August 2019 - January 2020
Register today at www.ntx203.net

NEW TRIER extension

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Special thanks to Tom James’ students for providing the art in this catalog.
View more at: bit.ly/NTXpaintings19
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, 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 bit.ly/RegisterNTX online to view a step-by-step video with more information!
Hola, Bonjour, Hallo, Ciao, Ni Hao!

Welcome to the fall term at New Trier Extension! If you have taken some time off over the summer, now is a great time to get back into the swing of things and take some classes.

Take a look at our language classes this fall. We have a rich language program that offers Chinese, French, German, Italian, and Spanish courses, and the fall term is a great time to start up in one of our beginner classes or pick up in a more advanced one. Many of your favorite courses are back, as well as exciting, new offerings. Be sure to take a look at new offerings in our Healthy Living section as well as new fitness and culinary offerings.

We encourage you to join the 70 percent of our students who are taking advantage of the convenience of registering online. An interactive catalog and online registration can be found on our website at ntx203.net. We are always happy to assist you with any questions or problems you may encounter. Please note that “walk-in” registration hours at the NTX office are from 8 a.m. to 3 p.m.

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 the community. Your input is welcome so that New Trier Extension will continue meeting the diverse needs of our participants by offering quality learning opportunities.
**Medieval Ireland:**
**The Guests Who Never Left *NEW***
Kitty Picken • 2 sessions
In 1168, the King of England, Henry II, was invited by the King of Leinster to mount an expedition against Leinster’s enemies. Henry, who already ruled half of France as well as England, had had his eye on Ireland. An Anglo-Norman force invaded the next year. The English seized their chance—and they never left.
Location: NT Northfield

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>FEE</th>
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<tr>
<td>190-701</td>
<td>Wed.</td>
<td>1:00-2:30P</td>
<td>9/25-10/2</td>
<td>$35 /Seniors $32</td>
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**Beginning Knitting**
Sue Peterson • 3 sessions
Discover this skill that’s got everyone “clicking.” Learn the basics to make your own scarves, sweaters, baby items, and more. We will cover casting on, knitting, purling, and binding off. You will get very individualized instruction in a friendly, supportive atmosphere. We will make a small project with the skills that you learned. A short supply list will be emailed with your registration receipt. Limit of 6.
Location: NT Northfield

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<th>DAY</th>
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<td>Mon.</td>
<td>7:00-9:00P</td>
<td>10/7-10/21</td>
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**Continuing Knitting *NEW***
Sue Peterson • 4 sessions
Let’s go beyond the basics! Students will work to complete a bigger project. New techniques such as increasing, decreasing, picking up stitches and fixing mistakes will be discussed as students start a project of their choosing. Projects may include techniques in addition to those being taught. Prerequisite: Beginning Knitting class or previous knitting experience. Limit of 6.
Location: NT Northfield

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<tr>
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<th>DAY</th>
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**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 second-hand. In this class you will learn what to look out for; how to identify valuables; the different outlets to sell things (and just as importantly, how NOT to sell things); and the pros and cons of those various outlets, from auction houses, online sales, and estate sales, to even donations. The first class will focus on special issues when dealing with someone else’s estate or what to do before you move. In the last class, you will have the opportunity to bring in an object for a verbal appraisal.
Location: NT Northfield

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www.ntx203.net  | 847-446-6600
ONE OF A KIND

Organizing Your Home
Linda Goldman • 1 session
Do you sometimes feel overwhelmed by clutter in your home? This class will help you create an organized home where you will feel more calm, in control, and productive. Learn key principles and a process for organizing your space, how to let go of items, and a variety of tips, tools and strategies for getting and staying organized. Limit of 15. Location: NT Northfield

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<tr>
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<td>9:30-11:30A</td>
<td>9/18</td>
<td>$39 /Seniors $33</td>
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Organizing Your Paper
Linda Goldman • 1 session
Do you have piles of paper everywhere? Do you have trouble finding the documents you need? This course will help you 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

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<th>Fee</th>
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Improve Your Travel Photography
Vera Holroyd • 1 session
Do you wish you took better vacation photos? Do you think great pictures can only be taken by professionals? We have a fix! This class will provide practical tips to help you take better photos. We’ll discuss common mistakes, how to turn average photos into great ones, and some easy photo editing that anyone can do. Emphasis will be on taking better pictures with smartphones, as they are used more often than traditional cameras today. Location: NT Northfield

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<td>10/17</td>
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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. 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

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The Adoption Process From A to Z
Sally Wildman • 1 session
Attorney-at-Law Sally Wildman is a Chicago and Northbrook attorney with many years of experience in adoption practice, who presents the fundamentals and legal steps of this process with focus on preparing you to adopt. She will distinguish the many types of adoption available, share resources, and guide you through home study, foster parent licensing, and the immigration steps required. Discussion concludes by considering the common needs of adopted children and the current trend toward openness in adoption. Location: NT Northfield

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<td>10/22</td>
<td>$18 per person (No discount)</td>
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HEALTHY LIVING

Meditation: The Present Moment Series *NEW*
Linda Roberts • 3 sessions
The benefits of meditation are vast – lower blood pressure, reduction of headaches, peacefulness, and emotional well-being. Join us as we experience several techniques to quiet the mind. No experience needed. During the 3-week series, we will practice brief, guided meditations to bring you into the present moment. Whether you are just beginning or have an existing practice, this series offers a variety of meditations for you to explore.
Location: NT Northfield

Learn Reiki: A Holistic Treatment for Wellness
Linda Roberts • 1 session
Reiki is beneficial for relieving stress, inducing relaxation, releasing emotional blockages, and accelerating natural healing while balancing the body, mind, and spirit. It is complementary and supportive of traditional therapies, as well as, utilized in hospitals and hospices. You will learn about its numerous benefits and experience it for yourself in this one-hour class.
Location: NT Northfield

| 190-757 | DAY: Tues. | TIME: 7:00-8:00P | DATES: 10/15-10/29 | FEE: $44 /Seniors $40 |

| 190-758 | DAY: Mon. | TIME: 7:00-8:00P | DATE: 10/28 | FEE: $28 /Seniors $25 |

Mary Rosemeyer
HEALTHY LIVING

Essential Oils – Make & Take

These Make & Take classes will provide you with convenient ways to benefit from essential oils, using 100% pure essential oils with verifiable biological benefits. Material fees are included in class cost(s).

Top Five Favorite Essential Oils *NEW*

Mary Ann Balaun • 1 session
Come learn about essential oils and how to use them for a variety of emotional, physical and physiological issues. Make and Take 5 favorites - Happy Mood, Tummy Tamer, Energy Boost, Pain Bomb and Relax! All remedies are made into rollerballs to conveniently store in a purse, a car, or a desk at work.
Location: NT Northfield

Stay Healthy This Fall *NEW*

Mary Ann Balaun • 1 session
Come learn how to remake your medicine cabinet and get rid of all those OTC side effects. Make and take essential oil blends to help with respiratory, immunity, digestion and gut health; head and pain management; and seasonal challenges.
Location: NT Northfield

Give The Gifts Of Earth *NEW*

Mary Ann Balaun • 1 session
Need gift ideas for that person that already has everything? Make unique, natural and healthy gifts for friends, neighbors and co-workers. Options will include: Energy Boost, Happy Mood, Sweet & Spice Sugar Scrub, Relax Bath Oil, and Sweet Dreams.
Location: NT Northfield

New Year Cleanse & Winter Wellness *NEW*

Mary Ann Balaun • 1 session
Need a reset this time of year? Learn to use essential oils for a healthy reset. Use the power of essential oils to cleanse your body and home. Make and take 5 different recipes to use start the year off right.
Location: NT Northfield

Jerry Marx
ART

Beginning Drawing For True Beginners
Tom James • 14 sessions
Drawing is a wonderful cognitive and problem solving skill. This is a foundational, “learn to draw” class. We will do a series of drawings from books, showing step-by-step exercises and techniques such as how to “see shapes,” values, line, and shading. Materials will be discussed and there will be demonstrations by the teacher. This session, we will be drawing primarily with graphite pencil.
Location: Wilmette Community Recreation Center

190-142  DAY: Tues.  
TIME: 12:30-2:30P  
DATES: 9/17-12/17  
FEE: $294 /Seniors $266

