



PREP

at Stevenson High School

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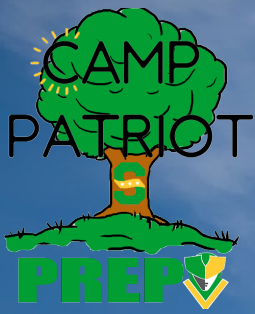
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**PREP Course Catalog
Fall 2021**

d125.org/prep



Camp Patriot 2022

Registration for next summer is open!

We're thrilled about our plans to make a full return to our summer camp program, with lunch and swim lessons included!

Camp Patriot exists to provide a unique camping experience to your camper. We make our camp unique by focusing on Social Emotional Learning (SEL) opportunities for your children while utilizing all that Stevenson High School has to offer.

By the end of our program, your camper will have worked on developing SEL skills, have met new friends, and built relationships with campers, staff, and faculty in a recreational setting.

Campers entering K-8th grades
in the fall of 2022

Learn more at d125.org/prep



Camp Patriot will fill very quickly!
Register soon while you still can!

Camp Patriot is run by Isaac Brubaker. "B" has over 25 years of camping experience that he brings to this amazing program! If you have any questions, please contact him at ibrubaker@d125.org or 847-415-4142.

What's Inside

Find Something Just for YOU!

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Please note:

Details are subject to change.
Directions to the room will be sent to
your email from prep@d125.org

Health Policy:

As the regulations and suggestions
from health experts are updated, so,
too, will the policies of District 125
and PREP. We'll keep you informed
as to our expectations.

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See all of our classes
online!

d125.org/prep

Culinary Arts & Fine Arts



Bread Making

Shilpi Saxena

If there's anything that will make you fall in love with Indian food, it's the bread. Stuffed with vegetables and layered in delectable butter, these breads are the star of every meal. In this class, you will learn the tips and tricks to make your own dough. We will then make varieties of stuffed breads, commonly known as parathas. We will be surprised by the ease of making fresh bread including aloo (potato), gobi (cauliflower), paneer (cottage cheese), palak (spinach), and lachha (layered) paratha. You will also learn about the pairing options with to complete this scrumptious meal.

10/27 5:00-7:30 pm
1406 Fee: \$45

Backyard Maple Syrup

Isaac Brubaker

Get the knowledge and equipment you need to make your own maple syrup at home! Learn to identify maple trees, how and when to tap them, and jar your own delicious maple syrup! Impress your friends and family with this tasty breakfast staple. You'll be shocked at how easy it is! Each participant will go home with the supplies to begin collecting sap at home.

12/12 11:30-12:30 pm
1406 Fee: \$25

Intermediate Colored Pencil Workshop (18+)

Donna Hickman

This online intermediate class is a continuation of the first Colored Pencil Workshop. You will advance your understanding of the medium by learning about different rendering techniques and applications. In addition, there will be further exploration of color design. You'll also learn to create your own vibrantly colored artwork.

Prerequisite: Beginning Colored Pencil Workshop

9/23 - 11/11 7:00-9:00 pm
Zoom & 1422 Fee: \$96
Senior Fee: \$75



Street Foods of India

Shilpi Saxena

Learn to make mouthwatering Indian street food. Dishes include Pakoras, Chai tea and Potato tikkis. Pakoras are vegetables of your choice dipped in a batter, to make fritters. Variety is endless as you choose from the choice of fresh vegetables. Chai tea is a must have hot flavored beverage infused with herbs including green cardamom. Tikki is a potato cutlet with authentic spices. These dishes are easy to make and crunchy to taste. You will fall in love at first bite as you sample the combination.

9/23 5:00-7:00 pm
1406 Fee: \$45

Health & Wellness - Adults



S.M.I.L.E. - Spine and Mind In Line Everyday

Lindsey Nielsen

This class is a mood elevating mix of light meditation, breathing, stretching, and movement to music. S.M.I.L.E. will give you that extra little nudge to start doing some goal setting and self organization. This series is accessible to all ages, abilities, and body types! We will teach you some effective self-calming tools that are especially helpful for those dealing with anxiety, depression, and grief. Come smile with us!

9/23 - 10/28
6110

6:00-7:30 pm
Fee: \$75



All About Chakras

Kalpna Nimkar, Phd, Ryt

Chakra is Sanskrit word which means a wheel. Our subtle, energetic body contains several chakras which are energy centers. Ancient wisdom of Yoga explores chakras in depth and reveals fascinating information about these mystic wheels. These whirling centers within us are unique gifts for humans to achieve physical-emotional health, peace and joy! Learn to unblock, align, nourish and balance major chakras within us through light stretches, meditation, breathing exercises, diet and much more. Note: Class meets Mondays and Wednesdays.

10/04 - 10/27
2110 Aerobics Room

6:30-8:30 pm
Fee: \$135

Empty Nest: The New Frontier Dr. Susan Weitzman

We spend a good part of 18 years loving, teaching, tending to, raising, and caring for our children. But our once babies that filled so much of our hearts and moment by moment thoughts are now ready to fly. How do we adapt to this? What are good coping techniques for dealing with our "Grown and Flown" children? And how do build/re-build and reinvent our own lives now that our nests are somewhat empty? This course will explore the bittersweet feelings of sadness and pride that we feel as our children leave home to start their independent lives, and how to re-invent ourselves, our roles, and our path on this part of the journey.

