

NTX NEW TRIER EXTENSION

Fall 2026

Full Course Catalog

Register online at
www.ntx203.net



Welcome to Fall at NTX!

Welcome to another exciting season of learning with NTX Community Education! Whether you're returning to a favorite class or joining us for the first time, we're delighted to have you as part of our lifelong learning community.

This fall, we've added several classes based on your requests, including Woodworking, Medicare 101, Ballroom Dancing, Cooking, and Crochet, while continuing to offer the many favorite classes that have become NTX traditions.

We encourage you to register early to avoid disappointment. Many of our classes fill quickly, and several have had waitlists in recent sessions.

We invite you to explore the catalog, find a class that interests you, and join us for a season of learning, creativity, and connection. We hope you'll join us this fall—we look forward to welcoming you to NTX!

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



Facebook:

facebook.com/ntextension



Instagram:

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



DeDe Kern, MS, CPP
NTX Manager

Fall 2026 Class Locations:

NT Northfield,

7 Happ Rd, Northfield

NT Winnetka,

385 Winnetka Ave, Winnetka

Ballroom Dance Center,

310 North Happ Road, 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

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	14-18
Music	19
Rowing	20
Sailing	21
Tai Chi & Qigong	22
Technology	23



ONE OF A KIND

Introduction to Woodworking ***NEW***

Instructor: Jason Boumstein, New Trier Applied Arts Department Chair • 13 sessions

Discover the satisfaction and accomplishment of creating something with your own hands in this introductory woodworking class. Perfect for beginners, you'll learn essential woodworking skills, including safe tool use, measuring, cutting, sanding, assembly, and finishing techniques. Start by building a personalized step stool, then progress to creating small products for the kitchen and office. By the end of the course, if time permits, you can explore a small passion project. No prior woodworking experience is necessary, just bring your creativity and a willingness to learn! Class fee includes supplies.

Location: NT Winnetka

263-701 | Tuesdays | 9/15-12/15 | 6-8 p.m.
FEE: \$493/ (65+) discount \$449 | **REGISTER**
No class 11/3

Beginner Crochet ***NEW***

Instructor: Shari Marcus • 5 sessions

Curious about crochet? Join this fun and supportive beginner-level class and learn the fundamentals. Participants will be introduced to essential crochet techniques including basic stitches, reading patterns, and finishing projects. With plenty of hands-on guidance, you'll complete several projects starting with a bookmark, moving to a coin purse or cell phone holder, and finishing with granny squares. The small class size—limited to just four participants—allows for individualized instruction and personalized support. Class fee does not include supplies; A class supply list will be emailed with your registration confirmation.

Location: NT Northfield

263-702 | Tuesdays | 9/15-10/13 | 6:30-8 p.m.
FEE: \$79/ (65+) discount: \$71 | **REGISTER**

263-703 | Fridays | 9/18-10/23 | 1-2:30 p.m.
FEE: \$79/ (65+) discount: \$71 | **REGISTER**
No class 10/16



Leslie Wilner

Woobles™ Crochet Kit Class ***NEW***

Instructor: Shari Marcus • 5 sessions

Did you buy a Woobles™ kit and never get started? Did you receive one as a gift, begin the project, and then get stuck or frustrated? Or perhaps you've been tempted by the Woobles™ ads but felt intimidated about learning to crochet. This class is the perfect place to begin! Bring your Woobles™ kit and receive step-by-step guidance to help you complete your project. Designed for absolute beginners, this class will teach foundational crochet skills, including the chain stitch, single crochet, and crocheting in the round—the essential techniques used to create adorable stuffed toys. The goal is to complete your Woobles™ project during class. If time permits, participants may have the opportunity to begin an additional crocheted stuffed toy. Please note: The class fee does not include supplies. A supply list will be emailed with your registration confirmation. *Woobles™ is a trademark of The Woobles, Inc. This class is not affiliated with, sponsored by, or endorsed by The Woobles, Inc.*

Location: NT Northfield

263-704 | Thursdays | 9/17-10/15 | 6:30-8 p.m.
FEE: \$79/ (65+) discount: \$71 | **REGISTER**

Ballroom Basics and Beyond ***NEW***

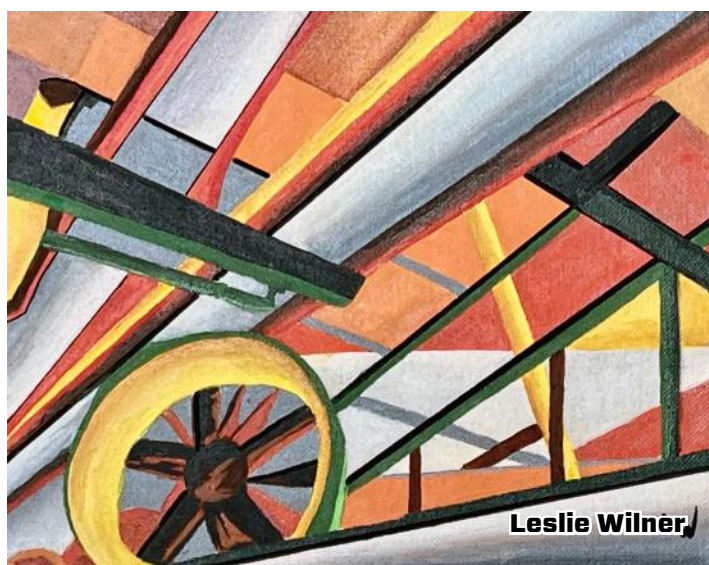
Instructor: Staff at Ballroom Dance Center • 6 sessions

Step onto the dance floor and discover the fun of ballroom dancing! Enjoy top-notch facilities and expert instruction at the Ballroom Dance Center in Northfield. This welcoming beginner class is designed for everyone—whether you've never danced before or simply want to refresh your skills. Experience a fun and social atmosphere while getting great exercise and building confidence on the dance floor. Participants will learn the foundational steps and techniques of popular ballroom dances including the waltz, foxtrot, tango, rumba, and swing. No experience is necessary: both singles and couples are welcome!

Location: Ballroom Dance Center

263-705 | Thursdays | 9/17-10/22 | 6-6:45 p.m.
FEE: \$273 (no discounts) | **REGISTER**

263-706 | Thursdays | 11/5-12/17 | 6-6:45 p.m.
FEE: \$273 (no discounts) | **REGISTER**
No class 11/26



Leslie Wilner

Western Civilization: From Ancient Greece to the End of the Middle Ages *NEW*

Instructor: Frank Sullivan • 6 sessions

Many of us first learned about the heroes of Western Civilization through popular films such as *Spartacus* (1960), *Alexander the Great* (1956), *Alexander* (2004), and *300* (2007). These movies often depict ancient Greeks, Macedonians, and Romans with distinctly British, Irish, Scottish, or Welsh accents. Does that mean they were all from the British Isles? Of course not! Using these familiar cultural references as a starting point, we'll explore the real people, societies, and events that shaped Western Civilization from Ancient Greece through the end of the Middle Ages.

Location: NT Northfield

263-707 | Thursdays | 9/17-10/22 | 1-2:30 p.m.

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

263-708 | Wednesdays | 10/14-10/28 | 7-8 p.m.