Intermediate Drawing - A Continuation Of Drawing For True Beginners
Tom James
The Fall session will learn to draw different flowers in a step-by-step mode, focusing on line and shape. Later in the session, we will be using colored pencils to create full-color drawings of flowers from photographs. There will also be a week devoted to holiday/greeting card design and what that entails. The January session will focus on learning to draw cartoon figures using colored pencils and (optional) felt tip markers, Sharpies, etc.
Location: Wilmette Community Recreation Center

200-142  DAY: Tues.  
TIME: 12:30-2:30P  
DATES: 9/19-12/19  
FEE: $273 /Seniors $247

January • 4 sessions

Beginning/Intermediate Drawing
Tom James
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. In the Fall session, we will be using pencil and colored pencil in a series of drawing exercises. Technique will be emphasized. In the January session, the class will focus on basic drawing exercises using graphite pencil and colored pencil. Subject matter will vary this term. Class limit is 15.
Location: Wilmette Community Recreation Center

Fall • 13 sessions

190-130  DAY: Mon.  
TIME: 7:00-9:00P  
DATES: 9/16-12/16  
FEE: $273 /Seniors $247

January • 4 sessions

*No class 9/30

*No class 11/28

January • 4 sessions

*No class 11/28
**ART**

**Intermediate Drawing**
Tom James
The **Fall session** will be stressing the creative drawing while also emphasizing drawing skills. There will be a variety of assignments, emphasizing the creative/imaginative image as in illustration. A variety of media will be used such as colored pencil, pen and ink, watercolors and colored markers. We will also spend a week on designing and creating holiday/everyday cards. The **January session** includes creative projects that incorporate the written word and illustration using a variety of materials: pen and ink/markers, as well as colored pencils. The class will also do drawing exercises in pencil. For all levels. Class limit is 15.

Location: Wilmette Community Recreation Center

**Fall • 13 sessions**

<table>
<thead>
<tr>
<th>190-131</th>
<th>DAY: Thurs.</th>
<th>TIME: 10:00A-12:00P</th>
<th>DATES: 9/19-12/19</th>
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*No class 11/28

**January • 4 sessions**

<table>
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<tr>
<th>190-151</th>
<th>DAY: Thurs.</th>
<th>TIME: 10:00A-12:00P</th>
<th>DATES: 1/9-1/30</th>
<th>FEE: $84 /Seniors $76</th>
</tr>
</thead>
</table>

**Creative Drawing**
Tom James
Students will engage in Creative Drawing. There will be assignments emphasizing the creative/imaginative image using a variety of media such as colored pencil, pen and ink, watercolors and colored markers. We will also spend a week on designing and creating holiday/everyday cards. Class limit is 15.

Location: Wilmette Community Recreation Center

**Fall • 13 sessions**

| 190-132 | DAY: Mon. | TIME: 10:00A-12:00P | DATES: 9/16-12/16 | FEE: $273 /Seniors $247 |

*No class 9/30

**January • 4 sessions**

| 190-152 | DAY: Mon. | TIME: 10:00A-12:00P | DATES: 1/6-1/27 | FEE: $84 /Seniors $76 |
ART

Beginning Painting/Painting Studio
Tom James
First, you will learn about the nature of 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. The class will also be structured around everyone working from the same source material. 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: knowledge of drawing or previous painting experience. Class limit is 12.
Location: Wilmette Community Recreation Center

Fall • 13 sessions

190-135
DAY: Wed.
TIME: 7:00-9:00P  
DATES: 9/18-12/18  
FEE: $273 /Seniors $247
*No class 10/9; there will be class on 11/27

190-145
DAY: Fri.
TIME: 12:30-2:30P  
DATES: 9/20-12/20  
FEE: $273 /Seniors $247
*No class 11/29

Fall • 14 sessions

190-134
DAY: Tues.
TIME: 12:30-2:30P  
DATES: 9/17-12/17  
FEE: $294 /Seniors $266

January • 4 sessions

190-155
DAY: Wed.
TIME: 7:00-9:00P  
DATES: 1/8-1/29  
FEE: $84 /Seniors $76

190-154
DAY: Tues.
TIME: 12:30-2:30P  
DATES: 1/7-1/28  
FEE: $84 /Seniors $76

Dora Aalbregtse
ART

Painting:
Intermediate/Advanced Studios
Tom James
These studio class sections are for students who have experience in painting in oils, acrylics, or watercolor, or mixed media. Emphasis will be on personal expression and style, be it representational, expressionist, impressionist, or anything else. In these studio classes, the teacher will provide individual attention to further each student’s abilities. Prerequisite for all studio classes; previous painting experience. Class limit is 12.
Location: Wilmette Community Recreation Center

Fall • 13 sessions

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
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<tr>
<td>190-136</td>
<td>Mon</td>
<td>12:30-2:30P</td>
<td>9/16-12/16</td>
<td>$273 / Seniors $247</td>
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<tr>
<td>190-138</td>
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<td>9/18-12/18</td>
<td>$273 / Seniors $247</td>
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<td>190-139</td>
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<td>190-140</td>
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*No class 9/30

*No class 10/9

*No class 11/29

Fall • 14 sessions

<table>
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<td>200-137</td>
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<td>$294 / Seniors $266</td>
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January • 4 sessions

<table>
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<tr>
<td>200-136</td>
<td>Mon</td>
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<td>$84 / Seniors $76</td>
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<tr>
<td>200-137</td>
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<td>1/8-1/29</td>
<td>$84 / Seniors $76</td>
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<td>200-138</td>
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<td>1/10-1/31</td>
<td>$84 / Seniors $76</td>
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*No class 10/9
**ART**

**Abstract Painting Class Workshop**
Tom James
This session will be about creating the abstract image using acrylic paints, collage, colored pencil and mixed media. The class will engage in different lessons and assignments every 2-3 weeks, and will study abstract paintings and painters. The class will also discuss different styles and techniques using acrylic paints, pencil, and acrylic additives on paper wood and canvas substrates. There will be class demonstrations and discussion by the instructor, and critiques of the work by the class. See instructor if there are questions. No oil paints. Limited class size, previous painting experience required.
Location: Wilmette Community Recreation Center

Fall • 14 sessions

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<thead>
<tr>
<th>Course Code</th>
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*2.5 hour class*

Fall • 13 sessions

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<th>SENIOR FEE</th>
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*No class 11/28*

January • 4 sessions

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<th>DATES</th>
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<td>1/7-1/28</td>
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<td>$96</td>
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*2.5 hour class*

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<th>DATES</th>
<th>FEE</th>
<th>SENIOR FEE</th>
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<td>190-164</td>
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<td>1/9-1/30</td>
<td>$84</td>
<td>$76</td>
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**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 the very beginner to those who have a higher level of watercolor experience, with plenty of personalized instruction. Instruction is done step-by-step, but students may also paint independently as they wish. Students will learn color mixing, painting techniques, working from photos, composition and other skills to move their painting to the next level. A supply list will be emailed with your registration confirmation. Limit of 12. Please note, all students will need to park in adjacent NT Northfield campus parking lot.
Location: Am Yisrael

8 sessions

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*No class 10/9*

7 sessions

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<th>DATES</th>
<th>FEE</th>
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<td>190-173</td>
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<td>11/13-1/15</td>
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<td>$166</td>
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*No class 11/27, 12/25, 1/1*
**BRIDGE**

**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 No Trump, 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 • 8 sessions  
190-501  
**CLICK TO REGISTER**  
DAY: Thurs.  
TIME: 9:30-11:30A  
DATES: 9/26-11/21  
FEE: $172 /Seniors $155  
*No class 10/10*

Jan Churchwell • 8 sessions  
190-502  
**CLICK TO REGISTER**  
DAY: Wed.  
TIME: 7:15-9:15P  
DATES: 9/11-11/6  
FEE: $172 /Seniors $155  
*No class 10/9*

**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 • 3 sessions  
190-506  
**CLICK TO REGISTER**  
DAY: Thurs.  
TIME: 9:30-11:30A  
DATES: 12/5-12/19  
FEE: $64 /Seniors $58

Jan Churchwell • 4 sessions  
190-512  
**CLICK TO REGISTER**  
DAY: Wed.  
TIME: 7:15-9:15P  
DATES: 12/4-1/15  
FEE: $86 /Seniors $77  
*No class 12/18, 12/25, 1/1*

Sandy Levi
BRIDGE

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. Limit of 12.
Location: NT Northfield
Marilyn Richards • 9 sessions

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 • 3 sessions

Bridge 3.0 The Secrets of Winning
At the bridge table you are a defender twice as often as you are actually playing the hand. You will 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 trump, signals (what are signals and how do you show them), and how to interfere with declarer. You will also review basic bidding and declarer play principles. This course completes the Basic Bridge Trilogy (Introduction, Play of the Hand, Defense). Required text to be purchased online prior to the first class. Limit of 12.
Location: NT Northfield
Marilyn Richards • 9 sessions
**BRIDGE**

**Bridge 3.5
Continuing The Secrets of Winning**
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

Marilyn Richards • 3 sessions

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

1. **Where?** Do we have a fit in a suit, or will we play in no-trump?
2. **How High?** Should we play in part score, game, or a slam contract?

