



Fall 2025

Full Course Catalog

Register online at
www.ntx203.net



Welcome to the Fall 2025 term at New Trier Extension!

We're excited to bring back our full print catalog, filled with engaging classes and new opportunities to connect, learn, and grow.

Fall is a great time to try something new—whether it's Tai Chi, fitness, a new language, or games like bridge and Mah Jongg. You'll also find inspiring options in art, music, cooking, technology, and more.

At New Trier Extension, we believe learning is a lifelong journey. We invite you to be part of our welcoming community where students of all ages come together to build skills, explore interests, and make meaningful connections.

We look forward to learning with you this fall!



DeDe Kern, MS, CPP
NTX Manager

Fall 2025 Class Locations:

NT Northfield,
7 Happ Rd, Northfield

NT Winnetka,
385 Winnetka Ave, Winnetka

The Canvasback,
1747 Orchard Ln, Northfield

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



Facebook:
facebook.com/ntextension



Instagram:
[@new_trier_extension](https://www.instagram.com/new_trier_extension)

CLASS SUBJECTS THIS TERM

One of a Kind	2-3
Art	4-6
Bridge & Mah Jongg	7-8
Culinary	9
Fencing	10
Financial Planning	11
Fitness	12-13
Languages	14-17
Music	18
Rowing	19
Sailing & Boating Safety	20
Tai Chi & Qigong	21
Technology	22
Writing	23



ONE OF A KIND

A Parcel of Pilgrims and Patriots: American History until 1860 *NEW*

Instructor: Frank Sullivan • 6 sessions

Hear ye! Hear ye! Pause, peruse and ponder this period of Pilgrims and Patriots. In this first segment of American History we look to the discovery, exploration, and first settlement of America, followed by our Revolution and the problems of the new nation until 1860.

Location: NT Northfield

253-701 | Mondays | 9/15-10/20 | 1-2:30 p.m.
FEE: \$114/ Seniors \$103 | [CLICK TO REGISTER](#)

Open iPhone Discussion and Workshop

Instructor: Sabrina Nizzi • 1 session

Bring questions about your iPhone to this new class, offering a group discussion to help you get the most out of your iPhone. Many of us "don't know what we don't know" about our iPhone until we hear from others about how they are using their device. In this small group setting, you will ask your specific question about the topics or issues you are having with your iPhone and learn from others who may have experienced the same issue and found answers. Each session is facilitated by our experienced instructor who will share tips and demonstrate solutions, as well as guide the discussion to make sure everyone has a chance to ask their question. Class max: 6.

Location: NT Northfield

253-702 | Tuesday | 9/16 | 9:30-11 a.m.
FEE: \$19/ Seniors \$17 | [CLICK TO REGISTER](#)

253-703 | Tuesday | 11/18 | 9:30-11 a.m.
FEE: \$19/ Seniors \$17 | [CLICK TO REGISTER](#)

253-704 | Tuesday | 12/9 | 9:30-11 a.m.
FEE: \$19/ Seniors \$17 | [CLICK TO REGISTER](#)

253-705 | Tuesday | 1/13 | 9:30-11 a.m.
FEE: \$19/ Seniors \$17 | [CLICK TO REGISTER](#)

Beginning Needlepoint

Instructor: The Canvasback of Northfield Staff • 2 sessions
Stitch like your friends are stitching! Unwind and discover the art of needlepoint in this fun, relaxing, and popular class. At The Canvasback, you'll learn all about the materials, tools, and techniques needed to create your own needlepoint masterpiece. From basic to intermediate stitches, this class is designed for both beginners and those looking to expand their skills. Needlepoint is more than just a craft—it's a calming, Zen-like escape from the stresses of daily life. Plus, with your class fees covering all materials for your beginner project, all you need to bring is yourself! The best part? You'll leave with more than just a beautiful project—you'll make new friends along the way. Sign up now and join the stitching craze!

Location: The Canvasback

253-706 | Wednesdays | 9/17 & 10/15 | 6-8 p.m.
FEE: \$139 (No discount) | [CLICK TO REGISTER](#)

HYGGE: Scandinavia's Answer to Calm and Contentment

Instructor: Jan Hincapie • 1 session

Hygge (pronounced "hoo-ga") is a Scandinavian word that translates to feeling content, calm, comfortable, and cozy. It evokes "warmth, conviviality, and kinship", as stated in Signe Johansen's book, *How to Hygge*. (The Nordic Secrets to a Happy Life). Come learn about Hygge and walk away with ways to incorporate it into your daily life. Always ranked at the top of the world for happiness and quality of life, Scandinavians consider this a vital component of self-care, rather than a luxury. Hygge encapsulates everything wonderful about Nordic living. Experience greater joy and contentment by creating Hygge in your life!

Location: NT Northfield

253-707 | Thursday | 9/18 | 6:30-7:30 p.m.
FEE: \$13/ Seniors \$12 | [CLICK TO REGISTER](#)

Foundations of Mindfulness *NEW*

Instructor: Hina Pitroda, MA, NBC-HWC, Bloom&belong
• 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

253-708 | Thursdays | 9/18-10/30 | 1-2 p.m.
FEE: \$79/ Seniors \$71 | [CLICK TO REGISTER](#)
No class 10/2

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 6.

Location: NT Northfield

253-709 | Mondays | 9/22-10/20 | 7-9 p.m.
FEE: \$159 (No discount) | [CLICK TO 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

243-710 | Tuesday | 9/30 | 6:30-8:30 p.m.

FEE: \$29/ Seniors \$26 | [CLICK TO 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. In the final class, bring an item for a verbal appraisal—you might discover a hidden treasure!

Location: NT Northfield

253-711 | Wednesdays | 10/1-10/15 | 7-8 p.m.

FEE: \$42/ Seniors \$38 | [CLICK TO REGISTER](#)

Strength Through Struggle: Cultivating Hope in Everyday Life **NEW**

Instructor: Jan Hincapie • 1 session

According to the late renowned psychologist Dr. Charles R. Snyder, hope is not merely wishful thinking—it is a cognitive process. He defined hope as a combination of “willpower” (the motivation to achieve a goal) and “waypower” (the strategies to reach it). Hope is the single most significant predictor of well-being. This session will cover how to cultivate hope, the characteristics of hopeful people, and how to offer hope to others. Being hopeful has a positive impact on your health and frequently, the outcome of your situation. Christopher Reeve, actor and author, once said, “Once you choose hope, anything is possible!”