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

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

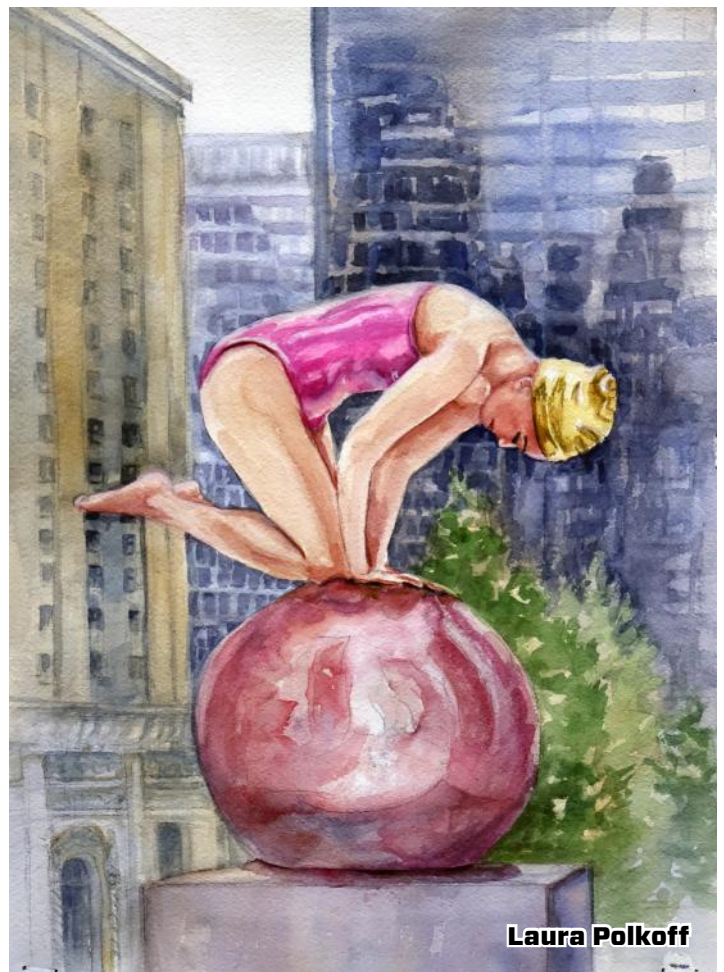
Instructor: John Schroeder, Certified Professional Retirement Coach • 1 session

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

263-709 | Thursday | 10/15 | 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

263-150 | Tuesdays | 9/15-10/20 | 1-2:30 p.m.

FEE: \$134/ (65+) discount: \$121 | [REGISTER](#)

263-151 | Tuesdays | 9/15-10/20 | 7-8:30 p.m.

FEE: \$134/ (65+) discount: \$121 | [REGISTER](#)

Beginning Drawing II

Instructor: Scott Oldham • 6 sessions

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

Location: NT Northfield

263-152 | Tuesdays | 11/10-1/5 | 1-2:30 p.m.

FEE: \$134/ (65+) discount: \$121 | [REGISTER](#)

No class 11/24, 12/22/ and 12/29

263-153 | Tuesdays | 11/10-1/5 | 7-8:30 p.m.

FEE: \$134/ (65+) discount: \$121 | [REGISTER](#)

No class 11/24, 12/22/ and 12/29



Introduction to Illustration

Instructor: Scott Oldham • 6 sessions

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

Location: NT Northfield

263-154 | Thursdays | 10/15-11/19 | 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

263-155 | Mondays | 9/28-11/16 | 9:30-11:30 a.m.

FEE: \$195/ (65+) discount: \$176 | [REGISTER](#)

No class 10/12

Beginning Watercolor

Instructor: Howard Kanter

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

Early Fall

263-156 | Mondays | 9/14-11/9 | 5:30-7:30 p.m.

FEE: \$195/ (65+) discount: \$176 | [REGISTER](#)

No class 9/21, 10/12

Late Fall

263-157 | Mondays | 11/16-1/11 | 5:30-7:30 p.m.

FEE: \$195/ (65+) discount: \$176 | [REGISTER](#)

No class 12/21, 12/28

Watercolor Techniques and Beyond (Zoom)

Instructor: Fran Vail • 8 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 12.

Location: Live Online via Zoom

Early Fall

263-159 | Wednesdays | 9/16-11/4 | 9:30 a.m.-12 p.m.

FEE: \$228/ (65+) discount: \$205 | **REGISTER**

Late Fall

263-160 | Wednesdays | 11/11-1/20 | 9:30 a.m.-12 p.m.

FEE: \$228/ (65+) discount: \$205 | **REGISTER**

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



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

Gouache, Drawing, and Mixed Media

Instructor: Tom James • 11 sessions

The fall 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

263-161 | Mondays | 9/28-12/14 | 10 a.m.-12 p.m.

FEE: \$346/ (65+) discount: \$311 | **REGISTER**

No class 10/12

Intermediate/Advanced Drawing the Landscape

Instructor: Tom James • 11 sessions

Explore landscape drawing and mixed-media techniques using graphite, colored pencils, markers, and oil pastels. Students will learn how to approach landscape subjects with an emphasis on proportion, perspective, composition, and value. Through demonstrations and guided practice, you'll explore techniques for rendering natural elements such as trees, bark, and clouds while developing your observational skills. Students will work from landscape photographs provided by the instructor. Basic supplies include a 9" x 12" sketchbook (60-80 lb. paper, such as Strathmore Sketch), erasers, and drawing pencils. Additional materials will be discussed during the first class. Beginners and continuing students are welcome. See your class confirmation email for suggested optional supplies. Max 12.

Location: Lutheran Church of Ascension

263-162 | Mondays | 9/28-12/14 | 12:30-2:30 p.m.

FEE: \$346/ (65+) discount: \$311 | **REGISTER**

No class 10/12

Painting: Intermediate/Advanced Studios

Instructor: Tom James • 12 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 12.

Location: Lutheran Church of Ascension

263-163 | Wednesdays | 9/23-12/16 | 12:30-2:30 p.m.

FEE: \$376/ (65+) discount: \$338 | [REGISTER](#)

No class 11/25

263-164 | Fridays | 9/25-12/18 | 10 a.m.-12 p.m.

FEE: \$376/ (65+) discount: \$338 | [REGISTER](#)

No class 11/27

Perspective

Instructor: Tom James • 6 sessions

For those continuing or needing a refresher course. This class will include YouTube tutorials, demonstrations by the instructor and discussions about class work each week. In the second session of the term, we will emphasize complete "representational" perspective drawings using pen and ink, markers, watercolor, and colored pencils. This is an important class to understand dimensional drawing/painting.

Location: Live Online via Zoom

Early Fall

263-165 | Tuesdays | 9/22-10/27 | 10-11 a.m.

FEE: \$86/ (65+) discount: \$77 | [REGISTER](#)

Late Fall

263-166 | Tuesdays | 11/10-12/15 | 10-11 a.m.

FEE: \$86/ (65+) discount: \$77 | [REGISTER](#)

Representational Painting/ Painting Critiques

Instructor: Tom James • 13 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

263-167 | Wednesdays | 9/23-12/16 | 10-11:30 a.m.

FEE: \$299/ (65+) discount: \$269 | [REGISTER](#)

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 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

263-168 | Thursdays | 9/24-12/17 | 10-11:30 a.m.

FEE: \$276/ (65+) discount: \$248 | [REGISTER](#)

No class 11/26

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: Photography Pioneers of the 19th and Early 20th Century *NEW*

Instructor: Tom James • 13 sessions

Explore the groundbreaking photographers who helped shape photography as both an art form and a powerful tool for documenting history. From Dorothea Lange's Dust Bowl images and Margaret Bourke-White's wartime photography to the surrealist works of Dora Maar and Kati Horna, we'll examine influential artists whose vision changed the medium. Discover the contributions of pioneers such as Imogen Cunningham, Gertrude Käsebier, Jessie Tarbox Beals, Berenice Abbott, Eugène Atget, Alfred Stieglitz, and Edward Steichen as we trace the evolution of photography from its early beginnings to a respected art form.

Location: Live Online via Zoom

263-169 | Tuesdays | 9/22-12/15 | 7-8:15 p.m.

FEE: \$232/ (65+) discount: \$209 | [REGISTER](#)

263-170 | Wednesdays | 9/23-12/16 | 3:15-4:30 p.m.

FEE: \$232/ (65+) discount: \$209 | [REGISTER](#)

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

263-501 | Mondays | 9/14-10/26 | 6-8 p.m.

