

NTX **NEW TRIER EXTENSION**

Winter-Spring 2026 Full Course Catalog

Register online at
www.ntx203.net



Welcome to the Winter-Spring 2026 term at New Trier Extension!

A new year brings new possibilities—and there's no better time to invest in yourself. At NTX, our Winter-Spring catalog is filled with opportunities to explore fresh interests, pick up practical skills, or simply do something that sparks joy.

Whether you're setting new goals, reigniting an old passion, or looking to connect with others in your community, our classes are designed to inspire and motivate you every step of the way.

Make this the year you try something different, challenge yourself, and discover what's next. We can't wait to learn with you!

Please check our website or follow us on Facebook and Instagram for class updates.

 **Facebook:**
facebook.com/ntextension

 **Instagram:**
@new_trier_extension



DeDe Kern, MS, CPP
NTX Manager

Winter-Spring 2026 Class Locations:

NT Northfield,
7 Happ Rd, Northfield

NT Winnetka,
385 Winnetka Ave, Winnetka

Ciao Bella Sewing Studio
874 Green Bay Road, Ste 100, Winnetka

Lutheran Church of Ascension,
460 Sunset Ridge Road, Northfield

Our Music Institute,
400 Central Ave, Northfield

Dammrich Rowing Center,
3220 Oakton St, Skokie

Wilmette Harbor,
20 Harbor Drive, Wilmette

CLASS SUBJECTS THIS TERM



One of a Kind	2-4
Art	5-8
Bridge & Mah Jongg	9-10
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Financial Planning	13
Fitness & Wrestling	14-15
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ONE OF A KIND

Our long-standing discount for participants age 65 and older remains unchanged. To provide clearer and more inclusive wording, this catalog now refers to it simply as the “65+ discount.” This discount is available to anyone age 65 or older (except where otherwise noted) and is identified as the “65+ discount” for each course.

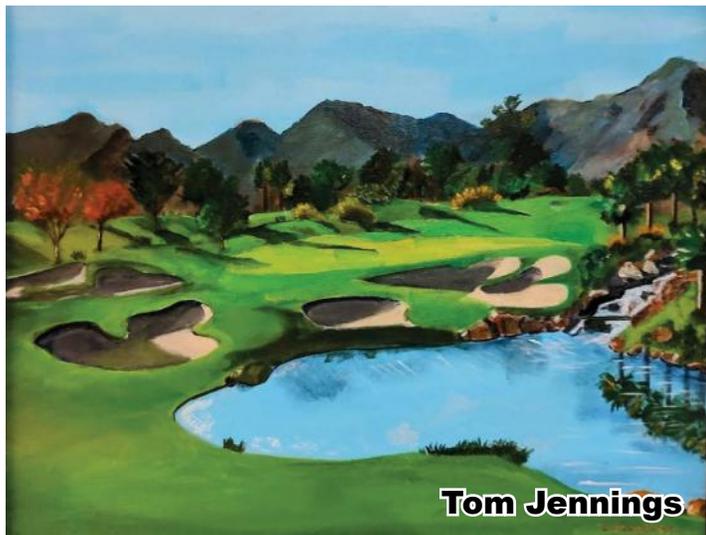
Boat America: A Course on Responsible Boating

Instructor: USCG AUX Flotilla 39-6 • 4 sessions

Get ready to hit the water with confidence in this engaging and practical boating safety course. Perfect for beginners and seasoned boaters alike, this class gives recreational boaters of all ages the knowledge and skills to stay safe and responsible on the water. Learn about boating's "rules of the road", required equipment, applicable state and federal regulations, how to handle unexpected and emergency real-world boating situations with calm and confidence. Whether you're new to boating or looking to refresh your skills, you'll gain valuable insights to protect yourself, your passengers, and your vessel. Taught by certified, experienced, and passionate instructors from the U.S. Coast Guard Auxiliary, successful completion of this course earns you a nationally recognized boating safety certificate and may qualify you for a discount on your boat's insurance. With small class sizes (6-10 students), you'll benefit from personalized instruction in a supportive learning environment. For more information, contact Dan O'Connell at cgaux.doc@gmail.com.
Location: NT Northfield

253-741 | Tues & Thurs | 1/13-1/22 | 6:30-8:30 p.m.
FEE: \$59 (No discount) | [REGISTER](#)

261-760 | Mon & Wed | 4/27-5/6 | 6:30-8:30 p.m.
FEE: \$59 (No discount) | [REGISTER](#)



Weather Wise: A Boater's Guide to Forecasting

Instructor: USCG AUX Flotilla 39-6 • 1 session

Before you head out on the water, knowing the weather isn't just helpful—it's essential. This engaging introductory seminar is designed specifically for boaters who want to better understand weather patterns and make smart decisions on the water. You'll learn how to find reliable weather information, recognize basic weather systems, and even do some deck-level forecasting. We'll also cover how to prepare for changing conditions and what to do when the weather takes a turn. Taught by certified U.S. Coast Guard Auxiliary instructors using official materials, this seminar is a must for every boater. Min 3, Max 10.
Location: NT Northfield

253-743 | Wednesday | 1/21 | 6:30-8:30 p.m.
FEE: \$14 (No discount) | [REGISTER](#)

261-761 | Tuesday | 5/5 | 6:30-8:30 p.m.
FEE: \$14 (No discount) | [REGISTER](#)

Spring into Organization: Declutter Your Home and Mind

Instructor: Linda Goldman, CPO, Altogether Organized
• 1 session

Start the new year clutter-free! Feeling overwhelmed by too much stuff? This class will help you reclaim your space and restore a sense of calm and order. Learn practical strategies, key organizing principles, and proven tools to declutter, simplify, and create functional spaces that work for you. Discover how to let go of what no longer serves you and develop habits to maintain a tidy, stress-free home—so you can start the year with clarity and focus. Max 12
Location: NT Northfield

253-714 | Saturday | 1/24 | 10 a.m.-12 p.m.
FEE: \$39/ (65+) discount: \$35 | [REGISTER](#)

Adult Sewing with Ciao Bella Sewing ***NEW***

Instructor: Ciao Bella Sewing • 3 sessions

During this three week class, adults will learn the basics of machine sewing! Adults will work on a simple pattern project to develop their skills. We will cover various sewing techniques, including basic mending and zippers, throughout the course. This class is perfect for adults looking to learn the basics of sewing and apply their skills to everyday life. All sewing supplies, including sewing machines, fabric, thread, needles, and pins, will be provided. Students may choose to purchase additional specialty items on their own. New and returning students welcome! Min 3/ Max 8.
Location: Ciao Bella Sewing Studio

261-701 | Thursdays | 2/12-2/26 | 6-7:30 p.m.
FEE: \$192 (No discount) | [REGISTER](#)

261-702 | Thursdays | 3/5-3/19 | 9:30-11 a.m.
FEE: \$192 (No discount) | [REGISTER](#)

Next Stitch: Beginner to Intermediate Knitting

Instructor: Sue Peterson • 5 sessions

Discover this skill that's got everyone "clicking." Whether you're picking up needles for the first time or looking to build on your skills, this class is for you. Beginners will learn the basics—casting on and off, knitting and purling, increasing and decreasing, basic stitch work, and how to fix common mistakes. Continuing knitters can get help with more advanced techniques or personal projects. With very individualized instruction in a friendly, supportive atmosphere, you'll be knitting confidently in no time. A short supply list will be emailed with your registration receipt. Max 7.

Location: NT Northfield

261-703 | Mondays | 3/2-4/6 | 7-9 p.m.

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

No class 3/30

From Civil War to WWI: The Mad Dash to Modern America *NEW*

Instructor: Frank Sullivan • 6 sessions

In this course, we witness the sorrow of Secession as both North and South confront the devastating impact of new weaponry. When the smoke clears, Americans surge westward—gunslingers draw fast, immigrants crowd New York's docks, and Gilded Age tycoons amass fortunes. Meanwhile, Roosevelt's Rough Riders charge up San Juan Hill in a moment that captures the spirit of an entire era. Come see history's mad dash to modernity unfold!

Location: NT Northfield

261-704 | Mondays | 4/13-5/18 | 1-2:30 p.m.

FEE: \$114/ (65+) discount: \$103 | [REGISTER](#)

The Search for Unity: Divided We Fall *NEW*

Instructor: Jan Hincapie • 1 session

Unity is a powerful force for connection, balance, and shared purpose that transcends individual differences. Experiencing unity is important in every aspect of our lives, our work, our family, our friendships, and our communities. According to the Heritage Foundation, "From our nation's beginnings, our leaders have warned that strength can be found only in unity". This session will provide information about ways to achieve unity and accept differences, working for the greater good. Having a mindset of working toward a unified state can be difficult, frustrating, and sometimes painful, but the end result is a greater strength, resilience, and a stronger sense of community.

Location: NT Northfield

261-705 | Thursday | 2/19 | 6:30-7:30 p.m.

FEE: \$17/ (65+) discount: \$15 | [REGISTER](#)

20 Tips for Better Smartphone Photography

Instructor: Vera Holroyd • 1 session

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

Location: NT Northfield

261-706 | Tuesday | 3/24 | 6:30-8:30 p.m.

FEE: \$29/ (65+) discount: \$26 | [REGISTER](#)

Preserving Human Interaction in a Digital Society *NEW*

Instructor: Jan Hincapie • 1 session

From birth, humans are wired to connect with other people. In our digital society, a conscious effort must be made to preserve human connection at home and work to maintain soft skills like empathy, listening, and clear communication. Jan Peterson Hincapie discusses the impact of technology on our lives and relationships, especially with the younger generation. She explores ways to assess what should be automated, provides methods for maintaining face-to-face communication, and discusses how to use technology for good.

Location: NT Northfield

261-707 | Wednesday | 2/11 | 6:30-7:30 p.m.

FEE: \$17/ (65+) discount: \$15 | [REGISTER](#)

Living Your Best Life in Retirement: A Non-Financial Roadmap

Instructor: John Schroeder, Certified Professional Retirement Coach • 1 session

Financial plans can help you retire from work—but they don't help you retire to a meaningful life. This engaging, interactive course is designed for those approaching or recently entering retirement who want to take charge of their next chapter. While finances are important, the biggest retirement challenges often go unspoken: loss of identity, unstructured time, and finding purpose outside of a career. Through guided reflection, group discussion, and research-backed frameworks, you'll explore practical strategies to build strong social connections, stay mentally and physically healthy, and design a fulfilling retirement aligned with your values. You'll leave with a clear vision for the life you want—and specific, personalized steps to help make it a reality. Don't wait until it's too late to plan the most meaningful part of your life.

Location: NT Northfield

261-708 | Thursday | 4/16 | 6-7:30 p.m.

FEE: \$19/ (65+) discount: \$17 | [REGISTER](#)

How Do I Sell My Stuff?

Instructor: George Glastris • 3 sessions

Uncover the hidden value in your belongings with expert guidance from a seasoned appraiser with experience at Christie's, Sotheby's, Skinner, and Antiques Roadshow. Whether you're downsizing, managing an estate, or simply curious, this class will help you determine what to keep, sell, or donate. Learn how to identify antiques and collectibles, where to sell them (and where not to), and get insider tips on auctions, online platforms, and estate sales. The first session covers estate management and moving essentials. In the final class, bring an item for a verbal appraisal—you might discover a hidden treasure!