Location: NT Northfield

253-712 | Wednesday | 10/15 | 6:30-7:30 p.m.

FEE: \$13/ Seniors \$12 | [CLICK TO 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

253-713 | Thursday | 10/23 | 6-7:30 p.m.

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

Spring into Organization: Declutter Your Home and Mind

Instructor: Linda Goldman, CPO, Altogether Organized

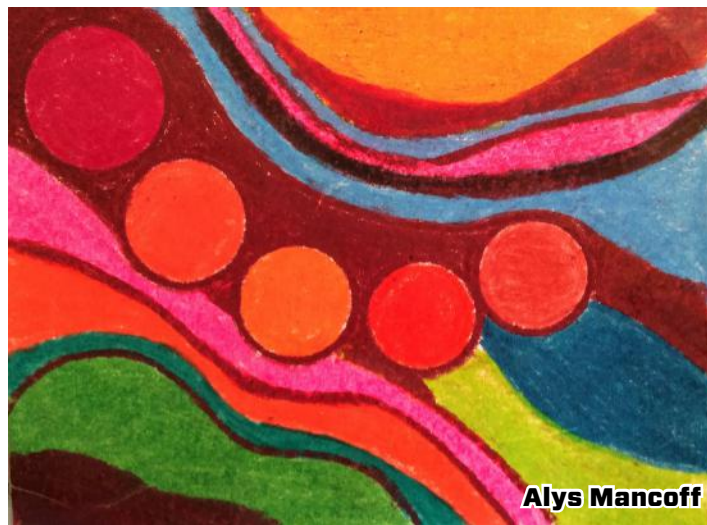
• 1 session

Feeling overwhelmed by clutter? This class will guide you through the process of organizing your home to create calm, functional spaces. Learn key principles, practical strategies, and tools to declutter, let go of what you no longer need, and maintain order. With a focus on simplicity and clarity, you'll gain control over your environment and boost your productivity. Perfect for spring cleaning and beyond. Max 12

Location: NT Northfield

253-714 | Saturday | 1/24 | 10 a.m.-12 p.m.

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



Alys Mancoff

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

253-150 | Tuesday | 9/30-11/4 | 10-11:30 a.m.
FEE: \$129/ Seniors \$116 | [CLICK TO REGISTER](#)

253-151 | Tuesday | 9/30-11/11 | 7-8:30 p.m.
FEE: \$129/ Seniors \$116 | [CLICK TO REGISTER](#)
No class 10/7

Introduction to Illustration ***NEW***

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

253-152 | Thursdays | 10/9-11/13 | 7-8:30 p.m.
FEE: \$129/ Seniors \$116 | [CLICK TO REGISTER](#)

Watercolor Techniques and Beyond (In-person)

Instructor: Fran Vail • 7 sessions

Learn to paint in watercolor with singing colors and varied styles. This course will be tailored to your individual skill level—from beginner to those with more watercolor experience—with plenty of personalized instruction. Previous drawing experience is required, and previous painting knowledge will be helpful. Instruction is done step-by-step, but students may also paint independently if they prefer. Students will learn color mixing, painting techniques, working from photos, composition, and other skills to move their painting to the next level. A supply list will be emailed with your registration confirmation. Max 15.

Location: NT Northfield

Early Fall

253-153 | Tuesday | 9/30-11/4 | 9:30 a.m.-12 p.m.
FEE: \$199/ Seniors \$179 | [CLICK TO REGISTER](#)

Late Fall

253-154 | Thursdays | 11/20-1/22 | 9:30 a.m.-12 p.m.
FEE: \$199/ Seniors \$179 | [CLICK TO REGISTER](#)
No class 11/27, 12/25, 1/1

Watercolor Techniques and Beyond (Zoom)

Instructor: Fran Vail • 8 sessions

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

Location: Live Online via Zoom

Early Fall

253-155 | Wednesdays | 9/17-11/5 | 9:30 a.m.-12 p.m.
FEE: \$229/ Seniors \$206 | [CLICK TO REGISTER](#)

Late Fall

253-156 | Wednesdays | 11/12-1/21 | 9:30 a.m.-12 p.m.
FEE: \$229/ Seniors \$206 | [CLICK TO REGISTER](#)
No class 11/26, 12/24, 12/31



Tom James' art classes will offer make-up opportunities for missed classes during the Fall session.

Gouache, Drawing, and Mixed Media

Instructor: Tom James • 14 sessions

The fall open studio class invites 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 class will feature demonstrations and hands-on practice, helping you master the techniques and nuances of your chosen mediums. Join us for an inspiring and educational experience. Max of 12.

Location: Lutheran Church of Ascension

253-157 | Mondays | 9/15-12/15 | 10 a.m.-12 p.m.

FEE: \$353/ Seniors \$318 | [CLICK TO REGISTER](#)

Drawing the Human and Animal Face

Instructor: Tom James • 14 sessions

Learn how to draw human and animal faces by first seeing basic shapes before diving into detail. This class emphasizes proportion, perspective, and structure, including profile, silhouette, and 3/4 views. Each facial feature will be studied closely. We'll begin in graphite pencil, then explore markers and colored pencils (optional). Instruction includes guided exercises, teacher demos, and annotated follow-up emails. More advanced students will receive customized reference materials. Materials: 9"x12" sketchbook, pencils, and eraser. All levels welcome. Max of 12.

Location: Lutheran Church of Ascension

253-158 | Mondays | 9/15-12/15 | 12:30-2:30 p.m.

FEE: \$353/ Seniors \$318 | [CLICK TO REGISTER](#)

Painting: Intermediate/Advanced Studios

Instructor: Tom James • 13 sessions

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 of 12.

Location: Lutheran Church of Ascension

253-159 | Wednesdays | 9/17-12/17 | 12:30-2:30 p.m.

FEE: \$328/ Seniors \$295 | [CLICK TO REGISTER](#)

No class 11/26

253-160 | Fridays | 9/19-12/19 | 10 a.m.-12 p.m.