FEE: \$133/ (65+) discount: \$120 (5 sessions) | [REGISTER](#)

No class 9/21, 10/12

263-502 | Wednesdays | 9/16-10/21 | 10 a.m.-12 p.m.

FEE: \$159/ (65+) discount: \$143 (6 sessions) | [REGISTER](#)

Beginning 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 again be used to supplement the required text, which is the same book used in Beginning Bridge 1.0.

Location: NT Northfield

263-503 | Mondays | 11/9-12/7 | 6-8 p.m.

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

263-504 | Wednesday | 11/4-12/9 | 10 a.m.-12 p.m.

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

No class 11/25

Bridge 2.0

Instructor Mike Cochran • 5 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

263-505 | Mondays | 9/14-10/26 | 3-5 p.m.

FEE: \$133/ (65+) discount: \$120 | [REGISTER](#)

No class 9/21, 10/12

Bridge 2.5

Instructor Mike Cochran • 5 sessions

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

Location: NT Northfield

263-506 | Mondays | 11/9-12/7 | 3-5 p.m.

FEE: \$133/ (65+) discount: \$120 | [REGISTER](#)

Bridge 3.0

Instructor: Mike Cochran • 6 sessions

Now that you have learned most of the rules and guidelines of the game, you will continue to explore techniques to use when playing the hand. We will focus more attention on defensive strategies, the hardest part of the game. You will also learn ways to improve communication with your partner by studying some of the more popular bidding conventions in use today. Hands will be played each week that will demonstrate many of these concepts. Fee does not include required texts to be purchased online prior to the first class.

Location: NT Northfield

263-507 | Tuesdays | 9/15-10/20 | 10 a.m.-12 p.m.

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



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 with 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

263-508 | Tuesdays | 11/10-12/8 | 10 a.m.-12 p.m.

FEE: \$133/ (65+) discount: \$120 | [REGISTER](#)

Next Level Bridge

Instructor: Mike Cochran

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. Fee does not include required texts to be purchased online prior to the first class.

Location: NT Northfield

263-509 | Wednesdays | 9/16-10/28 | 6-8 p.m.

FEE: \$159/ (65+) discount: \$143 (6 sessions) | [REGISTER](#)

No class 10/7

263-510 | Wednesdays | 11/4-12/9 | 6-8 p.m.

FEE: \$133/ (65+) discount: \$120 (5 sessions) | [REGISTER](#)

No class 11/25

Two-Over-One (2/1) Game Force

Instructor: Mike Cochran

The advent of Two-Over-One (2/1) Game Force has quickly become quite popular among bridge players. It is not a completely new bidding system, but rather a modification of traditional Standard American bidding. It not only allows partners more bidding space, but it also removes much of the guesswork from the bidding process. The enhanced communication between partners often identifies game-going ability more quickly. This course will explore 2/1 in great detail, with hands being played each week to illustrate the concepts discussed.

Location: NT Northfield

263-511 | Wednesdays | 9/16-10/21 | 12:45-2:45 p.m.

FEE: \$159/ (65+) discount: \$143 (6 sessions) | [REGISTER](#)

263-512 | Wednesdays | 11/4-12/9 | 12:45-2:45 p.m.

FEE: \$133/ (65+) discount: \$120 (5 sessions) | [REGISTER](#)

No class 11/25

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 interactive course, the bidding and play of each hand will be analyzed, and questions are expected. 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

263-513 | Fridays | 9/18-10/23 | 10 a.m.-12 p.m.

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

263-514 | Fridays | 10/30-12/11 | 10 a.m.-12 p.m.

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

No class 11/27

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

263-520 | Tuesdays | 9/15-10/13 | 12:45-2:45 p.m.

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

263-521 | Fridays | 9/18-10/16 | 12:45-2:45 p.m.

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

263-522 | Tuesdays | 10/20-11/24 | 12:45-2:45 p.m.

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

No class 11/3

263-523 | Fridays | 10/23-11/20 | 12:45-2:45 p.m.

FEE: \$169 (No discount) | [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 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.

263-524 | Mondays | 10/19-11/2 | 12:45-2:45 p.m.

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

263-525 | Mondays | 11/9-11/23 | 12:45-2:45 p.m.

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

Fall Produce

Instructor: Blair Carothers • 1 session

Celebrate the flavors of fall as the harvest season fills our kitchens with fresh, colorful produce! Discover creative ways to prepare both familiar favorites—such as apples, squash, and pumpkins—and often-overlooked seasonal vegetables. You'll learn how to make delicious dishes like stuffed squash, sheet-pan roasted vegetables, and other comforting recipes perfect for autumn meals. Whether you're looking to expand your weeknight menu or impress at your next gathering, you'll leave with plenty of inspiration. Featuring all-new recipes for Fall 2026. Please bring an apron.

Location: NT Northfield

263-301 | Wednesday | 9/16 | 6-8:30 p.m.

FEE: \$65/ (65+) discount: \$59 | [REGISTER](#)

Dinner Party Desserts *NEW*

Instructor: Blair Carothers • 1 session

End every meal on a sweet note! Whether you're hosting a holiday gathering, dinner party, or special celebration, the perfect dessert makes a lasting impression. In this hands-on class, you'll learn how to create elegant yet approachable desserts that look beautiful and taste amazing. From rich chocolate creations and seasonal fruit desserts to make-ahead favorites, you'll leave with recipes that are sure to impress your guests without keeping you in the kitchen all day. Please bring an apron.

Location: NT Northfield

263-302 | Monday | 10/5 | 6-8:30 p.m.

FEE: \$65/ (65+) discount: \$59 | [REGISTER](#)

Holiday Appetizers

Instructor: Blair Carothers • 1 session

Get ready to impress your guests with a fresh lineup of festive appetizers perfect for holiday entertaining! In this hands-on class, you'll prepare a variety of crowd-pleasing bites ideal for parties, potlucks, or cozy gatherings at home. We'll focus on creative, make-ahead-friendly recipes that highlight seasonal ingredients and simple, elegant presentation. Whether you're hosting or bringing a dish to share, you'll leave with confident, stylish ideas for stress-free entertaining. All recipes are brand-new for the season. Come hungry and ready to taste!

Location: NT Northfield

263-303 | Tuesday | 11/17 | 6-8:30 p.m.

FEE: \$65/ (65+) discount: \$59 | [REGISTER](#)

Lunar New Year Traditions *NEW*

Instructor: Blair Carothers • 1 session

Celebrate the flavors of the Lunar New Year through food! In this hands-on cooking class, you'll explore traditional dishes that are believed to bring luck, prosperity, and togetherness for the year ahead. Learn how to prepare a selection of festive recipes inspired by Lunar New Year celebrations, with an emphasis on meaningful ingredients, seasonal flavors, and simple techniques you can recreate at home. Come ready to cook, taste, and take home new ideas for your own celebrations.

Location: NT Northfield

263-304 | Tuesday | 1/12 | 6-8:30 p.m.

FEE: \$65/ (65+) discount: \$59 | [REGISTER](#)



FENCING

Beginning Fencing Membership for All Ages

Instructors: NTX Coaching Staff

This membership is designed for those who are either brand new to the sport of fencing or have some experience but need to improve their basic skills before moving on. For students grades 3 and up. Beginners will start with instructor-led skills and drills for 45 minutes. Members will then be able to stay after to spar during club hours from 7:15-9 p.m. (on weekday classes). 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

Session 1 runs Mondays from 6:30-7:15 p.m. and Saturdays from 10 a.m.-1 p.m.

263-440 | 9/14-10/26 | FEE: \$154 (11 sessions) | [REGISTER](#)
No class 9/21, 10/12

Sessions 2 and 3 run Thursdays from 6:30-7:15 p.m. and Saturdays from 10 a.m.-1 p.m.