Location: NT Northfield

261-709 | Wednesdays | 4/8-4/22 | 7-8 p.m.

FEE: \$76/ (65+) discount: \$68 | [REGISTER](#)

NEW Mindfulness Series

The Stress-Less Parent *NEW*

Instructor: Hina Pitroda, MA, NBC-HWC, BloomandBelong • 1 session

Parenting evolves as our children grow—and with that change can come stress, self-doubt, and guilt. Yet the most meaningful parenting happens when we lead from a place of ease, confidence, and love. This workshop will help you reconnect with the parent you want to be, in a way that fits your child and your family. Explore the sources of your stress and learn practical tools to address it through the mind, body, and emotions. Discover how to build lasting connection, model resilience, and show up as your best self. There's no such thing as a perfect parent—but there is a “good enough” one who leads with love and intention.

Location: Live Online via Zoom

261-710 | Thursday | 2/12 | 10-11:30 a.m.

FEE: \$24/ (65+) discount: \$21 | [REGISTER](#)

Stop Being So Hard on Yourself: A Parent's Guide to Self-Kindness *NEW*

Instructor: Hina Pitroda, MA, NBC-HWC, BloomandBelong • 1 session

When things don't go as planned—a tough meeting, a missed goal, or a child's disappointment—we often respond with harsh self-talk, believing it keeps us motivated. But research shows the opposite: self-criticism drains confidence, while kindness and compassion build resilience and emotional strength. In this workshop, learn the science behind why being gentle with yourself leads to greater well-being for you and your children. Explore practical tools to quiet your inner critic, strengthen your self-compassion, and model a supportive inner voice that encourages growth rather than guilt. Discover how small shifts in self-talk can create lasting, positive change for your whole family.

Location: Live Online via Zoom

261-711 | Thursday | 2/26 | 10-11:30 a.m.

FEE: \$24/ (65+) discount: \$22 | [REGISTER](#)

Foundations of Mindfulness

Instructor: Hina Pitroda, MA, NBC-HWC, BloomandBelong • 6 sessions

If you have been curious about Mindfulness or thought you can't do it, this course is for you. Mindfulness practices have existed for thousands of years, and now, science is learning the why. They can help you to reduce your stress and anxiety, learn to be better in relationships, improve psychological health and mood, sleep better, and support you in living your life with clarity. In this 6 week course, you will learn foundations of mindfulness to help you begin this profound journey. You will learn what mindfulness is and is not, its roots, and various guided experiential practices to ground you. You will learn to anchor yourself through various techniques, and different ways of meditating and how to bring these practices to daily life for overall improvement in your well-being. This class includes short lectures, practice time, and time for inquiry. Everyone is welcome—no experience necessary. Max 12.

Location: NT Northfield

261-712 | Thursdays | 3/19-4/30 | 1-2:15 p.m.

FEE: \$99/ (65+) discount: \$89 | [REGISTER](#)

No Class 4/2

Savor the Moment: A Mindful Eating Workshop *NEW*

Instructor: Hina Pitroda, MA, NBC-HWC, BloomandBelong • 1 session

Eating well isn't about eating at the fanciest Michelin star restaurant, elaborate 5-course meals, or strict diets. It's about tuning in — to your senses, your surroundings, and your body's cues. In this hands-on workshop, you'll explore how to eat with awareness, make intentional food choices, and feel truly satisfied and nourished. Learn practical techniques to slow down, savor, and align your eating with what your body needs. Mindful eating can improve your overall well-being and support healthier habits without deprivation. Yes, you'll be practicing with real food during class! Detailed instructions will be provided after registration.

Location: NT Northfield

261-713 | Thursday | 4/30 | 2:30- 4 p.m.

FEE: \$24/ (65+) discount: \$22 | [REGISTER](#)



Beginning Drawing

Instructor: Scott Oldham • 6 sessions

Drawing is the essential skill from which all other visual arts are derived—but it's also supposed to be fun. This light-hearted course offers a basic understanding of drawing from observation for students with little to no prior experience. You'll be introduced to foundational media such as pencils, charcoal, and drawing papers, along with their uses, strengths, and limitations. Each class presents a new method to help you turn careful observation of three-dimensional reality into compelling two-dimensional drawings, using techniques artists have relied on for centuries. We'll explore blind contour drawing, proportional measuring, appreciating negative space, rendering light and shadow, and understanding linear perspective. It may sound like serious artistic jargon—and it is—but by the end, you'll be using it confidently and understanding how it all works. Fee does not include supplies. A supply list will be emailed upon registration.

Location: NT Northfield

261-150 | Tuesdays | 4/7-5/12 | 10-11:30 a.m.

FEE: \$129/ (65+) discount: \$116 | [REGISTER](#)

261-151 | Tuesdays | 4/7-5/12 | 7-8:30 p.m.

FEE: \$129/ (65+) discount: \$116 | [REGISTER](#)

Beginning Drawing II *NEW*

Instructor: Scott Oldham • 6 sessions

Build on the skills developed in the NTX summer or fall Beginning Drawing class as you continue refining your technique with pencil and charcoal. In-class exercises will introduce concepts such as master studies, portraits, and shading techniques, as well as a deeper examination of the fundamental elements of composition. By the end of the course, you'll have the confidence to experiment with new drawing media and tackle subjects that reflect your own creative interests.

Location: NT Northfield

261-152 | Tuesdays | 2/3-3/10 | 10-11:30 a.m.

FEE: \$129/ (65+) discount: \$116 | [REGISTER](#)

261-153 | Tuesdays | 2/3-3/10 | 7-8:30 p.m.

FEE: \$129/ (65+) discount: \$116 | [REGISTER](#)

Introduction to Illustration

Instructor: Scott Oldham • 6 sessions

Illustration is the art of translating verbal ideas into imagery. The heart of a good illustration is communication—the ability to convey specific information to an audience through pictures alone. To do that, an illustrator must possess fluency in a visual vocabulary. This course will introduce the basic elements of a visual vocabulary through in-class exercises and discussions. Students will learn to transform simple (and some not-so-simple) ideas, words, phrases, and anecdotes into clear, economical images that can add otherwise unavailable insights into their source materials. Some drawing experience is helpful, but not required. This is a class about visual problem-solving, not artistic technique. If a great idea can be conveyed with stick figures, we'll take it.

Location: NT Northfield

261-154 | Thursdays | 4/9-5/14 | 7-8:30 p.m.

FEE: \$129/ (65+) discount: \$116 | [REGISTER](#)

Beginning Watercolor *NEW*

Instructor: Howard Kanter • 7 sessions

Build on your drawing foundation and explore the fundamentals of watercolor painting. This class introduces essential techniques such as washes, layering, color mixing, and brush control while emphasizing composition and creative expression. Ideal for those who have completed Beginning Drawing or possess equivalent experience. Each session includes instructor demonstrations and guided practice. A class supply list will be emailed with your registration confirmation.

Location: NT Northfield

Winter

261-155 | Mondays | 2/2-3/23 | 10 a.m-12 p.m.

FEE: \$167/ (65+) discount: \$150 | [REGISTER](#)

No class 2/16

Spring

261-156 | Mondays | 4/6-5/18 | 10 a.m-12 p.m.

FEE: \$167/ (65+) discount: \$150 | [REGISTER](#)



Howard Cohen



Diane Moe

Watercolor Techniques and Beyond (In-person)

Instructor: Fran Vail • 7 sessions

Discover the beauty of watercolor through singing colors and expressive styles. This class is designed for students ready to deepen their skills—previous drawing experience is required, and some painting experience is recommended. Receive personalized, step-by-step instruction to build confidence and refine your skills, or work independently with expert guidance. Learn color mixing, brush and wash techniques, composition, and how to bring your photos to life on paper. Each session is tailored to individual experience levels, helping you take your watercolor work to the next stage. A supply list will be emailed with your registration confirmation. Max 15.

Location: NT Northfield

FULL

Winter

261-157 | Thursdays | 2/5-4/9 | 9:30 a.m.-12 p.m.

FEE: \$199 (65+) discount: \$179 | [REGISTER](#)

No class 2/19, 2/26, 4/2

Spring

261-158 | Thursdays | 4/16-5/28 | 9:30 a.m.-12 p.m.

FEE: \$199 (65+) discount: \$17 | [REGISTER](#)

Watercolor Techniques and Beyond (Zoom)

Instructor: Fran Vail • 8 sessions

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

Location: Live Online via Zoom

Winter

261-159 | Wednesdays | 2/4-3/25 | 9:30 a.m.-12 p.m.

FEE: \$229/ (65+) discount: \$206 | [REGISTER](#)

Spring

261-160 | Wednesdays | 4/8-5/27 | 9:30 a.m.-12 p.m.

FEE: \$229/ (65+) discount: \$206 | [REGISTER](#)

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

Gouache, Drawing, and Mixed Media

Instructor: Tom James

The winter-spring open studio classes invite you to explore your creativity with the materials of your choice, whether it's markers, colored pencils, or gouache. Gouache, a quick-drying, opaque watercolor, is perfect for creating vibrant, small-scale artworks on watercolor paper ranging from 140 lb to 300 lb. The teacher supplies photograph copies to work from or bring your own source material. The class will feature demonstrations and hands-on practice, helping you learn and get exposure to techniques and nuances of your chosen mediums. Join us for an inspiring and educational experience. Max 12.

Location: Lutheran Church of Ascension

Winter

261-161 | Mondays | 2/23-3/23 | 10 a.m.-12 p.m.

FEE: \$126/ (65+) discount: \$113 (5 sessions) | [REGISTER](#)

Spring

261-162 | Mondays | 4/13-6/1 | 10 a.m.-12 p.m.

FEE: \$176/ (65+) discount: \$159 (7 sessions) | [REGISTER](#)

No Class 5/25

Intermediate/Advanced Drawing

Instructor: Tom James

Expand your artistic and cognitive skills this winter as we dive into both figurative and representational drawing! Experiment with a variety of materials—markers, pencil, and colored pencil. Each class will feature engaging demonstrations and the class will work from handouts and photographs. We'll also take a dynamic, hands-on crash course in perspective—learning how to see and capture depth, composition, and balance in figurative and landscape images. Each class will feature engaging demonstrations and the class will work from handouts and photographs. We'll also take a dynamic, hands-on crash course in perspective—learning how to see and capture depth, composition, and balance in figurative and landscape images. Materials: 9"x12" sketchbook, pencils, and eraser. See class confirmation email for suggested optional supplies Max 12

Location: Lutheran Church of Ascension

Winter

261-163 | Mondays | 2/23-3/23 | 12:30-2:30 p.m.

FEE: \$126/ (65+) discount: \$113 (5 sessions) | [REGISTER](#)

Spring

261-164 | Mondays | 4/13-6/1 | 12:30-2:30 p.m.

