

SUMMER 2024

PREP

RECREATION & EDUCATION FOR YOUTH & ADULTS

GARAGE BAND EXPERIENCE

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FUTURE PATRIOT ATHLETIC NIGHT

Open to all current
6th - 8th graders



MAY 02, 2024



6 PM - 7:30 PM



FIELD HOUSE

LEARN MORE ABOUT:

- ✓ Basketball
- ✓ Football
- ✓ Volleyball
- ✓ Much, much more!



\$0

Registration Required

d125.org/prep

STEVENSON HIGH SCHOOL

1 Stevenson Drive, Lincolnshire, IL 60069

More Information d125.org/prep [@shsprep](https://twitter.com/shsprep) 847-415-4145 prep@d125.org

**PATRIOT RECREATION EDUCATION PROGRAM
AT STEVENSON HIGH SCHOOL**

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ENGINEERING, ARTS, MATHS)**



04

CULINARY ARTS



20

**SPORTS & SPORT
CAMPS**



1 STEVENSON DRIVE,
LINCOLNSHIRE, IL 60069
847-415-4145
PREP@D125.ORG



[D125.ORG/PREP](https://d125.org/prep)





CULINARY ARTS

Intro to Brewing (21+)

Perfect Brewing Supply

Dive into the world of brewing with our Intro to Brewing class – the catalyst to all things beer! Explore the diverse ingredients, equipment, and techniques essential for crafting your own unforgettable craft beer. Whether you're a brewing enthusiast or just getting started, this approximately 3-hour session is designed for everyone. By the end, you'll have the knowledge and skills to brew beer that will have your friends talking. Join us on this flavorful journey into the art of crafting your own brew!

Sat, 6/22 12:00-3:00 pm
Perfect Brewing Supply Fee: \$49

Fun with Puff Pastries

Ed Kabot

Have fun making delicious dessert treats from puff pastry. Our night of baking fun will be filled with making creations like Fruit Danishes and Almond Croissants. Please bring an apron to class.

Tue, 7/09 5:30-7:30 pm
Room 1406 Fee: \$49

Basic Kitchen Knife Skills

Ed Kabot

Preparing any dish in your kitchen can involve many steps. One of the most important steps is the prepping of your ingredients. Most of the time the prepping will involve chopping or slicing one or more of your ingredients. That is why a good basic understanding of knife skills is a valuable asset for any cook. Learn time-saving knife skills to help you when preparing that important dish: which knife to use, how to properly use your knife, and basic care and storage of your knives.

Tue, 6/04 5:30-8:00 pm
Room 1406 Fee: \$49

Intro to Cheese Making (21+)

Perfect Brewing Supply

Experience a hands-on introduction to making soft cheeses from scratch! Come prepared to stretch, tug, and shape your very own Mozzarella, and explore the diverse world of soft cheeses that can be crafted in under an hour. The class includes snacks, samples, and a delightful time of cheese-making. Join us for a fun and flavorful experience!

Sat, 7/20 10:00-1:00 pm
Perfect Brewing Supply Fee: \$49

CULINARY ARTS

Cookie Decorating: Sand & Sugar

Laurie Daly

Get ready to add a sprinkle of sweetness to your day with our sand and sugar cookie decorating class! Join us for a hands-on experience where you'll learn to transform ordinary cookies into edible sandy masterpieces. From crafting adorable swimsuit cookies to flip flops, there's no limit to your imagination. Whether you're dreaming of sunny shores or simply want to indulge your sweet tooth, this class is perfect for cookie lovers of all ages. Let's roll up our sleeves and create delicious treats that capture the magic of the beach.

Tue, 6/18 5:30-7:30 pm
Room 1406 Fee: \$49

Crock Pot Meals

Andrea Pracht

In this class, you will get recipes and instructions for 10 different crock pot meals. Each meal can also be frozen so that they can go straight from the freezer to the crock pot. During class, we will prep and sample Enchilada Pork Tacos with Marinated Onions. Ingredients (minus protein) will be provided for the taco recipe.

Thu, 6/06 5:30-7:30 pm
Room 1406 Fee: \$49

Cookie Decorating: Under the Sea

Laurie Daly

Dive into the sweet world of under-the-sea cookie decorating! Join us for a fun-filled class where you'll learn to decorate cookies inspired by the wonders of the ocean. From adorable sea creatures like colorful fish and friendly octopuses to majestic seahorses and shimmering seashells, you'll unleash your creativity with icing, edible pearls, and more. Whether you're a beginner or a seasoned decorator, come make a splash with us and create edible works of art that are as delightful as they are delicious!

Thu, 7/18 5:30-7:30 pm
Room 1406 Fee: \$49

**REGISTER ONLINE AT
D125.ORG/PREP**

Berry Bounty: Creating a Blueberry/Lime Jam and more

Andrea Pracht

It's berry season in the Midwest! Summer berries can be enjoyed by preserving, freezing and dehydrating. Learn these techniques and get hands on experience making blueberry-lime jam using water bath canning techniques.

Thu, 7/11 5:30-7:30 pm
Room 1406 Fee: \$49



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CULINARY ARTS

Strawberry Jam

Andrea Pracht

Immerse yourself in a flavorful journey with our upcoming class dedicated to the art of making Strawberry Jam! Join us for a hands-on experience where you'll delve into the sweet world of preserving ripe strawberries. Under the expert guidance of our seasoned instructor, you'll learn the essentials of jam-making, from selecting the finest berries to achieving the perfect texture and flavor. Whether you're a kitchen aficionado or just starting your culinary adventure, this class promises to equip you with the skills to craft delicious strawberry jam. Come join us, and let's capture the essence of summer in a jar together!