263-441 | 11/5-12/19 | FEE: \$168 (12 sessions) | [REGISTER](#)
No class 11/26, 11/28

263-442 | 1/7-1/30 | FEE: \$112 (8 sessions) | [REGISTER](#)

Adult Fencing ***NEW***

Instructors: NTX Coaching Staff • 10 sessions

Discover the excitement, strategy, and athleticism of the Olympic sport of fencing! This class is designed for adults who are new to fencing as well as those with some prior experience who would like to strengthen their fundamental skills. Participants will learn proper footwork, blade techniques, offensive and defensive strategies, and fencing etiquette through instructor-led drills and practice. Following instruction, fencers may participate in supervised sparring and open fencing opportunities to apply their skills in a fun and supportive environment. Whether you're looking for a unique way to stay active, sharpen your reflexes, or try something new, this class offers an engaging introduction to the sport. Equipment information will be provided upon registration. No discounts. No pro-rating.

Location: NT Winnetka

263-443 | Thursdays | 9/17-11/19 | 6:30-7:15 p.m.
FEE: \$149 | [REGISTER](#)

Fall Schedule

9/14-1/30

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

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

No class 9/21, 10/12, 10/31, 11/26, and 11/28

No class Mondays 11/2-1/25

NTX Caliber Fencing Club

Instructors: NTX Coaching Staff

The NTX Caliber Fencing Club is a fencing club that meets throughout the year except for July-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, and a 15-minute lesson weekly or bi-weekly (depending on availability) with one of our coaches. 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

263-444 | 3-month membership | \$229 | [REGISTER](#)
263-445 | 6-month membership | \$449 | [REGISTER](#)
263-446 | 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

263-447 | [REGISTER](#)

\$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)

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

263-448 | \$10 per drop-in visit | [REGISTER](#)

Medicare 101 *NEW*

Instructor: Tom Perucci • 1 session

Medicare can be challenging and confusing. Tom Perrucci, from Premier Medicare Benefits, will be presenting a free educational seminar to help you understand your options and feel confident about choosing coverage based on your health needs, budget, and eligibility. He will review Medicare Supplements, Medicare Advantage Plans, Part D Prescription Coverage, and cost saving strategies when you first enroll and every year after that.

Location: NT Northfield

263-240 | Tuesday | 9/29 | 6:30-7:30 p.m.

FEE: Free (students must pre-register) | [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 10/5.

Location: NT Northfield

263-241 | Tuesday | 10/6 | 7-8:30 p.m.

FEE: Free (students must pre-register) | [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

263-242 | Thursday | 10/15 | 6:30-9 p.m.

FEE: \$48/ (65+) discount: \$43 | [REGISTER](#)

Executor? Trustee? Help!

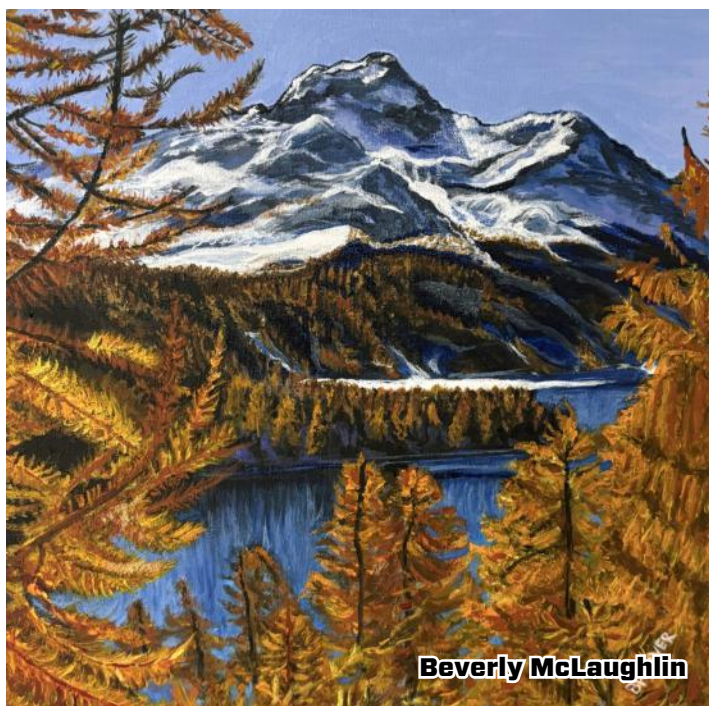
Instructor: Kevin Fitzsimons, J.D., C.P.A. • 1 session

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

263-243 | Thursday | 10/22 | 6:30-8:30 p.m.

FEE: \$35/ (65+) discount: \$32 | [REGISTER](#)



Highly Motivated Group Fitness Classes!

Group fitness helps people of all ages improve their mental and physical health while supporting lifelong fitness goals. Research shows those who exercise in groups are more likely to stay active and socially connected. In a supportive environment, participants work hard, laugh, connect with others, and, for some, enjoy friendly competition—all of which promote happiness.

Strength Conditioning and Balance

Instructor: Beth Klobuchar-Mendez • 14 sessions

Build strength, improve balance, and support healthy bones in a welcoming and encouraging environment. This class combines resistance training, functional movement, balance exercises, and bone-building activities designed to help you stay strong, active, and confident in everyday life. Participants will use Cybex cable equipment and other strength-training tools, with exercises tailored to individual fitness levels. Workouts are varied regularly to challenge both body and mind, keeping each class engaging and effective. Weighted vests are welcome.

Location: NT Northfield

263-451 | Mondays | 9/28-1/25 | 5:30-6:15 p.m.

FEE: \$195/ (65+) discount: \$176 | [REGISTER](#)

No class 10/12, 12/21, 12/28, 1/18

Core and Pelvic Floor Strengthening

Instructor: Beth Klobuchar-Mendez • 14 sessions

Build a stronger foundation from the inside out. This class focuses on strengthening the deep abdominal muscles, back, hips, and pelvic floor to improve posture, stability, balance, and overall functional movement. Through safe, effective exercises and breathing techniques, participants will learn to activate and strengthen the muscles that support everyday activities. Benefits may include improved balance, reduced back discomfort, greater body awareness, and enhanced bladder control and pelvic health. Modifications can be provided for some exercises; please contact the instructor in advance with any questions about accommodations.

Location: NT Northfield

263-452 | Mondays | 9/28-1/25 | 6:15-7 p.m.

FEE: \$195/ (65+) discount: \$176 | [REGISTER](#)

No class 10/12, 12/21, 12/28, 1/18

Cardio/Strength Combinations

Instructor: Beth Klobuchar-Mendez • 14 sessions

Get your heart pumping and your muscles working in this high-energy workout that combines step cardio, strength training, and kickboxing-inspired movements. This full-body class blends aerobic intervals, functional strength exercises, and fun kickboxing combinations to improve cardiovascular fitness, build strength, and increase endurance. Using a variety of workout spaces and equipment, each class offers something new to keep your body challenged and your workouts fresh and engaging. Whether you're looking to boost your energy, improve overall fitness, build strength, or relieve stress, this dynamic class will leave you feeling stronger, more confident, and accomplished.

Location: NT Winnetka

263-456 | Wednesdays | 9/23-1/27 | 5:30-6:15 p.m.

FEE: \$195/ (65+) discount: \$176 | [REGISTER](#)

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

263-457 | Saturdays | 9/26-1/30 | 8:30-9:15 a.m.

FEE: \$195/ (65+) discount: \$176 | [REGISTER](#)

No class 10/10, 11/28, 12/26, 1/2, 1/16

Stretch and Flex

Instructor: Beth Klobuchar-Mendez

Improve flexibility, mobility, and overall movement with this gentle, full-body stretching class. Designed to help reduce muscle tension, increase range of motion, and promote better posture, Stretch and Flex incorporates safe, effective stretches and relaxation techniques for the entire body. This class is ideal for active adults, beginners, and anyone looking to maintain flexibility, enhance recovery, and support healthy aging. Leave each class feeling refreshed, more mobile, and ready to move with greater ease and confidence. Note: Participants must be able to get down to and up from a mat on the floor independently.

