

# PREP IS...

\* Summer Camps \* Music \* Adult Programs \* FUN \* Learning \*

Spring/Summer 2014

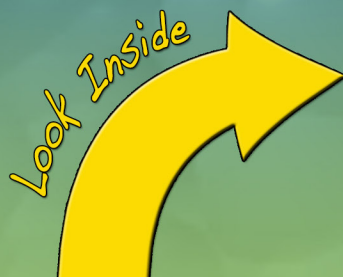
UPDATED



\* Quality Community Education for ALL Ages \* Plus MUCH More! \*



Patriot Recreation Education Program  
Stevenson High School  
[www.d125.org/prep](http://www.d125.org/prep)



# Online Learning



**Anytime, anywhere!**

Whether your goals are related to career development, acquisition of new skills and knowledge or for you own personal enrichment, our ed2go program has classes to help you reach your goals. These instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. Most courses run for six weeks (with a ten-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. The best part is that you can complete any of these courses entirely from your home or office and at anytime of the day or night.

**Enrollment is easy, go to: [ed2go.com/shsprep](http://ed2go.com/shsprep)**

**Courses are being offered in:**

Accounting & Finance • Business • College Readiness • Computer Applications  
Credit Recovery • Design & Composition • Health Care & Medical • Language & Arts • Law & Legal  
Personal Development • Teaching & Education • Technology • Writing & Publishing



**Hot Topics Include:**

**Create a Successful Business Plan**  
**Accounting Fundamentals**  
**Creating Web Pages**  
**Introduction to Microsoft Excel**  
**Resume Writing Workshop**  
**Grammar Refresher**  
**Introduction to Quickbooks**  
**A to Z Grant Writing**  
**Speed Spanish**  
**Plus Many More!!!**

**Getting Started**

Visit [www.ed2go.com/shsprep](http://www.ed2go.com/shsprep). Browse through the catalog, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Most courses are only \$95. Here you will enter your e-mail and choose a password that will grant you access to the Classroom. When your course starts, return to [www.ed2go.com/shsprep](http://www.ed2go.com/shsprep) and click the **Classroom** link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

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Dear Community Member:

We welcome you and your family to join us for the Stevenson PREP program's Spring/Summer 2014 season! PREP is here to help you reach your personal, professional, and recreational goals through our affordable, high-quality community education programs. From workshops and classes for adults to great programs for youth, there's something for everyone! We have many exciting new offerings this season, including youth summer camps, gardening workshops, social media workshops, online courses, music lessons, and Music Together® early childhood music classes!

Sincerely,

*Greg Diethrich, Ph.D.*

PREP Community Education Director

Receive a 10% discount when you sign up for 2 or more qualifying PREP classes or camps at the same time! (Cannot be combined with other offers)

## Contact

**PREP:**

Office Hours: Mon - Fri: 7:00 AM - 4:00 PM

(Summer: Mon - Thu: 7:00 AM - 3:30 PM, Fri until 1:00 PM)

Phone: 847-415-4145

Fax: 847-634-7286

Website: [www.d125.org/prep](http://www.d125.org/prep)

Email: [prep@d125.org](mailto:prep@d125.org)



# Arts & Crafts

## **Creative Digital Photography 1** Dianne Kittle

This course is for students who desire to master the art of photographic composition. We will begin by studying the visual elements/patterns to make successful images. Each week, students will complete assignments for class critique in order to develop their visual skills. We will cover the technical aspects of photography. The lessons will include: visual elements, light, artistic portraits, correct exposure, the abstract image - shadows, reflections and shooting the unusual. Students will submit images for the weekly critique. Note: Camera with aperture priority and shutter speed priority needed along with camera manual. Tripod is recommended. 4 Sessions. Fee: \$65, D125 Gold Card Fee \$32.50

Code ARP19

6:30-9:00pm

Tue 5/6 - 5/27

Room 2432, Lot B

## **Fundamentals of the Digital SLR** Dianne Kittle

This will be a nuts and bolts digital photography hands on workshop for beginners. The emphasis will be on the functions of the digital camera, such as focus mode, aperture, shutter speed and ISO which are needed for correct exposure and focus. We will cover special functions such as video creation, internal flash use, multiple exposure, white balance and bracketing. Note: SLR camera and camera manual required. 4 sessions. Fee: \$65, D125 Gold Card Fee \$32.50