Thu, 5/09
Room 1406

5:30-7:30 pm
Fee: \$45

Pita Breads & Homemade Hummus

Andrea Pracht

Explore the art of crafting your own Pita Breads and Homemade Hummus in this hands-on cooking class! Join us for an interactive session where you'll learn the secrets of creating soft and delicious pita bread from scratch. Our experienced instructor will guide you through the step-by-step process, from mixing the dough to achieving the perfect puff in the oven. Additionally, you'll delve into the world of flavorful hummus, mastering the art of blending chickpeas, tahini, and aromatic spices. Whether you're a culinary enthusiast or a novice in the kitchen, this class promises to elevate your skills and leave you with the satisfaction of creating these Middle Eastern delights at home. Come join us for a tasty culinary experience!

Thu, 4/11
Room 1406

5:30-7:30 pm
Fee: \$45

ANDREA PRACHT



Andrea Pracht

Andrea grew up on a family farm in eastern Iowa and much of what she does today for her family and friends stems from how she was raised. Her mother was a home economics teacher and was also her 4-H leader for 10 years. She has fabulous memories of baking, sewing, as well as canning and gardening with her parents and grandparents as she grew up. She also has degrees in agricultural and civil engineering – which partly explains why she loves getting into the details of how and why we do what we do in our kitchens.



DANCE - YOUTH



Chicago Loves Dance was founded to provide a fun dance experience to children throughout Chicago and its surrounding suburbs! Their instructors have decades of experience!

While their technical talent is superb, CLD also has dynamic personalities, which makes them a hit with children of all ages! Their ability to captivate and keep the attention of all kids does not go unnoticed!

Hip Hop (1st - 5th)

Chicago Loves Dance

Guided by our dedicated Chicago Loves Dance instructors, students will master choreography set to the latest pop and dance tunes. They'll have the chance to express their creativity in freestyle choreography sessions and much more. Chicago Loves Dance is built on the belief that dance should unlock your child's creative potential and be a source of enjoyment. Our core focus is on building self-esteem and social skills through dance and performance.

Sat, 4/06 - 5/18
Room 2112

12:00-1:00 pm
Fee: \$141.75

Cheer/Poms (1st - 5th)

Chicago Loves Dance

Led by Chicago Loves Dance instructors, this energetic class focuses on cheerleading and poms choreography. Students will acquire 3-4 new cheers each week, refine their form, and expand their poms dance routine. The course concludes with a parent watch day, featuring a short performance by the students.

Fri, 4/05 - 5/17
Room 2112

5:30-6:30 pm
Fee: \$141.75

**Adult Dance classes are listed in
Health & Wellness.**

Youth Fusion Camp (1st - 5th)

Chicago Loves Dance

Discover the thrill of dynamic movement with Chicago Loves Dance! In this energetic two-hour daily program, campers will engage in a mix of cheer, yoga, hip-hop, and tumbling. From the power-packed blend of cheer and yoga to the rhythmic beats of hip hop combined with the tranquility of yoga, every day promises excitement and variety.

Mon-Thu, 6/10 - 7/25
Room 2110

9:00-11:00 am
Fee: \$125/week



FINE ARTS

JOE GEORGE

The Garage Band Experience (7th - 8th)

Joe George

Embark on a musical journey where passion meets performance! Our camp isn't just about instruments; it's a holistic experience shaping young musicians into tomorrow's rock stars. Dive deep into your instrument-guitar, bass, drums, or vocals-and own your musical journey. Elevate your performance with crucial stage skills, discovering cues, levels, and the magic of being a "part of the whole" on stage. Delve into effects and tone sculpting, dissecting iconic songs to enhance your playing. Gain live sound expertise, learning the ins and outs of running live sound and empowering yourself with valuable skills. Practice a mock soundcheck before the big day, discussing soundchecking nuances for a spectacular live show.

**** This camp is open to incoming 7th & 8th graders who have previous knowledge of their instrument.**

Mon-Thu, 6/10 - 6/13 Room 2203	10:00 - 12:00 pm Fee: \$399
Mon-Fri, 6/17 - 6/21 (no camp 6/19) Room 2203	10:00 - 12:00 pm Fee: \$399
Mon-Thu, 6/24 - 6/27 Room 2203	10:00 - 12:00 pm Fee: \$399

Joe George is a songwriter, EMMY NOMINATED film composer, and video host of music YouTube channel, REVERB.

After supporting his debut record, BEAUTIFUL DREAMS, in the U.S, Europe, and Japan just



Joe George

before the pandemic, Joe began conceptualizing FOLK CINEMA - a collection of songs rooted in folk, re-focused through a new lens, combining modernity and nostalgia. Joe George's songs encompass a range of color, from folk and Americana, to cinematic and spacious. In addition to his own music, Joe has toured in Japan, Europe, and the U.S. with indie rockers INTO IT. OVER IT. As well as with Rex Brown of PANTERA.

Joe composed the music for THE PEDAL MOVIE, which went to #1 on iTunes. Joe's work with REVERB has been featured in The New York Times, Consequence of Sound, Guitar Player Magazine, and People Magazine. And a number of the videos he has hosted/performed in have gone viral, earning him global notoriety amongst music and gear lovers. Joe's film compositions earned him an Emmy nomination for his work on humanitarian based documentary series, Seeing Brave.

FINE ARTS

Instant Piano for Hopelessly Busy People

Craig Coffman

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction.

