly from the NTX catalog and register for the class of your choice in one easy step. You can also "Like" us on Facebook to get news of class changes, view the entire catalog in color, read about your instructor, and more at: [www.ntx203.net](http://www.ntx203.net).

## Registration: 4 Convenient Ways

**ONLINE:** Register online at [www.ntx203.net](http://www.ntx203.net)

**FAX:** Registration form can be faxed to (847) 446-6614. Credit card info must be supplied for all faxed registrations. No cash/check will be accepted.

**MAIL:** Registration form & check made out to NTX or credit card information can be mailed to the NTX office (address on back).

**WALK-IN:** Registration form and payment can be dropped off at the NTX office in room B125 of the Northfield Campus.

- Registrations are NOT taken by telephone.
- Receipts are emailed to registrants for all NTX courses.

## Eligibility

Courses are open to high school students, college-age students and adults except where noted. Younger students may register for fencing classes as well as certain other classes; please call before registering if you have questions. All instructors have the right to determine if the child is of a suitable age for the course materials. NTX reserves the right to exclude from continued participation any individual whose conduct is disruptive to its programs.

## 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. Seniors must pay all fees in full. To be eligible, you must indicate birthdate on registration form. Discounts must be taken at the time of registration. Refunds will NOT be given after the fact. If no “seniors” price is shown, no discount is available.

## Course Withdrawal Policy

All student withdrawals must be requested at least 3 full business days prior to the start of the class. No refunds are given after that time or the registration deadline, where applicable. Students withdrawing at least 3 full business days prior to the first class session or the registration deadline will receive a refund minus a \$15 withdrawal fee. In case of a course cancellation, a full refund will be issued automatically.

## 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 in 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.

## Disabled Persons

Parking and all classes are accessible. Please call the office if you have questions.

## 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.

## Office Hours

New Trier Northfield Campus, 7 Happ Road, Northfield, Building B, Door B1, Room 125, M-F, 8:00 am–3:00 p.m. Our voicemail and fax machine are on during and after office hours.

## Textbooks

See e-mail registration confirmation for textbook information.

NEW TRIER EXTENSION  
New Trier Northfield Campus  
7 Happ Road  
Northfield, IL 60093

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(847) 446-6600