

NTX NEW TRIER EXTENSION

Summer 2026 Full Course Catalog

Register online at
www.ntx203.net



Welcome to a Summer of Learning at New Trier Extension!

Summer is the perfect time to try something new, reconnect with what you love, and enjoy learning in a relaxed, engaging environment. At NTX, our summer catalog is filled with opportunities to explore new interests, build practical skills, and make the most of the season.

Whether you're looking to stay active, get creative, meet new people, or simply carve out time for yourself, our classes are designed to be flexible, fun, and inspiring.

Take advantage of the longer days and lighter schedules to discover something new—you might just find your next favorite hobby.

We can't wait to learn with you this summer!

Be sure to check our website and follow us on Facebook and Instagram for the latest class updates.



DeDe Kern, MS, CPP
NTX Manager

Summer 2026 Class Locations:

NT Northfield,
7 Happ Rd, Northfield

NT Winnetka,
385 Winnetka Ave, Winnetka

Lutheran Church of Ascension,
460 Sunset Ridge Road, Northfield


Our Music Institute,
400 Central Ave, Northfield

Dammrich Rowing Center,
3220 Oakton St, Skokie

Lincoln Park Lagoon,
2341 N. Cannon Drive, Chicago

Wilmette Harbor,
20 Harbor Drive, Wilmette

 **Facebook:**
facebook.com/ntextension

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

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**Live like a Scandinavian:
Tips for a Better Life from the Happiest
Countries in the World *NEW***

Instructor: Jan Hincapie • 1 session

Explore why Scandinavian countries are consistently ranked among the happiest in the world. This engaging session examines the philosophies, priorities, and cultural principles that support well-being, balance, and resilience. Participants will discover at least five Scandinavian approaches to happiness and reflect on how these ideas apply to their own lives. Through guided discussion and self-assessment, you'll identify practical strategies and set two or three realistic goals to enhance joy, improve life balance, and strengthen resilience. Leave with fresh perspectives and actionable tools to support your emotional, mental, and physical well-being in today's dynamic environment.

Location: NT Northfield

262-701 | Wednesday | 6/3 | 6:30-7:30 p.m.

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

Instructors: Emily Espinosa and Tim McNair • 1 session

Heartsaver adult and child CPR/AED. This course is for anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements or anyone who wants to be prepared for an emergency in any setting. To receive certification, participants must demonstrate CPR skills on a mannequin, including achieving the required compression depth of at least 2 inches. This requires adequate upper body strength and stamina. Everyone is welcome to take the class and learn these important skills; however, certification can only be granted to those who can successfully perform all required techniques. Upon successful course completion, students receive a digital course completion card, valid for two years (which can also be printed). Maximum of 6.

Location: NT Northfield

262-702 | Thursday | 6/11 | 3-5 p.m.

FEE: \$41/ (65+) discount: \$37 | [REGISTER](#)

262-703 | Thursday | 7/9 | 3-5 p.m.

FEE: \$41/ (65+) discount: \$37 | [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

262-704 | Mondays | 6/15-7/13 | 6:30-8:30 p.m.

FEE: \$165 (No discount) | [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

262-705 | Wednesdays | 7/8-7/22 | 7-8 p.m.

FEE: \$76/ (65+) discount: \$68 | [REGISTER](#)**American History: A Remarkable Century
from WWI to 1980 *NEW***

Instructor: Frank Sullivan • 6 sessions

In a single lifetime, Americans experienced an extraordinary series of challenges and transformations—from the upheaval of world wars and the Great Depression to the tensions of the Cold War, the fight for civil rights, and conflicts in Asia. This engaging class looks at the major events that shaped modern America while reflecting on the resilience and adaptability of the American people. Along the way, we'll even touch on some lighter cultural moments—from disco to the Hula Hoop—that helped define the era.

Location: NT Northfield

262-706 | Thursdays | 7/9-8/13 | 1-2:30 p.m.

FEE: \$125/ (65+) discount: \$113 | [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

262-707 | Thursday | 7/23 | 6-7:30 p.m.

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

262-150 | Tuesdays | 7/7-8/11 | 11:30 a.m.-1 p.m.
FEE: \$134/ (65+) discount: \$121 | [REGISTER](#)

262-151 | Tuesdays | 7/7-8/11 | 7-8:30 p.m.
FEE: \$134/ (65+) discount: \$121 | [REGISTER](#)

Beginning Acrylic Painting **NEW**

Instructor: Howard Kanter • 7 sessions

Let's paint on canvas! Have you ever wanted to paint but didn't know where to start? Our Beginning Acrylic Painting class is the perfect place to learn! Whether you've never picked up a paintbrush or just want to refresh your skills, this welcoming course will guide you step by step. Whether you enjoy landscapes and flowers or abstracts and animals, our class will blend these techniques with your desired subject matter. You'll learn basic acrylic painting techniques, color mixing and brush control, how to create depth, texture, and light, and simple composition and design tips. Class fee does not include supplies; A class supply list will be emailed with your registration confirmation.

Location: NT Northfield

262-152 | Mondays | 6/8-7/20 | 9:30-11:30 a.m.
FEE: \$195/ (65+) discount: \$176 | [REGISTER](#)

Beginning Watercolor

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. Class fee does not include supplies; A class supply list will be emailed with your registration confirmation.

Location: NT Northfield

262-153 | Tuesdays | 6/9-7/21 | 9-11 a.m.
FEE: \$195/ (65+) discount: \$176 | [REGISTER](#)

Watercolor Techniques and Beyond (In-person)

Instructor: Fran Vail • 7 sessions

Discover the beauty of watercolor through vibrant colors and expressive styles. Receive personalized, step-by-step instruction to build confidence and refine your skills, or work independently with expert guidance. Explore 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. Enrollment is limited to returning NTX Watercolor students. Max 20.

Location: NT Northfield

262-154 | Thursdays | 6/11-7/30 | 9:30 a.m.-12 p.m.
FEE: \$227 (65+) discount: \$204 | [REGISTER](#)

No class 7/2



Howard Kanter



Watercolor Techniques and Beyond (Zoom)

Instructor: Fran Vail

The same course listed above will also be offered live online via Zoom. This section is open to both new and returning students. Max 15.

Location: Live Online via Zoom

Early Summer

262-155 | Wednesdays | 6/10-7/15 | 9:30 a.m.-12 p.m.