FEE: \$328/ Seniors \$295 | [CLICK TO REGISTER](#)

No class 11/28

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

Art History Section II: Surrealism and Beyond

Instructor: Tom James • 13 sessions

This fall, take a journey into the imaginative and unpredictable world of Surrealism. We'll explore key European artists like Yves Tanguy, his wife Kay Sage, Joan Miró, and Man Ray. The course also looks at the global reach of the movement, featuring powerful works by Japanese surrealists Tetsuya Ishida and Harue Koga, and Egyptian-French artist Antoine "Mayo" Malliarakis. We'll highlight the often-overlooked contributions of Surrealist women photographers, including Lee Miller, Dora Maar, and Kati Horna. Finally, we'll examine the life and influence of Marchesa Luisa Casati, the eccentric Italian art patron who made herself a living work of art. Join us for a dynamic session filled with bold creativity, unforgettable personalities, and the lasting cultural legacy of Surrealism around the world.

Location: Live Online via Zoom

253-161 | Tuesdays | 9/16-12/16 | 7-8:15 p.m.

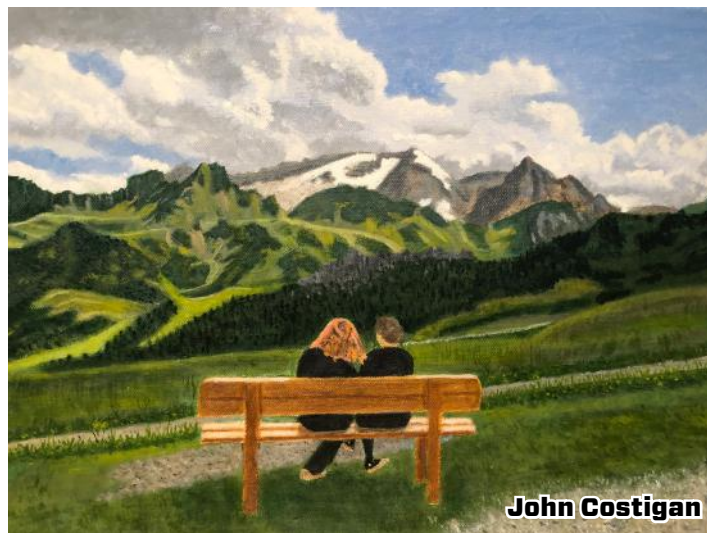
FEE: \$209/ Seniors \$188 | [CLICK TO REGISTER](#)

No class 9/23

253-162 | Wednesdays | 9/17-12/17 | 3:15-4:30 p.m.

FEE: \$209/ Seniors \$188 | [CLICK TO REGISTER](#)

No class 11/26



John Costigan

Representational Painting/Painting Critiques

Instructor: Tom James • 13 sessions

Each week, our class will embark on a creative journey by selecting images to paint, with a special focus on landscapes. We'll dive into techniques like "dry brush" and "wet and wet blends," and explore the different types of brushes to use. Our goal is to enhance your ability to "see" shapes, compose your painting, and add intricate details to elements like trees, water, clouds, and mountains. You'll receive a new assignment each week, and the following week, we'll come together to discuss your work using screenshots and annotations from the instructor. To support your learning, we'll also include demos and YouTube videos. Join us for a hands-on, interactive experience that will elevate your painting skills and deepen your appreciation for landscape art!

Location: Live Online via Zoom

253-163 | Wednesdays | 9/17-12/17 | 10-11:30 a.m.

FEE: \$244/ Seniors \$220 | [CLICK TO REGISTER](#)

No class 11/26

Intermediate Drawing

Instructor: Tom James • 12 sessions

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, and the following week, we'll discuss your work in detail. Our 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

253-164 | Thursdays | 9/18-12/18 | 10-11:30 a.m.

FEE: 225/ Seniors \$203 | [CLICK TO REGISTER](#)

No class 10/2, 11/27



Chris Porter



Beginning Bridge 1.0

Instructor Mike Cochran • 5 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

243-501 | Tuesdays | 9/16-10/21 | 10 a.m.-12 p.m.

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

No class 9/23

Bridge 1.5

Instructor Mike Cochran • 5 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

243-502 | Tuesdays | 10/28-12/16 | 10 a.m.-12 p.m.

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

No class 11/4, 11/11, 11/18

Intermediate Bridge 3.0

Instructor: Mike Cochran • 5 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

253-503 | Wednesdays | 9/17-10/15 | 10 a.m.-12 p.m.

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

Intermediate Bridge 3.5

Instructor: Mike Cochran • 5 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

253-504 | Wednesdays | 10/22-12/10 | 10 a.m.-12 p.m.

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

No class 11/5, 11/12, 11/26

Bridge Tips and Techniques

Instructor: Mike Cochran • 5 sessions

Dive Deeper into the Exciting World of Bridge! Join us for an engaging course where you'll enhance your bridge skills and strategies. We'll explore fascinating game conventions, share valuable tips for playing your hand, and master defensive techniques. With a special focus on hand play, you'll get plenty of practice each week to refine your abilities. Prerequisite: Intermediate Bridge 3.0 and 3.5. Please ensure you're familiar with the textbook 2:1 Game Force. For any questions, feel free to reach out to Mike Cochran at cochran1@yahoo.com. We look forward to seeing you at the table!

Location: NT Northfield

Early Fall

253-505 | Mondays | 9/15-10/13 | 6-8 p.m.

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

Late Fall

253-506 | Mondays | 10/20-12/8 | 6-8 p.m.

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

No class 11/3, 11/10, 11/17



Sharpen Your Bridge Skills *NEW*

Instructor: Mike Cochran • 5 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

Early Fall

253-507 | Wednesdays | 9/17-10/15 | 12:45-2:45 p.m.
FEE: \$133/ Seniors \$120 | [CLICK TO REGISTER](#)

253-508 | Wednesdays | 9/17-10/15 | 6-8 p.m.
FEE: \$133/ Seniors \$120 | [CLICK TO REGISTER](#)

Late Fall

253-509 | Wednesdays | 10/22-12/10 | 12:45-2:45 p.m.
FEE: \$133/ Seniors \$120 | [CLICK TO REGISTER](#)
No class 11/5, 11/12, 11/26

253-510 | Wednesdays | 10/22-12/10 | 6-8 p.m.
FEE: \$133/ Seniors \$120 | [CLICK TO REGISTER](#)
No class 11/5, 11/12, 11/26

Supervised Play

Instructor: Mike Cochran • 5 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

Early Fall

253-511 | Fridays | 9/19-10/17 | 10 a.m.-12 p.m.
FEE: \$133/ Seniors \$120 | [CLICK TO REGISTER](#)

Late Fall

253-512 | Fridays | 10/24-12/12 | 10 a.m.-12 p.m.
FEE: \$133/ Seniors \$120 | [CLICK TO REGISTER](#)
No class 11/7, 11/14, 11/28

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 required. Attendance at the first two classes is mandatory. Class fee includes a 2025 Mah Jongg card. Max 10.
Location: NT Northfield

Instructor: Sue Hersh
253-513 | Tuesdays | 9/16-10/14 | 10-11 a.m.
(No class 11/5, 11/12, 11/19)
[CLICK TO REGISTER](#)

Instructor: Marlene Dobrin
253-514 | Mondays | 9/22-10/20 | 1-3 p.m.
(No class 11/5, 11/12, 11/19)
[CLICK TO REGISTER](#)

Instructor: Marlene Dobrin
253-515 | Mondays | 10/27-11/24 | 1-3 p.m.
(No class 11/5, 11/12, 11/19)
[CLICK TO REGISTER](#)

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 your ability to play defensively. Classes will provide ample time for play with others of a similar skill level. Bring your 2025 card with you.