This “mini-course” will cover several bridge conventions which help you and your 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 six weeks learning Jacoby 2 No trump 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

Marilyn Richards • 6 sessions

**Now Let’s Play**
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

Marilyn Richards • 5 sessions

*No class 11/28

Jane Donaldson
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 2019 Mah Jongg card.
Location: NT Northfield

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 2019 card with you.
Location: NT Northfield

190-550
DAY: Tues.
TIME: 1:00-3:00P
DATES: 10/15-11/12
FEE: $140 (No discounts)

190-551
DAY: Tues.
TIME: 1:00-3:00P
DATES: 12/3-12/17
FEE: $69 (No discounts)

Susan Isenberg
CULINARY

Cheese, Cheese, And More Cheese *NEW*
Blair Carothers • 1 session
Let’s dive deep into the world of cheese! We’ll discuss different types of cheese and their uses, basic cheese making, and a host of recipes featuring cheese. Please bring an apron.
Location: NT Northfield

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>190-305</td>
<td>Tues.</td>
<td>6:00-8:30P</td>
<td>9/10</td>
<td>$54 /Seniors $49</td>
</tr>
</tbody>
</table>

Fall Produce*NEW RECIPES*
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 2019. Please bring an apron.
Location: NT Northfield

<table>
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<tr>
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<th>Day</th>
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<tr>
<td>190-306</td>
<td>Thurs.</td>
<td>6:00-8:30P</td>
<td>9/26</td>
<td>$54 /Seniors $49</td>
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</table>

Hearty Autumn Soups *NEW*
Blair Carothers • 1 session
Temperatures are dropping and leaves are falling – soup weather is upon us. Learn how to make easy, hearty soups that are great for your fall and winter table. You will also learn techniques for making soup without a recipe! Please bring an apron.
Location: NT Northfield

<table>
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<tr>
<th>Course Code</th>
<th>Day</th>
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<th>Date</th>
<th>Fee</th>
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<tbody>
<tr>
<td>190-303</td>
<td>Wed.</td>
<td>6:00-8:30P</td>
<td>10/23</td>
<td>$54 /Seniors $49</td>
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</table>

Korean Cooking *NEW*
Blair Carothers • 1 session
Let’s explore the food of Korea! We’ll learn about traditional Korean dishes like bimbimbop and pajun (seafood pancakes), as well as other recipes. We will discuss how Korean and American cuisines influence one another, and of course, we will learn how to make kimchi! (Every student will go home with a jar)! Please bring an apron.
Location: NT Northfield

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<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Fee</th>
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<tr>
<td>190-304</td>
<td>Tues.</td>
<td>6:00-8:30P</td>
<td>11/12</td>
<td>$59 /Seniors $53</td>
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</table>

Holiday Appetizers
Blair Carothers • 1 session
The holidays are coming! Be prepared for guests, planned and unannounced alike. Learn great recipes for quick and easy, frozen, and assemble-ahead appetizers that are perfect for your holiday table. This class is a perennial favorite with NTX students and new recipes are featured each year! Please bring an apron.
Location: NT Northfield

<table>
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<tr>
<th>Course Code</th>
<th>Day</th>
<th>Time</th>
<th>Date</th>
<th>Fee</th>
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<tbody>
<tr>
<td>190-307</td>
<td>Tues.</td>
<td>6:00-8:30P</td>
<td>11/19</td>
<td>$59 /Seniors $53</td>
</tr>
</tbody>
</table>
**CULINARY**

**Fall Fermented Foods Series**

*Enjoy demos, tastings, and hands-on learning with this Fermented Foods Series. Sign up for one or all three. Fermented foods have many benefits and are delicious, too! Learn about the process of fermentation and why this ancient practice has found new life in today’s health and culinary circles. Then, watch demonstrations, enjoys tastings, and assemble your own fermented recipes in our hands-on workshops — ingredients and supplies are included. All classes are led by Certified Health Coach, Evey Schweig.*

**Making Non-Dairy Yogurt *NEW***

Evey Schweig • 1 session

You can make your own yogurt from non-dairy milks; delicious flavor and nutrition at a fraction of the cost. Evey Schweig will demonstrate the step-by-step process starting with fresh raw ingredients. Sample the end results and go home with recipes to make your own homemade yogurts.

Location: NT Northfield

| 190-314 | DAY: Thurs. | TIME: 6:30-8:00P | DATE: 9/12 | FEE: $31 /Seniors $28 |

**Sauerkraut Workshop**

Evey Schweig • 1 session

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

Location: NT Northfield

| 190-315 | DAY: Thurs. | TIME: 6:30-8:00P | DATE: 10/17 | FEE: $31 /Seniors $28 |

**Fermented Vegetables Workshop *NEW***

Evey Schweig • 1 session

Just in time for the holidays. In this workshop, you will learn about fermented foods beyond sauerkraut. Using a brine mixture, you will make your own fermented carrots to bring home. Participants are encouraged to bring their own organic vegetables to ferment. *Bring a pint Mason jar with lid.

Location: NT Northfield

| 190-316 | DAY: Thurs. | TIME: 6:30-8:00P | DATE: 11/7 | FEE: $31 /Seniors $28 |
DANCE

Bellydance for Every Body!
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 involves non-impact movement with no jumping or jarring motions, while gaining flexibility and having fun. Please wear semi-snug workout wear (yoga type clothing). Hip scarves will be provided. No previous dance experience is required. Location: NT Northfield

8 sessions

190-797
DAY: Wed.
TIME: 6:00-7:15P
DATES: 9/11-11/6
FEE: $110 /Seniors $99

*No class 10/9

5 sessions

190-798
DAY: Wed.
TIME: 6:00-7:15P
DATES: 11/13-1/8
FEE: $69 /Seniors $62

*No class 11/20, 11/27, 12/25, 1/1

Dancing For Special Occasions
Bob Urbon • 6 sessions
This class will focus on partner dances that will work well for many occasions such as weddings, cruises or attending ballroom social dances. Feel comfortable when you get on the dance floor; it’s easy and fun! Location: NT Northfield

190-750
DAY: Tues.
TIME: 7:00-8:00P
DATES: 9/17-10/22
FEE: $84 /Seniors $76 (per person)

Modern Dance/Ballet/Jazz
Katy Rashman Wagner • 9 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

190-755
DAY: Thurs.
TIME: 6:00-7:15P
DATES: 9/19-12/12
FEE: $124 /Seniors $112

*No class 10/3, 10/10, 11/21, 11/28
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 the New Trier High School’s Varsity program, as well as two other experienced coaches. The new club 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.

Beginning Fencing Membership
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. 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 to 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. For students grade 3 and up.

Location: NT Winnetka

SCHEDULE
Mondays & Thursdays: 6:30-7:15P
Saturdays: 10:00A-1:00P

13 sessions

| 190-440 | DATES: 9/5-10/5 |
| FEE: $169 |

*No class 9/30

15 sessions

| 190-441 | DATES: 10/14-11/16 |
| FEE: $195 |

14 sessions

| 190-442 | DATES: 12/2-1/18 |
| FEE: $182 |

*No class 12/21-1/4
FENCING

NTX – Caliber Fencing Club
NTX Coaching Staff
The NTX Caliber Fencing Club meets 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. A detailed class schedule will be provided upon registration. Membership may be purchased at any time of the year and will expire depending on type/date of purchase.