Location: NT Northfield

263-453 | Mondays | 9/28-1/25 | 7-7:45 p.m.

FEE: \$195/ (65+) discount: \$176 (14 sessions) | [REGISTER](#)

No class 10/12, 12/21, 12/28, 1/18

Location: NT Winnetka

263-454 | Wednesdays | 9/23-1/27 | 6:15-7 p.m.

FEE: \$207/ (65+) discount: \$186 (16 sessions) | [REGISTER](#)

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

Location: NT Winnetka

263-455 | Saturdays | 9/26-1/30 | 9:15-10 a.m.

FEE: \$195/ (65+) discount: \$176 (14 sessions) | [REGISTER](#)

No class 10/10, 11/28, 12/26, 1/2, 1/16

Fitness: Youth Sports

Looking for fencing? See the Fencing section for youth, high school, and adult classes!

New Trier Junior Cheer ***NEW***

NTX is proud to partner with the New Trier Cheerleading program to offer cheer opportunities for young athletes. The Junior Trevian Cheer competitive season is currently underway for the fall, providing participants with the chance to develop cheer skills, teamwork, and school spirit. Families interested in future cheer opportunities should watch for our spring cheer clinics for students in grades 2-8. The spring clinics are designed to introduce fundamental cheer skills, build confidence, and provide a fun, supportive environment for athletes of all experience levels. For program updates and information about upcoming clinics and registration, follow @jrtreviancheer on Instagram.

New Trier Junior Trevians Field Hockey Clinics ***NEW***

Instructors: NT Field Hockey Coaches

Join the Junior Trevians this fall and discover the fun of field hockey! Our clinics are open to students in grades K-8 of all experience levels—whether you're trying the sport for the first time or looking to build on your skills. Each clinic will focus on skill development and game strategy. Players will improve their technique, build confidence, and enjoy learning through drills, games, and scrimmages. Participants need to bring a mouthguard and shinguards. Loaner field hockey sticks are available if needed. Participants will receive a scrimmage vest. Come learn, grow, and be part of the Junior Trevians field hockey community! Questions? Contact New Trier Head Field Hockey Coach Brittany Romano at romanob@nths.net. Location: NT Northfield.

263-680 | Wednesdays | 9/23-10/21 | 6:15-7:30 p.m.
FEE: \$129 | **REGISTER**
No class 10/7



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@nths.net or call (847) 612-9765 with any questions.

Location: NT Winnetka

263-681 | Tuesdays & Wednesdays | November-Late February (Exact dates are tentative) | 6:15-7:30 p.m.
FEE: \$300 | **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).

263-682 | Wednesdays | November-January (Exact dates are tentative) | 6:15-7:15 p.m.
FEE: \$200 | **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.

Beginning French for True Beginners

Instructor: Nicole Weissman • 16 sessions

Always wanted to learn French but don't know where to start? This class is designed for true beginners with no prior experience in French. Students will learn the fundamentals of pronunciation, basic vocabulary, and simple conversational phrases to help them introduce themselves, ask questions, and navigate everyday situations. Through a supportive and relaxed learning environment, you'll begin building the foundation needed to speak and understand French with confidence. No experience necessary—just bring your curiosity!

Location: NT Northfield

263-820 | Wednesdays | 9/16-1/20 | 11:30 a.m.-1 p.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

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

French High Beginner

Instructor: Nicole Weissman • 15 sessions

Ready to build on the basics? This course is designed for students who have completed a true beginner French class or who already have a basic foundation in the language and are ready to move forward. Students will continue developing pronunciation, vocabulary, and conversational skills while expanding their ability to communicate in a wider range of everyday situations. Through guided practice, interactive activities, and supportive instruction, learners will strengthen their confidence speaking and understanding French. A relaxed and engaging classroom environment encourages steady progress toward greater fluency. A Google Classroom will be used as a learning supplement. Please note that the fee does not include the required textbook, which must be purchased online.

Location: NT Northfield

263-821 | Wednesdays | 9/16-1/20 | 3:30-5 p.m.

FEE: \$328/ (65+) discount: \$295 | [REGISTER](#)

No class 10/7, 11/25, 12/23, 12/30

French II Beginner

Instructor: Panthea Sadri • 15 sessions

Designed for students who have completed at least two years of French study, this class is ideal for those with a basic foundation in French vocabulary, grammar, and listening comprehension. Through engaging conversations, interactive activities, and practical language exercises, students will strengthen their ability to communicate in everyday situations. Emphasis will be placed on developing speaking and listening skills while expanding vocabulary and improving grammatical accuracy. Participants will practice expressing themselves in the present, past, and future tenses, building confidence and fluency along the way. Whether your goal is to travel, reconnect with the language, or prepare for more advanced study, this class provides a supportive environment to enhance your comprehension, communication, and overall comfort with French.

Location: NT Northfield

263-822 | Wednesdays | 9/16-1/20 | 3:30-5 p.m.

FEE: \$328/ (65+) discount: \$295 | [REGISTER](#)

No class 10/7, 11/25, 12/23, 12/30

French II Intermediate Conversation and Grammar

Instructor: Panthea Sadri • 15 sessions

This class is designed for students who have studied French within the last few years and have completed at least three years of French language instruction or the equivalent. Build your confidence and fluency through engaging conversations, guided discussions, and the exploration of authentic French texts and audio materials. You will strengthen your ability to express opinions, share experiences, and communicate more naturally in everyday situations. The course will expand your understanding of French grammar with an introduction to the conditional and subjunctive moods, while continuing to develop your mastery of past tenses. Along the way, you'll enhance your vocabulary, listening comprehension, pronunciation, and overall communication skills in a supportive and interactive environment.

Location: NT Northfield

263-823 | Wednesdays | 9/16-1/20 | 5:15-6:45 p.m.

FEE: \$328/ (65+) discount: \$295 | [REGISTER](#)

No class 10/7, 11/25, 12/23, 12/30

French Conversation- Advanced

Instructor: Panthea Sadri • 16 sessions

Designed for advanced French speakers, this class offers an immersive environment for refining your language skills, expanding your vocabulary, and developing greater fluency and sophistication in spoken French. Ideal for learners who can already hold conversations comfortably and are ready to think and express themselves naturally in French. Through engaging discussions on a variety of contemporary and cultural topics, you will expand your command of advanced vocabulary, idiomatic expressions, and nuanced language. You will practice expressing and defending opinions, narrating past events, and discussing hypothetical situations while strengthening your fluency, pronunciation, and listening comprehension. Join fellow French enthusiasts for lively, authentic conversations that will challenge and inspire you while helping you communicate with greater confidence and ease in French.

Location: NT Northfield

263-824 | Wednesdays | 9/16-1/20 | 9:30-11 a.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

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

Conversation Française Intermédiaire

Instructor: Mary Ellen McGoeey • 16 sessions

The primary goal of this course is to improve oral fluency for those who have acquired an intermediate knowledge of grammar and vocabulary. The focus is on communicative activities and cultural exploration. Students 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

263-825 | Tuesdays | 9/15-1/19 | 9-10:30 a.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

No class 11/3, 12/22, 12/29



Italian I

Instructor: Phyllis Horn-Liparini • 16 sessions

Have you always wanted to learn Italian? Now is the perfect time to begin. Explore the language and culture of Italy while building practical communication skills you can use in everyday situations and while traveling. Inspired by Italy's rich traditions in art, music, history, and cuisine, this beginner-friendly course emphasizes conversation, pronunciation, vocabulary, and common patterns of speech. Students will develop basic speaking, listening, reading, and grammar skills in a supportive and engaging environment. No prior knowledge of Italian is required. Whether you're planning a trip, connecting with family heritage, or simply learning for fun, this class offers an enjoyable introduction to one of the world's most beautiful languages. Fee does not include the required textbook, which must be purchased separately online. Minimum 6.