10/19
2428

6:00-8:00 pm
Fee: \$19



Check out our social media for updates and new classes!
@shsprep



Health & Wellness - Adults



Dr. Susan Weitzman

Dr. Susan Weitzman is a clinician, educator, researcher, international lecturer and training consultant, who also serves as an expert witness and litigation consultant, with a private practice in Chicago and Lincolnshire, working with individuals, couples and groups.

Formerly on staff in Psychiatry at The University of Chicago, Dr. Weitzman is the author of "Not to People like Us: Hidden Abuse in Upscale Marriages," and has been featured on 20/20, Oprah, and National Public Radio's Diane Rehm Show as well as in The Huffington Post, and the book Big Little Lies. She has won numerous awards for her work including Illinois Social Worker of the Year in 2002, and appeared on the Megyn Kelly show. Dr. Weitzman, Dr. Goldwasser, and family were featured in the October 2020 edition of Long Grove Living.



Thinking On Your Feet (18+)

Dr. Susan Weitzman

How many times have you regretted the opportunity gone by where you could have said those perfect words and come out on top? Do you envy people who always seem to say the right thing at the right time? You are not the only one. We live in a stress-filled world where crisis is commonplace. As soon as everything seems to be calm, the rug is pulled out from under us and we're scrambling to regain balance. We all have problems thinking quickly and clearly under pressure. This class will focus on your natural ability to be spontaneous and look at what prevents you from displaying your full intelligence, spontaneity, and humor on the spot.

10/05
2428

6:00-8:00 pm
Fee: \$19

Coping with Covid-19: Recovering in a Post Pandemic World

Dr. Susan Weitzman

2020 has been a year for the ages, filled with upheaval, illness, chaos and uncertainty. We all have had to find ways for ourselves and for our family to cope with the CoVid-19 pandemic and how to stay sane in an unprecedented time. This course will facilitate discussion while examining: strategies for surviving a pandemic; ways to create a new normal, how lockdowns, social distancing, and quarantine impact different personalities differently; methods for coping with the remote learning/zoom meeting universe; and techniques to potentially navigate re-entering an eventual post-pandemic world.

9/21
2428

7:00-9:00 pm
Fee: \$19

Health & Wellness - Adults

Wait... What Did You Say? Everything You Need to Know About Attention Deficit Disorder! Dr. Richard Goldwasser

Do you get easily distracted? Do you find yourself jumping from task to task but never finishing anything? Do you forget things because you get focused on something else? This class, taught by a clinical psychologist/specialist in the area of Attention Deficit Disorder, will help you understand ADD/ADHD in both adults and children: signs and symptoms, related disorders, diagnosis, and management. So many people suffer from ADD and its symptoms, including the inability to stay focused and on task, the course will go over its impact on both work and personal relationships and offer practical advice and strategies to modify behavior and manage symptoms.

10/28
2428

6:00-8:00 pm
Fee: \$19

An Elephant Never Forgets... But I Do! Dr. Richard Goldwasser

Many of us, young and old, have a less-than-adequate memory. Stop being embarrassed about it and stop thinking you can't do anything about it. Spend an evening learning great memory techniques that will allow you to easily remember at least 10 items every time you go shopping, where you parked in a 7 story garage, how to tie faces to names, how to respond when you're in an embarrassing situation and your techniques aren't working (and you can't remember your neighbor's name or child's date of birth when you're filling out a medical form) and learn all sorts of exercises that will allow you to function measurably better than before you took this workshop.

10/14
2428

6:00-8:00 pm
Fee: \$19

Dr. Richard Goldwasser

Dr. Goldwasser's vast amount of experience in the area of ADHD includes: his doctoral dissertation which explored "The Use of Biofeedback and other Modalities in the Treatment of Attention Deficit Disorders"; evaluating and diagnosing well over 1,500 children and adults; development of "BEEP", the Behavioral, Educational, Emotional Program for ADD children and, for two decades, lecturing to parents, educators and therapists on understanding and meeting the needs of the Attention Deficit Child.



Health & Wellness - Youth

Bitty Ballet (3 - 10 years old)

Chicago Loves Dance

Learn the basic positions of ballet and have fun dancing and singing along in this beginning level class run by Chicago Loves Dance.

3 - 5 Years Old

9/18 - 10/23	11:00-11:45 am
2112	Fee: \$121.50

10/30 - 12/11	11:00-11:45 am
2112	Fee: \$121.50

6 - 10 Years Old

9/18 - 10/23	11:45-12:45 pm
2112	Fee: \$121.50

10/30 - 12/11	11:45-12:45 pm
2112	Fee: \$121.50

Youth Yoga (K - 8th)

Chicago Loves Dance

In this class kids will learn beginning yoga movements, terms and yoga based games to make learning fun. Yoga in early childhood is wonderful for improving listening skills, building self-esteem and supporting social and emotional learning. Note: Please be ready with your yoga mat or a towel to class every week.

K - 2nd

9/21 - 10/26	5:00-6:00 pm
8046/8048	Fee: \$121.50

11/02 - 12/07	5:00-6:00 pm
8046/8048	Fee: \$121.50

3rd - 8th

9/21 - 10/26	6:00-7:00 pm
8046/8048	Fee: \$121.50

11/02 - 12/07	6:00-7:00 pm
8046/8048	Fee: \$121.50

Hip Hop (1st - 8th) Chicago Loves Dance

Under the creative direction of Chicago Loves Dance instructors, students will learn choreography to the newest pop/dance songs, show off their creativity in free-style choreography sessions, and more. Chicago Loves Dance runs on the philosophy that dance should open your child's creative abilities and be FUN! We pride ourselves on teaching the self-esteem and socialization needed in everyday life through the activity of dance and performance. The last day of the class will be a parent watch day where they will do a short performance to show off their new talents.