Location: NT Winnetka

<table>
<thead>
<tr>
<th>Membership</th>
<th>Price</th>
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<tbody>
<tr>
<td>3-month</td>
<td>$212</td>
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<tr>
<td>6-month</td>
<td>$423</td>
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<tr>
<td>1-year</td>
<td>$798</td>
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</tbody>
</table>

Drop-In Fencing
NTX Coaching Staff
A drop-in, open fencing program to hone your skills by working out and competing with other fencers during Club sessions. Sessions will be supervised, but no instruction will be given. Open to fencers third grade through adult who have completed a beginning session satisfactorily or have comparable experience and have been evaluated by a member of the coaching staff.

Location: NT Winnetka

190-447  M-W-Th: 6:30-8:30P
Saturdays: 10:00A-1:00P
DATES: 9/4-1/18
FEE: $10 per session

Jane Donaldson
### FINANCIAL PLANNING

#### Estate Planning
Kevin Fitzsimons • 1 session
What’s the difference between a will and a living trust? A living will versus a health care power of attorney? What documents should you 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 and/or unnecessary death taxes; to provide for you and your family's financial protection; and to make sure your property goes to your loved ones at your death in such a way you believe is best. We’ll 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

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<tbody>
<tr>
<td>190-242</td>
<td>Thurs.</td>
<td>6:00-9:00P</td>
<td>9/12</td>
<td>$48 /Seniors $41</td>
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<tr>
<td>190-245</td>
<td>Tues.</td>
<td>6:00-9:00P</td>
<td>12/17</td>
<td>$48 /Seniors $41</td>
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#### Your Budget: Before & 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’ll discuss what income will be needed after retirement and where that income will come from, as well as how your expenses will change. Topics include federal and state income taxes and cost of medical, to some of the biggest mistakes retirees make. Location: NT Northfield

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<tbody>
<tr>
<td>190-243</td>
<td>Tues.</td>
<td>6:30-8:30P</td>
<td>9/17</td>
<td>$35 /Seniors $32</td>
</tr>
<tr>
<td>190-246</td>
<td>Thurs.</td>
<td>6:30-8:30P</td>
<td>12/19</td>
<td>$35 /Seniors $32</td>
</tr>
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</table>

#### Prepare Your Home and Get It Sold!
Michael P. Olach • 1 session
Whether you plan on selling your home on your own or with an agent, this class gives you useful step-by-step instructions on how to prepare your home for today’s competitive market. Learn how to determine current home values in your area, best staging practices and how to hold a successful Open House. Understand what advertising is most effective and how you can best sell your home for top dollar. Also covered are required disclosures, how to handle home inspections and the Residential Real Estate Contract. Know the do’s and don’ts so you can sell your home! Location: NT Northfield

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<tbody>
<tr>
<td>190-292</td>
<td>Tues.</td>
<td>6:30-8:30P</td>
<td>9/17</td>
<td>$19 (No discounts)</td>
</tr>
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</table>

#### 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

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<tr>
<td>190-243</td>
<td>Tues.</td>
<td>6:30-8:30P</td>
<td>9/17</td>
<td>$35 /Seniors $32</td>
</tr>
<tr>
<td>190-246</td>
<td>Thurs.</td>
<td>6:30-8:30P</td>
<td>12/19</td>
<td>$35 /Seniors $32</td>
</tr>
</tbody>
</table>
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

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

Medicare, Medigap and Other Insurance Needs in Retirement
Jack Ross • 2 sessions
Medical coverage is one of the most important retirement decisions, yet these decisions are some of the most complicated. This in-depth course will cover the governmental and non-governmental 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

Investment Fundamentals
Peter Hemwall • 4 sessions
Investing is an important tool for building wealth, but the 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 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
FINANCIAL PLANNING

What The Income Tax Is Going On?!  
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 for 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  

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<th>190-244</th>
<th>DAY: Thurs.</th>
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<tr>
<td>CLICK TO REGISTER</td>
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<tr>
<td></td>
<td>DATE: 10/17</td>
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How to Buy a Vacation Home or Retirement Property  
Michael P. Olach • 1 session  
Thinking about buying a home in warmer weather? This class will teach you the best way to purchase your own vacation, retirement, or second home. Learn about the guidelines banks require for buying and managing your new vacation home. Gain an understanding of minimum down payments, credit requirements, affordability and the varied rules for purchasing different types of properties. Buying/owning timeshares is not covered in the course material.  
Location: NT Northfield  

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<tr>
<th>190-290</th>
<th>DAY: Wed.</th>
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<tbody>
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<td>CLICK TO REGISTER</td>
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<tr>
<td></td>
<td>DATE: 1/8</td>
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<td>FEE: $19 (No discounts)</td>
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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

Sunrise Boot Camp *NEW TIME*
Beth Klobuchar-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 12.
Location: NT Winnetka

| 190-401 | DAYS: Mon., Wed., Fri. | TIME: 6:00-7:00A | DATES: 8/26-1/24 | FEE: $324 /Seniors $292 |
| 190-400 | CLICK TO REGISTER | | | *No class 9/2, 9/30, 10/9, 11/22, 11/29, 12/23-1/3, 1/20 |

WERQ *NEW*
Bekah Gadlin • 15 sessions
Join Bekah Gadlin for the wildly addictive cardio dance class, WERQ! WERQ (pronounced “work”) is the fiercely fun dance fitness workout based on pop, rock and hip hop music. Wear workout clothes and gym shoes. Expect to SWEAT and burn around 500-900 calories each hour of WERQ! All dance and fitness abilities welcome. To learn more, visit www.WERQfitness.com! No outdoor shoes allowed, please bring clean shoes.
Location: NT Northfield

| 190-405 | DAY: Sat. | TIME: 8:30-9:30A | DATES: 9/14-1/18 | FEE: $149 /Seniors $134 |
| 190-455 | CLICK TO REGISTER | | | *No class 10/12, 11/30, 12/28, 1/4 |

Primer Floor Pilates: Core Strengthening
Beth Klobuchar-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. We suggest a thicker mat for your comfort.
Location: NT Winnetka

| 190-406 | DAY: Mon. | TIME: 5:45-6:30P | DATES: 8/26-1/13 | FEE: $145 /Seniors $131 |
| 190-405 | CLICK TO REGISTER | | | *No class 9/2, 9/30, 12/23, 12/30 |
FITNESS

**Cardio-Weight Training**
Beth Klobuchar-Mendez • 17 sessions
Get yourself cardio fit and increase your strength in this fast-paced class. Enjoy a range of exercises all designed to keep you motivated, focused and pumped! This class will offer a variety of ways to increase your cardio capabilities and your strength. All fitness levels can participate, and modifications will be designed for all. You will learn many new exercise techniques designed to help your mind stay focused, active, and alert for the whole hour. Building and sparking new highways will help to keep your mind sharp! Please bring a water bottle and a towel. (If you own dumbbell weights, you may want to bring them along).

Location: NT Winnetka

<table>
<thead>
<tr>
<th>190-402</th>
<th>DAY: Mon.</th>
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<tbody>
<tr>
<td>TIME: 6:30-7:30P</td>
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<tr>
<td>DATES: 8/26-1/13</td>
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<tr>
<td>FEE: $187 /Seniors $168</td>
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</tbody>
</table>

*No class 9/2, 9/30, 12/23, 12/30

**Static Stretch For Your Good Health *NEW***
Beth Klobuchar-Mendez • 17 sessions
Stretching helps your body relax, increases your range of motion, and helps reduce inflammation in the joints and tendons. As we age, it is normal for our arteries to begin to become stiff. While no one knows the exact cause of this stiffening, it begins to occur in middle age and has been found to be an independent risk factor for cardiovascular disease, like heart attack and stroke. Delay the development of stiffening and increase your blood flow in this class for all ages! Please bring your mat, water bottle and towel if you like.

Location: NT Winnetka - *New Location*

<table>
<thead>
<tr>
<th>190-403</th>
<th>DAY: Mon.</th>
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<td>TIME: 7:30-8:15P</td>
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<td>DATES: 8/26-1/13</td>
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<td>FEE: $145 /Seniors $131</td>
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</table>

*No class 9/2, 9/30, 12/23, 12/30

**Personal Group Training I**
Beth Klobuchar-Mendez • 19 sessions
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. An interval-inspired routine will test your cardiovascular fitness, along with body conditioning through strength training that will prepare you for independent workouts. Please bring a water and towel. Weightlifting gloves in this class are helpful to protect your hands.

