

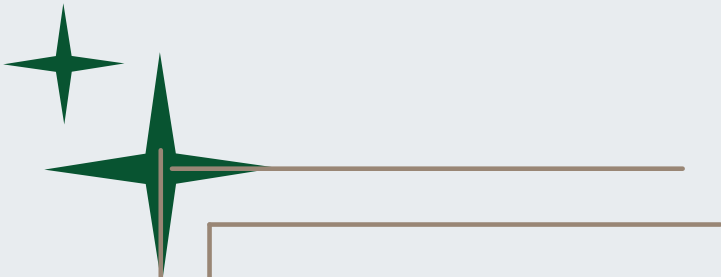
NTX NEW TRIER EXTENSION

Fall 2024

Youth Offerings

Register today at www.NTX203.net!

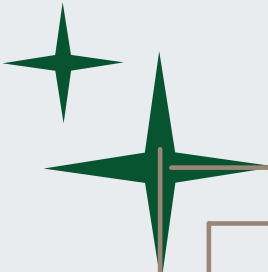




Welcome to New Trier Extension (NTX), the community education program of New Trier Township High School District 203. NTX, typically, offers more than 300 onsite classes throughout the year during fall, winter-spring, and summer sessions. We encourage students and participants of all ages!

The Fall digital catalog is now available [here](#). While we are known for our adult education classes, we have a host of programs for youth.

It is a great pleasure seeing students come through our programs to improve themselves, their skills, and their lives. Please take a few moments to look at our catalog and join us for a class or two! Unexpected changes, new classes, and last-minute openings can be found on our [Facebook page](#). "Like" us today! You can read about our talented NTX instructors [here](#).



Fall Learn to Erg

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

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

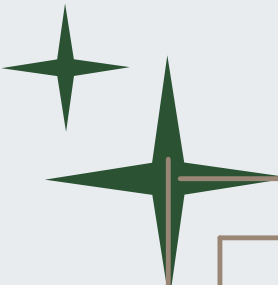
You’ll understand that dipping your hands, shooting your slide, or opening your back early is not desirable; You’ll learn that suspending your body weight on the end of the erg is desirable. Wear tighter-fitting shorts (biker style) and a T-shirt. Bring a water bottle. Space is limited so sign up early.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

Location: NT Northfield

243-612 | Wednesdays | 9/4-10/30 | 6:30-7:30 p.m.

FEE: \$140 (No discounts) | [**REGISTER**](#)





Beginning Fencing Membership for All Ages

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

Location: NT Winnetka

Sessions run Mondays and Thursdays from 6:30-7:15 p.m. and Saturdays from 10 a.m.-1 p.m. ****No Mondays classes 11/18-1/20
No class on New Trier school holidays.***

243-440 | 9/9-10/10 | Fee: \$183 (13 sessions) | [REGISTER](#)

243-441 | 10/14-11/16 | Fee: \$196 (14 sessions) | [REGISTER](#)

243-442 | 11/21-1/25* | Fee: \$196 (14 sessions) | [REGISTER](#)





Private Fencing Lessons

NTX Private Fencing Lessons are available in all three weapons to students with the permission of an NTX fencing instructor. Private fencing lessons provide tailored instruction and individualized attention to enhance your fencing abilities. Through personalized coaching, you can advance at your preferred speed and concentrate on specific strategies and maneuvers. Furthermore, private lessons enable prompt feedback and guidance, resulting in accelerated progress and mastery of the sport. 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.

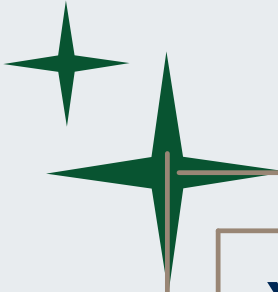
Location: NT Winnetka

243-446 | [REGISTER](#)

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

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





Youth Badminton Clinic for Students in Grades 6-8

This is a great opportunity to learn from the NT coaches how to play the exciting sport of badminton. This program is for students who want to improve their badminton skills. The class will focus on the development of skills, basic tactics, simple strategies, etiquette, rules, and their application in single and double games. Participants will learn skills, footwork, racket technique, serving, and a variety of different badminton shots. This course will accommodate players who are beginners to the more experienced. Loaner equipment is available. If you have your own racket, bring it. Demo rackets will also be for sale. Max 32 participants.

Location: NT Northfield Main Gym

243-449 | Mondays | 9/9-1/13 | 7:30-9 p.m.

Fee: \$275 per student | [**REGISTER**](#)





Trevian Wrestling Club

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, develop team-building skills, and self-discipline; moreover, participants will improve strength, agility, 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 early March.

Contact Marc Tadelman at tadelmam@nths.net or call (847) 612-9765 with any questions.

Location: NT Winnetka

243-680 | Tuesdays & Wednesdays

November-Late February (tentative) | 6:15-7:30 p.m.

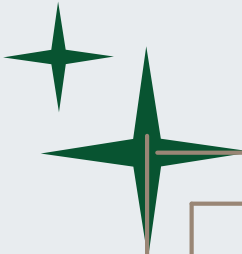
FEE: \$250 | [REGISTER](#)

Beginners and wrestlers under 8 years old must sign up for the Wednesday Only option. Wednesdays will be divided into two groups: True Beginners and Current Middle School Wrestlers.

243-681 | Weds Only | Nov-Late Feb (tentative) | 6:15-7:30 p.m.

Fee: \$150 | [REGISTER](#)





Soundations Music Production Club for Kids

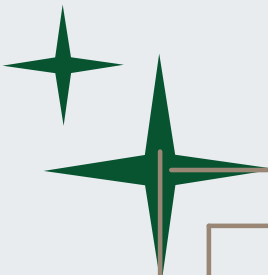
Have you ever heard the music in a video game or a movie and wondered how it was made? Learn here! In Soundations Music Production Club students will learn all the basics of music production in a professional recording studio environment. Using the DAW (digital audio workstation) GarageBand, you will learn how to use loops and record your own audio to create music or soundscapes of your liking. You will become a wiz at navigating the DAW and be able to capture and manipulate sound like a pro. Learn to control faders, gain, panning, equalization, reverb, and other sound effects to create your own masterpiece. All students will experience producing their own original piece with a presentation day at the culmination of the class. Music-making has gone beyond instruments and orchestras. Your experience in Soundations Music Production Club will set you up for success in industry-standard DAWs including Logic, Ableton, and ProTools. *iPad, tablet, or laptop required for class
Location: Our Music Institute (Northfield)

Ages: Students in 4th and 5th grade

243-105 | Tuesdays | 9/10-11/19 | 6-7 p.m.

FEE: \$290 (no discounts) | [REGISTER](#)





Melodic Minds Jr. Choir

Designed for students in junior high, this class offers a fun and supportive environment where young singers can explore their vocal talents, develop their musical skills, and build confidence. Led by experienced instructors, students will learn a variety of songs from different genres, work on vocal techniques, and participate in engaging group activities. Whether they're beginners or have some experience, this class provides a space for kids to express themselves creatively and connect with others who share their love for music.

*6 student minimum required

Location: Our Music Institute (Northfield)

243-106 | Tuesdays | 9/10-11/19 | 7:15-8:15 p.m.

FEE: \$295 (No discounts) | [REGISTER](#)



NTX NEW TRIER EXTENSION

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 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:

Download our registration form online at ntx203.net and fill out your credit card info (or include a check made out to New Trier Extension) and mail it to NTX at 7 Happ Road, Northfield, IL 60093