1st - 3rd

9/13 - 10/25	5:30-6:30 pm
2112	Fee: \$121.50

11/01 - 12/06	5:30-6:30 pm
2112	Fee: \$121.50

4th - 8th

9/13 - 10/25	6:30-7:30 pm
2112	Fee: \$121.50

11/01 - 12/06	6:30-7:30 pm
2112	Fee: \$121.50

Language Learning

Arigato

Dank je

Thank
you

Gracias



Beginner Level Hindi (K-9th) Neelima Nagpal

Do you want to speak Hindi? Do you want to write in Hindi? Do you want to learn more about the rich, Indian culture? If yes, then this is a great opportunity for you. The goal is to introduce beginner-level grammar, vocabulary, reading, listening, speaking, and writing. Also, we provide complete familiarity with Indian festivals, cultural overviews, and day-to-day communication in a fun, learning environment.

K - 4th

9/21 - 10/26
2616

5:30-7:00 pm
Fee: \$67.50

5th - 9th

9/23 - 10/28
2616

5:30-7:00 pm
Fee: \$67.50

Travel French (18+)

Lynn Amy De La Breteque

Whether you are brushing up on your French or diving into the language for the first time, "Travel French" will help you build confidence to speak, read, and listen to the French language. Practicality and fun will drive the class curriculum, but the course will be tailored to your needs. Universal foundational skills such as dining, transportation, and cultural visits will be reviewed to give you what you need to feel at ease in France.

9/22 - 10/27
2432

6:30-8:00 pm
Fee: \$79

Learn Spanish Fast! (18+)

Jorge Bermudez

This course is designed for beginning learners! You will be exposed to the Spanish language through easy conversational drills, simple written exercises, and other practical activities. Classes will focus on pronunciation, vocabulary and basic grammar to gain confidence in learning Spanish! Note: The required book is "Basic Spanish" from McGraw-Hills, Inc. Author: Dorothy Richmond. Students must purchase the textbook online prior to start class.

9/23 - 10/28
2620

6:30-8:30 pm
Fee: \$115

More Spanish Fast! (18+)

Jorge Bermudez

This session is for beginning and intermediate students. This continuation of session 1 is for beginning and intermediate students. You will be practicing pronunciation, increasing vocabulary and mastering the grammar throughout simple writing exercises. Conversational drills will help you become more confident and fluent speaking the language. This session may be taken without attending session 1, especially intermediate and returning students from previous or other sessions. Note: The required book is "Basic Spanish" from McGraw-Hills, Inc.

11/04 - 12/16
2620

6:30-8:30 pm
Fee: \$115

Online Learning



Integrated Marketing Best Practices

YouGotClass.org

Enter the fascinating and emerging field of integrated marketing. Explore how to move potential customers from one media to another, increasing their interest and purchasing. See how different media complement each other. Take home an Integrated Marketing Model to help you choose what's best for your business and industry. Put it all together with a one-year integrated marketing plan that engages your customers, moves inquiries to customers, and projects a positive image for your organization and efforts. Fee: \$195

Introduction to Web Design

YouGotClass.org

Online users say a website's design is the number one criteria for deciding whether a company is credible or not, according to recent research. Understanding what it takes to produce effective web design is essential in today's market of highly saturated digital competition.

Discover the basics of web design using HTML and CSS. The No prior knowledge of HTML or web design is required. Throughout the course you will get the info you need to plan and design effective web pages. Come away knowing how to implement web pages by writing HTML and CSS code. And discover ways to enhance web pages with the use of page layout techniques, text formatting, graphics, and images. Fee: \$245

Video Marketing

YouGotClass.org

Sight, sound and motion are much more compelling than static words on a page. Video is very hypnotic and it quickly speeds up the "know, like and trust," factor with your audience. In this course you will discover how to use simple online video to quickly bond with your viewer, drive traffic to your website, boost business and build brand awareness.

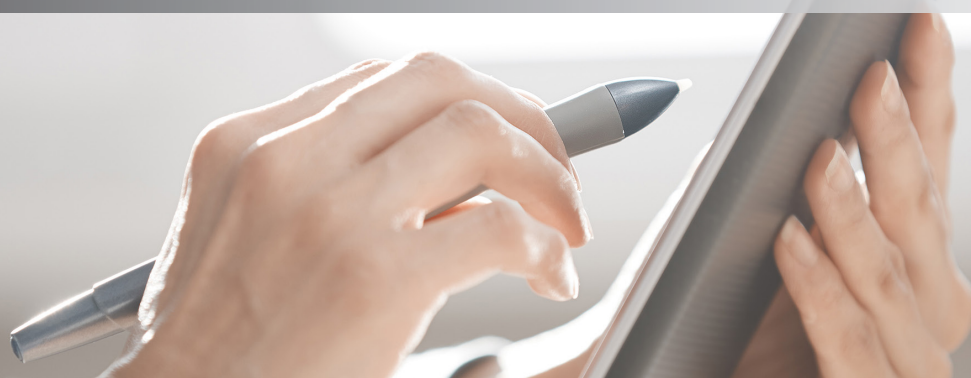
Find out how to shoot simple, effective videos without costly fancy equipment or savvy technical skills. Discover the secrets to creating content that commands attention. Learn how to dominate Google and YouTube with your video and to strategically use YouTube to market your business 24/7 – even while you sleep. Fee: \$245

Improving Email Promotions

YouGotClass.org

Discover new ways to improve your email promotions, including when to email, what to email, and testing email copy. Then find out how to analyze your email response rates, including getting the bench marks for open rates and click through rates. Learn how to improve your email promotion and responses with tracking and testing.