FEE: \$176/ (65+) discount: \$159 (7 sessions) | [REGISTER](#)

No Class 5/25

Painting: Intermediate/Advanced Studios

Instructor: Tom James

These studio classes are designed for experienced painters working with oils, acrylics, watercolor, or mixed media. The focus is on nurturing your personal expression and style, whether it's representational, expressionist, impressionist, or any other form. You'll receive individualized attention from the instructor to help you refine and advance your skills. Please note that previous painting experience is required to join these classes. Join us to enhance your artistry in a creative, supportive space. Max 12

Location: Lutheran Church of Ascension

Winter

261-165 | Wednesdays | 2/18-3/25 | 12:30-2:30 p.m.
FEE: \$151/ (65+) discount: \$136 (6 sessions) | [REGISTER](#)

261-166 | Fridays | 2/20-3/27 | 10 a.m.-12 p.m.
FEE: \$151/ (65+) discount: \$136 (6 sessions) | [REGISTER](#)

Spring

261-167 | Wednesdays | 4/15-5/27 | 12:30-2:30 p.m.
FEE: \$176/ (65+) discount: \$159 (7 sessions) | [REGISTER](#)

261-168 | Fridays | 4/17-5/29 | 10 a.m.-12 p.m.
FEE: \$176/ (65+) discount: \$159 (7 sessions) | [REGISTER](#)

Representational Painting/Painting Critiques

Instructor: Tom James

Are you working on a painting and looking for constructive feedback and practical solutions? This class is designed around the artwork submitted by participants each week (along with their photo references). The focus is on representational subjects—such as landscapes and related themes—and the medium is entirely your choice: acrylics, oils, gouache, watercolor, or mixed media. Each week, students' works created at home are projected for group discussion. Together, we'll explore ways to strengthen each piece through problem solving in areas such as composition, brushwork, value, color mixing, and perspective. The instructor will provide demonstrations and curated YouTube videos to support your growth. After each class, participants receive annotated screenshots with feedback and suggestions to guide continued progress between sessions. Location: Live Online via Zoom

Winter

261-169 | Wednesdays | 2/18-3/25 | 10-11:30 a.m.
FEE: \$113/ (65+) discount: \$102 (6 sessions) | [REGISTER](#)

Spring

261-170 | Wednesdays | 4/15-5/27 | 10-11:30 a.m.
FEE: \$131/ (65+) discount: \$118 (7 sessions) | [REGISTER](#)

Drawing

Instructor: Tom James

Immerse yourself in the art of drawing with our upcoming session, designed to blend academic and creative learning. We'll help you develop your unique style through various techniques and materials, including markers, pen and ink, colored pencils, pencils, and gouache. Each week, you'll receive a new assignment or work on your own, then do the drawing(s) during the week and submit for following class, we will then discuss your work in detail. The class features engaging YouTube tutorials and live demonstrations by the instructor to support your learning journey. Please note that previous drawing experience is required. Join us to refine your skills and express your creativity in new and exciting ways.

Location: Live Online via Zoom

Winter

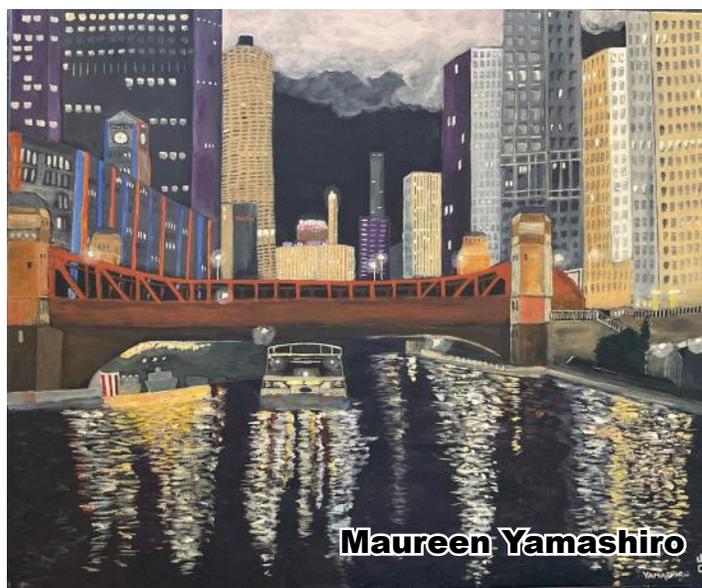
261-171 | Thursdays | 2/19-3/26 | 10-11:30 a.m.
FEE: \$113/ (65+) discount: \$102 (6 sessions) | [REGISTER](#)

Spring

261-172 | Thursdays | 4/16-5/28 | 10-11:30 a.m.
FEE: \$131/ (65+) discount: \$118 (7 sessions) | [REGISTER](#)



Rachel Siegel



Maureen Yamashiro

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

Winter Art History: American Artists of the 1930s and 1940s

Instructor: Tom James • 6 sessions

This winter, we'll explore the vibrant world of American art from the 1930s and 1940s, focusing on the Regionalist movement and its diverse voices. We'll begin with painters such as John Steuart Curry and Thomas Hart Benton, whose works captured both the heartland and the social tensions of their time. We'll also examine the visionary landscapes of Ohio-born Charles Burchfield, the Chicago-based painter Aaron Bohrod, and the imaginative, surrealist-infused works of Edna Reindel. Discover how these artists reflected the spirit, struggle, and resilience of a changing America.

Location: Live Online via Zoom

261-173 | Tuesdays | 2/17-3/24 | 7-8:15 p.m.
FEE: \$97/ (65+) discount: \$87 | [REGISTER](#)

261-174 | Wednesdays | 2/18-3/25 | 3:15-4:30 p.m.
FEE: \$97/ (65+) discount: \$87 | [REGISTER](#)

Spring Art History: Western and Contemporary American Painters

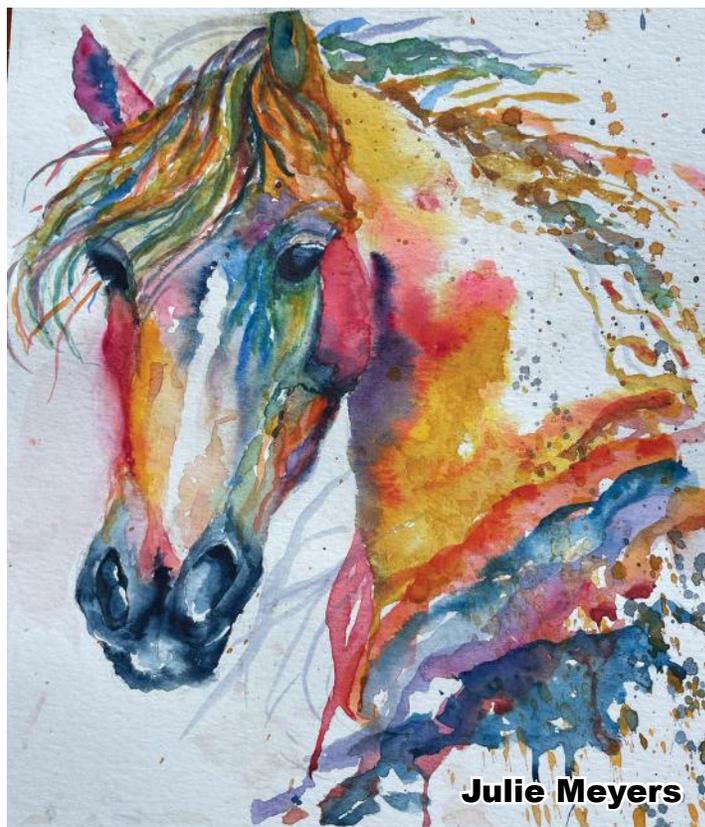
Instructor: Tom James • 7 sessions

In this session, we'll journey through the sweeping landscapes and vivid stories of Western American art. We'll explore the majestic scenes of Edgar Payne, the iconic cowboy and Native American imagery of Charles Russell, and the imaginative works of Uruguayan-American painter Joseph Mora—whose art famously appears on The Byrds' Sweetheart of the Rodeo album cover (1969). We'll also look at Maynard Dixon, Paul Sample, and other key artists who captured the rugged beauty and spirit of the West. Later in the spring, we'll turn our attention to influential 20th-century Black American painters, including Richard Mayhew's colorful semi-abstract landscapes, Ernie Barnes's dynamic storytelling canvases, and the powerful, thought-provoking work of contemporary artist Kerry James Marshall.

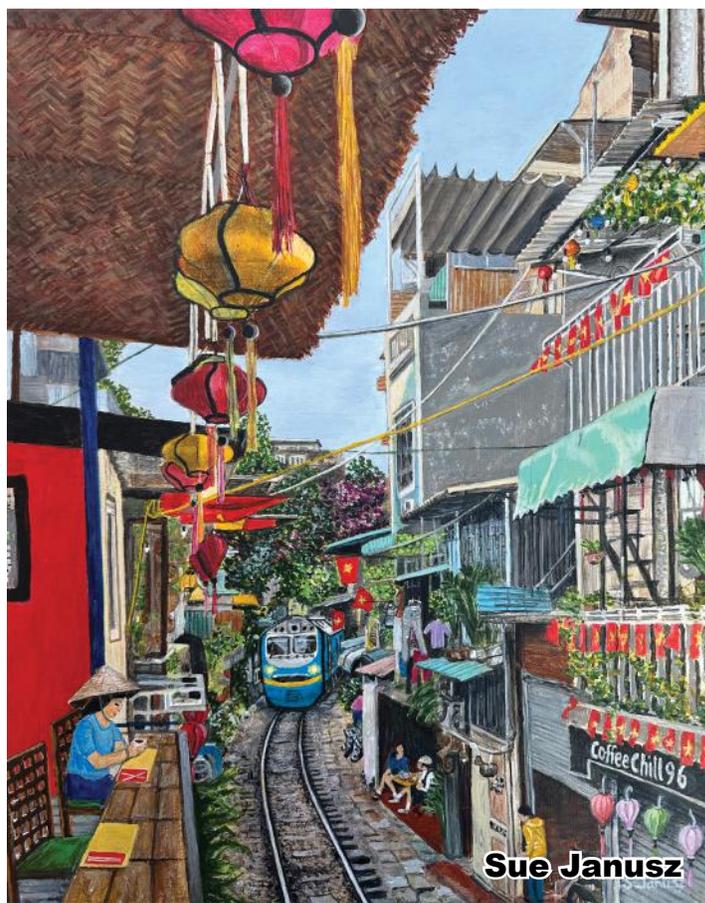
Location: Live Online via Zoom

261-175 | Tuesdays | 4/14-5/26 | 7-8:15 p.m.
FEE: \$112/ (65+) discount: \$101 | [REGISTER](#)

261-176 | Wednesdays | 4/15-5/27 | 3:15-4:30 p.m.
FEE: \$112/ (65+) discount: \$101 | [REGISTER](#)



Julie Meyers



Sue Janusz

Beginning Bridge 1.0

Instructor Mike Cochran • 6 sessions

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

Location: NT Northfield

261-500 | Mondays | 2/2-3/16 | 3-5 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)
No Class 2/16

261-501 | Mondays | 2/2-3/16 | 6-8 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)
No Class 2/16

Bridge 1.5

Instructor Mike Cochran • 6 sessions

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

Location: NT Northfield

261-502 | Mondays | 4/13-5/18 | 3-5 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)

261-503 | Mondays | 4/13-5/18 | 6-8 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)



Diane Kotin

Bridge 2.0

Instructor Mike Cochran • 6 sessions

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

Location: NT Northfield

261-504 | Tuesdays | 2/10-3/17 | 10 a.m.-12 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)

Bridge 2.5

Instructor Mike Cochran • 6 sessions

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

Location: NT Northfield

261-505 | Tuesdays | 4/14-5/19 | 10 a.m.-12 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)

Bridge 3.0

Instructor: Mike Cochran • 6 sessions

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

Location: NT Northfield

261-506 | Wednesdays | 2/11-3/18 | 10 a.m.-12 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)

Bridge 3.5

Instructor: Mike Cochran • 6 sessions

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

Location: NT Northfield

261-507 | Wednesdays | 4/15-5/20 | 10 a.m.-12 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)

Sharpen Your Bridge Skills

Instructor: Mike Cochran • 6 sessions

This class is designed for players who want to continue improving their bridge skills—whether you play socially or in duplicate games. You'll focus on play of the hand and defensive techniques, with regular practice and guided instruction. Major bidding conventions will be reviewed and reinforced through targeted practice hands. The course structure is flexible enough to address individual questions and areas of concern, all with the goal of helping you become a more confident, strategic player and enjoy the game even more.