Location: NT Northfield.

253-516 | Tuesdays | 10/28-11/26 | 1-3 p.m.
(No class 11/5, 11/12, 11/19)
[CLICK TO REGISTER](#)

End-of-Summer Cooking: Fresh Ideas from the Garden

Instructor: Blair Carothers • 1 session

Celebrate the vibrant flavors of late summer in this hands-on cooking class that highlights the season's freshest ingredients. From tomatoes and corn to herbs and peppers, you'll learn creative ways to turn peak produce into simple, delicious dishes. This class is perfect for home cooks looking to make the most of what's in the garden, farmers market, or community garden before the season shifts. Come ready to chop, taste, and cook!

Location: NT Northfield

253-301 | Monday | 9/15 | 6-8:30 p.m.

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

Basic Knife Skills: Slice, Dice & Chop with Confidence

Instructor: Blair Carothers • 1 session

Back by popular demand! Great knife skills are a game-changer in the kitchen—making cooking faster, easier, and far more enjoyable. In this hands-on class, you'll learn to slice, dice, julienne, and batonnet like a pro. We'll cover proper knife care, safety techniques, and sharpening tips—because a good, sharp knife is a chef's most essential tool. You'll also get advice on what to look for when purchasing a new knife. Bring your favorite knives (at minimum, a chef's knife and a paring knife) and an apron. Whether you're a beginner or looking to refine your skills, this class will boost your kitchen confidence.

Location: NT Northfield

253-302 | Monday | 10/6 | 6-8:30 p.m.

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

Holiday Appetizers

Instructor: Blair Carothers • 1 session

Get ready to impress your guests with a new lineup of festive appetizers! In this hands-on class, you'll learn how to prepare a variety of delicious, crowd-pleasing bites perfect for holiday parties, potlucks, or cozy nights at home. We'll explore creative, make-ahead-friendly recipes with seasonal ingredients and elegant presentation. Whether you're hosting or contributing to a gathering, these fresh ideas will help you entertain with confidence and style. All recipes are brand-new for the season—come hungry and ready to taste!

Location: NT Northfield

253-303 | Monday | 11/17 | 6-8:30 p.m.

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

Cozy Soups and Stews

Instructor: Blair Carothers • 1 session

Warm up your kitchen with all-new recipes in this popular class! You'll learn the best practices for building flavorful, comforting soups and receive adaptable base recipes you can make your own. Learn how to build rich, layered flavors using seasonal ingredients, aromatic herbs, and simple techniques that bring comfort to every bowl. We'll also explore global soup traditions that add warmth, spice, and variety to help carry you through a long Midwestern winter. Come ready to cook, taste, and take home—be sure to bring containers suitable for liquids so you can enjoy the cozy goodness later, too!

Location: NT Northfield

253-304 | Tuesday | 1/13 | 6-8:30 p.m.

FEE: \$59/ Seniors \$53 | [CLICK TO 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.

253-440 | 9/15-10/18 | FEE: \$196 (14 sessions) | [REGISTER](#)
No class 10/2

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

253-441 | 10/30-12/18 | FEE: \$182 (13 sessions) | [REGISTER](#)
No class 11/27, 11/29

253-442 | 1/8-2/14 | FEE: \$168 (12 sessions) | [REGISTER](#)

Fall/Early Winter Schedule

9/15-2/14

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

No Monday classes 11/3-2/9

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

No class 10/2, 10/25, 11/27, 11/29, 12/20-1/4

NTX Caliber Fencing Club

Instructors: NTX Coaching Staff

The NTX Caliber Fencing Club is a fencing club that meets throughout the year except for August and school holidays. This membership is for those who have a good understanding of the basics and want to further their skills, recreationally or competitively, in Foil, Sabre, or Epee. Members will have access to two advanced skills classes per week, free fencing/sparring on any club day, a 15-minute lesson weekly or bi-weekly (depending on availability) with one of our coaches, and a discount on 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

253-443 | 3-month membership | \$229 | [REGISTER](#)

253-444 | 6-month membership | \$449 | [REGISTER](#)

253-445 | 1-year membership | \$839 | [REGISTER](#)

Private Fencing Lessons

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

Location: NT Winnetka

253-446 | [REGISTER](#)

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

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

Drop-In Fencing

Instructors: NTX Coaching Staff

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

Location: NT Winnetka

253-447 | \$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

253-241 | Thursday | 10/9 | 6:30-9 p.m.

FEE: \$48/ Seniors \$43 | [CLICK TO 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

253-242 | Thursday | 10/16 | 6:30-8:30 p.m.

FEE: \$35/ Seniors \$32 | [CLICK TO 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 10/13.

Location: NT Northfield

243-243 | Tuesday | 10/14 | 7-8:30 p.m.

FEE: FREE | [CLICK TO REGISTER](#)



Jackie Shelly



Fay Goldblatt

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!

Cardio Interval/Strength Training

Instructor: Beth Klobuchar-Mendez • 18 sessions

This class keeps you challenged and progressing toward your next fitness level! You'll learn how to properly train with cardio intervals—just 10–15 minutes a day can build serious cardio power. Master interval training and see noticeable results in endurance, strength, and even weight loss. We'll also incorporate weight, resistance, and isometric training to increase strength, improve bone density, balance, and agility. Modifications are provided for all fitness levels. For best results, consider using a heart rate monitor (chest strap, watch, or phone-based) to train in your ideal cardio zone based on your age. All you need is a water bottle, a good attitude, and a commitment to your wellness. Add this one to your weekly routine—it's a must! Modifications are provided for all fitness levels.