Get a basic introduction to email promotions. If you are advanced, your instructor is an email expert and can answer your toughest questions as well. Fee: \$195



Gender in the Classroom

In today's business environment, there is a need for good project management. Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancellation.

Project management is one of the fastest paths to promotion by increasing your network through greater exposure.

First, gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided.

Then acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. This basic information will assist you in learning the beginnings of Project Management, whether you are interested in project management, in a project management field, or in any line of work.

Finally, learn the ten Project management Knowledge Areas and their support role and relationships to the five Project Management Processes. Fee: \$145

Register online at
d125.org/prep

Students with ASD (Autism Spectrum Disorder) YouGotClass.org

Today, every school in America has students who have been diagnosed with ASD (Autism Spectrum Disorder)—a neurological disorder on the autism spectrum. The effects of this disorder vary widely, but it is important for every teacher to understand how to recognize behaviors that may indicate ASD. In this course, you take away strategies for working effectively with ASD students. And you will find out how to work effectively with parents to create the most positive learning environments for children and teens with this disorder.

The course is geared for K-12 teachers, but it is also relevant for counselors, faculty in higher education, parents and anyone else interested in understanding this important issue.

Fee: \$145

YouTube for Business

YouGotClass.org

Increase your business with YouTube, the online video site and now the second largest search engine. Discover the power of video for your organization, and how to use video as a marketing tool to reach and serve more people.

Find out what types of video work best on YouTube, how other business organizations are using YouTube, how to create your own YouTube channel, and the techniques of adding captions, annotations and other extra features. Fee: \$245

Intramural Activities

HEY STEVENSON STUDENTS!

We are planning to safely offer some in person Intramural activities and open gyms this Fall, either here on campus, or at nearby locations. We will be advertising these opportunities on the school website, on social media, and by school email. Stay tuned in the coming weeks and months as these opportunities become available. If you have any questions, please contact Aaron Wellington, awellington@d125.org or Kelsey Patten, kpatten@d125.org

d125.org/students/intramurals

Patriot Aquatic Club - PAC

The Patriot Aquatic Club (PAC) teaches beginners how to swim, as well as more experienced swimmers proper technique in the four competitive strokes: the freestyle, butterfly, breast stroke, and backstroke.

PAC offers quality swimming lessons using a progression of skills taught in stations in simple, easy to follow, and every student progresses at his/her own rate. The PAC learn-to-swim program will give you a safe start in life!

Questions? Contact the PAC Swim Lesson Coordinator at 224-221-4423 or mosullivan@d125.org

****PAC Swim is not a part of PREP****

Private Music Lessons

Our philosophy is that the capacity to learn and love music is inherent in every person. Our outstanding instructors—selected by Stevenson’s award-winning music faculty—work to meet each student’s unique needs, interests and goals to help them achieve their full musical potential.

To begin, go to d125.org/prep.

Click on the “Private Music Lessons” button.

Fill out the “Online Inquiry Form”. The instructor will then reach out to set up private music lessons.

Stevenson PREP is proud to offer private music instruction! Lessons are available for all ages and skill levels with highly-qualified, degreed instructors. Lessons are being taught virtually and in-person with mitigation strategies in place. Lessons are offered in most instruments.



Private Music Lessons

30 minute lessons: \$33/lesson

45 minute lessons: \$49.50/lesson

60 minute lessons: \$66/lesson

Private Music Lessons for Stevenson Students

23 minute lessons: \$27/lesson

47 minute lessons: \$54/lesson

Fall Private Music Lesson Dates

August 16 - December 19

Lessons will not be held on the following days:

September 6, 7, 16

October 11

November 25, 26

Make up week: December 13 - 17



- Bass • Bassoon • Baroque Strings • Cello • Clarinet • Drums/Percussion
- Flute • French Horn • Guitar • Harp • Oboe • Piano • Saxophone
- Trombone • Trumpet • Tuba/Baritone • Violin • Viola • Voice

More information online at
d125.org/prep

Online Learning



Digital Marketing Certificate

Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to successfully employ online advertising.

Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions.

Online class dates are available online at d125.org/prep.

Average Completion time:	48 hours
Online Class	Fee: \$495

Discover Digital Photography

ed2go.com

Gain the skills you need to take great photos with your digital camera and never miss a memorable moment again. This course is an informative introduction to digital photography, from DSLRs to smart phone cameras.

Fee: \$95

Register online at d125.org/prep

Six Sigma Green Belt Certificate

Six Sigma professionals are in strong demand by organizations around the world. On the front-lines of Six Sigma efforts are Green Belts. LERN's Green Belt training teaches participants problem-solving skills, using the DMAIC (Define, Measure, Analyze, Improve and Control) model. After completing this challenging course, Six Sigma Green Belts serve their organizations as a trained specialist able to work on Six Sigma projects that benefit the organization. Although not required, participants are strongly encouraged to have a project during the course. The instructors and mentors work closely with the class to not only teach the material, but to guide candidates as they work projects.