Location: NT Northfield

<table>
<thead>
<tr>
<th>190-404</th>
<th>DAY: Tues.</th>
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<tbody>
<tr>
<td>TIME: 5:30-6:30P</td>
<td></td>
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<tr>
<td>DATES: 8/27-1/14</td>
<td></td>
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<tr>
<td>FEE: $209 /Seniors $188</td>
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</table>

*No class 12/24, 12/31

Lana Roth
**Flashback Step-Tastic!**
**Beginner *NEW***
Beth Klobuchar-Mendez
This class has the 1980s all over it. We are bringing step aerobics back! Step aerobics will burn a lot of calories, especially if it’s done vigorously. Doing step aerobics for 30 minutes can burn between 210 to 311 calories, depending on your weight and the intensity of the workout.
Location: NT Winnetka

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Wed.</td>
<td>5:45-6:45P</td>
<td>11/6-12/11</td>
<td>$44 /Seniors $40</td>
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</table>

45-minute class • 15 sessions

**Intermediate *NEW***
Beth Klobuchar-Mendez
This class is a continuation of Flashback Step-Tastic for beginners. Each session includes a 10-minute warm-up, a 10-minute ab exercise, and a 10-minute cool down stretch.
Location: NT Winnetka

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Sat.</td>
<td>8:00-8:45A</td>
<td>11/6-1/14</td>
<td>$128 /Seniors $115</td>
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</table>

*No class 12/24, 12/31

45 minutes • NT Winnetka • 15 sessions

**Pure Stretch *NEW Full Hour***
Beth Klobuchar-Mendez
Relax your body and mind as you prepare to stretch each part of your body with one static stretch at a time. Achy joints, stiff muscles, and your vascular system will all benefit from this class. Please bring your mat, water bottle and towel if you like.

60 minutes • NT Northfield • 19 sessions

<table>
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<tr>
<th>Code</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<td>190-405</td>
<td>Tues.</td>
<td>6:30-7:30P</td>
<td>8/27-1/14</td>
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*No class 12/24, 12/31

45 minutes • NT Northfield • 19 sessions

<table>
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<td>190-418</td>
<td>Sat.</td>
<td>9:00-9:45A</td>
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*No class 10/12, 11/23, 11/30, 12/28, 1/4

60 minutes • NT Winnetka • 19 sessions

<table>
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<th>Day</th>
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*No class 10/9

<table>
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<td>5:45-6:45P</td>
<td>11/6-12/11</td>
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*No class 11/20, 11/27

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Tom Jennings
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 29 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 2019-2020 IKWF State Tournaments Series. *Tournaments will be on Sundays and will require extra entry fees and a USA Card.*

For questions, please contact Marc Tadelman at Tadelman@nths.net or call (847) 612-9765. No refunds. Space is limited. A parent meeting will be held on October 15 at 6 p.m. in the Wrestling Room on the Winnetka campus. *Tuesdays reserved for advanced wrestlers only.*

Location: NT Winnetka Wrestling Room

**190-680**

**DAYS:** Tues.*, Wed., Thurs.

**TIME:** 6:15-7:45P

**DATE:** 10/29-March 2020

**FEE:** $225
**Yoga**

**Hatha Yoga: Continuing**
Diana Gourguechon • 15 sessions
Students will focus on connecting breath to movement, resulting in greater flexibility and strength, and refined postures. Regular yoga practice leads to improved physical fitness, release of tension, greater concentration and balance, and a deeper sense of well-being. Yoga philosophy and some meditation included. Bring a yoga mat and dress comfortably. Prerequisite: Yoga: Beginning or instructor permission. Limit of 12.
Location: North Shore United Methodist Church

| 190-416 | DAY: Mon. | TIME: 9:30-11:00A | DATES: 9/9-1/13 | FEE: $248 /Seniors $223
|---------|----------|------------------|-----------------|------------------|

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

**Arthritis Workout:**
**Sitting and Standing** *NEW*
Elaine Feinblatt • 16 sessions
Imagine the benefits your body will enjoy as you go through a slow-moving, gentle workout that includes leg strengthening and stretching. This class will cultivate strength and tranquility in the body and mind. Wear loose, comfortable clothing.
Location: NT Northfield

|---------|----------|-----------------|-----------------|------------------|

*No class 9/30, 12/23, 12/30

**Hatha Yoga: Beginning/Continuing**
Elaine Feinblatt • 16 sessions
Yoga has a long history of proven benefits, including improving flexibility, countering stress, and managing weight. We will begin with the basic postures and build upon them, covering the importance of proper breathing techniques for optimal health. Bring a mat and dress in comfortable clothes. Limit of 12.
Location: NT Northfield

|---------|----------|-----------------|-----------------|------------------|

*No class 9/30, 12/23, 12/30

**Easy Yoga For People Over 50**
Elaine Feinblatt • 14 sessions
This class is for beginners who want to learn basic mat-based exercises. We will begin with relaxation reclined on a yoga mat and do seated, kneeling, and standing exercises with a relaxation at the end. Bring a mat to class and dress in comfortable clothes. Limit of 12.
Location: NT Northfield

|---------|----------|-----------------|-----------------|------------------|

*No class 10/9, 11/20, 11/27, 12/25, 1/1

**Gentle Yoga**
Lucien Dall’Agata • 15 sessions
This class will start with the basics and build upon them, exploring various poses, fundamentals of yogic breathing, beneficial stretches and meditation in various settings. Enjoy the benefits of better balance, strength and flexibility. Blocks provided. Dress in loose, comfortable clothes. Bring a mat and a blanket if you desire. Limit of 12.
Location: North Shore United Methodist Church

|---------|----------|-----------------|-----------------|------------------|

*No class 10/2, 10/9, 11/13, 12/25, 1/1
LANGUAGES: CHINESE

Basic Chinese
Yue Cai • 16 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

![Shelly Berk](image)

190-801
**DAY:** Tues.  
**TIME:** 6:00-7:00P  
**DATES:** 9/10-1/7  
**FEE:** $176 /Seniors $158

*No class 12/24, 12/31

Advanced Chinese
Yue Cai • 16 sessions
This is a continuation of the Basic Chinese class. The class is for learners who want to use Chinese to serve the demands of their personal lives, studies, and work. The course aims at acquisition of the usual basic language skills of listening, speaking, reading and writing.
Location: NT Northfield

![Jane Donaldson](image)

190-802
**DAY:** Tues.  
**TIME:** 7:00-8:00P  
**DATES:** 9/10-1/7  
**FEE:** $176 /Seniors $158

*No class 12/24, 12/31
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 1 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 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: developing their ability to understand spoken and written French and speak more spontaneously. Grammar will be included at each level. The grammar book 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 oral skills.

*Cercle de Conversation* (two levels) gives students who are fluent in French the opportunity to use 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.*

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French For Travelers
Domitille Nicolescu • 6 sessions
Add a new dimension of enjoyment to your trip. Become familiar with French phrases and customs used in daily living situations, including eating out, making hotel reservations, shopping, traveling by car or train, meetings, or handling medical emergencies. It will make your traveling easier and help you feel a part of your surroundings, especially if you are in the countryside. This course is also an excellent introduction to French for anyone planning to enroll in French I. Minimum of 6.