Location: NT Northfield

253-450 | Mondays | 9/22-2/9 | 5:45-6:30 p.m.

FEE: \$167/ Seniors \$150 | [CLICK TO REGISTER](#)

No class 12/22, 12/29, 1/19

Pilates/Pelvic Core

Instructor: Beth Klobuchar-Mendez • 18 sessions

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

253-451 | Mondays | 9/22-2/9 | 6:30-7:15 p.m.

FEE: \$167/ Seniors \$150 | [CLICK TO REGISTER](#)

No class 12/22, 12/29, 1/19

Stretch Your Way to Improving Your Wellness

Instructor: Beth Klobuchar-Mendez • 18 sessions

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

Location: NT Northfield

253-452 | Mondays | 9/22-2/9 | 7:15-8 p.m.

FEE: \$167/ Seniors \$150 | [CLICK TO REGISTER](#)

No class 12/22, 12/29, 1/19

Location: NT Winnetka

253-453 | Wednesdays | 9/24-2/11 | 6:50-7:35 p.m.

FEE: \$167/ Seniors \$150 | [CLICK TO REGISTER](#)

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

Saturday Stretch for Wellness

Instructor: Beth Klobuchar-Mendez • 17 sessions

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

Location: NT Winnetka

253-454 | Saturdays | 9/20-2/14 | 9:15-9:45 a.m.

FEE: \$109/ Seniors \$98 | [CLICK TO REGISTER](#)

No class 10/18, 10/25, 11/29, 12/27, 1/3

Intro to Step Aerobics *NEW*

Instructor: Beth Klobuchar-Mendez • 18 sessions

Curious about step aerobics but not sure where to start? This 15-minute preview is the perfect introduction! Designed for absolute beginners, this short, fun session will walk you through the basic moves of step aerobics at an easy pace. Learn how to safely step up, down, and around the platform while getting a light cardio workout. Whether you're considering a full step class or just want to try something new, this quick intro will give you a feel for the rhythm, footwork, and fun that step fitness offers. No experience needed—just wear comfortable shoes and be ready to move!

Location: NT Winnetka

253-455 | Wednesdays | 9/24-2/11 | 5:30-5:45 p.m.

FEE: \$56/ Seniors \$50 | [CLICK TO REGISTER](#)

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

Combination Training, Cardio & Strength (1-hour)

Instructor: Beth Klobuchar-Mendez • 18 sessions

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

Location: NT Winnetka

253-456 | Wednesdays | 9/24-2/11 | 5:45-6:45 p.m.

FEE: \$223/ Seniors \$201 | [CLICK TO REGISTER](#)

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

Combination Training, Cardio & Strength (45-min)

Instructor: Beth Klobuchar-Mendez • 17 sessions

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

Location: NT Winnetka

253-457 | Saturdays | 9/20-2/14 | 8:30-9:15 a.m.

FEE: \$158/ Seniors \$142 | [CLICK TO REGISTER](#)

No class 10/18, 10/25, 11/29, 12/27, 1/3

Trevian Wrestling Club

Instructor: Marc Tadelman, New Trier Head Wrestling Coach
Trevian Wrestling Club, offered through New Trier Extension, is open to all kids (both boys and girls) in grades K-8, no experience is necessary. Athletes will learn wrestling moves, techniques, and official rules. Participants will meet new people, and develop team-building skills and self-discipline; moreover, participants will improve strength, agility, and fitness and become better at other sports. All athletes will have the opportunity to wrestle in matches and tournaments on Sundays through USA Wrestling. Other non-wrestling team-building activities are also part of the Trevian Wrestling Club experience. The Trevian Wrestling Club season is typically November through late February. Contact Marc Tadelman at tadelmam@nth.net or call (847) 612-9765 with any questions.

Location: NT Winnetka

253-680 | Tuesdays & Wednesdays | November-Late February (Exact dates are tentative) | 6:15-7:30 p.m.

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

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

253-681 | Wednesdays | November-January (Exact dates are tentative) | 6:15-7:15 p.m. | [CLICK TO REGISTER](#)



LANGUAGES

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 at www.ntx203.net

Beginning French for True Beginners ***NEW***

Instructor: Nicole Weissman • 16 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!

Location: NT Northfield

253-820 | Wednesdays | 9/17-1/21 | 11:30 a.m.-1 p.m.

FEE: \$319/ Seniors \$287 | [CLICK TO REGISTER](#)

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

French for Travelers

Instructor: Panthea Sadri • 10 sessions

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

Location: NT Northfield

253-821 | Tuesdays | 9/16-12/2 | 7-8 p.m.

FEE: \$129/ Seniors \$116 | [CLICK TO REGISTER](#)

No class 9/23, 10/7

French I Continuing

Instructor: Nicole Weissman • 16 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.

Location: NT Northfield

253-822 | Wednesdays | 9/17-1/21 | 3:30-5 p.m.

FEE: \$319/ Seniors \$287 | [CLICK TO REGISTER](#)

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

French II (Part 1)

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

253-823 | Wednesdays | 9/17-1/21 | 4:30-6 p.m.

FEE: \$319/ Seniors \$287 | [CLICK TO REGISTER](#)

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

Intermediate French Conversation: Building Confidence and Fluency

Instructor: Panthea Sadri • 16 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

253-824 | Wednesdays | 9/17-1/21 | 6:15-7:45 p.m.

FEE: \$319/ Seniors \$287 | [CLICK TO REGISTER](#)

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

Advanced French Conversation and Expression *NEW*

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

253-825 | Wednesdays | 9/17-1/21 | 9:30-11 a.m.

FEE: \$319/ Seniors \$287 | [CLICK TO REGISTER](#)

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

Conversation Française Intermédiaire Niveau I (Part 1)

Instructor: Mary Ellen McGoeys • 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

253-826 | Tuesdays | 9/16-1/20 | 9-10:30 a.m.

FEE: \$319/ Seniors \$287 | [CLICK TO REGISTER](#)

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

Italian I (Part 1)

Instructor: Phyllis Horn-Liparini • 15 sessions

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

Location: Live Online via Zoom

253-850 | Thursdays | 9/18-1/22 | 9-10:30 a.m.

FEE: \$308/ Seniors \$277 | [CLICK TO REGISTER](#)

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

Italian II (Part 1)

Instructor: Phyllis Horn-Liparini • 15 sessions

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

Location: Live Online via Zoom

253-851 | Thursdays | 9/18-1/22 | 10:30 a.m.-12 p.m.