Introduction to Six Sigma Green Belt

Intermediate Six Sigma Green Belt

Advanced Six Sigma Green Belt

Online class dates are available online at d125.org/prep.

Average Completion Time:	48 hours
Online Class	Fee: \$495

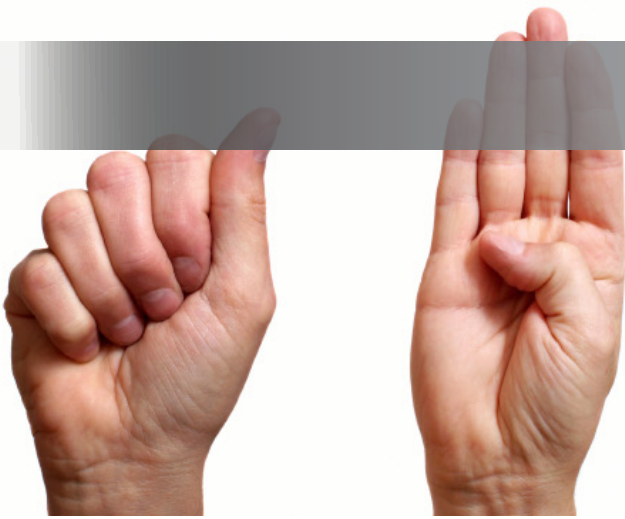
Speed Spanish

ed2go.com

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

Fee: \$95

Online Learning



Most of the ed2go courses give you the ability to learn at your own pace, using recorded videos taught by experts. Browse their full catalog online at ed2go.com.

Discover Sign Language

ed2go.com

Gain confidence in your ability to sign with the Deaf community. This course immerses you in silence to help you gain an understanding of the perspective of the hearing impaired and uses videos to demonstrate not only how to make signs, but how to communicate with facial expression.

Fee: \$95

Certificate in Data Analysis

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills.

Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences.

Online class dates are available online at d125.org/prep.

Average Completion time: 48 hours
Online Class Fee: \$495

See more classes online!

ed2go.com

Introduction to Natural Health & Healing

ed2go.com

Take charge of your own health and healing by discovering how to achieve total health of the mind, body, and spirit. This course allows you to explore a variety of methods including diet, hydrotherapy, positive attitude, relaxation, yoga, chiropractic, natural remedies and more to achieve total health.

Fee: \$95

See more classes online!

d125.org/prep

Special Interest



Prepare an Estate Planning Roadmap: An Interactive Program

Caren Naidoff & Alan Press

September 14, 2021 - Estate Planning Made Easy. Learn what you need to know to protect yourself and your family now and in the future with an estate plan that meets your family's unique goals and needs. Estate Planning term sheets will be supplied.

October 12, 2021 - Why Everyone Needs an Estate Planning Roadmap. This popular program returns to address the often overlooked guide needed to navigate when an unexpected situation arises from incapacity or death. A brief overview of estate planning will be covered and attendees will be guided through developing their own Estate Planning Roadmap.

November 9, 2021 - Priority Planning for the Unexpected: How to Get Everyone on Board. Too often differences in money management interferes in estate planning. This program discusses how to come together to put in place documents to ensure peace of mind that you have planned ahead for your wishes and needs and those of your children and family seniors.

9/14 - 11/09
6110

7:00-8:30 pm
Fee: \$57
Senior Fee: \$45



Entrepreneurship 101

Rick Rubenstein

If you are running your own business or thinking about starting one, this seminar will pose many of the questions you need answered to make your venture a success. This highly interactive workshop will take you step by step from your business idea, growing the business and finally options for exiting. We will ask ourselves many questions, including "What do we offer and do prospective customers want it?" The workshop will be led by Rick Rubenstein, founder and former CEO of RMS Technology Solutions and current mentor at SCORE Chicago.

10/05
1414

7:00-9:00 pm
Fee: \$19



Canasta for Beginners

Terri Argentar

After it's invention in 1939, Canasta is experiencing a huge resurgence. It is a fun card game for 2-6 players. Experienced teacher, Terri Argentar, will provide written instructions and game-play guidance, techniques, and strategies. Learn as you play!

9/23 - 10/28
West Staff Dining Room

6:30-8:30 pm
Fee: \$69
Senior Fee: \$55

11/04 - 12/16
West Staff Dining Room

6:30-8:30 pm
Fee: \$69
Senior Fee: \$55

Register online at d125.org/prep



Cheer/Poms (1st - 5th)

Chicago Loves Dance

Under the direction of Chicago Loves Dance instructors, Students will learn cheers as well as poms choreography weekly in this upbeat class. They will learn 3-4 new cheers weekly, work on form, as well as add on to their poms dance routine. The last day of the class will be a parent watch day where they will do a short performance.