Location: NT Northfield

Winter

261-508 | Wednesdays | 2/11-3/18 | 12:45-2:45 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)

261-509 | Wednesdays | 2/11-3/18 | 6-8 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)

Spring

261-510 | Wednesdays | 4/15-5/20 | 12:45-2:45p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)

261-511 | Wednesdays | 4/15-5/20 | 6-8 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)

Supervised Play

Instructor: Mike Cochran • 6 sessions

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

Location: NT Northfield

Winter

261-512 | Fridays | 2/13-3/20 | 10 a.m.-12 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)

Spring

261-513 | Fridays | 4/17-5/22 | 10 a.m.-12 p.m.
FEE: \$159/ (65+) discount: \$144 | [REGISTER](#)

Beginning Mah Jongg

Learn the fun and fast-paced game of Mah Jongg! This rummy-like game is played with tiles instead of cards and is easy to pick up with just a little time and effort. You'll learn the suits, tile and rack setup, game rules, and how to use the official card of standard hands. Then, you'll jump right in and play at the tables. Perfect for beginners or those needing a refresher. Come solo or with a friend! Attendance at the first two classes is mandatory. Class fee includes a 2025 Mah Jongg card. The April/May classes will receive the 2026 Mah Jongg card. Max 10.

Location: NT Northfield

Instructor: Marlene Dobrin • 5 sessions

261-514 | Tuesdays | 2/3-3/3 | 12:45-2:45 p.m.
FEE: \$169 (No discount) | [REGISTER](#)

FULL

Instructor: Sue Hershino • 5 sessions

261-515 | Tuesdays | 4/7-5/5 | 1-3 p.m.
FEE: \$169 (No discount) | [REGISTER](#)

FULL

Instructor: Marlene Dobrin • 5 sessions

261-516 | Tuesdays | 5/12-6/9 | 12:45-2:45 p.m.
FEE: \$169 (No discount) | [REGISTER](#)

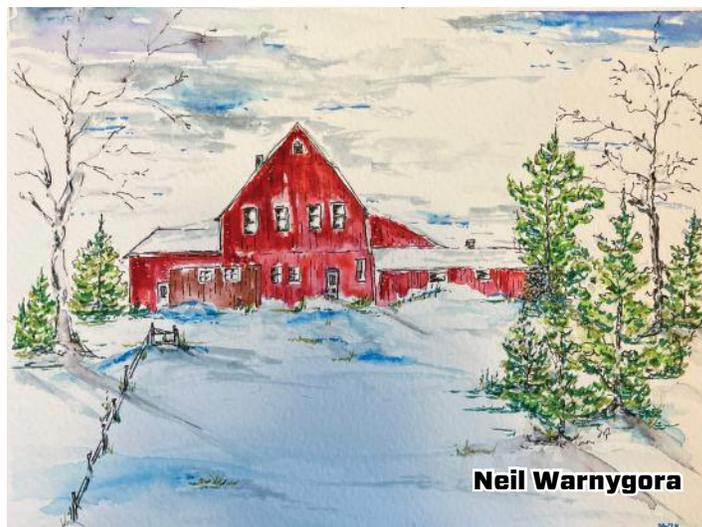
FULL

Mah Jongg Intermediate Supervised Play

Instructor: Marlene Dobrin • 3 sessions

Prerequisite: successful completion of an NTX Beginning Mah Jongg class. 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 improve your ability to play defensively. Classes will provide ample time for play with others of a similar skill level. *Bring your 2026 card with you. Location: NT Northfield.

261-517 | Mondays | 4/13-4/27 | 12:45-2:45 p.m.
FEE: \$99 (No discount) | [REGISTER](#)



Neil Warnygora

**An Evening with Chef Gale Gand:
Decadent Desserts *NEW***

Instructor: Gale Gand • 1 session

Join award-winning pastry chef and Food Network star Gale Gand for a delightful evening of dessert-making magic! Chef Gand is a two-time James Beard Award winner, recognized as Outstanding Pastry Chef of the Year and for Best Service at her acclaimed restaurant, Tru. In this special partnership with the Women's Exchange, Chef Gand will guide you through creating two decadent chocolate desserts—perfectly timed for Valentine's Day. Grab your apron for this hands-on culinary experience and enjoy a rare opportunity to learn from one of the best.

Very limited spots available. Max 9.

Location: NT Northfield

FULL 261-300 | Wednesday | 2/11 | 6:30-8:30 p.m.
FEE: \$109 (No discount) | **REGISTER**

Meatless Mains *NEW*

Instructor: Blair Carothers • 1 session

Discover how satisfying and flavorful plant-based cooking can be! In this hands-on class, you'll learn to prepare delicious, well-balanced main dishes that highlight vegetables, grains, and legumes as the stars of the meal. Explore simple techniques and creative flavor combinations that make going meatless easy—whether for one night a week or every day. Recipes are approachable, nutritious, and full of fresh, seasonal ingredients. Perfect for anyone looking to expand their cooking repertoire and eat more mindfully.

Location: NT Northfield

261-301 | Tuesday | 2/10 | 6-8:30 p.m.
FEE: \$65/ (65+) discount: \$59 | **REGISTER**

Basics of Baking

Instructor: Blair Carothers • 1 session

Learn the essential techniques that form the foundation of great baking! This class covers the fundamentals—from measuring and mixing to understanding how ingredients work together. You'll pick up tips for perfect texture, flavor, and presentation, plus guidance on adapting recipes for your own kitchen. Whether you're brand new to baking or looking to brush up on the basics, this class will help you bake with success and enjoyment.

Location: NT Northfield

261-302 | Wednesday | 3/4 | 6-8:30 p.m.
FEE: \$65/ (65+) discount: \$59 | **REGISTER**

Advanced Knife Skills *NEW*

Instructor: Blair Carothers • 1 session

By student request! Take your knife skills to the next level with this hands-on class designed for those who have completed Basic Knife Skills or have equivalent experience. Refine your precision and speed while learning advanced cutting techniques, specialty cuts, and efficient prep methods used by professional chefs. You'll also explore knife care, sharpening, and safety to keep your tools in top condition. Perfect for confident home cooks ready to elevate their culinary technique and efficiency in the kitchen.

Location: NT Northfield

261-303 | Monday | 3/16 | 6-8:30 p.m.
FEE: \$47/ (65+) discount: \$43 | **REGISTER**

Party Appetizers

Instructor: Blair Carothers • 1 session

Wow your guests with an array of creative, crowd-pleasing appetizers! In this fun, hands-on class, you'll learn to prepare a variety of bite-sized dishes that are as beautiful as they are delicious. Explore simple techniques for make-ahead recipes, flavor pairings, and elegant presentation ideas that take the stress out of entertaining. From casual gatherings to holiday parties, you'll leave class with fresh inspiration—and a collection of recipes sure to impress at your next event.

Location: NT Northfield

261-304 | Wednesday | 4/29 | 6-8:30 p.m.
FEE: \$65/ (65+) discount: \$59 | **REGISTER**

**Cooking with Late Spring & Early
Summer Produce**

Instructor: Blair Carothers • 1 session

A perennial favorite! Celebrate the vibrant flavors of the season with recipes that highlight fresh, locally available ingredients. In this hands-on class, you'll learn simple, delicious ways to prepare late spring and early summer produce—think tender greens, peas, asparagus, berries, and more. Discover techniques for bringing out the best in seasonal fruits and vegetables while keeping meals light, colorful, and full of flavor. Perfect for anyone who loves cooking with what's fresh and in season.

Location: NT Northfield

261-305 | Monday | 5/18 | 6-8:30 p.m.
FEE: \$65/ (65+) discount: \$59 | **REGISTER**



FENCING

Beginning Fencing Membership for All Ages

Instructors: NTX Coaching Staff

This membership is designed for those who are either brand new to the sport of fencing or have some experience but need to improve their basic skills before moving on. For students grades 3 and up. Beginners will start with instructor-led skills and drills three times a week for 45 minutes. Members will then be able to stay after to spar during club hours from 7:15-9 p.m. Take a look and you will find this is the best value around for instruction and open-fencing opportunities. At the end of sessions, each student will be evaluated for advancement. No discounts. No pro-rating.

Location: NT Winnetka

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

261-440 | 2/23-3/21 | FEE: \$168 (12 sessions) | [REGISTER](#)

261-441 | 4/9-5/2 | FEE: \$154 (11 sessions) | [REGISTER](#)

261-442 | 5/4-5/30 | FEE: \$154 (11 sessions) | [REGISTER](#)

No class 5/25

NTX Caliber Fencing Club

Instructors: NTX Coaching Staff

The NTX Caliber Fencing Club is a fencing club that meets throughout the year except for August and school holidays. This membership is for those who have a good understanding of the basics and want to further their skills, recreationally or competitively, in Foil, Sabre, or Epee. Members will have access to two advanced skills classes per week, free fencing/sparring on any club day, a 15-minute lesson weekly or bi-weekly (depending on availability) with one of our coaches, and a discount on private lessons. A detailed class schedule will be provided upon registration. Membership may be purchased at any time during the year and will expire three months, six months, or one year from the date of purchase, depending on your membership.

Location: NT Winnetka

261-443 | 3-month membership | \$229 | [REGISTER](#)

261-444 | 6-month membership | \$449 | [REGISTER](#)

261-445 | 1-year membership | \$839 | [REGISTER](#)

Winter/Spring Schedule

2/19-6/6

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

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

No class 3/28-4/8, 5/25



Private Fencing Lessons

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

Location: NT Winnetka

261-446

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

\$40 for a 30-minute lesson with Shawn Smith (non-club member) | [REGISTER](#)

Drop-In Fencing

Instructors: NTX Coaching Staff

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

Location: NT Winnetka

261-447 | \$10 per drop-in visit | [REGISTER](#)

Estate Planning

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

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

Location: NT Northfield

261-240 | Thursday | 2/19 | 6:30-9 p.m.
FEE: \$48/ (65+) discount: \$43 | [REGISTER](#)

Executor? Trustee? Help!