Location: Live Online via Zoom

263-850 | Thursdays | 9/17-1/21 | 6:30-8 p.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

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

Italian II

Instructor: Phyllis Horn-Liparini • 16 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. Minimum 6

Location: Live Online via Zoom

263-851 | Thursdays | 9/17-1/21 | 9-10:30 a.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

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

Italian III

Instructor: Phyllis Horn-Liparini • 16 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.

Location: Live Online via Zoom

263-852 | Thursdays | 9/17-1/21 | 10:30 a.m.-12 p.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

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

Italian IV

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 to register. Fee does not include the required text to be purchased online.

Location: Live Online via Zoom

263-853 | Tuesdays | 9/15-1/19 | 10:30 a.m.-12 p.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

No class 11/3, 12/22, 12/29

Italian V

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 to register. Fee does not include the required text to be purchased online.

Location: Live Online via Zoom

263-854 | Tuesdays | 9/15-1/19 | 9-10:30 a.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

No class 11/3, 12/22, 12/29

Italian VI

Instructor: Phyllis Horn-Liparini • 16 sessions

Complimenti a voi! State conquistando la lingua italiana settimana per settimana. Continuiamo a raffinare l'uso delle strutture grammaticali complicate mentre esploriamo la lingua attraverso la conversazione, le letture e i media. New students need the instructor's permission to register. Fee does not include the required text to be purchased online.

Location: Live Online via Zoom

263-855 | Tuesdays | 9/15-1/19 | 6:30-8 p.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

No class 11/3, 12/22, 12/29

Beginning Spanish For True Beginners

Instructor: Nicole Weissman • 15 sessions

Experience the joy and satisfaction of learning a new language! This course is designed for true beginners with no prior experience in Spanish. Through a lively, interactive, and supportive classroom environment, students will build a strong foundation in the four essential language skills: listening, speaking, and reading. Emphasis will be placed on pronunciation, basic vocabulary, nouns, articles, numbers, dates, verbs, greetings, and simple sentence structure. Students will gain confidence as they begin communicating in Spanish in real-world, everyday situations. A Google Classroom will be used as a learning supplement. Please note that the fee does not include the required textbook, which must be purchased online.

Location: NT Northfield

263-860 | Wednesdays | 9/16-1/20 | 5:30-7 p.m.

FEE: \$328/ (65+) discount: \$295 | [REGISTER](#)

No class 10/7, 11/25, 12/23, 12/30

Spanish I

Instructor: Megan Lennon • 10 sessions

Continue building your confidence and communication skills in Spanish! This course is designed for students who have completed Beginning Spanish for True Beginners or have comparable experience, including familiarity with present-tense verb conjugations and the basic differences between *ser* and *estar*. We'll review and reinforce pronunciation, common verbs, sentence structure, and everyday vocabulary while expanding your ability to communicate in real-life situations. As we move into Parts II and III of the textbook, you'll explore reflexive verbs and additional tenses, including the preterite, imperfect, and subjunctive. Through games, listening activities, and conversation practice, this engaging class will help take your Spanish to the next level. We use Google Classroom and learning tools such as Kahoot and Quizlet to enhance instruction and review. Fee does not include the required text, which must be purchased online.

Location: NT Northfield

263-861 | Wednesdays | 9/16-1/27 | 5:30-7 p.m.

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

No class 10/7, 11/11-12/30

Spanish II Advanced

Instructor: Nicole Weissman • 16 sessions

This engaging continuation of Spanish II is designed for students with a solid foundation in the language who are ready to take their skills to the next level. Students will strengthen their proficiency while exploring reflexive verbs, the preterite and imperfect tenses, and the present subjunctive. Through interactive activities and meaningful practice, learners will expand vocabulary and build confidence in speaking, listening, reading, and writing Spanish. The course emphasizes real-world communication and deeper connection with the Spanish-speaking world in a supportive, lively classroom environment. Please note: the class fee does not include the required textbook, which must be purchased online. A Google Classroom will be used as a learning supplement.

Location: NT Northfield

263-862 | Wednesdays | 9/16-1/20 | 1:30-3 p.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

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

The Spanish classes below are offered via Zoom

Spanish I Beginning

Instructor: Robin Martinez • 16 sessions

Continue your journey into the Spanish language in this engaging course designed for students who have completed a True Beginners Spanish class or have equivalent experience. Building on the fundamentals, this lively and interactive class focuses on developing listening, speaking, reading, and comprehension skills through a step-by-step approach to communication. Students will continue to strengthen pronunciation, vocabulary, nouns, articles, numbers, dates, verbs, greetings, and sentence structure while gaining confidence using Spanish in everyday situations. Fee does not include required text to be purchased online.

Location: Live Online via Zoom

263-863 | Tuesdays | 9/15-1/19 | 12:30-2 p.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

No class 11/3, 12/22, 12/29

Spanish II Beginning

Instructor: Robin Martinez • 16 sessions

Continue building your Spanish language skills in this engaging course designed for students who have completed beginning-level Spanish or have equivalent experience. Through interactive lessons and conversation practice, students will further develop listening, speaking, and reading skills, with an emphasis on oral communication and confidence. Topics include expanding vocabulary, strengthening sentence structure, and introducing the past and future tenses. Readings and class activities provide opportunities to improve pronunciation, increase comprehension, and apply language skills in meaningful, real-world contexts. Fee does not include required text to be purchased online.

Location: Live Online via Zoom

263-864 | Tuesdays | 9/15-1/19 | 10-11:30 a.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

No class 11/3, 12/22, 12/29

Spanish III Beginning

Instructor: Robin Martinez • 16 sessions

Take your Spanish skills to the next level in this course designed for students who have completed Spanish II or have equivalent experience. This interactive class continues to develop the four essential language skills—listening, speaking, and reading—with a strong emphasis on oral communication and fluency. Students will expand their knowledge of past and future tenses, strengthen sentence structure, and build vocabulary through engaging discussions, activities, and readings. Authentic texts appropriate for this level will be used to improve pronunciation, enhance comprehension, and reinforce the practical application of grammar and vocabulary in real-world contexts. Fee does not include required text to be purchased online.

Location: Live Online via Zoom

263-865 | Thursdays | 9/17-1/21 | 10-11:30 a.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

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

Spanish IV Beginning

Instructor: Robin Martinez • 16 sessions

Continue building your confidence and fluency in Spanish as you progress to the next level of study. Designed for students who have completed Spanish III or have equivalent experience, this interactive course further develops listening, speaking, and reading skills, with a strong emphasis on verbal communication. Students will expand their command of verb tenses, strengthen grammar and sentence structure, and continue building practical vocabulary for everyday conversation. Class discussions, activities, and readings will help improve pronunciation, increase comprehension, and reinforce language concepts through real-world context. Fee does not include required text to be purchased online.