9/17 - 10/22 5:30-6:30 pm
2112 Fee: \$121.50

10/29 - 12/10 5:30-6:30 pm
2112 Fee: \$121.50

Jr. Patriot Basketball (6th - 8th)

Juniors Patriots Boys and Girls Basketball is back! This Fall and Winter we will be bringing back our Junior Patriots Basketball Program for 6th-8th boys and girls that currently live in District 125. We will have up to two Boys teams and two Girls teams in each grade. This is a highly competitive program. There is a \$25 fee to try out that includes a practice jersey. For players that make the team, there is a \$600 fee for the season that includes a full uniform and shooting shirt. Tentative tryout dates are Saturday, October 30th and November 6th. Players should attend BOTH tryout days. Please check back online for tryout times and to register.



Jr. Patriot Archery

(6th - 8th) Isaac Brubaker

Learn to shoot and improve your skills with Junior Pat Archery! The class is taught by a Stevenson High School Archery coach and participants are mentored by members of the Stevenson Archery Club. All equipment is provided. No previous experience is required.

9/20 - 10/18 6:00-7:00 pm
5044 Fee: \$65



Tumbling/Gymnastics

(K - 8th) Chicago Loves Dance

Introduce your child to tumbling and gymnastics with instructors from Chicago Loves Dance! Kids move, stretch, jump, and tumble! Watch your active youngster progress from somersault to cartwheel in this fun class.

K - 2nd
9/16 - 10/21 5:00-6:00 pm
2112 Fee: \$121

10/28 - 12/09 5:00-6:00 pm
2112 Fee: \$121

3rd - 8th
9/16 - 10/21 6:00-7:00 pm
2112 Fee: \$121

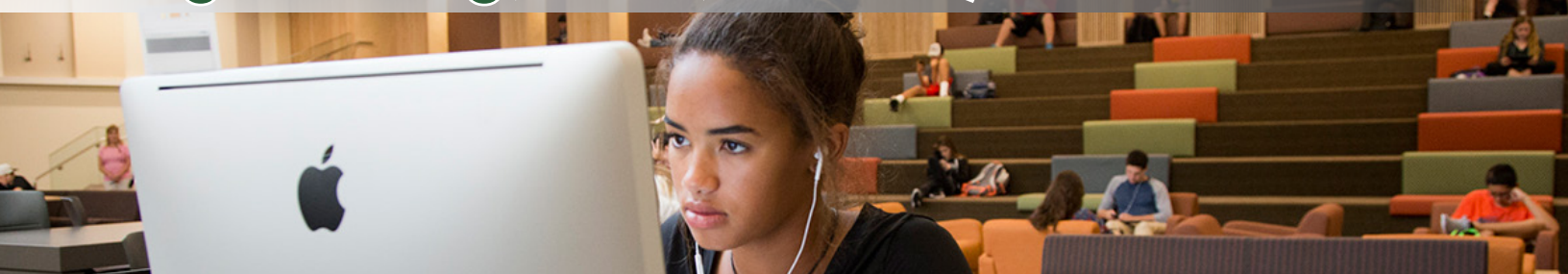
10/28 - 12/09 6:00-7:00 pm
2112 Fee: \$121



Check out our social media for updates and new classes!
@shsprep



STEAM (Science, Technology, Engineering, Arts, Maths)



Girls Who Code Jr. (3rd - 5th)

Matt Akin

Featuring activities, characters, and vocabulary drawn from the best-selling Girls Who Code books, 3rd-5th Grade Clubs expose girls to bravery, resilience, and computational thinking at the exact moment when research indicates that their interest is high and can be transformed into ongoing interest and engagement in Computer Science. Books will be provided on the first day. Over the duration of a Club, all girls will:

- Gain exposure to fundamentals of computer science.
 - Read and discuss a nonfiction text.
 - Complete projects that challenge them to be brave and creative.
 - Build positive relationships with peers.
- (No class 10/2. Dates subject to change.)

9/18 - 11/13
7026

10:00-11:00 am
Free



Sisterhood

Join a safe and supportive environment of peers and role models where girls learn to see themselves as computer scientists.



Code

Learn the concepts of loops, variables, conditionals and functions that form the basis for all programming languages.



Impact

Work in teams to design a computer science impact project that solves real world problems the girls care about.

Girls Who Code (6th - 8th)

Matt Akin

Each Club revolves around a Girls Who Code Project, which is a group project that girls plan and code together. Through this project, girls also learn how to support and encourage one another and explore the potential of computer science as a tool to impact the world. Because Clubs focus on a project that girls design, the curriculum can work for students with a wide range of computer science experience. By the end of the Club year, all girls will:

- Participate in a safe and supportive environment of peers & role models and learn to see themselves as computer scientists.
 - Be exposed to foundational computer science concepts (loops, variables, conditionals, and functions) that form the basis for all programming languages – whether they want to create art, code an app, or build a robot.
 - Work on a team to design and build a Girls Who Code Project that focuses on an issue that matters to the girls in the Club.
- (No class 10/2. Dates subject to change.)

9/18 - 11/13

11:00-12:00 pm

7026

Free

9/18 - 11/13
7026

12:00-1:00 pm
Free

*Note: both of these classes are the same. They're so popular that we needed to offer them twice.

Register online at
d125.org/prep

STEAM (Science, Technology, Engineering, Arts, Maths)

Inventors Club (3rd - 5th)

Noggin Builders

Do you love to design and build? This class is for you! Filled with open-ended design projects and scientific experiments. Makers in this class will use many different areas of STEM. Create a motorized ferris wheel, build gadgets for an escape room, or experiment with levers to design a trebuchet. Activities are new each session!