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

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

Location: NT Northfield

261-241 | Thursday | 2/26 | 6:30-8:30 p.m.
FEE: \$35/ (65+) discount: \$32 | [REGISTER](#)

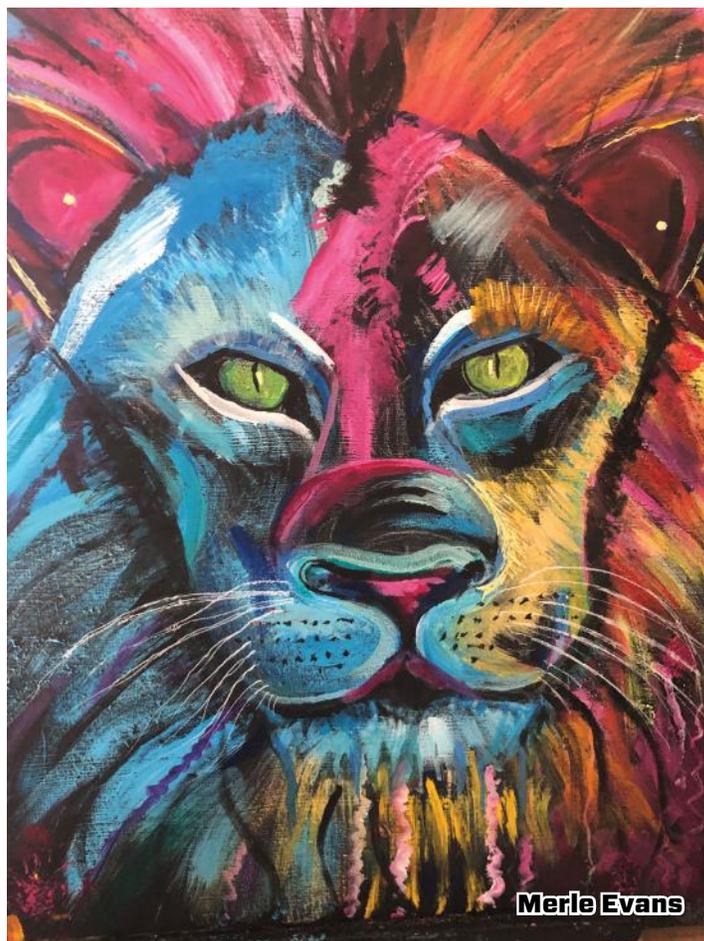
Social Security: What You Need to Know

Instructor: Jason Slezak • 1 session

This program is aimed at mature adults looking ahead to Social Security eligibility within the next five years, as well as those currently receiving benefits. Subjects covered include recent and proposed changes to the program, estimating your retirement benefits, disability, survivorship, Medicare, and the Prescription Drug Benefit Program, as well as what to expect and how to apply. There will be ample time to have your questions answered. Please pre-register with NTX, online or by phone, by 2/23.

Location: NT Northfield

261-242 | Tuesday | 2/24 | 7-8:30 p.m.
FEE: FREE | [REGISTER](#)



Gentle Yoga

Instructor: Lucien Dall'Agata • 16 sessions

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

Location: Lutheran Church of Ascension

FULL 261-450 | Wednesdays | 2/4-5/27 | 9:30-10:45 a.m.
 FEE: \$329/ (65+) discount: \$296 | **REGISTER**
 No class 4/1

Highly Motivated Group Fitness Classes!

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

Please note: These are group fitness classes and are not a substitute for personal training or individualized exercise guidance. If you have medical conditions, physical limitations, or activity restrictions, these classes may not be appropriate for you.

Strength and Balance *NEW*

Instructor: Beth Klobuchar-Mendez • 15 sessions

Stay strong, steady, and confident! This class is designed to help you maintain or build strength and balance for healthy aging. Through guided strength training and balance exercises, you'll work to increase bone density, improve coordination, and boost cognitive function—all while learning to move safely and efficiently through everyday (and sometimes awkward!) movements. Help reduce your risk of falls and keep your body and mind active. Tennis shoes are required.

Location: NT Northfield

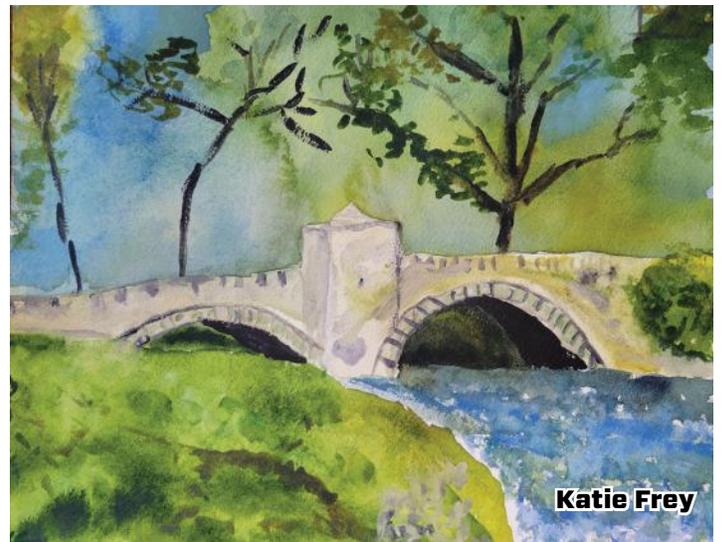
261-451 | Mondays | 2/23-6/15 | 5:30-6:15 p.m.
 FEE: \$139/ (65+) discount \$125 | **REGISTER**
 No class 3/30, 5/25

Pilates/Pelvic Core

Instructor: Beth Klobuchar-Mendez • 15 sessions

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

261-453 | Mondays | 2/23-6/15 | 6:45-7:30 p.m.
 FEE: \$139/ (65+) discount: \$125 | **REGISTER**
 No class 3/30, 5/25



Katie Frey



Stretch Your Way to Improving Your Wellness

Instructor: Beth Klobuchar-Mendez

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

Location: NT Northfield

261-460 | Mondays | 2/23-6/15 | 6:15-6:45 p.m.

FEE: \$93/ (65+) discount: \$84 | [REGISTER](#)

No class 3/30, 5/25

Location: NT Northfield

261-454 | Mondays | 2/23-6/15 | 7:30-8:15 p.m.

FEE: \$139/ (65+) discount: \$125 (15 sessions) | [REGISTER](#)

No class 3/30, 5/25

Location: NT Winnetka

261-455 | Wednesdays | 2/18-6/17 | 7:15-8 p.m.

FEE: \$158/ (65+) discount: \$142 (17 sessions) | [REGISTER](#)

No class 4/1

Strength Training for a Strong Life

NEW

Instructor: Beth Klobuchar-Mendez • 17 sessions

Enjoy the state-of-the-art cardio loft at the Winnetka Campus while learning how to use Precor equipment to safely build strength and support bone health as you age. Discover how to load weights effectively to improve everyday strength—just 4-5 reps per machine can make a difference! Precor machines are designed to allow heavy lifting with minimal risk of injury. Each session also includes interval cardio segments to boost endurance and energy. Class size is limited to 10 students for personalized instruction and attention.

Location: NT Winnetka

261-461 | Wednesdays | 2/18-6/17 | 5:45-6:30 p.m.

FEE: \$208/ (65+) discount: \$142 | [REGISTER](#)

No class 4/1

261-457 | Wednesdays | 2/18-6/17 | 6:30-7:15 p.m.

FEE: \$208/ (65+) discount: \$189 | [REGISTER](#)

No class 4/1

Combination Training, Cardio & Strength

Instructor: Beth Klobuchar-Mendez • 16 sessions

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

Location: NT Winnetka

261-458 | Saturdays | 2/21-6/20 | 8:30-9:15 a.m.

FEE: \$149/ (65+) discount: \$134 | [REGISTER](#)

No class 4/4, 5/23

Saturday Stretch for Wellness

Instructor: Beth Klobuchar-Mendez • 16 sessions

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

Location: NT Winnetka

261-459 | Saturdays | 2/21-6/20 | 9:15-9:45 a.m.

FEE: \$99/ (65+) discount: \$89 | [REGISTER](#)

No class 4/4, 5/23

Trevian Wrestling Club

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



Language Placement Matters

To ensure the best possible learning experience for everyone, proper placement in our language classes is essential. During the first two weeks of class, instructors may recommend a level change based on your speaking and comprehension skills. These adjustments help create the most effective and engaging class environment for all students. A guide to help you determine the right level is available on our website www.ntx203.net

Beginning French for True Beginners

NEW

Instructor: Nicole Weissman • 15 sessions

Always wanted to learn French but don't know where to start? This class is designed for adults with no prior experience in French. You'll learn the basics of pronunciation, vocabulary, and simple conversational phrases to help you introduce yourself, ask questions, and navigate everyday situations. Taught in a supportive and relaxed environment, this course will give you the foundation you need to begin speaking and understanding French with confidence. No experience necessary—just bring your curiosity! This class will use a Google classroom as a learning supplement. Fee does not include required text to be purchased online.

Location: NT Northfield

261-820 | Wednesdays | 2/4-5/27 | 11:30 a.m.-1 p.m.

FEE: \$299/ (65+) discount: \$269 | **REGISTER**

No class 2/25, 4/1

French I Advanced

Instructor: Nicole Weissman • 15 sessions

Designed for students who have taken a beginner French class. You'll learn essential grammar, including basic verb conjugations and adjective agreement, and begin to build your vocabulary for everyday topics. Pair and small group activities will help develop your pronunciation and communication skills, while listening, reading, and writing are practiced regularly in class. After completing this course, you'll be prepared to expand your knowledge in the next level, where you'll learn how to talk about the past and future, ask more complex questions, and express opinions with greater accuracy and confidence. This class will use a Google classroom as a learning supplement.

Location: NT Northfield

261-821 | Wednesdays | 2/4-5/27 | 3:30-5:00 p.m.

FEE: \$299/ (65+) discount: \$269 | **REGISTER**

No class 2/25, 4/1

French II

Instructor: Panthea Sadri • 16 sessions

If you can introduce yourself and understand basic French sentences, this course is your next step. Strengthen your foundation by building accuracy in grammar, with a focus on verb conjugation, gender agreement, and the use of past and future tenses. You'll expand your vocabulary and gain more confidence communicating in everyday situations while deepening your understanding of how French works.

Location: NT Northfield

261-822 | Wednesdays | 2/4-5/27 | 4:30-6 p.m.

FEE: \$319/ (65+) discount: \$287 | **REGISTER**

No class 4/1

Conversational French: Building Confidence and Fluency (Part 2)

Instructor: Panthea Sadri • 15 sessions

This engaging in-person course is for adults with some prior knowledge of French who want to gain confidence using the language in real-life situations. You'll build vocabulary, improve pronunciation, and strengthen listening skills through lively group discussions and practical exercises. Topics include travel, dining, shopping, asking for directions, and expressing opinions—often using authentic materials like short videos or TV clips to spark conversation.