FEE: \$142/ (65+) discount: \$129 (5 sessions) | [REGISTER](#)

No class 7/1

Late Summer

262-156 | Wednesdays | 7/22-8/12 | 9:30 a.m.-12 p.m.

FEE: \$114/ (65+) discount: \$103 (4 sessions) | [REGISTER](#)

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

Gouache, Drawing, and Mixed Media

Instructor: Tom James • 10 sessions

The summer open studio class invites you to explore your creativity with 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 you can 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

262-160 | Mondays | 6/15-8/17 | 10 a.m.-12 p.m.

FEE: \$315/ (65+) discount: \$284 | [REGISTER](#)

Intermediate/Advanced Drawing

Instructor: Tom James • 9 sessions

The summer session will focus on exploring a variety of materials and techniques to bring your work to life. Through demonstrations and guided exercises, students will develop their drawing skills while working with subjects such as landscapes and interior scenes. The class will emphasize observation, composition, and expressive mark-making. Participants will also experiment with adding color using colored pencils, markers, watercolor, and mixed media to enhance their drawings and create depth and vibrancy. Whether you are looking to strengthen your foundational skills or expand your creative approach, this supportive class offers an engaging opportunity to practice, experiment, and grow as an artist. See your class confirmation email for suggested optional supplies. Max 12.

Location: Lutheran Church of Ascension

262-161 | Mondays | 6/15-8/10 | 12:30-2:30 p.m.

FEE: \$284/ (65+) discount: \$256 | [REGISTER](#)

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

262-162 | Wednesdays | 6/17-8/19 | 12:30-2:30 p.m.

FEE: \$315/ (65+) discount: \$284 (10 sessions) | [REGISTER](#)

262-163 | Fridays | 6/26-8/21 | 10 a.m.-12 p.m.

FEE: \$251/ (65+) discount: \$226 (8 sessions) | [REGISTER](#)

No class 7/3

Representational Painting/ Painting Critiques

Instructor: Tom James • 10 sessions

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, photos of 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 will receive annotated screenshots with feedback and suggestions to guide continued progress between sessions. Location: Live Online via Zoom

262-164 | Wednesdays | 6/17-8/19 | 10-11:30 a.m.

FEE: \$236/ (65+) discount: \$212 | [REGISTER](#)

Drawing

Instructor: Tom James • 10 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 or continue work on your own. You'll complete your drawings during the week and submit them before the following class, where we will 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

262-165 | Thursdays | 6/18-8/20 | 10-11:30 a.m.

FEE: \$236/ (65+) discount: \$212 | [REGISTER](#)

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.

Summer Art History: Western and Contemporary American Painters

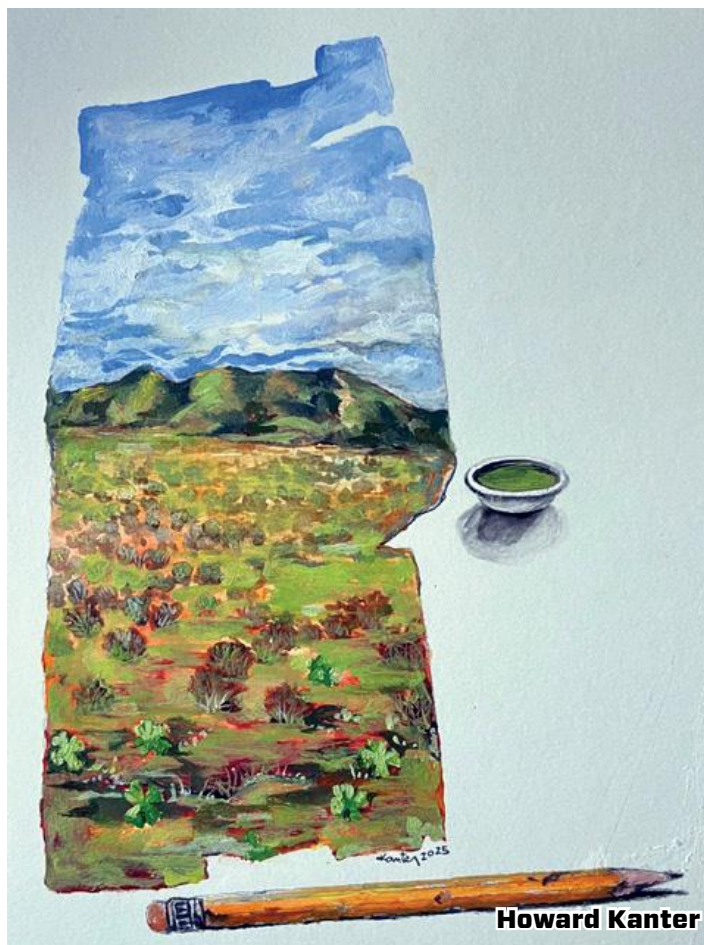
Instructor: Tom James • 10 sessions

In this summer session of Art History, we turn our focus to New York and the East Coast, exploring influential artists working from the 1960s onward. Together we'll examine the energy and innovation of the Pop Art era alongside distinctive figurative painters of the time. Featured artists include Will Barnett, known for his elegant, Japanese-influenced cat and figurative paintings, and Alice Neel, celebrated for her candid, unmistakably New York portraits. We'll also explore the bold Pop imagery of James Rosenquist, the striking portraiture of Alex Katz, and Roy Lichtenstein's iconic comic-strip inspired paintings. The course will also highlight the vibrant works of Wayne Thiebaud and the playful yet thought-provoking sculptural figures of Marisol Escobar. Join us for lively discussion and fresh perspectives on these memorable artists.