*Fee does not include required map to be purchased online prior to the class.*

Location: NT Northfield

<table>
<thead>
<tr>
<th>190-820</th>
<th>DAY: Wed.</th>
<th>TIME: 1:30-3:00P</th>
<th>DATES: 10/16-11/20</th>
<th>FEE: $111 /Seniors $99</th>
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</table>

French I (Part 1)
Ann Koller • 13 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

<table>
<thead>
<tr>
<th>190-821</th>
<th>DAY: Fri.</th>
<th>TIME: 9:30-11:00A</th>
<th>DATES: 9/13-1/17</th>
<th>FEE: $209 /Seniors $188</th>
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</table>

*No class 10/11, 11/22, 11/29, 12/6, 12/27, 1/3*
LANGUAGES: FRENCH

French III (Part 1)
Janet Evans • 13 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 be practiced in class and for homework. *Fee does not include required text to be purchased online after class begins.
Location: NT Northfield

DAY: Thurs.
TIME: 7:30-9:00P
DATES: 9/12-1/16
FEE: $209 /Seniors $188

No class 10/3, 10/10, 11/21, 11/28, 12/26, 1/2

French V (Part 1)
Students in this course should be able to use the correct past tenses (present perfect and imperfect) to relate past events. Additional verb structures will be studied. 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
Janet Evans • 15 sessions

DAY: Thurs.
TIME: 12:45-2:15P
DATES: 9/12-1/16
FEE: $241 /Seniors $217

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

Domitille Nicolescou • 14 sessions

DAY: Wed.
TIME: 9:00-10:30A
DATES: 9/11-1/15
FEE: $225 /Seniors $203

No class 10/9, 11/27, 12/18-1/1

Conversation Français Intermédiaire
Niveau I (Part 1)
Janet Evans • 13 sessions
This course is for students who have a good grammar and vocabulary foundation and 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 discussion topics. Classes will begin with a conversation based on student interests. *Fee does not include required text.
Location: NT Northfield

DAY: Thurs.
TIME: 6:00-7:30P
DATES: 9/12-1/16
FEE: $209 /Seniors $188

No class 10/3, 10/10, 11/21, 11/28, 12/26, 1/2

Conversation Français Intermédiaire
Niveau II (Part 1)
Janet Evans • 15 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

DAY: Thurs.
TIME: 9:10-10:40A
DATES: 9/12-1/16
FEE: $241 /Seniors $217

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

DAY: Thurs.
TIME: 11:00A-12:30P
DATES: 9/12-1/16
FEE: $241 /Seniors $217

No class 10/10, 11/28, 12/26, 1/2
**LANGUAGES: FRENCH**

**Conversion 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 map to be purchased online prior to the class.*
Location: NT Northfield

**Niveau I** • 14 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.

<table>
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<th>190-828</th>
<th>DAY: Wed.</th>
<th>TIME: 6:00-7:30P</th>
<th>DATES: 9/11-1/15</th>
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**Niveau II** • 15 sessions
Un roman contemporain servira de base à la conversation. Grammaire à la carte.

<table>
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<tr>
<th>190-829</th>
<th>DAY: Tues.</th>
<th>TIME: 9:00-10:30A</th>
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<td><strong>CLICK TO REGISTER</strong></td>
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</table>

*No class 10/9, 11/27, 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 map to be purchased online prior to the class.*
Location: NT Northfield

**Niveau I** • 15 sessions

<table>
<thead>
<tr>
<th>190-830</th>
<th>DAY: Tues.</th>
<th>TIME: 11:00A-12:30P</th>
<th>DATES: 9/10-1/14</th>
<th>FEE: $241 /Seniors $217</th>
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</table>

*No class 11/26, 12/17-12/31

**Niveau II** • 14 sessions

|---------|-----------|-----------------|-----------------|-------------------|

*No class 10/9, 11/27, 12/18-1/1
## LANGUAGES: GERMAN

### German I (Part 1)
Angelique Burbach • 14 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. *Fee does not include required text to be purchased online. Limit of 12.
Location: Northfield Park District

<table>
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<tr>
<th>190-811</th>
<th>DAY: Mon.</th>
<th>TIME: 11:00A-12:30P</th>
<th>DATES: 9/9-1/13</th>
<th>FEE: $224 /Seniors $202</th>
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</thead>
</table>

*No class 9/30, 10/28, 11/25, 12/23, 12/30

### German II (Part 1)
Angelique Burbach • 14 sessions
This course will build on students’ knowledge and skills of the German language by studying more advanced grammar and vocabulary. The focus is on students’ ability to understand and speak in a more confident manner. Exercises, class discussions and readings will help you improve your language skills. Prerequisite: German I or previous German language experience.

<table>
<thead>
<tr>
<th>190-814</th>
<th>DAY: Thurs.</th>
<th>TIME: 9:00-10:30A</th>
<th>DATES: 9/9-1/13</th>
<th>FEE: $240 /Seniors $216</th>
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*No class 10/10, 11/28, 12/26, 1/2

### German III (Part 1)
Angelique Burbach • 14 sessions
In this course, students will build on their knowledge and skills of the German language by studying more advanced grammar and vocabulary. The focus is on students’ ability to understand and speak in a more confident manner. Exercises, class discussions and readings will help you improve your language skills. Prerequisite: German II or previous German language experience. *Fee does not include required text to be purchased online. Limit of 12.
Location: Northfield Park District

<table>
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<th>190-813</th>
<th>DAY: Mon.</th>
<th>TIME: 9:00-10:30A</th>
<th>DATES: 9/9-1/13</th>
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*No class 9/30, 10/28, 11/25, 12/23, 12/30

### German IV (Part 1)
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! *Fee does not include required text to be purchased online. Minimum 4/Maximum 5.
Location: NT Northfield

<table>
<thead>
<tr>
<th>190-814</th>
<th>DAY: Thurs.</th>
<th>TIME: 9:00-10:30A</th>
<th>DATES: 9/9-1/13</th>
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*No class 10/10, 11/28, 12/26, 1/2

Diane Moe
LANGUAGES: GERMAN

**German V (Part 1)**
Angelique Burbach • 14 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

| 190-815 | DAY: Wed.  
| TIME: 9:00-10:30A  
| DATES: 9/11-1/15  
| FEE: $224 /Seniors $202  

*No class 10/9, 10/30, 11/27, 12/25, 1/1*

**Deutsche Konversation *NEW***
Angelique Burbach • 15 sessions
Dieser Kurs richtet sich an Fortgeschrittene, die ein ausgezeichnetes Verständnis für die deutsche Sprache erreicht haben und ihre Deutschkenntnisse durch Konversation verbessern möchten. Anhand von deutschen Lesetexten, Büchern, Zeitungsartikeln und/oder Videos werden Gespräche angeregt. Grammatik wird nach Bedarf wiederholt. Instructor’s permission recommended for students new to the German program at NTX. Minimum 4/Maximum 5.
Location: NT Northfield

| 190-816 | DAY: Thurs.  
| TIME: 11:00A-12:30P  
| DATES: 9/12-1/16  
| FEE: $240 /Seniors $216  

*No class 10/10, 11/28, 12/26, 1/2*
LANGUAGES: ITALIAN

Italian I (Part 1)
Phyllis Horn-Liparini
Have you always wanted to learn this wonderful language? This is the perfect time to begin. Enter the world of Puccini’s Opera, Michelangelo’s Art, and fine Italian dining! Learn this wonderful language while cracking the culture codes that keep it together. The emphasis is on daily conversation and patterns of speech. You will learn pronunciation, vocabulary and basic communication skills along with fundamental grammar. *Fee does not include required text to be purchased online. Minimum of 6.

17 sessions • NT Northfield

<table>
<thead>
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<th>190-850</th>
<th>DAY: Tues.</th>
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*No class 12/24, 12/31

14 sessions • Northfield Park District

<table>
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<tr>
<td>DATES: 9/12-1/16</td>
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<tr>
<td>FEE: $238 /Seniors $214</td>
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</tbody>
</table>

*No class 10/10, 10/31, 11/28, 12/26, 1/2

Italian II (Part 1)
Phyllis Horn-Liparini • 17 sessions
This course is for students who already know some Italian or have taken Italian I. We will review some grammar and go on to more verb tenses, listening comprehension and conversation. New students need instructor’s permission. *Fee does not include required text to be purchased online. Minimum of 6.

Location: NT Northfield

<table>
<thead>
<tr>
<th>190-854</th>
<th>DAY: Tues.</th>
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<tbody>
<tr>
<td>TIME: 6:30-8:00P</td>
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<tr>
<td>DATES: 9/10-1/14</td>
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<tr>
<td>FEE: $289 /Seniors $260</td>
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</tbody>
</table>

*No class 12/24, 12/31

Italian III (Part 1)
Phyllis Horn-Liparini • 14 sessions
This course is for students who already know some Italian or have taken Italian II. We will review some grammar and move on to more verb tenses, listening comprehension and conversation. New students need instructor’s permission.

*Fee does not include required text to be purchased online. Minimum of 6.