Location: NT Northfield

261-823 | Wednesdays | 2/11-5/27 | 6:15-7:45 p.m.

FEE: \$299/ (65+) discount: \$269 | **REGISTER**

No class 4/1

Advanced French Conversation and Expression (Part 2)

Instructor: Panthea Sadri • 16 sessions

This course is designed for advanced French speakers who are ready to move beyond fluency and focus on refining expression, expanding vocabulary, and thinking in French. Ideal for learners who can already converse comfortably, the class emphasizes real-time communication using advanced vocabulary and idiomatic expressions. Participants will practice defending opinions, narrating past events, and forming complex hypotheses—all within engaging, authentic conversations with classmates.

Location: NT Northfield

261-824 | Wednesdays | 2/4-5/27 | 9:30-11 a.m.

FEE: \$319/ (65+) discount: \$287 | **REGISTER**

No class 4/1

Conversation Française Intermédiaire Niveau I (Part 2)

Instructor: Mary Ellen McGoeey • 16 sessions

The primary goal of this course is to improve oral fluency for those who have acquired an intermediate knowledge of grammar and vocabulary. The focus is on communicative activities and cultural exploration. Students practice using French in various real-life situations and scenarios. Learning about French culture, customs and everyday life is often integrated into the course. Course materials may include a wide variety of texts, media or other authentic resources to provide a rich learning experience.

Location: Live Online via Zoom

261-825 | Tuesdays | 2/3-5/26 | 9-10:30 a.m.

FEE: \$319/ (65+) discount: \$287 | **REGISTER**

No class 3/31

Italian I (Continuing)

Instructor: Phyllis Horn-Liparini • 15 sessions

Continue learning this beautiful language in this continuation of Italian I, Part 1. The class emphasizes everyday conversation and common speech patterns while introducing pronunciation, vocabulary, basic communication skills, and fundamental grammar. Along the way, you'll also explore aspects of Italian culture. Instructor permission is recommended for students new to NTX's Italian program. Fee does not include the required text, which must be purchased online.

Max: 12

Location: Live Online via Zoom

261-850 | Thursdays | 2/12-5/28 | 9-10:30 a.m.

FEE: \$309/ (65+) discount: \$278 | **REGISTER**

No class 4/2

Italian II (Continuing)

Instructor: Phyllis Horn-Liparini • 15 sessions

Build upon the skills developed in Italian II as you continue your journey into the Italian language and culture. This class expands your vocabulary, strengthens your grammar, and deepens your conversational confidence through interactive practice and real-life situations. Enjoy exploring Italian customs, expressions, and daily communication patterns in a supportive and engaging environment. Instructor's permission is recommended for students new to NTX's Italian program. Fee does not include the required text, which must be purchased online. Instructor's permission is recommended for students new to NTX's Italian program.

Max 12.

Location: Live Online via Zoom

261-851 | Thursdays | 2/12-5/28 | 10:30 a.m.-12 p.m.

FEE: \$309/ (65+) discount: \$278 | **REGISTER**

No class 4/2

Italian III (Continuing)

Instructor: Phyllis Horn-Liparini • 15 sessions

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

Location: Live Online via Zoom

261-852 | Tuesdays | 2/10-5/26 | 10:30 a.m.-12 p.m.

FEE: \$309/ (65+) discount: \$278 | **REGISTER**

No class 3/31

Italian IV (Continuing)

Instructor: Phyllis Horn-Liparini • 16 sessions

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

Location: Live Online via Zoom

261-853 | Tuesdays | 2/10-5/26 | 9-10:30 a.m.

FEE: \$309/ (65+) discount: \$278 | **REGISTER**

No class 3/31

Italian V (Continuing)

Instructor: Phyllis Horn-Liparini • 16 sessions

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

Location: Live Online via Zoom

261-854 | Tuesdays | 2/10-5/26 | 6:30-8 p.m.

FEE: \$309/ (65+) discount: \$278 | **REGISTER**

No class 3/31



Beginning Spanish for True Beginners Continuing

Instructor: Megan Lennon • 16 sessions

Keep building your confidence and communication skills in Spanish! This course is designed for students who have completed Beginning Spanish for True Beginners class or have comparable experience. You'll review and reinforce the basics—pronunciation, greetings, common verbs, sentence structure, and everyday vocabulary—while expanding your ability to understand and express yourself in practical situations. With a focus on listening and speaking, this lively, interactive class will help you take your Spanish to the next level. A Google Classroom and free, easy, digital activities will be used as learning supplements. Fee does not include required text to be purchased online.

Location: NT Northfield

261-860 | Wednesdays | 2/4-5/27 | 5:30-7 p.m.
FEE: \$319/ (65+) discount: \$287 | **REGISTER**

No class 4/1

Spanish I Continuing

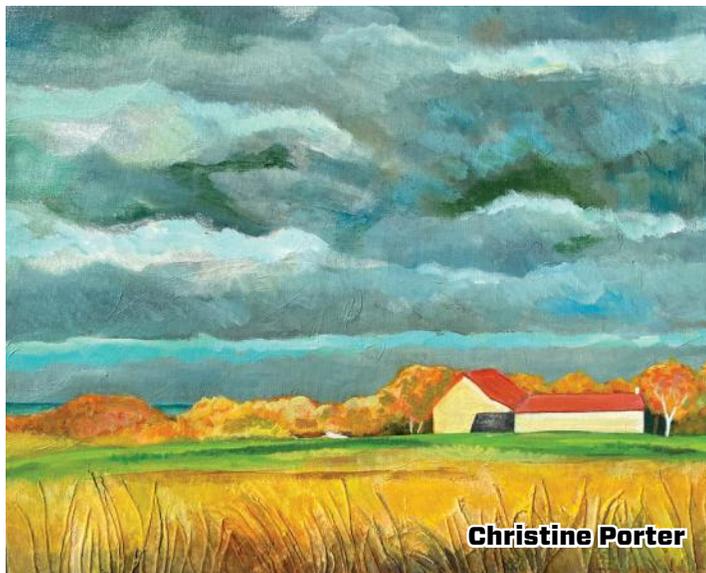
Instructor: Nicole Weissman • 15 sessions

Spanish I Continuing is an introductory course designed for students with little or no recent experience in Spanish. It's also a great fit for those who studied the language years ago and want a fresh start. This course focuses on building a strong foundation in both written and spoken Spanish through essential vocabulary, grammar, and practical communication. Students will learn how to use nouns and articles correctly and understand when to use the verbs *ser* and *estar*. We'll also work with introductions (in Spanish), numbers, days of the week, dates, months, and how to tell time. The class includes interactive activities, real-life scenarios, and cultural insights to help students feel confident using Spanish in everyday situations. A Google Classroom will be used as a learning supplement. Fee does not include required text to be purchased online.

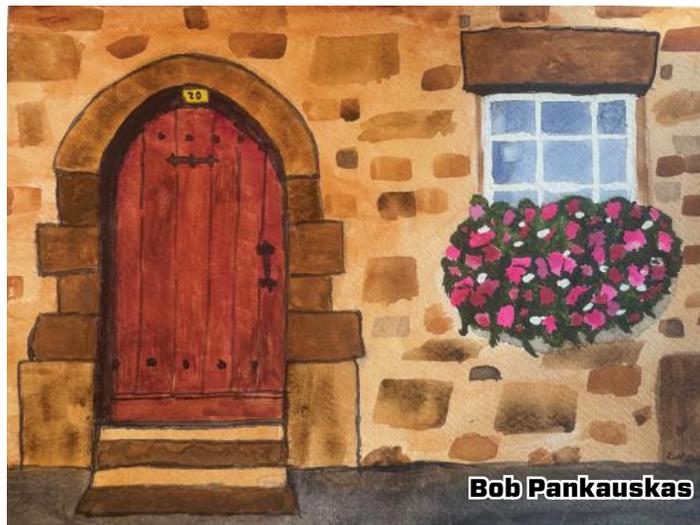
Location: NT Northfield

261-861 | Thursdays | 2/5-5/28 | 4-5:30 p.m.
FEE: \$299/ (65+) discount: \$269 | **REGISTER**

No class 2/26, 4/2



Christine Porter



Bob Pankauskas

Spanish I Advanced

Instructor: Nicole Weissman • 15 sessions

Build on the foundation developed in Spanish I Continuing and take your communication skills to the next level! This course is designed for students who are comfortable with basic Spanish vocabulary, pronunciation, and simple sentence structure. You'll strengthen your ability to converse, read, and write in Spanish through practical topics such as daily routines, food, family, and travel. Grammar lessons will include regular and irregular verbs in the present tense, adjective agreement, possessive adjectives, and forming questions and negative statements. The focus will be on speaking and listening through conversation practice, short readings, and engaging activities that bring Spanish to life. Cultural topics will highlight traditions and everyday life in Spanish-speaking countries. A Google Classroom will be used as a learning supplement.

Location: NT Northfield

261-862 | Wednesdays | 2/4-5/27 | 1:30-3 p.m.
FEE: \$299/ (65+) discount: \$269 | **REGISTER**

No class 2/25, 4/1

Spanish II

Instructor: Nicole Weissman • 15 sessions

This dynamic continuation of Spanish I (Advanced), is designed for students who have a foundational understanding of the language and are ready to deepen their skills. In this lively and engaging course, students will explore reflexive verbs, the present subjunctive, and the preterite and imperfect tenses, while expanding their vocabulary and conversational abilities. Learners will gain confidence in reading, writing, listening, and speaking Spanish. Get ready to have fun while building fluency and connecting more deeply with the Spanish-speaking world! Fee does not include the required text to be purchased online. This class will use a Google classroom as a learning supplement.

Location: NT Northfield

261-863 | Thursdays | 2/5-5/28 | 6-7:30 p.m.
FEE: \$299/ (65+) discount: \$269 | **REGISTER**

No class 2/26, 4/2

Spanish Zoom Offerings

Beginning Spanish for True Beginners Intermediate

Instructor: Robin Martinez • 16 sessions

Continue to experience the joy and satisfaction of learning a new language. This course is designed for beginners who have previously studied at least one Spanish course. This lively, interactive class continues to focus on developing the four basic language skills: listening, speaking, reading, and writing with a step-by-step approach to oral proficiency. Additionally, there will be continuing lessons on pronunciation, vocabulary, nouns, articles, numbers, dates, verbs, salutations, and sentence structure. Fee does not include required text to be purchased online.

Location: Live Online via Zoom

261-864 | Tuesdays | 2/3-5/26 | 1-2 p.m.
FEE: \$212/ (65+) discount: \$191 | **REGISTER**

No class 3/31

Spanish I Advanced

Instructor: Robin Martinez • 16 sessions

Continue your study of the Spanish language! This course is built to follow other beginning Spanish courses you have already taken. The interactive class time focuses on the continuing development of the four basic language skills: listening, speaking, reading, and writing. The main emphasis will be on oral proficiency. Additionally, there will be lessons on the past tense and the future, vocabulary, and sentence structure. Weekly readings in class will be assigned to work on pronunciation, vocabulary building, and seeing the application of what you have learned in context.