Location: Live Online via Zoom

263-866 | Wednesdays | 9/16-1/20 | 11 a.m.-12:30 p.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

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

Spanish V Advanced

Instructor: Robin Martinez • 16 sessions

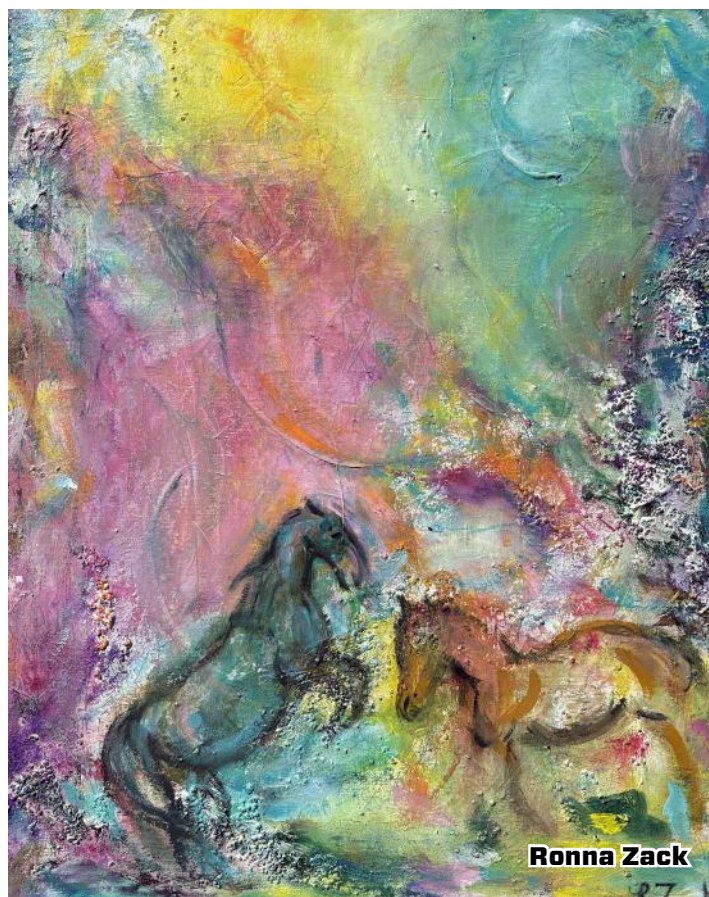
Continue advancing your Spanish language skills in this course designed for students who have completed Spanish IV or have equivalent experience. This advanced-level class emphasizes the continued development of listening, speaking, and reading skills, with a strong focus on oral fluency and confident communication. Students will refine their understanding of advanced verb tenses, expand their vocabulary, strengthen grammar and composition skills, and deepen their ability to express ideas in Spanish. Through discussions, activities, and readings appropriate for this level, students will enhance pronunciation, improve comprehension, and apply previously learned concepts in meaningful and authentic contexts. Fee does not include required text to be purchased online.

Location: Live Online via Zoom

263-867 | Wednesdays | 9/16-1/20 | 9-10:30 a.m.

FEE: \$349/ (65+) discount: \$314 | [REGISTER](#)

No class 11/25, 12/23, 12/3



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

Piano Social: Fall Session

Instructor: Our Music Institute Staff • 8 sessions

It's never too late to learn something new! Piano Social is a welcoming group class for adult beginners who want to learn piano in a relaxed and encouraging environment. Students will develop foundational skills, including reading music, playing with both hands, understanding rhythm, and learning basic chords through familiar songs and musical styles. Designed specifically for adults, the class moves at a comfortable pace and emphasizes enjoyment, confidence, and community as much as technical skill. Whether you're brand new to piano or returning after many years, Piano Social offers a fun and supportive way to begin your musical journey. Keyboards and headphones are provided. Coursebook information will be emailed upon registration; books are purchased separately. Practice rooms are available during OMi office hours, pending availability. Minimum 5.

Location: Our Music Institute

263-101 | Wednesdays | 9/23-11/11 | 7-8 p.m.

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

Guitar Basics Primer

Instructor: Our Music Institute Staff • 1 session

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

Location: Our Music Institute

263-102 | Thursday | 9/17 | 7-8 p.m.

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



Ronna Zack

Good Vibes Guitar Club

Instructor: Our Music Institute Staff • 8 sessions

It's never too late to learn an instrument! Good Vibes Guitar Club is a fun, supportive group class where you'll learn classic songs by artists such as The Beatles, Fleetwood Mac, Tom Petty, CCR, and Bob Dylan while developing essential guitar skills. Topics include chords, strumming patterns, rhythm, scales, and song structure, all taught in a relaxed, low-pressure environment. Material is presented at multiple levels, making the class suitable for both beginners and those with some prior experience. Whether you're picking up a guitar for the first time or returning after years away, you'll enjoy making music and connecting with others. Complete beginners must attend OMi's Guitar Basics class held one week before the club begins. Bring your own guitar or contact OMi (847) 386-6765 about rental or purchase options. Minimum 5.

Location: Our Music Institute

263-103 | Thursdays | 9/24-11/12 | 7-8 p.m.

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

Ukulele Social: Fall Session

Instructor: Our Music Institute Staff • 8 sessions

Discover the joy of making music with Ukulele Social, a fun and welcoming group class designed for adults. Learn essential chords, strumming patterns, rhythm techniques, and simple melodies while playing familiar songs from a variety of musical styles. The class focuses on building practical skills and musical confidence in a relaxed, supportive environment. Whether you're picking up an instrument for the first time or looking for a creative new hobby, you'll enjoy learning and making music with others. All skill levels are welcome, though the class is designed with beginners in mind. Bring your own ukulele or contact Our Music Institute about rental or purchase options. Practice rooms are available to enrolled students during OMi office hours, pending availability. Minimum enrollment: 5.

Location: Our Music Institute

263-104 | Wednesdays | 9/23-11/11 | 7-8 p.m.

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

Adult Band Bootcamp

Instructor: Our Music Institute Staff • 8 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 an (optional) 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. Minimum 5.

Location: Our Music Institute

263-105 | Tuesdays | 9/29-11/17 | 7-8 p.m.

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

ROWING

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

Fall Learn to Erg

Instructor: NTX Rowing Coaches • 9 sessions

Designed for students ages 13 and older and adults who are new to rowing, this class is a great introduction to the sport. Space is limited, so register early! Along the way, you'll become familiar with rowing terminology such as 500-meter splits, strokes per minute, Power-10s, and leg drive. Participants with prior rowing experience will be challenged to refine their technique while improving overall fitness. You will learn how to properly adjust the rowing ergometer ("erg"), row with efficient technique to help prevent injury, and apply power effectively throughout the stroke. By the end of the course, you'll understand common technical errors such as dipping your hands, shooting your slide, or opening your back too early—and why maintaining proper body position and suspension on the handle is key to efficient rowing. Wear tighter-fitting shorts (biker-style), a T-shirt, and bring a water bottle. Students must register prior to attending class. No refunds.

Location: NT Northfield

263-610 | Tuesdays | 9/1-10/27 | 6-7 p.m.

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

Adult On-The-Water Rowing Learn to Row

Instructors: NTX Rowing Coaches

These classes are designed for women and men with no prior rowing experience who want to learn the sport in a fun, supportive environment. All sessions will be held on the North Shore Channel of the Chicago River. Wear tighter-fitting shorts (biker-style), a T-shirt, and bring a water bottle. Please arrive 15 minutes early to warm up and stretch before each class. All participants must know how to swim. The fee includes two complimentary Fall Learn to Erg sessions, held on Tuesdays from 6-7 p.m. at NT Northfield. No discounts or refunds will be provided, and participants should plan to attend all classes. Minimum enrollment must be met for the class to run.

Location: Dammrich Rowing Center

263-605 | Fridays | 9/4-9/25 | 9-11 a.m.

FEE: \$160 (4 sessions) (No discount) | [REGISTER](#)

263-606 | Fridays | 10/2-10/30 | 9-11 a.m.

FEE: \$200 (5 sessions) (No discount) | [REGISTER](#)

Adult On-the-Water Rowing Experienced Rowers

Instructor: NTX Rowing Coaches • 9 sessions

Designed for experienced rowers, these sessions offer both recreational and competitive rowing opportunities for women and men. Participants will row (sweep or scull) on the North Shore Channel of the Chicago River. Wear tighter-fitting shorts (biker-style), a T-shirt, and bring a water bottle. Please arrive 15 minutes early to warm up and stretch before each session. All participants must know how to swim. No discounts or refunds will be provided; participants should plan to attend all classes.

Location: Dammrich Rowing Center

263-636 | Wednesdays | 9/2-10/28 | 9-11 a.m.

FEE: \$360 (No discount) | [REGISTER](#)

263-637 | Fridays | 9/4-10/30 | 9-11 a.m.