9/18 - 10/23 1:00-2:00 pm
1622 Fee: \$145

10/30 - 12/11 1:00-2:00 pm
1622 Fee: \$145

STEM Explorers (2nd - 5th)

Noggin Builders

NEW PROJECTS EACH SESSION! Experiment, build, and create as you explore STEM through hands-on projects! Activities include many areas of STEM, examples include: create LED circuits, build your own vehicle, and experiment with chemical reactions. These are just some of the challenges we'll dig into as we build creative problem solving skills through STEM. Classes are led by live video. Materials will be delivered to your home. Noggin Builders teachers are experienced at leading online classes and are passionate about exploring with your child!

9/18 - 10/23 11:00-12:00 pm
1622 Fee: \$145

10/30 - 12/11 11:00-12:00 pm
1622 Fee: \$145



Jr. STEM Explorers (3 - 4 Years Old)

Noggin Builders

Hands-on science specifically designed for preschoolers! Project examples include: experiment with surface tension, explore animal habitats, create chemical reactions, and test the strength of wind power. These explorations, hands-on science activities, and games will build creative problem solving skills through preschoolers, natural curiosity of the world around them. New activities each session!

9/18 - 10/23 9:30-10:30 am
1622 Fee: \$145

10/30 - 12/11 9:30-10:30 am
1622 Fee: \$145



Youth Art Class (5th - 8th) Susie Speck

Join professional artist, Susie Speck, in creating true masterpieces. Susie's decades of experience in teaching art will help your child develop skills and take home extraordinary pieces!

Please purchase a Wolff's graphite sketch set prior to class. All other supplies will be provided. These can be found on Dick Blick Art Supplies or on Amazon.

9/21 - 10/26 4:30-6:00 pm
1618 Fee: \$89

11/02 - 12/07 4:30-6:00 pm
1618 Fee: \$89



Frequently Asked Questions

Age and Eligibility

Participants must be the appropriate age on the first day of class or entering the appropriate grade in the fall of the current calendar year. Adult classes are for participants 16 years or older, unless otherwise specified.

Americans With Disabilities Act

The Patriot Recreation Education Program will not discriminate against eligible residents for participation on the basis of a disabling condition. We invite any community member with a special need to contact our staff upon registration so that a smooth inclusion may occur.

Do I need insurance?

For insurance purposes, PREP programs and activities require a signed waiver. PREP is not responsible for supervision of children arriving on site prior to or remaining on site after the established program times.

Can I make up classes missed?

In order to preserve the safety of the participant-to-staff ratio and the quality of the classes, PREP does not provide for or allow make-up classes. There will be make-up classes for classes missed which are caused by PREP.

Can I withdraw from a class?

We will issue a full refund of the fee paid prior to 2 weeks before the start of the program (1 week for sports camps). Less than 2 weeks prior to a program's start date, we will refund your fee paid less 10%. After the start of a program, no refunds will be given. Written requests can be submitted via email to prep@d125.org.

Can I transfer to another class?

When class size permits, participants may request a transfer from one program to another in writing, one week prior to class start.

How do I get the Senior Fee?

Participants age 60 or older are eligible to receive the Senior Fee on select classes. Discounts will be automatically applied at checkout. Seniors may register for selected PREP classes at a reduced fee, provided the minimum enrollment for the class is met (selected classes have senior pricing listed in their description). Textbook, food supply fees, etc are additional. No other discounts apply.

Can I smoke on campus?

The District 125 non-smoking policy prohibits smoking on the Stevenson premises for everyone, including vape devices.

What happens when a class is full?

When a class reaches its maximum enrollment a waiting list is established. If an opening occurs, or a new class is formed, you will be notified.

Does PREP prorate?

No, PREP does not prorate for any of its camps, classes, or programs except for Private Music Lessons.

Where are classes held?

Covid restrictions are consistently in flux as the numbers change and the science is updated. We're planning to run most of our classes in person with masks and we will update our students as the rules are updated.

Contact PREP

Office Hours: Mon - Fri: 7:00 AM - 3:30 PM

P: 847-415-4145

E: prep@d125.org

d125.org/prep

Registration Information

Gender
☐ Co-ed
☐ Female
☐ Male

Age
☐ Youth (4 - 14)
☐ High School (13 - 19)
☐ Adult (19+ Years) (19 - 100)

Days of week
☐ Sunday
☐ Monday
☐ Tuesday
☐ Wednesday
☐ Thursday
☐ Friday
☐ Saturday

Date Range
 to

Select a PREP Course!

Courses

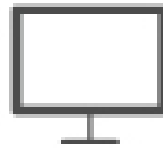
Adult (19+)

High School

Youth (<19)

Search

Easy Registration



Online
(most popular)



By Mail
with a check

99% of our registration is done online! It's easy to use, fast, and safe. If you do have any questions, feel free to call our office for help, mail in your registration form with a check, or stop by our office with a check. Please keep in mind that we cannot accept registrations over the phone and we cannot process credit cards in the office.

To register for any of our classes, visit
d125.org/prep

Teach for PREP

Do you have something you're passionate about and you're bursting at the seams to share? We would love to talk to you about teaching for PREP! We accept course proposals on an on-going basis. If you have a fabulous idea for a course, just fill out the online form and we'll be in contact with you.