Location: Live Online via Zoom

261-865 | Tuesdays | 2/3-5/26 | 10-11:30 a.m.
FEE: \$319/ (65+) discount: \$287 | **REGISTER**

No class 3/31

Spanish II - Advanced

Instructor: Robin Martinez • 16 sessions

Continue your study of the Spanish language! This intermediate course is built upon other Spanish courses you have taken and will focus on the continuing development of the four basic language skills: listening, speaking, reading, and writing. The main emphasis will be on oral proficiency. Additionally, there will be continuing lessons on the past tense, the future, vocabulary, and sentence structure. We will be reading texts in class that are appropriate for this level in order to work on pronunciation, vocabulary building, and seeing the application of what you have learned in other classes in context.

Location: Live Online via Zoom

261-866 | Thursdays | 2/5-5/28 | 10-11:30 a.m.
FEE: \$319/ (65+) discount: \$287 | **REGISTER**

No class 4/2

Spanish III

Instructor: Robin Martinez • 16 sessions

Continue building your confidence in Spanish as you move into this intermediate-level course. Spanish III strengthens the skills you've already developed and helps you become more comfortable using the language in everyday situations. You will practice all four key language skills—listening, speaking, reading, and writing—with an emphasis on improving your ability to communicate verbally. Coursework will include guided practice with new and previously introduced verb tenses, expansion of practical vocabulary, and reinforcement of grammar fundamentals. Students will also read level-appropriate texts in class to support clearer pronunciation, broaden vocabulary, and reinforce concepts by seeing them used in real context.

Location: Live Online via Zoom

261-867 | Wednesdays | 2/4-5/27 | 11 a.m.-12:30 p.m.
FEE: \$319/ (65+) discount: \$287 | **REGISTER**

No class 4/1

Spanish IV

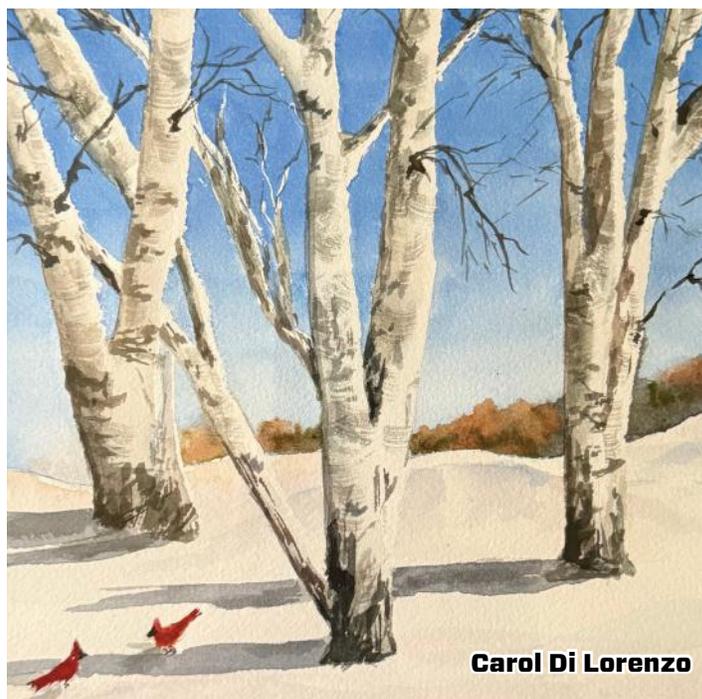
Instructor: Robin Martinez • 16 sessions

Continue to advance your study of the Spanish language! This advanced course is built upon other Spanish courses you have already taken and focuses on the continuing development of the four basic language skills: listening, speaking, reading, and writing. The main emphasis will be on oral proficiency. Additionally, there will be occasional reviews of advanced verb tenses, higher level vocabulary building, the parts of speech, and composition structure. We will be reading texts in class appropriate for this level that allow you to “polish” your pronunciation skills, expand your vocabulary, and see some of what you have already learned in context.

Location: Live Online via Zoom

261-868 | Wednesdays | 2/4-5/27 | 9-10:30 a.m.
FEE: \$319/ (65+) discount: \$287 | **REGISTER**

No class 4/1



Good Vibes Guitar

Instructor: Our Music Institute Staff • 8 sessions
Tap into life's good vibrations by playing songs from the soundtrack of YOUR life. Learn classics by The Beatles, Fleetwood Mac, CCR, and more in a relaxed, low-pressure group setting with the accomplished and fun instructors at Our Music Institute (OMI) in Northfield. This class is perfect for beginners to early intermediate players. Each session explores guitar fundamentals—scales, strumming patterns, chord progressions, and more—while focusing on a fresh mix of familiar favorites and hidden gems each semester. All material is presented at multiple levels, ensuring accessibility for new players and challenges for those with experience. Complete beginners with no guitar background should attend OMI's Guitar Basics Class, held one week before the club begins. Bring your own guitar or let Our Music Institute know if you'd like to purchase or rent one (847) 386-6765.

Location: Our Music Institute

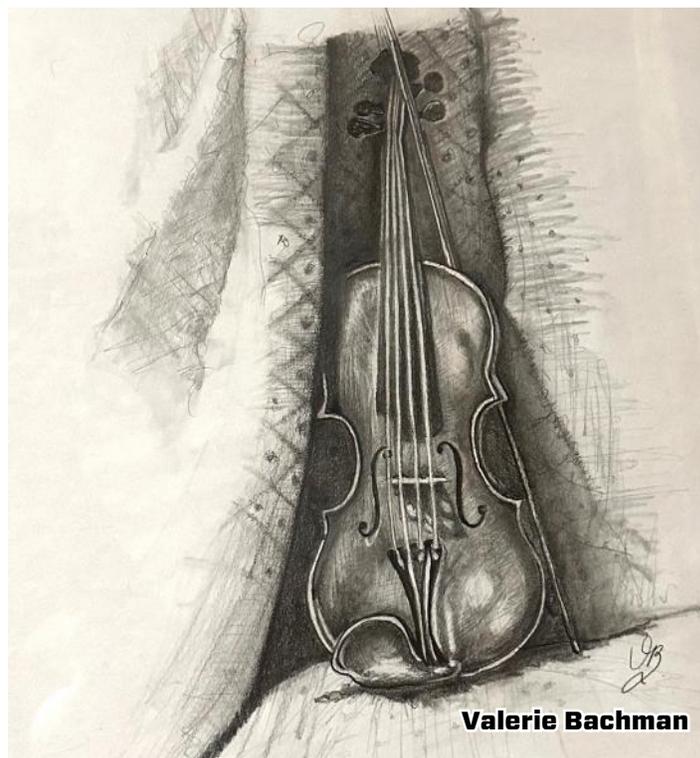
261-101 | Wednesdays | 2/4-3/25 | 7-8 p.m.
FEE: \$252 (No discount) | [REGISTER](#)

Guitar Basics Primer

Instructor: Our Music Institute Staff • 1 session
This one day class is for students who have signed up for Good Vibes Guitar Club who have never played guitar before. This will teach you the language of learning guitar. Students will learn to identify the parts of the guitar, navigate the strings and fretboard, tune the instrument, and grasp how to read tablature, chord diagrams, charts, and strumming patterns. This one hour class is a requirement for complete beginners who are attending Good Vibes Guitar Club. Students must be enrolled in Good Vibes Guitar club to be enrolled in Guitar Basics Primer.

Location: Our Music Institute

261-102 | Wednesdays | 1/28 | 7-8 p.m.
FEE: \$20 (No discount) | [REGISTER](#)



Grand Staff Piano Class

Instructor: Our Music Institute Staff • 8 sessions
Stretch out your fingers and get ready to play—it's never too late to learn something new! In this beginner piano class, students will build a strong foundation in piano technique, music reading, and expressive performance. You'll learn to read notes in both the treble and bass clefs, play in steps and the C position, recognize melodic intervals, and understand dynamics and time signatures. Students will also learn to identify and play sharps, perform staccato markings, and even experience the joy of playing a duet! This class offers a supportive, fun, and engaging environment led by a passionate instructor at OMI. Whether you've never touched a piano or are returning after years away, this course is the perfect place to begin. Keyboards and headphones are provided; coursebooks are purchased separately. Practice rooms are available for use to all NTX students during OMI office hours. Min 5.

Location: Our Music Institute

261-103 | Wednesdays | 2/4-3/25 | 7-8 p.m.
FEE: \$252 (No discount) | [REGISTER](#)

Maui to Motown Adult Ukulele Class

Instructor: Our Music Institute Staff • 8 sessions
It's NEVER too late to learn an instrument. Ukulele is one of the most fun and accessible ways for adults with a busy schedule to experience the joys of playing music. This class is designed for true beginners. Come have fun at OMI. Bring your own Ukulele or let Our Music Institute know if you'd like to purchase or rent one (847) 386-6765.

Location: Our Music Institute

261-104 | Wednesdays | 2/4-3/25 | 7-8 p.m.
FEE: \$252 (No discount) | [REGISTER](#)

ROWING

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

NTHS Rowing Clinic for Current 8th Graders

Instructor: New Trier Rowing Coaches

New Trier High School rowing coaches will be hosting an introduction to rowing at our boathouse for interested 8th graders who will attend New Trier in the fall. After a brief tour of the boathouse, participants will be introduced to proper rowing techniques and have a chance to row in the indoor "tanks" and on the rowing machines known as "ergometers". The goal of this 11th annual event is to expose prospective rowers and coxswains to the sport so they can gain a better understanding of the sport and what it is like to row for New Trier. For more information about NTHS Rowing, please visit our website at www.newtrierrowing.com. Students should wear tight-fitting, bicycle-style shorts, a T-shirt, and athletic shoes. Register by Wednesday, February 18th, to guarantee your spot.

Location: Dammrich Rowing Center

261-610 | Saturday | 2/21 | 10-11:30 a.m.
FEE: \$50 (No discount) | **REGISTER**



SAILING

Sunset Sail on Lake Michigan *NEW*

Instructor: Captain Brian Earl, BE-Nautical Sailing School • 1 session

Unwind at the end of the day with a peaceful, guided sail along the beautiful Lake Michigan shoreline. This relaxing experience is designed for adults who want to enjoy the water at its calmest, take in stunning sunset views, and learn a bit about sailing along the way. No experience is required—just bring your sense of adventure and enjoy the gentle breeze, glowing sky, and quiet escape from the day. A perfect blend of serenity, scenery, and simple sailing enjoyment.

262-730 | Friday | 7/10 | 6:30- 9 p.m.
FEE: \$99 (No discount) | **REGISTER**

262-731 | Friday | 7/31 | 6:30- 9 p.m.
FEE: \$99 (No discount) | **REGISTER**

Beginners Fore Sail

Instructor: Captain Brian Earl, BE-Nautical Sailing School • 1 session

This course is designed for students to experience sailing for the first time or to practice their newly learned or already experienced sailing skills on a smaller boat. We'll practice the basics—departing and returning under sail (no motor) as well as underway sailing skills. A great intro or "crew" course for those with little sailing knowledge to prepare for a season or a vacation of sailing. Plus, a smaller boat means a smaller class and more time at the helm. Please register at least two weeks before the class start date to ensure your spot.