FEE: \$308/ Seniors \$277 | [CLICK TO REGISTER](#)

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

Italian III (Part 1)

Instructor: Phyllis Horn-Liparini • 16 sessions

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

Location: Live Online via Zoom

253-852 | Tuesdays | 9/16-1/20 | 10:30 a.m.-12 p.m.

FEE: \$329/ Seniors \$296 | [CLICK TO REGISTER](#)

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

Italian IV (Part 1)

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

253-853 | Tuesdays | 9/16-1/20 | 9-10:30 a.m.

FEE: \$329/ Seniors \$296 | [CLICK TO REGISTER](#)

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

Italian V (Part 1)

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

243-854 | Tuesdays | 9/16-1/20 | 6:30-8 p.m.

FEE: \$329/ Seniors \$296 | [CLICK TO REGISTER](#)

No class 9/23, 12/23, 1/30

Beginning Spanish for True Beginners ***NEW***

Instructor: Megan Lennon • 9 sessions

Experience the joy and satisfaction of learning a new language. This course is designed for true beginners who have not previously studied Spanish. This lively, interactive class focuses 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 lessons on pronunciation, vocabulary, nouns, articles, numbers, dates, verbs, salutations, and sentence structure. Fee does not include required text to be purchased online.

Location: NT Northfield

253-860 | Wednesdays | 11/5-1/21 | 5:30-7 p.m.

FEE: \$179/ Seniors \$161 | [CLICK TO REGISTER](#)

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

Spanish I Continuing

Instructor: Nicole Weissman • 16 sessions

This 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.

Location: NT Northfield

253-861 | Wednesdays | 9/17-1/21 | 1:30-3 p.m.

FEE: \$319/ Seniors \$287 | [CLICK TO REGISTER](#)

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

Spanish I Advanced

Instructor: Nicole Weissman • 16 sessions

Take the next step in your Spanish journey in a supportive, interactive setting. Designed for those who have completed Spanish I, studied Spanish in the past, or are returning after time away, this course helps you build on what you already know. You should be comfortable introducing yourself, describing people with adjectives, counting in Spanish, and have some familiarity with irregular verbs such as *ser*, *estar*, *tener*, and *ver*. We'll review foundational concepts and move forward with new vocabulary, expressions, and grammatical structures through thematic units and plenty of conversation practice. Improve your confidence and fluency in listening, speaking, reading, and writing while having fun along the way. Fee does not include the required textbook, which must be purchased online.

Location: NT Northfield

253-862 | Wednesdays | 9/17-1/21 | 5:30-7 p.m.

FEE: \$319/ Seniors \$287 | [CLICK TO REGISTER](#)

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

Spanish II

Instructor: Nicole Weissman • 16 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.

Location: NT Northfield

253-863 | Wednesdays | 9/17-1/21 | 7:30-9 p.m.

FEE: \$319/ Seniors \$287 | [CLICK TO REGISTER](#)

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

SPANISH ZOOM OFFERINGS:

Beginning Spanish for True Beginners ***NEW***

Instructor: Robin Martinez • 16 sessions

Experience the joy and satisfaction of learning a new language. This course is designed for true beginners who have not previously studied Spanish. This lively, interactive class focuses 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 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

253-864 | Tuesdays | 9/16-1/20 | 1-2 p.m. (1 hour class)

FEE: \$212/ Seniors \$191 | [CLICK TO REGISTER](#)

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

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

253-865 | Tuesdays | 9/16-1/20 | 10-11:30 a.m.

FEE: \$319/ Seniors \$287 | [CLICK TO REGISTER](#)

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

Spanish II Advanced

Instructor: Robin Martinez • 15 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

253-866 | Thursdays | 9/18-1/22 | 10-11:30 a.m.

FEE: \$299/ Seniors \$269 | [CLICK TO REGISTER](#)

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

Spanish III (Part 1)

Instructor: Robin Martinez • 16 sessions

Strengthen your foundation in Spanish as you move beyond the basics in this interactive, intermediate-level course. You'll actively build your confidence in conversation while continuing to develop your listening, reading, and writing skills. The course includes structured lessons on advanced verb tenses, expanded vocabulary, and more complex sentence patterns. Readings, discussions, and pronunciation practice will help reinforce what you've learned and prepare you for more advanced communication.

Location: Live Online via Zoom

253-867 | Wednesdays | 9/17-1/21 | 11 a.m.-12:30 p.m.

FEE: \$319/ Seniors \$287 | [CLICK TO REGISTER](#)

No class 11/26, 12/24, 1/31

Spanish IV (Part 1)

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, 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

253-868 | Wednesdays | 9/17-1/21 | 9-10:30 a.m.

FEE: \$319/ Seniors \$287 | [CLICK TO REGISTER](#)



Good Vibes Guitar Special: The Beatles for Beginners ***NEW***

Instructor: Our Music Institute Staff • 10 sessions
Discover the magic of The Beatles while learning to play guitar—no experience needed! This fun and supportive class is perfect for complete beginners who want to start playing songs right away. In ten weeks, you'll learn easy chords, strumming patterns, and simple melodies from some of The Beatles' most beloved songs. By the end of the course, you'll be able to play along with classic hits and gain the confidence to keep strumming. If you've always wanted to play guitar, this is the perfect place to start—come join the fun! Ages: 18+ Min 5/Max 12.
Location: Our Music Institute

253-101 | Wednesdays | 9/17-11/19* | 7-8 p.m.
FEE: \$285 (No discount) | [CLICK TO REGISTER](#)

**In the event of instructor absence, a makeup class is scheduled for December 3*

Finding Your Voice: The Art of Songwriting ***NEW***

Instructor: Our Music Institute Staff • 5 sessions
Unearth your voice and creativity in this one-week songwriting intensive. Learn the fundamentals of lyric and melody writing while exploring songwriting as a path to self-discovery. Through music and words, you'll tap into your emotions and turn your stories into songs that resonate with honesty and depth. Whether you're a beginner or already writing, this class will inspire you to express yourself in new ways. Not sure where to start? You're not alone. This is a supportive, creative community where we learn, create, and grow together. Each session includes guided instruction, writing time, and sharing/feedback. The week ends with a four-hour studio session where students record their songs—often with classmates collaborating as instrumentalists or vocalists. Ages: 18+ Min 5/Max 8.
Location: Our Music Institute