Location: Live Online via Zoom

262-166 | Tuesdays | 6/16-8/18 | 7-8:15 p.m.
FEE: \$179/ (65+) discount: \$161 | [REGISTER](#)

262-167 | Wednesdays | 6/17-8/19 | 3:15-4:30 p.m.
FEE: \$179/ (65+) discount: \$161 | [REGISTER](#)



Howard Kanter



Merle Evans

Beginning Bridge 1.0

Instructor Mike Cochran • 7 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

262-501 | Wednesday | 6/3-7/15 | 10 a.m.-12 p.m.
FEE: \$185/ (65+) discount: \$167 | [REGISTER](#)

Bridge 2.0

Instructor Mike Cochran • 7 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

262-502 | Mondays | 6/1-7/13 | 3-5 p.m.
FEE: \$185/ (65+) discount: \$167 | [REGISTER](#)

262-503 | Mondays | 6/1-7/13 | 6-8 p.m.
FEE: \$185/ (65+) discount: \$167 | [REGISTER](#)

Bridge 3.0

Instructor: Mike Cochran • 7 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. 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

262-504 | Tuesdays | 6/2-7/14 | 10 a.m.-12 p.m.
FEE: \$185/ (65+) discount: \$167 | [REGISTER](#)

Sharpen Your Bridge Skills

Instructor: Mike Cochran • 7 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

262-505 | Wednesdays | 6/3-7/15 | 12:45-2:45 p.m.
FEE: \$185/ (65+) discount: \$167 | [REGISTER](#)

262-506 | Wednesdays | 6/3-7/15 | 6-8 p.m.
FEE: \$185/ (65+) discount: \$167 | [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. While all levels of play are welcome, this class is not intended for beginning players. Some bridge experience is required. Participants should be comfortable opening 1NT and responding using Stayman Convention and Jacoby Transfers, and should have experience bidding both major and minor suits.

Location: NT Northfield

262-507 | Fridays | 5/29-7/17 | 10 a.m.-12 p.m.
FEE: \$159/ (65+) discount: \$143 | [REGISTER](#)
No class 6/19, 7/3



Beginning Mah Jongg

Instructor: Marlene Dobrin • 5 sessions

Learn the fun and fast-paced game of American 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 2026 Mah Jongg card. Max 10.

Location: NT Northfield

262-520 | Mondays | 5/11-6/15 | 12:45-2:45 p.m.

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

No class 5/25

262-521 | Tuesdays | 6/16-7/14 | 12:45-2:45 p.m.

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

262-522 | Mondays | 6/22-7/20 | 12:45-2:45 p.m.

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

262-523 | Fridays | 7/24-8/21 | 12:45-2:45 p.m.

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

Mah Jongg: Beginner Evening Intensive *NEW*

Instructor: April Cesaretti • 4 sessions

Curious about Mah Jongg but not ready to commit to a five-week class—or looking for a faster-paced introduction? This four-week evening course is designed for beginners who want to learn the game in an accelerated format. In the first session, you'll be introduced to the fundamentals of American Mah Jongg, including the tiles, basic rules, and how to read the official card of standard hands. The remaining sessions focus on guided gameplay, giving you the opportunity to apply what you've learned while building strategy, confidence, and comfort at the table. Perfect for those who prefer an evening option or want a quicker path to playing. Attendance at the first two sessions is mandatory. Class fee includes a 2026 Mah Jongg card.

Location: NT Northfield.

262-524 | Thursdays | 7/9-7/30 | 6-8 p.m.

FEE: \$135 (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.

262-525 | Mondays | 7/27-8/10 | 12:45-2:45 p.m.

FEE: \$99 (No discount) | [REGISTER](#) *FULL*



Patricia Sack



Leslie Wilner

More Meatless Mains **NEW**

Instructor: Blair Carothers • 1 session

Take your plant-based cooking to the next level! In this hands-on class, you'll expand your repertoire with even more satisfying, flavor-packed meatless main dishes. Featuring all new recipes, you'll learn fresh techniques and creative ways to combine vegetables, grains, legumes, and bold seasonings to create meals that are hearty, balanced, and delicious. Recipes highlight seasonal ingredients and practical ideas you can easily recreate at home. Perfect for anyone who enjoyed Meatless Mains or is looking for new inspiration to cook and eat more plant-forward meals.

Location: NT Northfield

262-301 | Monday | 6/22 | 6-8:30 p.m.
FEE: \$65/ (65+) discount: \$59 | [REGISTER](#)

Bastille Day: A French Cooking Celebration **NEW**

Instructor: Blair Carothers • 1 session

Celebrate France's national holiday, Bastille Day, with a festive evening in the kitchen! In this hands-on class, you'll learn to prepare classic French dishes inspired by the flavors of a traditional French bistro. Discover simple techniques and fresh ingredients that bring authentic French cooking to life while creating a delicious menu perfect for celebrating. Along the way, enjoy stories and traditions behind Bastille Day and the culture that makes French cuisine so beloved. Come cook, taste, and say bon appétit!

Location: NT Northfield

262-302 | Tuesday | 7/14 | 6-8:30 p.m.
FEE: \$65/ (65+) discount: \$59 | [REGISTER](#)

Tomato Time! Celebrating Summer's Star Ingredient

Instructor: Blair Carothers • 1 session

Nothing says summer like a perfectly ripe tomato! In this hands-on class, you'll learn to prepare a variety of delicious recipes that showcase tomatoes at their seasonal best. From fresh, vibrant dishes to simple cooked favorites, discover techniques and flavor pairings that highlight the natural sweetness and versatility of this summer staple. Using fresh, seasonal ingredients, you'll create recipes that are easy to recreate at home and perfect for warm-weather meals.

Location: NT Northfield

262-303 | Monday | 8/3 | 6-8:30 p.m.
FEE: \$55/ (65+) discount: \$49 | [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. on Mondays and Thursdays and 10:45 a.m.-1 p.m. on Saturdays. 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.

262-440 | 6/8-6/27 | FEE: \$126 (9 sessions) | [REGISTER](#)

Summer Schedule

6/8-6/27

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

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

NTX Caliber Fencing Club

Instructors: NTX Coaching Staff

The NTX Caliber Fencing Club is a fencing club that meets throughout the year except for July and 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 with Coach Shawn Smith. 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. Expiration dates reflect scheduled program breaks and holidays.

Location: NT Winnetka

262-443 | 3-month membership | \$229 | [REGISTER](#)

262-444 | 6-month membership | \$449 | [REGISTER](#)

262-445 | 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

262-446

\$30 for a 30-minute lesson with Don Badowski, 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@nthhs.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

262-447 | \$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

262-240 | Thursday | 6/18 | 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

262-241 | Thursday | 6/25 | 6:30-8:30 p.m.
FEE: \$35/ (65+) discount: \$32 | [REGISTER](#)



Beverly McLaughlin



Sue Janusz

FITNESS

Gentle Yoga

Instructor: Lucien Dall'Agata • 10 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, and 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

262-450 | Wednesdays | 7/29-9/30 | 9:30-10:45 a.m.

FEE: \$209/ (65+) discount: \$188 | [REGISTER](#)

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 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!