Our teachers don't necessarily need to be experts in their field; they just need a passion for the subject matter and the desire to spread their knowledge to others!

d125.org/prep

PREP REGISTRATION FORM/WAIVER

Patriot Recreation Education Program • d125.org/prep • Email: prep@d125.org

Participant's Last Name _____

Address _____ City / State / ZIP _____

Home Phone () _____ Work Phone () _____

Confirmation Email Address _____

Participant's First Name	Birth date	Sex	Program	Fee
REMEMBER TO SIGN THE WAIVER ON THE BOTTOM OF THIS PAGE			TOTAL	

Payment Information: We accept cash or check when registering with this form. Visa/Mastercard accepted via online registration only. Please do not mail cash. If paying in person, please pay with check or bring the exact cash amount needed. Circle payment type and complete information below.

Cash

Check (# _____)

ACKNOWLEDGMENT, WAIVER & INSURANCE INFORMATION

We/I the participant or parent(s)/guardian(s) of a participant in PREP program(s) at Stevenson High School, recognize(s) and acknowledge(s) that there are risks of physical injury including serious personal injury, paralysis, death, damages, medical care expenses, or loss which may be sustained as a result of participating in any or all such activities connected with or associated with these program(s). Our/my son/daughter is permitted to participate in all such activities.

We/I understand that the School District does not provide health/accident insurance for participants in such programs. We/I the participant(s) or parent(s)/guardian(s) understand that we/I become responsible for the payment of medical expenses for the care and treatment, including continuing care and treatment, of ourselves/myself or our/my son/daughter as a result of a personal injury or other loss of any type incurred during participation in the PREP program of this School District. We/I hereby waive all claims against Stevenson High School District 125, and any corporate entities, their employees and agents which are offering PREP classes, including but not limited to medical expenses, personal expenses or other loss or damage, we/I may have/or incur as a result of our/my participation or my son/daughter's participation in any program at Stevenson High School District 125 and release and discharge said School District including its board members, administrators, officers, agents, servants and employees, and any corporate entities, their employees, and agents which are offering PREP classes of and from any such expenses. I have read and fully understand and accept the program details, policies, procedures, waiver and release of all claims.

I hereby give my permission for myself/my child to participate in the SHS PREP Program. Further, I authorize qualified medical personnel to provide emergency treatment of any injury or illness that may be experienced if they consider treatment necessary, or perform the treatment. This authorization is granted only if I/my emergency contact cannot be reached and a reasonable effort has been made to do so. I am aware that participation is a potentially dangerous activity. I assume all risks associated with participation PREP, including but not limited to falls, contact with other participants, the effects of weather, traffic, and other reasonable risk conditions associated with the programs. All such risks to are known and appreciated by me. I understand this conforming consent and agreement to its conditions.

MEDICAL INFORMATION FOR ALL PARTICIPANTS

Emergency Contact Name _____

Emergency Contact Phone Number _____ Alternate Number _____

Hospital Preference _____ Physician and phone # _____

Allergies: None Bee Sting Grass Other _____

Asthma: Yes No Type of Inhaler: _____

Heart Condition

Tuberculosis/Bronchitis

Fractures/Sprains

Concussion/Head Injury

High/Low Blood Pressure

Surgery or advised to have surgery

Diabetes

Dizzy Spells/Fainting Spells

Contacts/Glasses

Epilepsy

Skin Conditions/Diseases

Other: _____

For youth participants only:

Mother's Name _____

Father's Name _____

Mother's Work# _____

Father's Work # _____

Mother's Cell # _____

Father's Cell # _____

☐ To the best of my knowledge the information on this form is accurate and up-to-date.

PUBLICITY CONSENT

PREP reserves the right to photograph/video its programs for documentation and publicity purposes. I consent that the student(s) being registered may be included in images/video for these purposes.

☐ Yes, I consent.

☐ No, please don't take my picture.

SIGNATURE OF PARENT/GUARDIAN/PARTICIPANT 18+: _____

(WAIVER MUST BE SIGNED TO PROCESS REGISTRATION FORM)

STEVENSON MOVE-A-THON

HYBRID 5K WALK/RUN

VIRTUAL:

SEPTEMBER 20 - OCTOBER 1

IN-PERSON:

OCTOBER 2

GENEROUSLY SPONSORED BY:

LAURA GEORGE
CONSULTING



We are stronger together.

You can help provide crucial assistance and opportunities to students and families with limited resources in our community.

Learn more at StevensonFoundation.org

HOMECOMING GAME & ALUMNI TENT

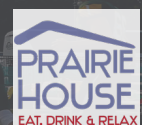
SHS ALUMNI:

FREE ADMISSION (+GUEST)

& VIP EXPERIENCE

OCTOBER 1

GENEROUSLY SPONSORED BY:



Patriot Recreation Education Program
Adlai E. Stevenson High School
One Stevenson Drive
Lincolnshire, IL 60069-2015



The Patriot Recreation Education Program (PREP) at Stevenson High School exists to help you reach your personal, professional, and recreational goals through our affordable, high-quality, community education programs for youths and adults year-round.

We know that the biggest question on your mind when you open this course catalog is, "what's in it for me." This entire course catalog is filled with things that are just for you! If you think of a class that's missing, feel free to let us know.

We want you to feel connected, engaged, and inspired through our programs. Thank you for letting us be a part of the community for more than 35 years.

Sincerely,

Isaac Brubaker

PREP Community Education Manager



Contact PREP

Office Hours: 7:00 am - 3:30 pm

d125.org/prep

P: 847-415-4145

E: prep@d125.org