Location: Northfield Park District

<table>
<thead>
<tr>
<th>190-855</th>
<th>DAY: Thurs.</th>
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<tr>
<td>TIME: 12:30-2:00P</td>
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<tr>
<td>DATES: 9/12-1/16</td>
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<tr>
<td>FEE: $238 /Seniors $214</td>
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</tbody>
</table>

*No class 10/10, 10/31, 11/28, 12/26, 1/2

Italian IV (Part 1)
Phyllis Horn-Liparini • 14 sessions
A course for students with several years of Italian who wish to integrate literature with an in-depth review of grammar. This class is a potpourri for students who have studied Italian up to level IV. We will look at grammatical structures while emphasizing current cultural, social and political events. New students need instructor’s permission.

*Fee does not include required text to be purchased online. Minimum of 6.

Location: Northfield Park District

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<tr>
<th>190-856</th>
<th>DAY: Thurs.</th>
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<tr>
<td>TIME: 10:30A-12:00P</td>
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<tr>
<td>FEE: $238 /Seniors $214</td>
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</table>

*No class 10/10, 10/31, 11/28, 12/26, 1/2
LANGUAGES: SPANISH

Spanish for Travelers
G.G. Baez • 10 sessions
Are you planning a trip to a Spanish-speaking country? Learning Spanish phrases and vocabulary can make your travel much easier and more enjoyable. This course will also let you experience the culture and flavor of Spanish-speaking countries. Helpful travel booklet included! Minimum of 6.
Location: NT Winnetka

190-870
DAY: Mon.
TIME: 6:30-7:30P
DATES: 9/9-11/18
FEE: $109 /Seniors $98

Spanish I: Conversation and Grammar (Part I)
G.G. Baez
Experience the joy and satisfaction of learning a new language. Designed for beginners or those who have learned Spanish years ago and want to come back, this lively, interactive class focuses on developing the four basic language skills of listening, speaking, reading, and writing. Students acquire vocabulary and structures through repetition, conversation, and stories. *Fee does not include required text, to be purchased online. Limit 20.
NT Northfield • 16 sessions

190-872
DAY: Mon.
TIME: 9:00-10:30A
DATES: 9/9-1/13
FEE: $256 /Seniors $230

Spanish II: Conversation and Grammar (Part I)
G.G. Baez • 16 sessions
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 students new to the NTX Spanish program. *Fee does not include required text to be purchased online. Limit 20.
Location: NT Northfield

190-877
DAY: Tues.
TIME: 7:30-9:00P
DATES: 9/10-1/14
FEE: $272 /Seniors $245

*No class 9/30, 12/24, 12/31

*No class 9/30, 12/23, 12/30
LANGUAGES: SPANISH

Spanish III (Part I)
G.G. Baez
This course is for students who have taken Spanish II or its equivalent. Students will review verb tenses and continue reinforcing grammar, writing, comprehension, and vocabulary through conversation, readings 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. Limit of 16.

NT Winnetka • 14 sessions
190-871  DAY:  Wed.  
TIME:  7:30-9:00P  
DATES:  9/11-1/15  
FEE:  $224 /Seniors $201
*No class 10/9, 11/20, 11/27, 12/25, 1/1

NT Northfield • 14 sessions
190-873  DAY:  Fri.  
TIME:  10:30A-12:00P  
DATES:  9/13-1/17  
FEE:  $224 /Seniors $201
*No class 10/11, 11/22, 11/29, 12/27, 1/3

Spanish III Intermediate (Continuing)
Conversation, Composition, and Culture
Roberta Price • 11 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

190-863  DAY:  Wed.  
TIME:  10:45A-12:15P  
DATES:  10/16-1/15  
FEE:  $176 /Seniors $159
*No class 11/27, 12/25, 1/1

Spanish III Advanced (Continuing)
Conversation, Composition, and Culture
Roberta Price • 11 sessions
This course is for students who have taken Spanish III or its equivalent and would like more review and practice before enrolling in Spanish IV. Students will 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

190-891  DAY:  Wed.  
TIME:  9:00-10:30A  
DATES:  10/16-1/15  
FEE:  $176 /Seniors $159
*No class 11/27, 12/25, 1/1
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.

NT Winnetka • 16 sessions
190-876 DAY: Mon.
TIME: 7:30-9:00P
DATES: 9/9-1/13
FEE: $256 /Seniors $230

*No class 9/30, 12/23, 12/30

NT Northfield • 14 sessions
190-879 DAY: Fri.
TIME: 9:00-10:30A
DATES: 9/13-1/17
FEE: $224 /Seniors $201

*No class 10/11, 11/22, 11/29, 12/27, 1/3

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

190-878 DAY: Tues.
TIME: 10:00-11:30A
DATES: 9/10-12/10
FEE: $252 (No discounts)
MUSIC

Maui To Motown Adult Ukelele Group
Our Music, LLC Staff • 10 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 an instrument. This class is designed for true beginners. Students need to bring their own ukulele or you may purchase one from Our Music Institute for $40 at the first class.
Location: Our Music Institute

   190-103
   DAY: Mon.
   TIME: 7:00-8:00P
   DATES: 9/9-11/18
   FEE: $170 (No discounts)

   *No class 9/30

Good Vibes Adult Guitar Club
Our Music, LLC Staff • 10 sessions
Many of us had dreams of picking up or pursuing guitar long ago before life got in the way. Fortunately, it's never too late. It's your turn. Do something for you. Tap into life’s good vibrations by learning directly from the soundtrack of your life. Experience guitar in a low pressure, relaxed group setting with the accomplished, patient, and fun instructors at Our Music Institute (OMI) in Northfield. Bring your own guitar or let Our Music Institute know if you’d like to purchase or rent one at (847) 386-6765.
Location: Our Music Institute

   190-105
   DAY: Wed.
   TIME: 7:00-8:00P
   DATES: 9/11-11/20
   FEE: $170 (No discounts)

   *No class 10/9
ROWING

Adult Fall Erg Workouts
New Trier Rowing Coaches
Achieve a new level of fitness for health and 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.

NT Winnetka • 13 sessions

190-601  
DAY: Tues.  
TIME: 5:45-6:45A  
DATES: 7/30-10/22  
FEE: $195

NT Northfield • 13 sessions

190-602  
DAY: Thurs.  
TIME: 5:45-6:45A  
DATES: 8/1-10/24  
FEE: $195

Fall Learn to Erg
New Trier Rowing Coaches
This class is for students (13 years +) 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!

NT Winnetka • 7 sessions

190-610  
DAY: Tues.  
TIME: 6:00-7:00P  
DATES: 9/3-10/15  
FEE: $140

NT Northfield • 7 sessions

190-611  
DAY: Wed.  
TIME: 6:00-7:00P  
DATES: 9/4-10/23  
FEE: $140

*No class 10/9
Women’s On-The-Water Rowing (Learn To Row)
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; students should plan to attend all classes. Students are expected to know how to swim.

Dammrich Rowing Center • 8 sessions

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<thead>
<tr>
<th>190-605</th>
<th>DAY: Wed.</th>
<th>TIME: 9:00-11:00A</th>
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<th>FEE: $320</th>
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<td>190-606</td>
<td>DAY: Fri.</td>
<td>TIME: 9:00-11:00A</td>
<td>DATES: 9/6-10/25</td>
<td>FEE: $320</td>
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</table>

*No class 10/9

Women’s On-The-Water Rowing (Experienced Rowers)
New Trier Rowing Coaches
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 prior to all classes. You will be notified of your class enrollment by e-mail.

Location: Dammrich Rowing Center

Dammrich Rowing Center • 8 sessions

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<tr>
<th>190-636</th>
<th>DAY: Wed.</th>
<th>TIME: 9:00-11:00A</th>
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<td>190-637</td>
<td>DAY: Fri.</td>
<td>TIME: 9:00-11:00A</td>
<td>DATES: 9/6-10/25</td>
<td>FEE: $280</td>
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*No class 10/9
T’ai Chi Ch’uan for Health, Peace, and Happiness

Qigong and T’ai Chi Ch’uan are based on the principles of relaxation, balance, awareness of movement, centering, and development of internal energy known as Chi. While T’ai Chi Ch’uan can be a profound system of health and self-defense, most people begin their practice of T’ai Chi for the relaxation and the feelings of peace and tranquility it instills. T’ai Chi Ch’uan trains our mind and our awareness to help our bodies relax. The slow meditative movement of T’ai Chi helps improve balance and flexibility, while developing and balancing our Chi.