Level I – Beginner & Gentle: Perfect for first-time participants, seniors, or anyone returning to fitness after a break. Focus is on learning the basics and moving at a comfortable pace.

Level II – Moderately Active: For those who engage in some physical activity each week but are looking to build consistency and strength.

Level III – Active & Experienced: For participants who are already active or regularly exercising. Expect a challenging pace and more advanced movements.



Total Body Fitness Sampler (Levels II and III)

Instructor: Beth Klobuchar-Mendez

For those who already workout 2-3 times per week, enjoy a series of fun, efficient combination workouts designed to build strength, endurance, and core stability. Classes include strength training using heavier weights and cables, Tabata step intervals to boost cardiovascular endurance and coordination, and targeted core work to strengthen both abdominal and back muscles. Sessions may take place both indoors and outdoors, offering variety and a refreshing change of pace.

Location: NT Winnetka

262-451 | Mondays | 6/22-9/14 | 5:30-6:30 p.m.

FEE: \$185/ (65+) discount: \$167 (10 sessions) | [REGISTER](#)

No class 6/29, 7/6, 9/7

262-452 | Wednesdays | 6/24-9/16 | 5:30-6:30 p.m.

FEE: \$222/ (65+) discount: \$199 (12 sessions) | [REGISTER](#)

No class 7/1

262-453 | Saturdays | 7/11-9/19 | 8:30-9:30 a.m.

FEE: \$203/ (65+) discount: \$183 (11 sessions) | [REGISTER](#)

Stretch (Levels I-III)

Instructor: Beth Klobuchar-Mendez

Take time to restore your body with this gentle, all-level stretch class. Designed to help counteract the effects of daily stress, desk work, and a sedentary lifestyle, this class focuses on improving flexibility, easing muscle tension, and supporting overall mobility. Participants work at their own pace while learning simple stretches that can help reduce aches and promote better movement in everyday life. Modifications are provided for all fitness levels.

Location: NT Winnetka

262-454 | Mondays | 6/22-9/14 | 6:30-7:15 p.m.

FEE: \$139/ (65+) discount: \$125 (10 sessions) | [REGISTER](#)

No class 6/29, 7/6, 9/7

262-455 | Wednesdays | 6/24-9/16 | 6:30-7:15 p.m.

FEE: \$167/ (65+) discount: \$150 (12 sessions) | [REGISTER](#)

No class 7/1

262-456 | Saturdays | 7/11-9/19 | 9:30-10:15 a.m.

FEE: \$153/ (65+) discount: \$138 (11 sessions) | [REGISTER](#)

FITNESS: YOUTH SPORTS PROGRAMS

Get ready to play, learn, and grow! Our youth sports programs are designed to help kids of all skill levels build confidence, stay active, and have fun in a supportive environment. Explore the opportunities below and find the perfect fit for your young athlete!

Junior Trevians NT Cheerleading *NEW*

NTX is excited to partner with the New Trier Cheerleading program to offer spring cheer clinics for students in grades 2-8, giving young athletes the opportunity to learn fundamental cheer skills, build confidence, and have fun in a supportive environment. This partnership will also expand into the Junior Trevian Cheer competitive program in the fall. For updates and program information, follow @jrtreviancheer on Instagram.



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@nths.net



NTX Caliber Fencing Club

New Trier Extension offers multiple youth fencing programs for students in grades 3 and up, from true beginners to advanced skills. Memberships are offered in 3-month, 6-month, and annual packages, and may even include discounted private lessons and free sparring opportunities. More information can be found on page 9 of this catalog.



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.

Beginning French for True Beginners

Instructor: Nicole Weissman • 8 sessions

Always wanted to learn French but don't know where to start? This class is designed for adults with no previous experience in French. You'll learn the basics of pronunciation, grammar, vocabulary, and simple conversational skills. In a supportive environment, you'll introduce yourself, ask questions, and practice everyday situations. Taught in a supportive environment, this course will give you the confidence you need to begin speaking and understanding French with confidence. No experience necessary—just bring your curiosity! A Google Classroom will be used as a learning supplement.

Location: NT Northfield

262-820 | Wednesdays | 6/10-7/29 | 3:30-5 p.m.

FEE: \$175/ (65+) discount: \$158 | [REGISTER](#)

French I (Continuation of French for True Beginners)

Instructor: Nicole Weissman • 8 sessions

Ready to build on the basics? This course is designed for students who have completed a true beginner French class or who have a basic foundation in the language. Continue developing your pronunciation, vocabulary, and conversational skills while learning to communicate in a wider range of everyday situations. Through guided practice and interactive activities, students will gain confidence speaking and understanding French in a supportive and relaxed environment. A Google Classroom will be used as a learning supplement. Fee does not include the required text, to be purchased online.

Location: NT Northfield

262-821 | Wednesdays | 6/10-7/29 | 3:30-5 p.m.

FEE: \$175/ (65+) discount: \$158 | [REGISTER](#)

NEW TIME

Discover the Art of French Living ***NEW***

Instructor: Panthea Sadri • 7 sessions

Planning a trip to France? This relaxed, culture-focused class will help you learn useful French phrases and practical language skills for travel. Practice everyday expressions for greetings, dining, shopping, and getting around, while also exploring French customs, cuisine, and lifestyle. Perfect for travelers who want to feel more confident communicating and connecting during their time in France.

Location: NT Northfield

262-822 | Thursdays | 6/11-8/6 | 3-4:30 p.m.

FEE: \$153/ (65+) discount: \$138 | [REGISTER](#)

No class 6/25, 7/2

French Conversations: Food, Culture, and Travel (Intermediate) ***NEW***

Instructor: Panthea Sadri • 6 sessions

Strengthen your French through engaging conversations about travel destinations, gastronomy, and French lifestyle. This course helps learners communicate more naturally while exploring the richness of French culture. Using a variety of resources, students will discuss topics, share opinions, and build confidence speaking in French. Key grammar points may also be reviewed in context through real-life examples and discussion.

Location: NT Northfield

262-823 | Wednesdays | 6/10-8/5 | 4:30-6 p.m.

FEE: \$131/ (65+) discount: \$119 | [REGISTER](#)

No class 6/24, 7/1, 7/8

The Art of French Conversation (Advanced)

Instructor: Panthea Sadri • 6 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

262-824 | Wednesdays | 6/10-8/5 | 10-11:30 a.m.