Tue, 6/04 6:30-9:30 pm
Online class Fee: \$69
Senior Fee: \$59

Jr. Patriot Clarinet Ensemble

Claire Werling

This program is designed to prepare middle school clarinetists of all levels to reach their full potential while connecting with other enthusiastic players. We'll dive into the clarinet specifics of developing breathing, finger technique, sound quality, articulation, and good performing skills in a clarinet section. We will round out the experience with a final concert on the last day for family and friends to attend.

Tue-Thu, 6/11-7/25 10:00-11:30 am
Orchestra Room Fee: \$375

Instant Guitar for Hopelessly Busy People

Craig Coffman

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 18+, different than was listed in print.

Wed, 6/05 6:30-9:00 pm
Online class Fee: \$69
Senior Fee: \$59



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**REGISTER ONLINE AT
D125.ORG/PREP**



HEALTH & WELLNESS

Latin Dance

Vivian Wang

This 60 minute dance class starts with a moving warm-up to prepare our body, followed by technique drills for better footwork, balance, poise and grace. We will then move through a fun Latin dance combination.

Fri, 4/05 - 5/17 6:00-7:00 pm
Room 2010 Fee: \$78.75
Senior Fee: \$65

Fri, 6/14 - 7/26 6:00-7:00 pm
Room 2112 Fee: \$69
Senior Fee: \$59



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Beginner Ballet

Vivian Wang

This 60 minutes class is designed for adult dancers of all ages and abilities to experience basic ballet training, stay in shape and have fun! Join us to improve strength, flexibility, balance, coordination, gracefulness, artistry and confidence. The class is formatted like all traditional ballet classes, with Barre, center and across the floor work. All beginner students or returning students are welcome. Dress for comfort and bring your ballet slippers.

Fri, 4/05 - 5/17 5:00-6:00 pm
Room 2010 Fee: \$78.75
Senior Fee: \$65

Mon, 4/08 - 5/20 5:00-6:00 pm
Room 2112 Fee: \$67.50
Senior Fee: \$58.75

Fri, 6/14 - 7/26 5:00-6:00 pm
Room 2112 Fee: \$69
Senior Fee: \$59

**REGISTER ONLINE AT
D125.ORG/PREP**

HEALTH & WELLNESS

Kung Fu (16+)

Master Lincai Shi

Shaolin Kung Fu has many forms and is built upon tradition and centuries of martial art experience. Its movements are versatile and athletic, combining power and speed, with agility. Master Lin, a master who grew up training in the Shaolin temple, can make this difficult art accessible to students of all ages, enabling students to unlock their potential, building internal discipline, strength and resilience.

Tue, 6/11 - 7/23 6:20-7:20 pm
PWC Patio Fee: \$125
Senior Fee: \$105



Tai Chi

Master Lincai Shi

Embark on a journey of wellness with our Tai Chi and Qigong class! Tai Chi, an internal martial art, intertwines breath and moving meditation. Qigong, the practice of guiding our natural life force or Qi, complements Tai Chi seamlessly. Led by Master Lin, a revered master from the famed Shaolin Temple, this class combines the ancient practices of Qigong and Tai Chi. Immerse yourself in purposeful and mindful movements, cultivating body awareness and engaging the mind in the meditative art of Tai Chi. Join us to harmonize your energy and discover the profound benefits of these time-honored practices.

Tue, 6/11 - 7/23 7:30-8:30 pm
PWC Patio Fee: \$125
Senior Fee: \$105

Changing Your Mindset from “Over” to “Next”

Dr. Susan Weitzman

This course, inspired by the wisdom of legendary writer, director, and producer Norman Lear, who found significance in the words "over" and "next", will work on recognizing the richness of the space in between, where we truly live fully. This course delves into the art of navigating transitions, moving beyond past events, feelings, and emotional slights that linger. Discover the power of creative future-mindedness and learn techniques to be fully present in your daily life. The class incorporates engaging exercises, writing sessions, and collaborative group work to enhance your journey of self-discovery and personal growth.

Thu, 5/02 6:00-8:00pm
Room 2428 Fee: \$19

HEALTH & WELLNESS

Fitness for Every Body

Nora Knadjian

Unlock a healthier lifestyle through tailored exercise routines for all fitness levels. Whether you're a beginner or an enthusiast, this presentation offers insights on personalized workouts. Explore the synergy of aerobic and strength training for enhanced fitness, metabolism, and well-being. Nora guides you to a routine aligned with your capabilities, propelling you towards wellness goals. Join us for an enlightening session celebrating body diversity and the belief that fitness is achievable for everyone. Embark on a journey to unlock your full potential and cultivate a vibrant, healthier version of yourself.

Tue, 6/11 6:00 - 8:00 pm
Room 2620 Fee: \$105

**REGISTER ONLINE AT
D125.ORG/PREP**

Family Fitness and Nutrition

Nora Knadjian

Ignite a collective commitment to well-being with our "Family Fitness and Nutrition" presentation. Learn how to make health a shared journey, balancing tailored nutrition and fitness for each family member. Discover the joy of fostering a culture of nourishment and vitality within your home. Join us on this transformative path, where health becomes a shared celebration and every family member thrives. Elevate your family's wellness and create a vibrant future together!

Tue, 6/18
Room 2620

6:00 - 7:00 pm
Fee: \$105

Regulating Cortisol for Optimal Health

Nora Knadjian

Unlock the key to optimal health in our presentation on "Regulating Cortisol for Optimal Health." Dive into the essentials of hormonal balance and discover the pivotal role cortisol plays as a stress hormone. Gain valuable insights on practical techniques to regulate cortisol levels, ensuring a harmonious balance for overall well-being. Join us for an enlightening session that empowers you to take control of your health by understanding and managing cortisol effectively. Because, when it comes to well-being, balance is the cornerstone of a thriving life.