Qigong and Foundations Of T’ai Chi Ch’uan

In this 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 focuses 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 • 14 sessions

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<th>DAY</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Mon.</td>
<td>7:00-8:00P</td>
<td>9/16-1/13</td>
<td>$165 /Seniors $149</td>
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</table>

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

Paula Chalk • 14 sessions

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<th>TIME</th>
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<th>FEE:</th>
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<tr>
<td>Sat.</td>
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<td>$165 /Seniors $149</td>
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</table>

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

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

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

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
TECHNOLOGY

Photos on Your iPhone
Mary Ann McGinley • 1 session
Taking photos with a phone is second nature to all iPhone users because you always have your phone with you, while your camera is often left at home. This class will help you take advantage of the many features of your iPhone to produce high quality photos. You will learn how to take, edit, view and organize your photos into albums to share with family and friends. Bring your iPhone and work with it in class. Limit of 10.
Location: NT Winnetka

| 190-219 | DAY: Mon. | TIME: 6:30-8:30P | DATE: 9/9 | FEE: $42 /Seniors $38 |

Learning About Your Mac
Mary Ann McGinley • 1 session
Everyone is interested in learning tips to make their time on the computer more productive. We will study Mac’s hidden features to customize your Mac, resize windows and work with files and folders. “How do I download an app, or make folders, or save to an external source?” If you have these, or similar questions, this class is for you. No computer experience necessary. Each student will work at a separate computer. If you have a laptop, you can work with it in class. Limit of 10.
Location: NT Winnetka

| 190-220 | DAY: Tues. | TIME: 6:30-8:30P | DATE: 9/10 | FEE: $42 /Seniors $38 |

Mac Maintenance
Mary Ann McGinley • 1 session
If you spend time searching for a document, photo or email that is *somewhere* on your computer, this class is for you. You will learn to organize your files and clear out unwanted clutter. You will learn which apps are necessary and helpful, and which are fatal. A good maintenance schedule will keep your Mac running smoothly. In this class, we will look at the three different 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 can work with it in class. Limit of 8.
Location: NT Winnetka

| 190-223 | DAY: Wed. | TIME: 6:30-8:30P | DATE: 9/11 | FEE: $42 /Seniors $38 |

Photo
Mary Ann McGinley • 2 sessions
You took many photos this summer (some great, some not-so-good) and they are everywhere on your computer in no particular order. Now is the time to edit them, purge some, and organize all. In this class, you will learn how to sort, edit and save your hundreds of photos, organize them into meaningful albums, and make them into slide shows and photo albums. You will learn how to enclose photos in emails, or get them printed. Limit of 10.
Location: NT Winnetka

| 190-225 | DAY: Mon. | TIME: 6:30-8:30P | DATES: 9/16-9/23 | FEE: $42 /Seniors $38 |
# Technology

## Pages
Mary Ann McGinley • 1 session
Why aren’t you using this FREE powerful word processing program - Apple’s answer to Microsoft Word? (Some older versions of Word may not be compatible with Mojave, so now is the time to switch). This fully functioning program is compatible to Word, and documents can be easily transferred between these two platforms. Pages contains the same features as Word (margins, styles, fonts, headers/footers, etc). Each student will work at a separate computer. Load it on your laptop (free from the App Store) and work with it in class. Limit of 10.
Location: NT Winnetka

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<td>Wed.</td>
<td>6:30-8:30P</td>
<td>9/18</td>
<td>$42 /Seniors $38</td>
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## Holiday Tech Gifts
Michael Gershbein • 1 session
Find out all the hottest gadget gifts available this holiday season. From smart home and smart phones to toys and oddities, we’ll open your eyes to lots of cool options for the family’s—or your own—wish list!
Location: NT Northfield

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## 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

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<td>11/7</td>
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## Windows 10 Basics *NEW*
Michael Gershbein • 1 session
We will show you everything you need to get started with Windows 10, including the new Start menu, Edge, Cortana and basic customization.
Location: NT Northfield

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## Social Media for Businesses and Entrepreneurs *NEW*
Michael Gershbein • 1 session
There’s no shortage of social media sites to promote your business, but which ones are the best for you? This class will give you the basics of Facebook, Twitter, Instagram and more and show you what you need to know to choose the most useful ones and get started.
Location: NT Northfield

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<td>7:00-9:00P</td>
<td>12/12</td>
<td>$28 /Seniors $25</td>
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WRITING

Chrysalis: A Guided Autobiography Class
Pam Mayers • 6 sessions
Don’t wait another minute! Now is the time to begin writing your life-story two pages at a time, 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 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. Class fee does not include $15 materials fee to be paid to instructor via check at the first class.
Location: NT Northfield

The Fiction Writer’s Toolbox
Pamela Dell • 9 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 characterization, 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 at-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 12.
Location: NT Northfield

190-920
DAY: Tues.
TIME: 6:30-8:30P
DATES: 9/10-10/15
FEE: $126 /Seniors $113

190-930
DAY: Tues.
TIME: 1:00-3:00P
DATES: 9/17-11/12
FEE: $189 /Seniors $170

David Shapiro
New Trier Extension Program Registration Form
www.ntx203.net

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: 

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<tr>
<th>Course Number</th>
<th>Course</th>
<th>Registrant’s First Name</th>
<th>Registrant’s Birthdate</th>
<th>Fee</th>
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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
The school address is 7 Happ Road, Northfield, but the office is in Building B, which is best reached from West Frontage Road. To access the NTX office from West Frontage Road, enter “30 West Frontage Road” into your navigation system.

NEW TRIER WINNETKA CAMPUS
385 Winnetka Avenue, Winnetka

AM YISRAEL
4 N Happ Road, Northfield

DAMMRICH ROWING CENTER
3220 Oakton Street, Skokie

NORTHFIELD PARK DISTRICT
401 Wagner Rd, Northfield

NORTH SHORE UNITED METHODIST CHURCH
213 Hazel Avenue, Glencoe

OUR MUSIC INSTITUTE
400 Central Ave., Suite 003, Northfield
(The Chase Bank Building)

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 have 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 dates listed below. You can start any time during the first two weeks of the section.

THIS TERM, COURSES BEGIN...

August 14 • September 11 • October 16 • November 13 • December 11
SIGN UP IN TWO EASY STEPS:

Step 1: Sign up

Visit our Online Instruction Center at 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 and click on 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:

“The instructor was engaging, thorough, extremely knowledgeable, and helpful. Her step-by-step instructions were easy to follow. She offered a bit of humor and encouragement in learning a new approach to teaching math.”

- Paula L.

“This course met my expectations and my flexible schedule.”

- Joanne B.
New Trier Extension & Northfield Campus Driving Directions

The New Trier Extension office is located on the New Trier Northfield Campus. The school address is 7 Happ Road, Northfield, but the office is in Building B, which is best reached from West Frontage Road on your navigation system. **To access the NTX office from West Frontage Road, enter “30 West Frontage Road” into your navigation system.**

If you are coming from the north, take Winnetka Road, turn 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 parking lot 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), turn left 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 parking lot.

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 through door B1 under the New Trier Extension sign, just left of the shipping/receiving doors. To access the NTX office from West Frontage Road, enter “30 West Frontage Road” into your navigation system for more clear instructions.

- For dance and fitness classes in the F Building, please enter through door F8; For all other Northfield Campus and classes, enter through door B1.
- 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 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 two 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. All NTX classes will use either the North or the East entrance.
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.
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 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.

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, therefore, students must provide an email address at registration.

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 view the entire catalog in color, read about your instructor, and more at www.ntx203.net. “Like” us on Facebook to get news of class changes!
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 a.m. – 3 p.m. The New Trier Extension office will be closed on school holidays.

Textbooks
See e-mail registration confirmation for textbook information.
NEW TRIER EXTENSION
New Trier Northfield Campus
7 Happ Road
Northfield, IL 60093

Founded in 1939, New Trier Extension is the community education program for New Trier Township District 203.

NTX offers a variety of programs throughout the year for both residents and non-residents, including more than 500 daytime and evening classes on our campuses, and over 300 classes online.

Take a look at our catalog and join us for a class or two—there truly is something for everyone!