FEE: \$131/ (65+) discount: \$119 | [REGISTER](#)

No class 6/24, 7/1, 7/8

Conversation Française Intermédiaire Niveau I (Part 2 Continuing)

Instructor: Nicole Weissman • 8 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 will 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

262-825 | Tuesdays | 6/9-7/28 | 1-2:30 p.m.

FEE: \$175/ (65+) discount: \$158 | [REGISTER](#)

NEW TIME

Italian I (Continuing)

Instructor: Phyllis Horn-Liparini • 6 sessions

Continue learning this beautiful language in this continuation of Italian I, Part 2. 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

262-850 | Thursdays | 6/11-7/16 | 9-10:30 a.m.

FEE: \$135/ (65+) discount: \$123 | [REGISTER](#)

Italian II (Continuing)

Instructor: Phyllis Horn-Liparini • 6 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. Max 12.

Location: Live Online via Zoom

262-851 | Thursdays | 6/11-7/16 | 10:30 a.m.-12 p.m.

FEE: \$135/ (65+) discount: \$123 | [REGISTER](#)

Italian III (Continuing)

Instructor: Phyllis Horn-Liparini • 6 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 to register. Fee does not include the required text to be purchased online. Max 12.

Location: Live Online via Zoom

262-852 | Tuesdays | 6/9-7/14 | 10:30 a.m.-12 p.m.

FEE: \$135/ (65+) discount: \$123 | [REGISTER](#)

Italian IV (Continuing)

Instructor: Phyllis Horn-Liparini • 6 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 to register. Fee does not include the required text to be purchased online. Max 12.

Location: Live Online via Zoom

262-853 | Tuesdays | 6/9-7/14 | 9-10:30 a.m.

FEE: \$135/ (65+) discount: \$123 | [REGISTER](#)

Italian V (Continuing)

Instructor: Phyllis Horn-Liparini • 6 sessions

Un corso per studenti con almeno 4-5 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 to register. Fee does not include the required text to be purchased online. Max 12.

Location: Live Online via Zoom

262-854 | Tuesdays | 6/9-7/14 | 6:30-8 p.m.

FEE: \$135/ (65+) discount: \$123 | [REGISTER](#)

Beginning Spanish for True Beginners Continuing

Instructor: Megan Lennon • 8 sessions

Keep building your confidence and communication skills in Spanish! This course is designed for students who have completed a Beginning Spanish for True Beginners class or have comparable experience (for example, be able to conjugate both regular and irregular verbs in the present tense). You'll review and reinforce the basics—pronunciation, 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. Fee does not include required text to be purchased online. We use Google Classroom and other teaching apps such as Kahoot and Quizlet (don't worry if these are new to you) to enhance instruction.

Location: NT Northfield

262-860 | Wednesdays | 6/10-7/29 | 5:30-7 p.m.

FEE: \$159/ (65+) discount: \$143 | [REGISTER](#)

Spanish II

Instructor: Nicole Weissman • 8 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

262-861 | Wednesdays | 6/10-7/29 | 1:30-3 p.m.

FEE: \$175/ (65+) discount: \$158 | [REGISTER](#)

Spanish Zoom Offerings

Spanish for True Beginners/ Summer Review

Instructor: Robin Martinez • 8 sessions

Ready to refresh and build on what you have learned in the fall and winter/spring sessions? Spanish for True Beginners is designed for students who have completed a Spanish for True Beginners course and want to continue developing their skills. Each week we will review key concepts while exploring new vocabulary and practicing conversation through interactive activities. The class emphasizes speaking and listening to help students build confidence using Spanish in everyday situations and prepare for upcoming Spanish I classes in the fall.

Location: Live Online via Zoom

262-862 | Tuesdays | 6/9-7/28 | 1-2 p.m.

FEE: \$117/ (65+) discount: \$106 | [REGISTER](#)

Spanish I/ Summer Immersion Learning

Instructor: Robin Martinez • 8 sessions

Ready to take your Spanish to the next level? Spanish Immersion I is for students who have completed at least one year of Spanish I and want to practice using the language in a more natural way. Each week we will explore new topics, short readings, and conversations entirely in Spanish. The class emphasizes speaking and listening through lively discussion, helping students expand vocabulary, improve comprehension, and gain confidence communicating in Spanish.

Location: Live Online via Zoom

262-863 | Tuesdays | 6/9-7/28 | 10-11 a.m.

FEE: \$117/ (65+) discount: \$106 | [REGISTER](#)

Spanish II/ Summer Immersion Learning

Instructor: Robin Martinez • 8 sessions

Ready to deepen your Spanish skills? Spanish Immersion II is designed for students who have completed at least one year of Spanish II and are ready to continue strengthening their fluency. Each week we will explore new topics, short readings, and conversations entirely in Spanish. The class emphasizes speaking and listening through lively discussion, helping students expand vocabulary, improve comprehension, and gain greater confidence expressing themselves in Spanish.

Location: Live Online via Zoom

262-864 | Thursdays | 6/11-7/30 | 10-11 a.m.

FEE: \$117/ (65+) discount: \$106 | [REGISTER](#)

Spanish III and IV/ Summer Immersion Learning

Instructor: Robin Martinez • 8 sessions

Ready to continue advancing your Spanish? Spanish Immersion III & IV is designed for students who have completed at least one year of Spanish III or IV and are ready to further develop their fluency. This summer's theme will be El Mundo Culinario: del Campo a la Mesa (The Culinary World from Field to Table). Through weekly readings, discussions, and conversation conducted entirely in Spanish, students will explore food, culture, and traditions while expanding vocabulary and strengthening comprehension. The class emphasizes speaking and listening through lively discussion, helping students gain greater confidence expressing themselves in Spanish.

Location: Live Online via Zoom

262-865 | Wednesdays | 6/10-7/29 | 9:30-10:30 a.m.

FEE: \$117/ (65+) discount: \$106 | [REGISTER](#)



Diane Moe

All music classes listed on this page are for students 18 years or older.