Thu, 7/11 6:00 - 8:00 pm
Room 2620 Fee: \$105



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PATRIOT AQUATIC CLUB

PAC Swim Lessons

PAC offers a learn to swim program for swimmers ages 4 through high school. PAC Lessons focus on building strong swim fundamentals and preparing swimmers to transition on to a swim team. Our program levels start at learning swim fundamentals and progress to stroke focus technique and endurance. PAC Lessons operate out of Stevenson High School in a 50-meter, 8 lane competition pool.

**For more information and schedules
please visit Patriotswimamerica.org or
email Megan O'Sullivan at
mosullivan@d125.org**

Please note that the Patriot Aquatic Club is a program of D125 but not a part of the PREP program. Please direct all inquiries directly to the PAC staff.

LANGUAGE LEARNING

More Spanish Fast!

Jorge Bermudez

This session is tailored for intermediate students, serving as a continuation from session 1. Engage in valuable practice sessions focusing on pronunciation, vocabulary expansion, and mastering grammar through simple writing exercises. Boost your confidence and fluency in the language with targeted conversational drills. This session is open to those who may not have attended session 1, making it especially suitable for intermediate and returning students from previous sessions.

Tue, 4/09 - 5/14

Room 2620

6:00 - 8:00 pm

Fee: \$105

Senior Fee: \$90

Look for more language classes
online at d125.org/prep

No PREP camps are being held
on 6/19.



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 offered in most instruments.

Private Music Lesson Rates for the Community

30 minute lessons	\$35/lesson
45 minute lessons	\$52.50/lesson
60 minute lessons	\$70/lesson

Private Music Lesson Rates for Stevenson Students

23 minute lessons	\$32.50/lesson
47 minute lessons	\$65/lesson

Absences must be requested to PREP and the specific music teacher 2 weeks in advance.

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.



**INSTRUCTOR PROFILES & MORE
INFORMATION IS AVAILABLE
ONLINE AT
[D125.ORG/PREP](https://d125.org/prep)**

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

PREP REGISTRATION FORM & WAIVER

PATRIOT RECREATION EDUCATION PROGRAM | D125.ORG/PREP | PREP@D125.ORG

Participant's Name _____ Birthday _____

Address _____ City, State Zip _____

Email Address _____

Additional Participant(s) _____ Birthday(s) _____

Course Name _____

Acknowledgement, 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 _____ Emergency Contact Phone Number _____

Alternate Number _____

Hospital Preference _____ Physician & phone # _____

Allergies: None Bee Sting Grass Other _____ Asthma: Yes No Type of Inhaler: _____

- ☐ Heart condition
- ☐ Concussion/Head Injury
- ☐ Diabetes
- ☐ Epilepsy

- ☐ Tuberculosis/Bronchitis
- ☐ High/Low Blood Pressure
- ☐ Dizzy Spells/Fainting Spells
- ☐ Skin Conditions/Diseases

- ☐ Fractures/Sprains
- ☐ Surgery or advised to have surgery
- ☐ Contacts/Glasses
- ☐ Other: _____

For youth participants only:

Parent 1 Name _____ Parent 2 Name _____

Parent 1 Work# _____ Parent 2 Work # _____

Parent 1 Cell # _____ Parent 2 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)

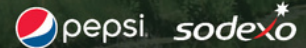


DRIVE FORE DREAMS GOLF OUTING

MONDAY, JUNE 3, 2024
Royal Melbourne Country Club
Long Grove, Illinois

9AM Shotgun Start

TITLE SPONSORS



Support under-resourced students at SHS.

Join your community at our 2024 events to provide crucial assistance and opportunities to students with limited resources.

Learn more at StevensonFoundation.org/events-1



NASHVILLE UNPLUGGED

FRIDAY, SEPTEMBER 20, 2024
Highland Park Community House

Award-winning songwriters
perform in-the-round

TITLE SPONSORS

Gilbane

Wight



SPECIAL INTEREST

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.

Thu, 6/13 - 7/25 6:30 - 8:30 pm
Room 1414 Fee: \$69
Senior Fee: \$55

Crochet for Beginners

Shanu Agarwal

Start your crochet journey with us! Discover the proper technique for holding a crochet hook, delve into the world of various yarns and crochet stitches, and cap off the course by completing a fabulous project in our final class. All necessary supplies will be provided for the first session, making it easy for you to dive into the creative world of crochet. Join us for a hands-on experience in crafting beautiful projects from start to finish!

Wed, 4/10 - 5/15 5:00 - 6:00 pm
Room 1612 Fee: \$125
Senior Fee: \$115

All About Granny Squares

Shanu Agarwal

Join our crochet class and take your skills to the next level! Dive into the art of crafting vibrant and unique projects as you learn to create diverse granny squares. Discover the joy of assembling these squares into colorful blankets, bags, and more. Elevate your crochet expertise in a fun and creative environment.

Thu, 4/11 - 5/16 5:00 - 6:00 pm
Room 1612 Fee: \$125
Senior Fee: \$115

Look for more sewing and
crochet courses online.
d125.org/prep

No PREP camps are being held
on 6/19.



@SHSPREP



SPECIAL INTEREST

Sewing with Patterns

Shanu Agarwal

Ready to elevate your sewing skills? This course is designed for those who already know how to sew and operate a sewing machine. Dive into the intricacies of reading, cutting, and sewing with patterns. Bring your sewing machine, sharp scissors, a box of pins for each class, and one yard of cotton fabric. Don't worry about the rest - a comprehensive list of additional supplies will be provided in the first class. Let's embark on a creative journey together!