Location: Wilmette Harbor

262-733 | Sunday | 6/7 | 3:30-6:30 p.m.
FEE: \$165 (No discount) | **REGISTER**

262-735 | Sunday | 6/14 | 3:30-6:30 p.m.
FEE: \$165 (No discount) | **REGISTER**

TAI CHI

Qigong and Foundations of Tai Chi Chuan

The Qigong (pronounced chee-gung) and Foundations class introduces Chinese health exercises and the fundamental principles and exercises of T'ai Chi Ch'uan. The class focuses on balance, breathing, stillness, movement, and relaxing the body and the mind. Max 14.

Location: NT Northfield

FULL **Instructor: Xin Tian • 13 sessions**

261-430 | Mondays | 1/26-5/11 | 7-8 p.m.

FEE: \$183/ (65+) discount: \$165 | **REGISTER**

No class 2/16, 3/30, 4/13

FULL **Instructor: Paula Chalk • 13 sessions**

261-431 | Saturdays | 1/31-5/16 | 9:30-10:30 a.m.

FEE: \$183/ (65+) discount: \$165 | **REGISTER**

No class 2/21, 4/4, 4/18

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

Gentle Tai Chi Class

Instructor: Pam Hultgren • 13 sessions

The Gentle Tai Chi Class is ideal for students who wish to learn at a slower pace, active adults, or those who might have some physical challenges with balance or memory. Prerequisite: One semester of the Qigong and Foundations of Tai Chi class.

Location: NT Northfield

261-432 | Saturdays | 1/31-5/16 | 9:30-10:15 a.m.

FEE: \$138/ (65+) discount: \$124 | **REGISTER**

No class 2/21, 4/4, 4/18

Tai Chi Form Class

Instructor: Pam Hultgren • 13 sessions

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

Location: NT Northfield

261-433 | Mondays | 1/26-5/11 | 7-8 p.m.

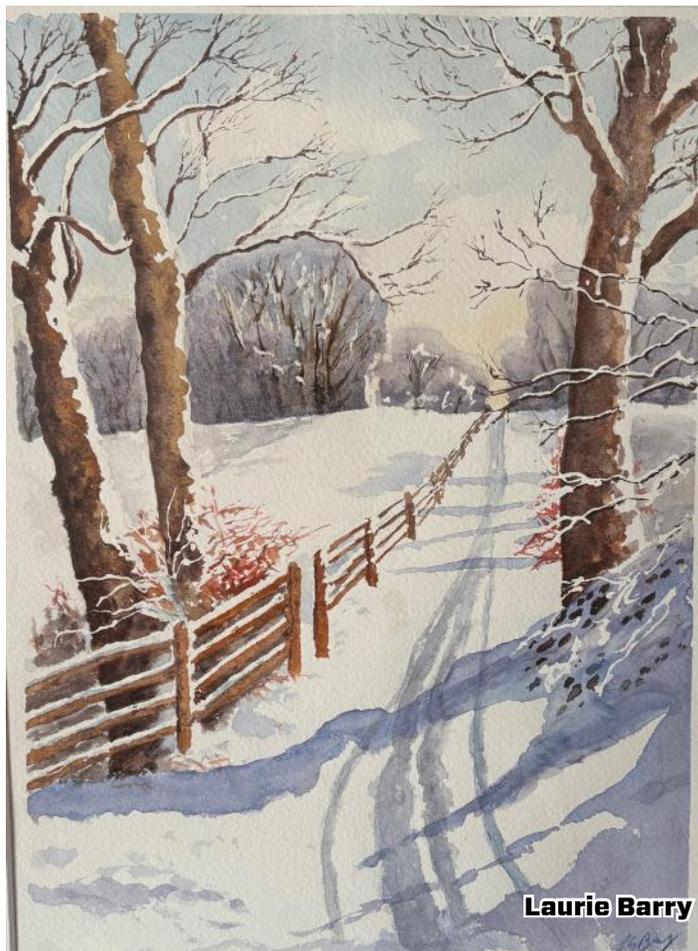
FEE: \$183/ (65+) discount: \$165 | **REGISTER**

No class 2/16, 3/30, 4/13

261-434 | Saturdays | 1/31-5/16 | 8:20-9:20 a.m.

FEE: \$183/ (65+) discount: \$165 | **REGISTER**

No class 2/21, 4/4, 4/18



Laurie Barry

Tai Chi Form: Advanced

Instructor: Pam Hultgren • 13 sessions

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

Location: NT Northfield

261-435 | Wednesdays | 1/28-5/13 | 6:30-7:30 p.m.

FEE: \$183/ (65+) discount: \$165 | **REGISTER**

No class 2/18, 4/1, 4/15

Tai Chi Form: Advanced +

Instructor: Pam Hultgren • 13 sessions

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

Location: NT Northfield

261-436 | Wednesdays | 1/28-5/13 | 7:30-8 p.m.

FEE: \$89/ (65+) discount: \$79 | **REGISTER**

No class 2/18, 4/1, 4/15

Password Safety

Instructor: Michael Gershbein • 1 session

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

Location: NT Northfield

261-715 | Thursday | 2/19 | 7-8:30 p.m.

FEE: \$24/ (65+) discount: \$22 | [REGISTER](#)

Digitize and Archive Your Photos

Instructor: Michael Gershbein • 1 session

If you've got a collection of old photos sitting around you might consider making a digital copy. We'll show you how to scan them, clean them up and organize them.

Location: NT Northfield

261-716 | Thursday | 4/16 | 7-8:30 p.m.

FEE: \$24/ (65+) discount: \$22 | [REGISTER](#)

Cut the Cable Cord

Instructor: Michael Gershbein • 1 session

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

Location: NT Northfield

261-717 | Thursday | 5/21 | 7-8:30 p.m.

FEE: \$24/ (65+) discount: \$22 | [REGISTER](#)

20 Tips for Better Smartphone Photography

Instructor: Vera Holroyd • 1 session

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

Location: NT Northfield

261-706 | Tuesday | 3/24 | 6:30-8:30 p.m.

FEE: \$33/ (65+) discount: \$29 | [REGISTER](#)

Quick Fiction: Writing Flash Fiction for Fun and Profit

Instructor: Pamela Dell • 6 sessions

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

Location: NT Northfield

Winter

261-930 | Thursday | 2/19-3/26 | 6-8 p.m.

FEE: \$136/ (65+) discount: \$122 | [REGISTER](#)

Spring

261-931 | Thursday | 4/23-5/28 | 6-8 p.m.

FEE: \$136/ (65+) discount: \$122 | [REGISTER](#)

Elements of Writing Fiction

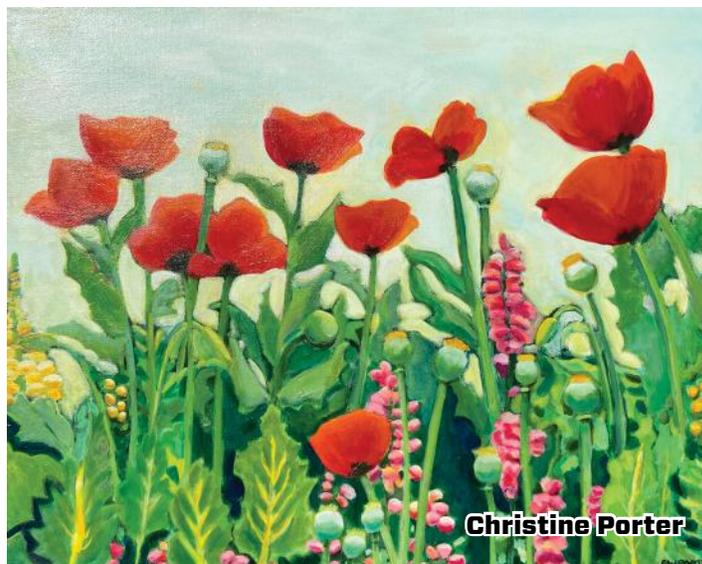
Instructor: Esther Spodek • 7 sessions

In this discussion-focused course, we will explore several elements of short fiction—setting, characterization, plot, and dialogue—in order to improve our own story writing. We will read published samples, do in-class writing with prompts, and share and discuss our own work. Students should be prepared to do some writing at home to share with the class.

Location: NT Northfield

261-932 | Wednesdays | 2/4-3/18 | 6-7:30 p.m.

FEE: \$119/ (65+) discount: \$107 | [REGISTER](#)



Christine Porter

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What our NTX students had to say about these courses:

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

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

This Winter–Spring 2026 term, courses begin:

January 14, February 11, March 18, April 15, May 13, and June 17



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

Family Last Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

EMERGENCY CONTACT Name: _____ Phone: _____

PAYMENT INFO	
<input type="checkbox"/> Cash	<input type="checkbox"/> Check <input type="checkbox"/> Credit Card <i>Visa MasterCard Discover</i>
Account #:	_____ - _____ - _____ - _____
Exp. Date:	____/____ Total Enclosed: \$ _____
Authorized Signature:	_____
Print Cardholder's Name:	_____

SAVE TIME AND REGISTER ONLINE AT
www.ntx203.net

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

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

 **SIGNATURE OF ADULT PARTICIPANT:** _____ **DATE:** _____

(OR PARENT/GUARDIAN)

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

New Trier Extension Waiver, Hold Harmless, and Indemnification Terms

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

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



FREQUENTLY ASKED QUESTIONS

New Trier Extension | www.ntx203.net

Can I register over the phone or online?

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

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

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

Do you have classes for children?

Almost all classes are open to adults and students high school age or older. Trevian Wrestling Club, fencing, 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.

Make up Classes

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

Refunds

If you withdraw at least three full business days before the start of a class, you will receive a refund minus a \$15 withdrawal fee. For one-day or one-time-only classes, a \$5 withdrawal fee applies. No refunds will be issued after this deadline. In the event that a course is canceled, a full refund will be issued automatically.

(65+) discount

Our long-standing discount for participants age 65 and older remains unchanged. To provide clearer and more inclusive wording, this catalog now refers to it simply as the "65+ discount." This discount is available to anyone age 65 or older (except where otherwise noted) and is identified as the "65+ discount" for each course.

Faculty Assignments

Faculty may change at the discretion of the Manager.

Photography/Video

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

Discrepancies/Changes in Catalog Data

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

Disclaimer

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



CLASS SUBJECTS THIS TERM

One of a Kind
Art
Bridge & Mah Jongg
Culinary
Fencing
Financial Planning
Fitness & Wrestling
Languages
Music
Rowing
Sailing
Tai Chi & Qigong
Technology
Writing

NTX STAFF

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

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Join us for a class — there are multiple ways to register!



ONLINE:

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



WALK-IN/PHONE:

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



MAIL:

Fill out the registration form located on page 25 of this catalog, include payment of your choice, and mail it to New Trier Extension at **7 Happ Road, Northfield, IL 60093**