FEE: \$360 (No discount) | [REGISTER](#)



SAILING

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.

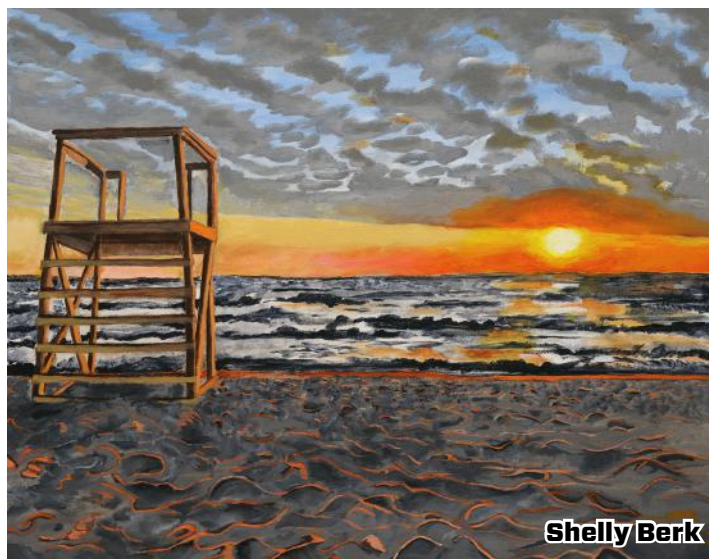
Location: Wilmette Harbor

263-730 | Friday | 9/11 | 6-8 p.m.

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

263-731 | Saturday | 9/26 | 6-8 p.m.

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



Qigong and Foundations of Tai Chi Chuan

The Qigong and Foundations of Tai Chi class offers an introduction to traditional Chinese health exercises and the basic principles of Tai Chi Chuan. Through gentle movements and standing practices, students develop balance, improve breathing, cultivate calmness, and learn to relax both body and mind. Comfortable clothing and shoes are recommended. Max 14.

Location: NT Northfield

Instructor: Kathy Sheridan • 11 sessions
263-430 | Mondays | 9/28-12/14 | 7-8 p.m.
FEE: \$162/ (65+) discount: \$146 | [REGISTER](#)
No class 10/12

Instructor: Paula Chalk • 11 sessions
263-431 | Saturdays | 9/19-12/12 | 9:30-10:30 a.m.
FEE: \$162/ (65+) discount: \$146 | [REGISTER](#)
No class 10/10, 11/28

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 • 11 sessions
The Gentle Tai Chi Class is designed for students who would like to learn the first section of the Tai Chi Form at a slower, more comfortable pace. It is especially well suited for seniors and for individuals who may experience challenges with balance, mobility, or memory.

Location: NT Northfield

263-432 | Saturdays | 9/19-12/12 | 9:30-10:15 a.m.
FEE: \$124/ (65+) discount: \$112 | [REGISTER](#)
No class 10/10, 11/28

Tai Chi Form Class

Instructor: Pam Hultgren • 11 sessions
The Form Class is open to all students currently learning the Tai Chi Form, as well as those who have completed at least one semester of Qigong and Foundations of Tai Chi. The class emphasizes the fundamental principles of Tai Chi while providing step-by-step instruction in the Form. Breakout sessions offer opportunities for focused practice and individualized attention on specific sections of the Form.

Location: NT Northfield

263-433 | Mondays | 9/28-12/14 | 7-8 p.m.
FEE: \$162/ (65+) discount: \$146 | [REGISTER](#)
No class 10/12

263-434 | Saturdays | 9/19-12/12 | 8:20-9:20 a.m.
FEE: \$162/ (65+) discount: \$146 | [REGISTER](#)
No class 10/10, 11/28

Tai Chi Form: Advanced

Instructor: Pam Hultgren • 11 sessions
Contact the instructor before registering for this class for the first time.
Location: NT Northfield

263-435 | Wednesdays | 9/16-12/9 | 6:30-7:30 p.m.
FEE: \$162/ (65+) discount: \$146 | [REGISTER](#)
No class 10/7, 11/25

Tai Chi Form: Advanced +

Instructor: Pam Hultgren • 11 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

263-436 | Wednesdays | 9/16-12/9 | 7:30-8 p.m.
FEE: \$83/ (65+) discount: \$75 | [REGISTER](#)
No class 10/7, 11/25



Master Your Email

Instructor: Michael Gershbein • 1 session

Learn everything you need to know about email, from setting it up, organizing it and moving to a new service, as well as many other tips and tricks.

Location: NT Northfield

263-715 | Thursday | 9/17 | 7-8:30 p.m.

FEE: \$28/ (65+) discount: \$25 | [REGISTER](#)

Holiday Tech Gifts

Instructor: Michael Gershbein • 1 session

Find out all the hottest gadget gifts available this holiday season. From smart homes and smart phones to toys and oddities, we'll open people's eyes to lots of cool options for the family's (or their own) wish list!

Location: NT Northfield

263-716 | Thursday | 10/22 | 7-8:30 p.m.

FEE: \$28/ (65+) discount: \$25 | [REGISTER](#)

iPhone and iPad Advanced Tip and Tricks

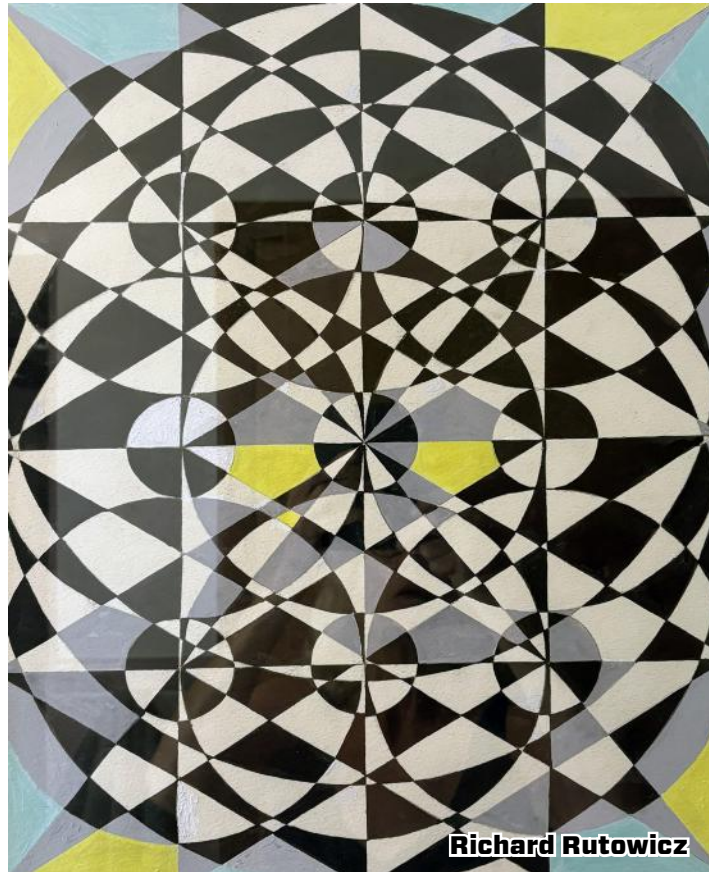
Instructor: Michael Gershbein • 1 session

Are you looking to get more out of your iPhone or iPad? This class will teach you all the tricks with Siri, settings, customization and more that will make your life easier and amaze your friends!

Location: NT Northfield

263-717 | Thursday | 12/10 | 7-8:30 p.m.

FEE: \$28/ (65+) discount: \$25 | [REGISTER](#)



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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 Fall 2026 term, courses begin:

August 12, September 16, October 14, November 11, December 16, January 13



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: _____

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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, Junior Trevians Field Hockey, 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.



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Culinary
Fencing
Financial Planning
Fitness
Languages
Music
Rowing
Sailing
Tai Chi
Technology

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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

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



ONLINE:

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



WALK-IN/PHONE:

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



MAIL:

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