Sat, 4/06 - 5/11 9:30 - 10:30 am
Room 1612 Fee: \$125
Senior Fee: \$115

Sewing for Beginners

Shanu Agarwal

Ready to take your sewing skills to the next level? Prerequisite: Knowledge of sewing and operating a sewing machine. Join us as we delve into the intricacies of reading, cutting, and sewing with patterns. To make the most of each session, students are required to bring their own sewing machine, sharp scissors, a box of pins, and a yard of cotton fabric. Don't worry about the rest; a comprehensive list of other supplies will be provided during the first class.

Sat, 4/06 - 5/11 11:00 - 12:15 pm
Room 1612 Fee: \$125
Senior Fee: \$115

The Umbrella Factor

Caren Naidoff & Alan Press

This presentation explores what families need to have in place to cover themselves for unexpected storms, including a discussion on the importance of powers of attorney and related documents.

Tue, 6/18 6:00 - 7:30 pm
Room 5120 Fee: \$19
Senior Fee: \$15

TEDx StevensonHighSchool: Crossing Paths

Housed under High School Programs
Welcome to TEDxStevensonHighSchool's "Crossing Paths" event! Our student speakers will explore intersectionality, sharing personal stories that shaped their views and inspired personal and professional growth. Discover how blending interests enhances understanding and hear how perspectives have evolved over time. Experience an engaging TEDx event encouraging audience participation and discussion. Celebrate the power of crossing paths with inspiring stories, connections, and new perspectives!

Fri, 4/19 5:00 - 6:30 pm
West Auditorium Fee: \$5



SPECIAL INTEREST

Controlling Garden Marauders

Mark Lyons

Aphids eating your cucumbers? Squirrels stealing your corn? Rabbits munching on your lettuce? Can they be stopped? Yes they can. Learn strategies and tactics to stop these invaders from destroying your garden and stealing the fruits and vegetables you worked so hard to grow.

Mon, 4/15 6:00 - 7:30 pm
Room 5120 Fee: \$19
Senior Fee: \$15

Companion Planting

Mark Lyons

Which plants grow well together and enhance each others' growth? Which plants repel each other and inhibit each others' growth? In this program, you'll learn how to maximize garden space and productivity by discussing which plants you can safely plant next to each other and which plants you should avoid planting together.

Mon, 4/01 6:00-7:30 pm
Room 5120 Fee: \$19
Senior Fee: \$15

Growing & Using Herbs

Mark Lyons

Herbs are wonderful plants that add color to our gardens, flavor and nutrients to our food, and health to our bodies. In this class, Mark Lyons, an experienced garden coach, will show you how to plant, cultivate, and use these wonderful plants.

Mon, 5/06 6:00 - 7:30 pm
Room 5120 Fee: \$19
Senior Fee: \$15

Gardening for Pollinators

Mark Lyons

A successful vegetable garden requires the actions of specific insects and animals to carry pollen from one plant to another. Without these pollinators, most of our fruit and vegetable crops would fail to produce. To help our garden crops produce bountiful harvests, we must encourage these pollinators to come into our gardens, and Mark Lyons, an experienced garden coach, will show you how.

Mon, 4/29 6:00-7:30 pm
Room 5120 Fee: \$19
Senior Fee: \$15



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**REGISTER ONLINE AT
D125.ORG/PREP**

The Joy of Perennials

Mark Lyons

Perennial flowers, with their bright colors and long life, are an excellent addition that can liven up any garden. In this class, Mark Lyons, an experienced garden coach, will show you how to grow and cultivate these beautiful garden gems, along with how to choose the best and hardiest specimens for our region.

Mon, 5/20 6:00 - 7:30 pm
Room 5120 Fee: \$19
Senior Fee: \$15



SPORTS & SPORTS CAMPS

Adult Golf Clinic

Mark Linnenberger

Join our golf program tailored for beginner to intermediate golfers! This course places a strong emphasis on fundamental skills and course etiquette. Over two weeks, golfers will hone their form, refine their contact, and enhance their distance at the Ballybunion Driving Range. The program concludes on May 16th, where participants will gather at Vernon Hills Golf Course for a 9-hole round of golf. Please remember to bring your clubs.

Tue,Thu, 4/30 - 5/16 4:00 - 5:00 pm
BallyBunion Fee: \$185
Senior Fee: \$170



Golf Camp (10+ years old)

Mark Linnenburger

This program is designed for beginner to intermediate golfers. Basic instruction in the skills of the game and course etiquette will be emphasized. You will alternate between MWF at Vernon Hills Golf Course from 8:00 AM -11:00 AM, and Tu TH at Bally Bunion 9 am - 10:30 am.

Transportation to Bally Bunion and VHGC is not provided. NOTE- THE FIRST DAY OF CAMP WILL BE AT BALLY BUNION from 9-10:30AM . Camp end times vary but usually finished between 10:00 am and 12:00 pm.

Mon-Fri, 6/24-7/03 9:00 - 10:30 am
BallyBunion Fee: \$355

Mon-Fri, 7/08-7/18 9:00 - 10:30 am
BallyBunion Fee: \$355

**REGISTER ONLINE AT
D125.ORG/PREP**



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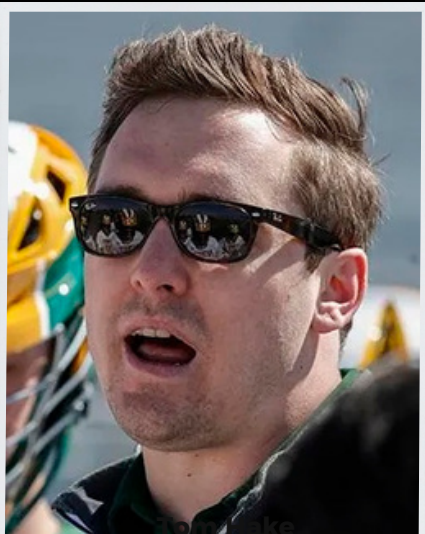
LACROSSE COACHES

SARAH GUTIERREZ

Sarah (Walker) Gutierrez graduated from Stevenson in 2007. She played field hockey and lacrosse at Stevenson and continued with club lacrosse through college. Sarah has coached since high school working with kids brand new to the game up through top level high school players. She has been the head coach of the girls lacrosse program since 2013, served as a field hockey coach for 10 years and most recently helped start the girl's flag football program as a co-head coach.