Summer Piano Jumpstart

Instructor: Our Music Institute Staff • 6 sessions

Stretch out your fingers and get ready to play. It's never too late to learn something new. In this fun and supportive beginner piano class, students will learn the fundamentals of piano technique, how to read music notation, and how to play their first songs with confidence. Students will explore treble and bass clef, basic rhythm patterns, simple chord progressions, and expressive playing while developing coordination between both hands. By the end of the course, students will be able to perform a complete piece and even experience playing a duet with a fellow classmate. Join us at Our Music Institute for a relaxed and encouraging introduction to piano where learning music is social, creative, and rewarding. Keyboards and headphones are provided at OMi for class. Coursebook information will be emailed upon registration. Coursebooks are purchased separately, either from OMi or from a music dealer of your choice. Practice rooms are available for use to all NTX students during OMi office hours. Min 4/Max 8.

Location: Our Music Institute

262-101 | Wednesdays | 6/10-7/15 | 7-8 p.m.

FEE: \$225 (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 Summer Guitar Campfire 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 the Summer Guitar Campfire Club. Students must be enrolled in the Summer Guitar Campfire Club to be enrolled in Guitar Basics Primer.

Location: Our Music Institute

262-102 | Thursday | 6/4 | 7-8 p.m.

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

Summer Guitar Campfire Club

Instructor: Our Music Institute Staff • 6 sessions

Tap into life's good vibrations this summer by learning guitar in a relaxed, social group setting. Summer Guitar Campfire Club focuses on the songs everyone loves to sing along to—classic favorites from artists like The Beatles, Bob Dylan, Fleetwood Mac, and more. Each session introduces essential guitar skills including chords, strumming patterns, rhythm techniques, and song structure while applying them directly to well-known songs. The class is designed for beginners and early intermediate players and is taught in a supportive, low-pressure environment that makes learning both fun and achievable. Whether you're picking up the guitar for the first time or returning after a break, this class will have you playing real songs in no time. Complete beginners with no guitar experience are required to attend OMi's Guitar Basics Primer Class which will be held one week prior to the start of the club. Bring your own guitar or contact Our Music Institute if you'd like to purchase or rent one (847) 386-6765. Min 5/Max 12.

Location: Our Music Institute

262-103 | Thursdays | 6/11-7/16 | 7-8 p.m.

FEE: \$225 (No discount) | [REGISTER](#)

Ukulele Beach Party

Instructor: Our Music Institute Staff • 6 sessions

Ukulele is one of the most joyful and accessible instruments to learn, making it the perfect way to experience the fun of playing music this summer. In this beginner-friendly group class, students will learn basic chords, strumming patterns, and simple melodies while playing upbeat songs inspired by island music, pop favorites, and feel-good classics. Designed for complete beginners, the class moves at a comfortable pace while building confidence and musical skills each week. Students will quickly discover how easy it is to make music on the ukulele and enjoy sharing the experience with fellow learners in a relaxed and welcoming environment at Our Music Institute. 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. Min 5/Max 12.

Location: Our Music Institute

262-104 | Wednesdays | 6/10-7/15 | 7-8 p.m.

FEE: \$225 (No discount) | [REGISTER](#)

Adult Band Bootcamp

Instructor: Marta Fraser, Our Music Institute Staff • 6 sessions

Have you ever wanted to play in a band? Adult Band Bootcamp is your chance to experience the thrill of making music with others in a fun and supportive environment. Designed for beginner to intermediate adult musicians, this class brings together guitarists, singers, keyboard players, bassists, and drummers to learn and rehearse a selection of classic rock, pop, and soul songs. Students will develop ensemble skills such as listening, groove, dynamics, and stage communication while working toward a final performance together. Led by experienced instructors at Our Music Institute, this class focuses on collaboration, confidence, and the pure excitement of playing live music with a band. Min 5/Max 12.

Location: Our Music Institute

262-105 | Mondays | 6/8-7/13 | 7-8 p.m.

FEE: \$225 (No discount) | [REGISTER](#)

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

Intermediate Sculling Summer Camps

Instructors: New Trier Rowing Coaches • 5 sessions

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

Location: Dammrich Rowing Center

262-660 | Monday-Thursday, Monday | 6/15-6/18, 6/22 | 4-6 p.m.

FEE: \$300 (No discount) | [REGISTER](#)

No camp 6/19

262-661 | Monday-Friday | 7/20-7/24 | 4-6 p.m.

FEE: \$300 (No discount) | [REGISTER](#)

Adult On-The-Water Learn to Row

Instructors: New Trier Rowing Coaches

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

Location: Dammrich Rowing Center

262-631 | Wednesdays | June 3, 10, 17, 24 | 8:30-10:30 a.m.

FEE: \$160 (No discount) | [REGISTER](#)

262-632 | Fridays | June 5, 12, 26 | 8:30-10:30 a.m.

FEE: \$120 (No discount) | [REGISTER](#)

No class 6/19

262-633 | Wednesdays | July 8, 15, 22, 29 | 8:30-10:30 a.m.

FEE: \$160 (No discount) | [REGISTER](#)

No class 7/1

262-634 | Fridays | July 10, 17, 24, 31 | 8:30-10:30 a.m.

FEE: \$160 (No discount) | [REGISTER](#)

No class 7/3

262-635 | Wednesdays | August 5, 12, 19, 26 | 8:30-10:30 a.m.

FEE: \$160 (No discount) | [REGISTER](#)

262-636 | Fridays | August 7, 14, 21, 28 | 8:30-10:30 a.m.

FEE: \$160 (No discount) | [REGISTER](#)

Experienced Adults On-The-Water Rowing Summer Pass

Instructors: New Trier Rowing Coaches

Enjoy greater flexibility this summer! One payment of \$400 allows 10 visits to any of the program dates listed below. Rowers must indicate the dates they will attend at registration. Additional visits may be added at the time of registration or later for \$40 each. These sessions are for rowers with prior on-the-water experience that are seeking a recreational or competitive rowing experience. You will row (sweep or scull) on the North Shore Channel of the Chicago River. Wear tighter-fitting shorts (biker-style) and a t-shirt and bring a water bottle. Please arrive 15 minutes early to warm up and stretch prior to all classes. All participants are expected to know how to swim. No discounts or refunds; students should plan to attend all classes.

Location: Dammrich Rowing Center

262-637 | Wednesdays & Fridays | 8:30-10:30 a.m.

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

Wednesday Dates:

June 3, 10, 17, 24; July 8, 15, 22, 29; August 5, 12, 19, 26

Friday Dates:

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

No class 6/19, 7/1, 7/3

Summer Erg Classes

Instructors: New Trier Rowing Coaches

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

Location: NT Northfield B-Commons

262-620 | Week 1 | M, W, F | June 8, 10, 12 | 1:30-3 p.m.