253-102 | Monday-Friday | 11/10-11/14 | 7-9 p.m. (Monday - Thursday) and 5-9 p.m. (Friday studio session)
FEE: \$485 (No discount) | [CLICK TO REGISTER](#)

First Set: Adult Band Program ***NEW***

Instructor: Our Music Institute Staff • 10 sessions
Always wanted to play in a band but didn't know where to start? Our Adult Band Program is for musicians who've never been in a band and want to learn how to rehearse, create a set, and perform with confidence. In this fun, supportive program, you'll learn how to build a setlist and choose keys that fit your vocalist, read and create charts, use amps, PA systems, and essential gear, and rehearse efficiently and develop tight group dynamics. With guidance from an experienced instructor, you'll gain the skills—and courage—to play with others and have a blast doing it. All instruments welcome! Ages: 18+ Min 5/Max 8.
Location: Our Music Institute

253-103 | Mondays | 9/15-11/17 | 7-8:30 p.m.
FEE: \$409 (No discount) | [CLICK TO REGISTER](#)



Katherine Biondi

ROWING

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

Fall Learn to Erg

Instructor: NTX Rowing Coaches • 8 sessions

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

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

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

Location: NT Northfield

253-612 | Tuesdays | 9/2-10/28 | 6-7 p.m.

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

No class 9/23

Adult On-the-Water Learn to Row

Instructor: NTX Rowing Coaches

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

Location: Dammrich Rowing Center

253-605 | Fridays | 9/5-9/26 | 9-11 a.m. | 4 sessions

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

253-606 | Fridays | 10/3-10/31 | 9-11 a.m. | 5 sessions

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

Adult On-the-Water Experienced Rowers

Instructor: NTX Rowing Coaches • 9 sessions

These sessions are for women and men rowers with prior on-the-water experience who are seeking a recreational or competitive rowing experience. You will row on the North Shore Channel of the Chicago River. Wear tighter-fitting shorts (biker-style) and a t-shirt, and bring a water bottle. Please arrive 15 minutes early to warm up, set up equipment, and stretch prior to all classes. All participants are expected to know how to swim.

Location: Dammrich Rowing Center

253-636 | Wednesdays | 9/3-10/29 | 9-11 a.m.

FEE: \$360 | [CLICK TO REGISTER](#)

253-637 | Fridays | 9/5-10/31 | 9-11 a.m.

FEE: \$360 | [CLICK TO REGISTER](#)



SAILING & BOATING SAFETY

ASA101: Basic Keelboat Certification

Instructor: Captain Brian Earl, BE-Nautical Sailing School
• 2 sessions

This introductory course will provide you with the necessary knowledge to sail a boat of about 20 feet in moderate winds and sea conditions. You will sail without supervision. The 101 course is recognized by a USCG Captain and Certified Instructor. After completing on-water and written tests, you will receive certification recognized by the U.S. Coast Guard as a Safe Boating Course.

Location: Wilmette Harbor

252-737 | Sat & Sun | 9/6-9/7 | 8:30 a.m.-2:30 p.m.
FEE: \$575 (No discount)

Beginners and Families Fore Sail

Instructor: Captain Brian Earl • 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. Fee is per person.

Location: Wilmette Harbor

253-732 | Saturday | 9/6 | 3:30-6:30 p.m. | FEE: \$165

[CLICK TO REGISTER](#)

253-733 | Sunday | 9/7 | 3:30-6:30 p.m. | FEE: \$165

[CLICK TO REGISTER](#)

252-755 | Sunday | 9/21 | 8:30-11:30 a.m. | FEE: \$165

[CLICK TO REGISTER](#)

252-756 | Sunday | 9/21 | 12:30-3:30 p.m. | FEE: \$165

[CLICK TO REGISTER](#)

Sailing Fundamentals

Instructor: Captain Brian Earl • 2 sessions

This course is designed to teach you fundamental sailing skills along with federal requirements for boating on the Great Lakes. From parts of the boat, basic knotting, crew over-board skills to critical decision making, and navigation, safely departing and returning to the dock, this comprehensive sailing course will give you the necessary foundation or refresh your knowledge of additional sailing skills. Fee is per person.

Location: Wilmette Harbor

253-734 | Sat & Sun | 9/6-9/7 | 8:30 a.m.-2:30 p.m.
FEE: \$475

Sun and Moon

Instructor: Captain Brian Earl • 1 session

We'll meet at the harbor about an hour before sunset and watch the sunset as we venture out on the lake, while on the other horizon, the moon rises. Many of us have watched the sunset across the water, but the vantage point from the boat, while watching the moon rise, is rich with experience. Fee is per person.

Location: Wilmette Harbor.

252-757 | Saturday | 9/6 | 6:30-9:30 p.m. | FEE: \$99

[CLICK TO REGISTER](#)

Sun and Stars

Instructor: Captain Brian Earl • 1 session

This experience offers participants a new perspective watching the sunset and during a new perspective watching the stars appear and linger in the sky. We'll meet at the harbor about an hour before sunset and watch the sunset as we venture out on the lake, while on the other horizon, the moon rises. Many of us have watched the sunset across the water, but the vantage point from the boat, while watching the moon rise, is rich with experience. Fee is per person.

Location: Wilmette Harbor

252-758 | Saturday | 9/20 | 6:30-9:30 p.m. | FEE: \$99

Boat America:

A Course on Responsible Boating

Instructor: USCG AUX Flotilla 39-6 • 4 sessions

Get ready to navigate the waters with confidence in this dynamic and informative boating safety course. Perfect for beginners and seasoned boaters alike, this class covers the essentials of boating safety, including required equipment, navigation techniques, the "rules of the road," and both federal and Illinois boating regulations. You'll also gain valuable knowledge about emergency procedures and how to handle unexpected situations with calm and skill. Taught by experienced and passionate instructors from the U.S. Coast Guard Auxiliary, this course satisfies the U.S. Coast Guard and the National Association of Safe Boating Law Administrators (NASBLA) boating safety requirements in all 50 states. 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

253-740 | Mon & Wed | 10/13-10/22 | 6:30-8:30 p.m.

FEE: \$59 (No discount) | [CLICK TO REGISTER](#)

253-741 | Tues & Thurs | 1/13-1/22 | 6:30-8:30 p.m.

FEE: \$59 (No discount) | [CLICK TO 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

253-742 | Tuesday | 10/21 | 6:30-8:30 p.m.