Sarah Gutierrez
Girls Lacrosse Coach



Boys Lacrosse Coach

TOM HAKE

Tom Hake played lacrosse for Glenbrook North High School, earning 2nd team all-state and 1st team all-conference honors in 2009. He went on to play 4 years of collegiate lacrosse at Oberlin College, earning an All-Conference Honorable Mention honor for the NCAC. Hake began coaching at Stevenson in the Spring of 2019 after coaching at his alma mater, GBN, and Evanston Township High School. Hake teaches in the Social Studies department at Stevenson.

SPORTS & SPORTS CAMPS

Girls Feeder Lacrosse Clinic (6th - 8th)

Sarah Gutierrez

Calling all middle school students! Have you ever imagined yourself maneuvering a field with finesse, unleashing your agility, and showcasing your teamwork skills? Get ready to dive into the electrifying world of lacrosse! This thrilling sport combines the speed of soccer, the strategy of basketball, and the adrenaline rush of hockey.

Whether you're a seasoned athlete or just starting your sports journey, our upcoming lacrosse clinic is the perfect opportunity to learn from experienced SHS coaches and SHS high school players, master fundamental techniques, and discover the thrill of wielding a lacrosse stick. Join us for this experience where camaraderie, skill-building, and fun collide on the field! Sign up now and be part of this unique game that embraces beginners and experienced lacrosse players. No equipment necessary, but if you have your own, bring it!

Mon, 4/08 - 4/29 5:30 - 6:30 pm
Field House Fee: \$50

Jr. Patriot Girls Lacrosse Camp (5th-8th)

Sarah Gutierrez

Get ready to dive into the electrifying world of lacrosse! This thrilling sport combines the speed of soccer, the strategy of basketball, and the adrenaline rush of hockey. Whether you're a seasoned athlete or just starting your sports journey, our upcoming lacrosse camp is the perfect opportunity to learn from experienced SHS coaches and SHS high school players, master fundamental techniques, and discover the thrill of wielding a lacrosse stick. Join us for this experience where camaraderie, skill-building, and fun collide on the field! Sign up now and be part of this unique game that embraces beginners and experienced lacrosse players. No equipment is necessary, but if you have your own, bring it! Bring your own water bottle.

Mon-Thu, 7/08-7/11 10:45-12:45 pm
Game Field 14 Fee: \$60

Jr. Patriot Boys Lacrosse Camp (5th-8th)

Tom Hake

This 60 minutes class is designed for adult dancers of all ages and abilities to experience basic ballet training, stay in shape and have fun! Join us to improve strength, flexibility, balance, coordination, gracefulness, artistry and confidence. The class is formatted like all traditional ballet classes, with Barre, center and across the floor work. All beginner students or returning students are welcome. Dress for comfort and bring your ballet slippers.

Mon-Thu, 6/24-6/27 3:30-5:00pm
Game Field 14 Fee: \$60

No PREP camps are being held
on 6/19.

SPORTS & SPORTS CAMPS

Jr. Patriettes Camp (6th - 8th)

Danielle Kray

The Junior High Patriettes Summer Camp will focus on introducing technique, learning different styles of dance combinations (pom, contemporary, hip hop, jazz), and other skills that will help prepare incoming 6th-8th graders to try out for the Spirit Revolution Patriette Program in high school. This camp will be taught by two alumni of the Varsity Patriettes program, who have returned to Stevenson Patriettes to help incoming dancers work on various skills/styles mentioned above. Dancers should wear a t-shirt or tank top that they are comfortable dancing in, athletic shorts, biker shorts or leggings, and bring jazz shoes and sneakers. It is highly recommended that dancers bring a water bottle that they can refill during the hour and a half camp day. We are so excited to welcome new dancers to the Junior High Patriettes!

Tue-Thu, 6/11-6/20 4:00-6:00 pm
Room 5306, PWC Fee: \$125

Tue-Thu, 7/09-7/18 4:00-6:00 pm
Room 5306, PWC Fee: \$125

No PREP camps are being held
on 6/19.

**REGISTER ONLINE AT
D125.ORG/PREP**

Jr. Patriot Football (4th - 8th)

Nate Alvarado

The goal of this program is to develop a team concept while athletes participate in a 9-12 week game schedule. Games will be played against other community based football teams. Participants will develop specific skills and further their understanding of the sport. The program is run by experienced football coaches, alumni players and SHS staff. Players will practice technique and skills to help prepare them for our future high school football teams. Players will be placed on teams based on their weight and their age. **YOU MUST LIVE WITHIN DISTRICT 125 TO PARTICIPATE.** When registering a minimum \$100 non refundable deposit is due. Space is limited. Join the Patriots football tradition! Now playing in the TCYFL! Please sign up for the grade your child will be entering in the FALL OF 2024!

Sundays Fall season
Stadium Fee: \$550

Jr. Patriot Fencing (6th - 8th)

John Lartz & Jaclyn Adler

Beginning fencers will be taught the basics of the sport, weapon use, and conditioning exercises. Veteran fencers will work on conditioning exercises and improvement of their competitive skills. Equipment will be provided.