FEE: \$60 (No discount) | [REGISTER](#)

262-621 | Week 2 | M, W | June 15, 17 | 1:30-3 p.m.

FEE: \$40 (No discount) | [REGISTER](#)

No class 6/19

262-622 | Week 3 | M, W, F | June 22, 24, 26 | 1:30-3 p.m.

FEE: \$60 (No discount) | [REGISTER](#)

262-623 | Week 4 | M, W, F | July 6, 8, 10 | 1:30-3 p.m.

FEE: \$60 (No discount) | [REGISTER](#)

262-624 | Week 5 | M, W, F | July 13, 15, 17 | 1:30-3 p.m.

FEE: \$60 (No discount) | [REGISTER](#)

262-625 | Varsity | Fridays | June 12, 26; July 10, 17 | 3-4:30 p.m.

FEE: \$80 (No discount) | [REGISTER](#)

Novice On-The-Water Summer Rowing Camps

Instructors: New Trier Rowing Coaches

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

Location: Dammrich Rowing Center

262-626 | Week 1 | Monday-Thursday | June 15-18 | 4-6 p.m.
FEE: \$180 (No discount) | [REGISTER](#)
No camp 6/19

262-627 | Week 2 | Monday-Friday | June 22-26 | 4-6 p.m.
FEE: \$225 (No discount) | [REGISTER](#)

262-628 | Week 3 | Monday-Friday | July 6-10 | 4-6 p.m.
FEE: \$225 (No discount) | [REGISTER](#)

262-629 | Week 4 | Monday-Friday | July 13-17 | 4-6 p.m.
FEE: \$225 (No discount) | [REGISTER](#)

262-630 | Week 5 | Monday-Friday | July 20-24 | 4-6 p.m.
FEE: \$225 (No discount) | [REGISTER](#)



Christine Porter



Katharine Frey

Varsity On-The-Water Summer Rowing Camps

Instructors: New Trier Rowing Coaches

High school rowers with a minimum of one year of rowing experience are invited to participate in this training and racing camp. On-the-water sessions are designed to further develop technique and prepare athletes for national-level rowing competitions. Rowers will be able to compete at the 46th annual Chicago Sprints held July 10-12th by registering with NTX. All participants are expected to know how to swim. The camp fee covers coaching, facilities, boat usage, and video analysis. In case of inclement weather, the camp will be canceled. No refunds. Space is limited. Register week by week or for the full 5-week camp.

Location: Dammrich Rowing Center

BOYS

262-640 | All 5 Weeks

Monday-Thursday | June 15-July 23 | 1:30-3:30 p.m.

FEE: \$800 (No discount) | [REGISTER](#)

No camp 6/29-7/2

262-641 | Week 1 | M-Th | June 15-18 | 1:30-3:30 p.m.

FEE: \$180 (No discount) | [REGISTER](#)

262-642 | Week 2 | M-Th | June 22-25 | 1:30-3:30 p.m.

FEE: \$180 (No discount) | [REGISTER](#)

262-643 | Week 3 | M-Th | July 6-9 | 1:30-3:30 p.m.

FEE: \$180 (No discount) | [REGISTER](#)

262-644 | Week 4 | M-Th | July 13-16 | 1:30-3:30 p.m.

FEE: \$180 (No discount) | [REGISTER](#)

262-645 | Week 5 | M-Th | July 20-23 | 1:30-3:30 p.m.

FEE: \$180 (No discount) | [REGISTER](#)

GIRLS

262-650 | All 5 Weeks

Monday-Thursday | June 15-July 23 | 6:30-8:30 a.m.

FEE: \$750 (No discount) | [REGISTER](#)

No camp 6/29-7/2

262-651 | Week 1 | M-Th | June 15-18 | 6:30-8:30 a.m.

FEE: \$180 (No discount) | [REGISTER](#)

262-652 | Week 2 | M-Th | June 22-25 | 6:30-8:30 a.m.

FEE: \$180 (No discount) | [REGISTER](#)

262-653 | Week 3 | M-Th | July 6-9 | 6:30-8:30 a.m.

FEE: \$180 (No discount) | [REGISTER](#)

262-654 | Week 4 | M-Th | July 13-16 | 6:30-8:30 a.m.

FEE: \$180 (No discount) | [REGISTER](#)

262-655 | Week 5 | M-Th | July 20-23 | 6:30-8:30 a.m.

FEE: \$180 (No discount) | [REGISTER](#)

Chicago Sprints for Varsity Camp Rowers

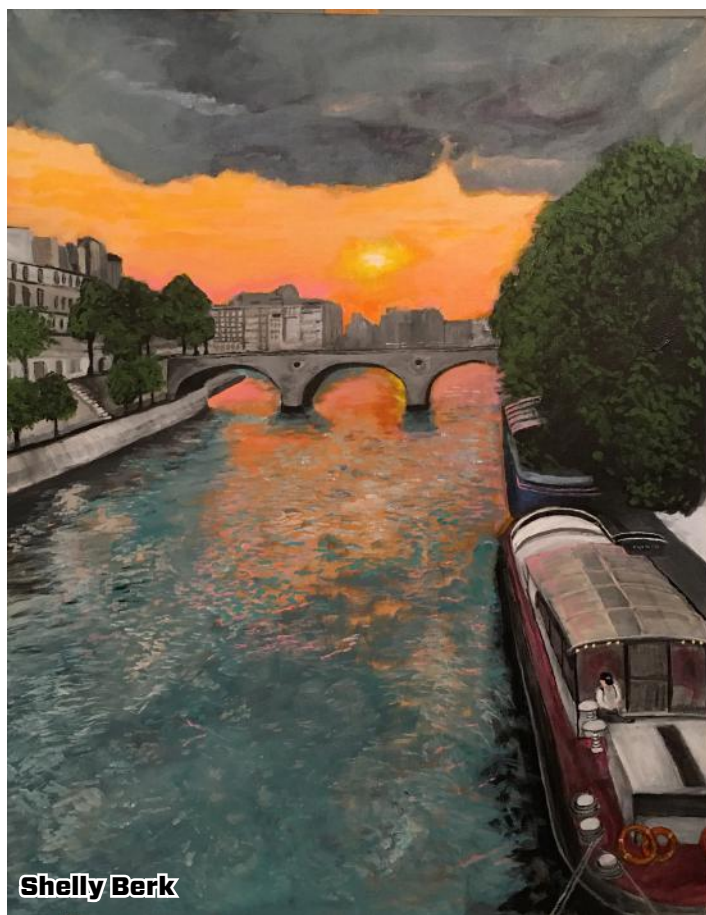
Instructors: New Trier Rowing Coaches

Lincoln Park Boat Club has hosted competitive rowing regattas on the Lincoln Park lagoon since its inception in 1910. Since 1980, the club has hosted the annual Chicago Sprints, which is one of the largest, competitive regattas in the Midwest. The regatta attracts rowers from over 23 states as well as competitors from overseas. Chicago Sprints feature 1,000-meter, side-by-side, Henley-style racing with rowers treated to an unmatched skyline view during racing. The 1,000-meter course is on the Lincoln Park Lagoon, situated between the Lincoln Park Zoo and Lake Shore Drive. Location: Lincoln Park Lagoon