FEE: \$14 (No discount) | [CLICK TO REGISTER](#)

253-743 | Wednesday | 1/21 | 6:30-8:30 p.m.

FEE: \$14 (No discount) | [CLICK TO REGISTER](#)

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 of 14.

Location: NT Northfield

Instructor: Kathy Sheridan • 12 sessions

253-430 | Mondays | 9/15-12/8 | 7-8 p.m.

FEE: \$169/ Seniors \$152 | [CLICK TO REGISTER](#)

No class 11/24

Instructor: Paula Chalk • 12 sessions

253-431 | Saturdays | 9/20-12/13 | 9:30-10:30 a.m.

FEE: \$169/ Seniors \$152 | [CLICK TO REGISTER](#)

No class 11/29

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 • 12 sessions

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

Location: NT Northfield

253-432 | Saturdays | 9/20-12/13 | 9:30-10:15 a.m.

FEE: \$127/ Seniors \$114 | [CLICK TO REGISTER](#)

No class 11/29

Tai Chi Form Class

Instructor: Pam Hultgren • 12 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

253-433 | Mondays | 9/15-12/8 | 7-8 p.m.

FEE: \$169/ Seniors \$152 | [CLICK TO REGISTER](#)

No class 11/24

253-434 | Saturdays | 9/20-12/13 | 8:20-9:20 a.m.

FEE: \$169/ Seniors \$152 | [CLICK TO REGISTER](#)

No class 11/29

Tai Chi Form: Advanced

Instructor: Pam Hultgren • 12 sessions

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

Location: NT Northfield

253-435 | Wednesdays | 9/17-12/10 | 6:30-7:30 p.m.

FEE: \$169/ Seniors \$152 | [CLICK TO REGISTER](#)

No class 11/26

Tai Chi Form: Advanced +

Instructor: Pam Hultgren • 1v2 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

253-436 | Wednesdays | 9/17-12/10 | 7:30-8 p.m.

FEE: \$79/ Seniors \$71 | [CLICK TO REGISTER](#)

No class 11/26



Open iPhone Discussion and Workshop

Instructor: Sabrina Nizzi • 1 session

Bring questions about your iPhone to this new class, offering a group discussion to help you get the most out of your iPhone. Many of us "don't know what we don't know" about our iPhone until we hear from others about how they are using their device. In this small group setting, you will ask your specific question about the topics or issues you are having with your iPhone and learn from others who may have experienced the same issue and found answers. Each session is facilitated by our experienced instructor who will share tips and demonstrate solutions, as well as guide the discussion to make sure everyone has a chance to ask their question. Max of 6.

Location: NT Northfield

253-702 | Tuesday | 9/16 | 9:30-11 a.m.

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

253-703 | Tuesday | 11/18 | 9:30-11 a.m.

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

253-704 | Tuesday | 12/9 | 9:30-11 a.m.

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

253-705 | Tuesday | 1/13 | 9:30-11 a.m.

FEE: \$19/ Seniors \$17 | [CLICK TO 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 digital copies. We'll show you how to scan them, clean them up and organize them.

Location: NT Northfield

253-715 | Thursday | 9/25 | 7-8:30 p.m.

FEE: \$24/ Seniors \$22 | [CLICK TO 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

243-710 | Tuesday | 9/30 | 6:30-8:30 p.m.

FEE: \$29/ Seniors \$26 | [CLICK TO 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

253-716 | Thursday | 10/16 | 7-8:30 p.m.

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

Mobile Device Safety

Instructor: Michael Gershbein • 1 session

Learn everything you need to know to keep the information on your Android or Apple phone or tablet safe from prying eyes. Location tracking, privacy settings, app settings and password safety will all be discussed

Location: NT Northfield

253-717 | Thursday | 11/13 | 7-8:30 p.m.

FEE: \$24/ Seniors \$22 | [CLICK TO 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.

Location: NT Northfield

253-930 | Thursday | 10/9-11/13 | 6-8 p.m.

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

Elements of Writing Fiction

Instructor: Esther Spodek • 8 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

253-931 | Wednesdays | 9/17-11/12 | 6-7:30 p.m.

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

No class 10/1



DISTANCE LEARNING:

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

ed2go.com/ntx

(847) 446-6600



Expert Instructor

24-Hour Access

Online Discussion Areas

6 Weeks of Instruction

Hundreds of courses to choose from

Monthly start sessions

Our **instructor-led** online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for the courses that interest you.

Complete any of these courses entirely from your home or office and at any time of the day or night.

Prices start as low as: **\$129**

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

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

Now you can choose from hundreds of online courses that fit your hectic lifestyle. We have had rave reviews from adult learners who have taken our convenient courses.

It's easy, and there are hundreds of classes available at all times!

What our NTX students had to say about these courses:

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

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

This Fall 2025 term, courses begin:

September 17th, October 15th, November 12th, December 17th, and January 14th



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

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

Account #: _____ - _____ - _____ - _____

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


Authorized Signature: _____

Print Cardholder's Name: _____

SAVE TIME AND REGISTER ONLINE AT
www.ntx203.net

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

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

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

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

New Trier Extension Waiver, Hold Harmless, and Indemnification Terms

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

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



FREQUENTLY ASKED QUESTIONS

New Trier Extension | www.ntx203.net

Can I register over the phone or online?

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

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

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

Do you have classes for children?

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

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

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

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

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

Make up Classes

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

Senior Discounts

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

Faculty Assignments

Faculty may change at the discretion of the Manager.

Photography/Video

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

Discrepancies/Changes in Catalog Data

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

Disclaimer

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



New Trier Northfield Campus
7 Happ Road
Northfield, IL 60093

Non-Profit Org.
US Postage
PAID
Permit No. 319
Winnetka, Illinois



CLASS SUBJECTS THIS TERM

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

NTX STAFF

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

ADMINISTRATION

Peter Tragos, Ed. D.,
Superintendent
Christopher Johnson, Ed. D.,
Deputy Superintendent
Denise Dubravec,
*Winnetka Campus Principal/
Assistant Superintendent*
Paul M. Waechtler,
Northfield Campus Principal
Nicole Dizon,
Chief Communications Officer

BOARD OF EDUCATION

Jean Hahn, *President*
Sally Tomlinson, *Vice President*
Kimberly Alcantara
Avik Das
Joo Serk Lee
Courtney McDonough
Sally Pofcher

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