Mon-Thu, 6/10 - 6/21 1:00 - 3:00 pm
Field House Fee: \$125

Mon-Thu, 7/08 - /18 1:00 - 3:00 pm
Field House Fee: \$125

SPORTS & SPORTS CAMPS

REGAN CHARMICHAEL



Regan Carmichael
Girls Basketball Coach

Regan Carmichael most recently served as an assistant girls basketball coach for New Trier High School from 2019-2023 and for one year at Resurrection High School.

A native of Park Ridge and a four-year member of the Maine

South basketball squad, Carmichael lettered during three seasons and served as the Hawks' team captain in 2012-13. She was All-State honorable mention and All-Conference as a senior, averaging 11.9 points, 3.6 rebounds, 3.6 assists and 2.0 steals.

After graduating from high school, Regan started her college basketball career at St. Louis University, where she was named to the Atlantic-10 Commissioner's Honor Roll for the fall semester and played in 14 games. After her Freshman year at St. Louis, Carmichael transferred to St. Norbert College, where she continued her decorated basketball career earning Midwest Conference first team All-Conference her junior year and helped lead St. Norbert to a 21-5 record and a trip to the NCAA Division III Tournament.

Girls Basketball Camp (6th - 8th)

Regan Carmichael

This fundamentals camp is for the young player wishing to enhance their basketball skills. The camp will emphasize the fundamentals of rebounding, defense, offense and the mental aspects of the sport. There will be a series of drills, lectures, and demonstrations on a daily basis.

Note: no camp on 6/19

Mon-Fri, 6/10 - 6/21
Field House

11:30 - 1:00 pm
Fee: \$80

Boys Basketball Camp (6th - 8th)

Will Benson

This camp will focus on the development of individual basketball fundamentals and team concepts. You will be introduced to basic Stevenson concepts while learning the Stevenson system of rebounding, shooting, offense and defense.

3rd - 5th

Mon-Thu, 6/10 - 6/13
Sports Center

10:00 - 6:30 pm
Fee: \$60

6th - 8th

Mon-Thu, 6/10 - 6/13
Room 5044

8:15 - 9:45 pm
Fee: \$85



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SPORTS & SPORTS CAMPS

Jr. Patriot Tennis Camp (6th-8th)

Isriz Balase

A great program for young athletes who are just starting tennis, or have some experience. This camp will focus on teaching the fundamentals of each shot, to have good foundations as they play a sport of a lifetime! Please have your child bring a tennis racquet, water bottle, sunscreen, hat, etc. each day of camp.

Mon-Fri, 6/10-6/21 4:00 - 5:00 pm
VHAC Tennis Co Fee: \$60

Jr. Patriot Girls Softball Camp (3rd - 5th, 6th - 8th)

Vera Pflugradt

Stevenson's skills camp is geared towards development of the athlete. We will have stations for offense and defense, but will also include situational game play, and strategy. Our goal is to help each athlete to learn the game at the highest level. You will be able to experience what being a Stevenson softball player is all about while working with our coaching staff, current, and former athletes.

3rd - 5th

Mon-Thu, 7/08-7/11 8:00-10:00 am
Varsity Softball Field Fee: \$80

6th - 8th

Mon-Thu, 7/08-7/11 10:15-12:15 pm
Varsity Softball Field Fee: \$80

Jr. Patriot Volleyball Camp (7th-8th)

Tim Crow, Eric Goolish

You will learn all the basic skills necessary for competitive volleyball. Drill and scrimmages will be part of our daily activities. Knee pads are recommended, but not required. Please bring your own labeled volleyball. Please bring your own water bottle.

Boys

Mon-Thu, 7/15-7/25 10:30 - 12:30 pm
Sports Center Fee: \$125

Girls

Mon-Thu, 7/15-7/25 10:30 - 12:30 pm
Field House Fee: \$125

Jr. Patriot Football Camp (4th-8th)

Brent Becker

The first goal of this program is to improve individual skill development in the areas of speed, agility, flexibility, and explosive power. The second goal of this program is to develop team concepts while athletes participate in various drills and scrimmages to help enhance understanding of both offensive and defensive principles and schemes.

Mon-Thu, 6/24-6/27 8:00 - 9:30 am
Stadium Fee: \$60

No PREP camps are being held on 6/19.

SPORTS & SPORTS CAMPS

KELSEY PATTEN

Kelsey Patten graduated from Stevenson in 2012. She played ice hockey both outside of SHS and with the Lake Forest Scouts and continued through college. Coach Patten was a part of our lacrosse program at SHS for all 4 years of her high school career and now serves as the Co-Head Coach of Girls Flag Football and Assistant Varsity Girls Lacrosse Coach. She has been a part of the SHS community for the past 7 years. Of those 7, she has coached with the lacrosse program for all 7 seasons, was the assistant coach for both varsity, and JV field hockey for 3 years. Coach Patten was named Co-Head coach of the inaugural Girls Flag Football team in 2023.



Girls Flag Football
Page 21

Jr. Patriot Baseball Coed Camp (2nd - 8th)

Nick Skala

The camp is designed to teach you the fundamentals of baseball to improve individual skills. Campers should wear/bring baseball pants, cleats, gym shoes, athletic supporter, labeled glove and bat. Please bring a labeled water bottle.