262-657 | Friday-Sunday | July 10-12

FEE: \$60* (No discount) | [REGISTER](#)

**Fee covers entry fee, coaching and boat transport. Participants must provide transportation to and from the regatta.*



Shelly Berk

Sunset Sail on Lake Michigan

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 and 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.

Location: Wilmette Harbor

262-730* | Friday | 7/10 | 6:30-9 p.m.

FEE: \$99 (No discount) | [REGISTER](#)

**Only one space left!*

262-731* | Friday | 7/31 | 6:30-9 p.m.

FEE: \$99 (No discount) | [REGISTER](#) ***FULL***

**Only one space left!*

262-732 | Saturday | 8/8 | 6:30-9 p.m.

FEE: \$99 (No discount) | [REGISTER](#)

Sun and Moon

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

This experience offers participants a new perspective watching the sunset and moonrise from the water. We'll meet at the harbor about an hour before sunset and watch the sunset as we venture out on the lake, while on the other horizon, the moon rises. Many of us have watched the sun set across the water, but watching it set on a boat and watching the moon rise, which may be new for some, is rich with experience. Fee is per person

Location: Wilmette Harbor

262-736 | Saturday | 8/1 | 6:30-9:30 p.m.

FEE: \$99 (No discounts) | [REGISTER](#)

Sun and Stars

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

This experience offers participants a new perspective watching the sunset and during a new moon, watching the stars appear and linger in the sky. We'll meet at the harbor about an hour before sundown and watch the sunset as we venture out on the lake, beyond the din of the city lights to witness a blanket of stars, while on the other horizon, the moon rises. Many of us have watched the sun set across the water, but watching it set on a boat and watching the moon rise, which may be new for some, is rich with experience. Fee is per person.

Location: Wilmette Harbor

262-737 | Saturday | 8/15 | 6:15-9:15 p.m.

FEE: \$99 (No discounts) | [REGISTER](#)



Liz Baskin

All summer T'ai Chi classes are for current and returning NTX T'ai Chi students.

Foundational Exercises *NEW*

Instructor: Xin Tian • 4 sessions

The Foundations Exercises class will focus specifically on three foundational exercises, Ape Steps Back, Tiger's Pounce, and Cloud Hands. The class will be geared to current students (Qigong students, Form students, Advanced students) who would like to improve their understanding of these important exercises.

Location: NT Northfield

262-430 | Saturdays | 6/6-6/27 | 9:30-10:30 a.m.
FEE: \$59/ (65+) discount: \$53 | [REGISTER](#)

Gentle Tai Chi Class

Instructor: Pam Hultgren • 4 sessions

In addition to reviewing the exercises taught in the Qigong and Foundations of Tai Chi classes, the main focus of the Gentle Tai Chi Class is learning the 1st Section of the Tai Chi Form while still. This 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

262-432 | Saturdays | 6/6-6/27 | 9:30-10:15 a.m.
FEE: \$45/ (65+) discount: \$41 | [REGISTER](#)

Tai Chi Principles *NEW*

Instructor: Pam Hultgren • 4 sessions

Principles in training; principles in practice. In addition to the Taiji Form practice, each week this class will focus on a basic principle and how it is to be trained and how it is used in 2-person practices.

Location: NT Northfield

262-433 | Mondays | 6/1-6/22 | 7-8 p.m.
FEE: \$59/ (65+) discount: \$53 | [REGISTER](#)

262-434 | Saturdays | 6/6-6/27 | 8:20-9:20 a.m.
FEE: \$59/ (65+) discount: \$53 | [REGISTER](#)

Tai Chi Form: Advanced

Instructor: Pam Hultgren • 4 sessions

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

Location: NT Northfield

262-435 | Wednesdays | 6/3-6/24 | 7-8 p.m.
FEE: \$59/ (65+) discount: \$53 | [REGISTER](#)

NEW TIME



TECHNOLOGY

Make AI Work For You

Instructor: Michael Gershbein • 1 session

There are many options for generative AI websites and apps, from ChatGPT to Google Gemini to Apple Intelligence. This class will discuss all the best options as well as how to create prompts that will give you the answers that you need.
Location: NT Northfield

262-715 | Thursday | 6/25 | 7-8:30 p.m.
FEE: \$28/ (65+) discount: \$25 | [REGISTER](#)

Google Docs and Drive

Instructor: Michael Gershbein • 1 session

You don't need to buy Microsoft Office to have access to quality email, calendar, word processing, spreadsheet and slideshow software. Learn all about what you can do with access to free Google products.
Location: NT Northfield

262-716 | Thursday | 7/16 | 7-8:30 p.m.
FEE: \$28/ (65+) discount: \$25 | [REGISTER](#)



Rachel Siegel



Ken Fox

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

262-930 | Thursday | 6/11-7/16 | 6-8 p.m.
FEE: \$137/ (65+) discount: \$123 | [REGISTER](#)



Susan Segal



Katherine Biondi

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What our NTX students had to say about these courses:

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

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

This Summer 2026 term, courses begin:

May 13th, June 17th, July 15th, August 12th



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, Jr. Trevian Cheerleading, 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. For one-day or one-time-only classes, a \$5 withdrawal fee applies. 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.

(65+) Discounts

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

Faculty Assignments

Faculty may change at the discretion of the Manager.

Photography/Video

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

Discrepancies/Changes in Catalog Data

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

Disclaimer

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



CLASS SUBJECTS THIS TERM

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

NTX STAFF

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

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