Mon-Fri, 6/10-6/13	10:00-1:00 pm
Varsity Baseball Field	Fee: \$90

Mon-Fri, 6/17-6/21	10:00-1:00 pm
Varsity Baseball Field	Fee: \$90

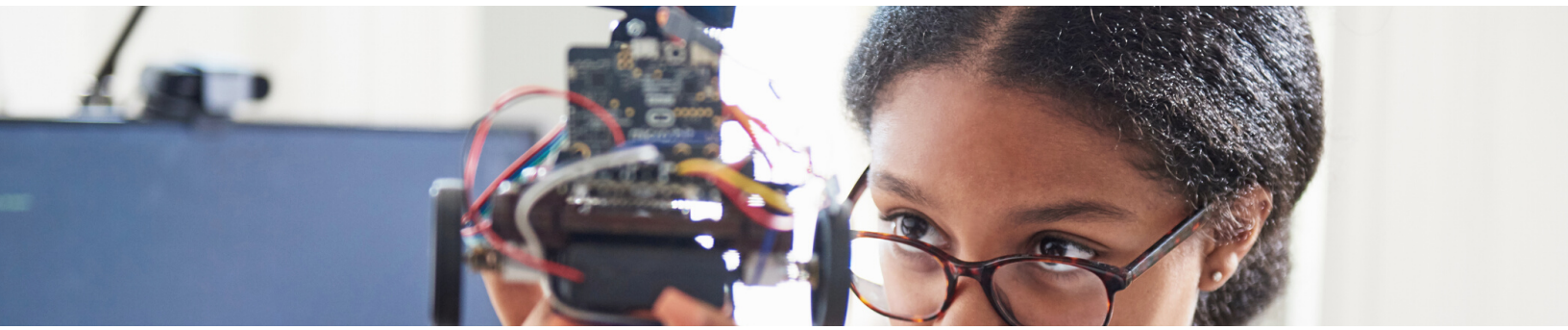
Jr. Patriot Girls Flag Football Camp (5th-8th)

Kelsey Patten

Learn the newest IHSA sport, Flag Football. Flag football is one of Stevenson's fastest-growing sports. Whether you're a seasoned athlete or just starting your sports journey, our upcoming flag football camp is the perfect opportunity to learn from experienced SHS coaches. Join us for this experience where camaraderie, skill-building, and fun collide on the field! Sign up now and be part of this unique game that embraces beginners and experienced flag football players. No equipment is necessary. Bring your own water bottle.

Mon-Thu, 7/08-7/11	1:15 - 3:15 pm
Game Field 14	Fee: \$60

No PREP camps are being held
on 6/19.



S.T.E.A.M.

Girls Who Code (3rd - 5th)

Christine Marr

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.

Tue, 6/18 - 7/25 4:00-5:00 pm
Room 3012 Fee: \$0

**REGISTER ONLINE AT
D125.ORG/PREP**



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Girls Who Code (6th - 8th)

Christine Marr

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.

Tue, 6/18 - 7/25 5:00-6:00 pm
Room 3012 Fee: \$0

Tue, 6/18 - 7/25 6:00-7:00 pm
Room 3012 Fee: \$0

S.T.E.A.M.

CHICAGO FILMMAKERS

Filmmaking Camp (6th - 8th)

Chicago Filmmakers

This comprehensive summer camp will cover digital video production from initial concept to finished movie. Students will be encouraged to work collaboratively through all stages of production as they learn more about storyboarding, cameras, lighting, sound, shot composition, and editing. On the final day of camp (within the hours listed above if the instructor is to be present), students will showcase their finished film pieces at a screening for family and friends.

Mon-Thu, 7/08 - 7/18 9:00-3:00 pm
Room TBD Fee: \$725



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No PREP camps are being held
on 6/19.



STEM Camp (K-2nd)

Noggin Builders

Filled with fun, hands-on STEM! Campers will explore with experiments in a variety of STEM areas and open-ended design projects. The camp day will also include games, science related crafts, and team building activities. Activities will be different each week, so sign up for multiple weeks of camp to keep your budding scientist or engineer engaged all summer.

Weekly, 6/10 - 7/25 9:00-12:00 pm
Room TBD Fee: \$250/week

STEM Camp (3rd-5th)

Noggin Builders

Filled with fun, hands-on STEM! Campers entering grades 3rd-5th will build, create, and explore with experiments and open-ended design projects. From using the engineering design cycle to create an invention, to an in-depth exploration of a chemical reaction, each week will build new creative problem solving skills. Activities will be different each week, so sign up for multiple weeks of camp to keep your budding scientist or engineer engaged all summer.

Weekly, 6/10 - 7/25 9:00-12:00 pm
Room TBD Fee: \$250/week



FREQUENTLY ASKED QUESTIONS

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.



REGISTRATION INFORMATION

Fast & Easy Registration

99% of people register 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.

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!



Support under-resourced students at SHS.

You can help ensure that *all Stevenson students* reach their fullest and brightest futures.

Learn more at StevensonFoundation.org



Patriot Recreation Education Program

Adlai E. Stevenson High School
One Stevenson Drive
Lincolnshire, IL 60069



At PREP, we're all about supporting your personal, professional, and recreational goals. Our affordable, high-quality community education programs run year-round, catering to both youths and adults.

This course catalog is tailored to you – crafted with your interests and needs in mind. If you ever feel a class is missing, let us know. Your input matters!

Our ultimate aim is to build connections, keep you engaged, and inspire you through our programs. We've proudly served this community since 1984 and we are grateful for the privilege.

Thank you for choosing PREP.

A handwritten signature in black ink that reads "Isaac Brubaker".

PREP Community Education Manager
Adlai E. Stevenson High School

**Contact PREP**

Office Hours: 7:00 am - 4:00 pm

d125.org/prep

P. 847-415-4145

E. prep@d125.org