Code ARP21

6:30pm-9:00pm

Tue 4/8 - 4/29

Room 2432, Lot B

*Visit the instructor's website at [www.diannekittlephotography.com](http://www.diannekittlephotography.com)*

## **Creative Digital Photography Forest Preserve Trips** Dianne Kittle

Explore the Forest Preserves of Lake County (TBA) and capture the patterns that professional photographers use to make successful images. Use the tools of the digital camera. Each week, you will photograph with the instructor in order to develop your visual skills. The technical aspects of photography will be covered. Lessons will include: visual elements, light, artistic portraits and understanding correct exposure. You will present images on the class blog. Note: Camera with aperture priority and shutter speed priority is needed, along with the camera manual. Tripod is recommended. Students must be 18 yrs or older and are responsible for their own transportation. 4 Sessions. Fee: \$75

Code ARP26

9:00am-12:00pm

Fri 5/9 - 5/30

TBA



# Arts & Crafts

## **Zendoodling** Mary Morawski

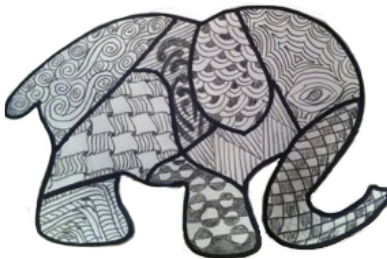
Zendoodling is a fun, structured, easy way of doodling. In this class you will learn to relax, enjoy and doodle your stress away! You will create beautiful patterns just by doodling. As you're doodling your patterns will become beautiful works of art, one doodle after another! Note: Supply fee included. 1 Session. Fee: \$29, D125 Gold Card Fee \$19.50

Code ARS48

6:30-8:30pm

Tue 4/8

Room 1500, Lot B



## **Zendoodling II** Mary Morawski

Once you've learned the basics you are ready to move on! In this class, you will improve your doodling skills, learn new patterns and introduce color into your doodles, one doodle after another! Note: Supply fee included. 1 Session. Fee: \$29, D125 Gold Card Fee \$19.50



Code ARS51

6:30-8:30pm

Tue 5/6

Room 1500, Lot B

Receive a 10% discount when you sign up for 2 or more qualifying PREP classes or camps at the same time! (Cannot be combined with other offers)



## **Drawing and Color** Kathleen Milauskas

Spend this summer learning to draw along with studies in color, blending, shading, styles and techniques. New step-by-step projects will be completed each week. Both inexperienced and experienced students are welcome. Note: Supply fee is included.

Must be at least 15 years old. 2 sessions. Fee: \$39 (No Combo Discount)

Code ARS20

1:30pm-3:30pm

M-Tu 6/23 - 6/24

\*\*\*Vernon Hills HS Rm 1308\*\*\*

# Business & Money Management



## **Multicultural Smarts** Kay Hoogland, Seema Jain

This class focuses on tips and taboos in business, school and at home when dealing with people from different cultures. Using the book *Kiss, Bow or Shake Hands* as our guide, we will survey cultural etiquette and protocols in selected countries from around the globe. Guest speakers from the countries discussed join as co-presenters, providing an insider's view of the culture. A light buffet of typical foods from the topic country is served—think of it as a light dinner and a country in every class! Discussions and activities are energizing as well as informative including music, videos, history, dress and other features of the cultures examined. This is a great class for business people dealing with different countries, people who love to travel, teachers dealing with diverse populations or anyone who enjoys experiencing other cultures. Taught by Seema Jain, Manager, Multicultural Markets & Alliances at Marriott International, and Kay Hoogland, former VP of Law and Diversity at Motorola. 5 Sessions. Fee: \$59

Code ABS37

7:00-9:00pm

Thu 4/17 - 5/15

Room 2432, Lot B

Check our Website at [www.d125.org/prep](http://www.d125.org/prep) for Updated or New Class Information  
Questions? Call 847/415-4145



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# Business & Money Management



## **Savvy Social Security Planning** Frank Vitale, ChFEBC

This class shines a light on the strategies available to maximize your Social Security benefits. The strategies we'll cover are not presented on the Social Security website, or across the counter at the Social Security claims office. Information presented in this class is especially valuable for married couples where one or the other has been a bigger earner over the years. Variables such as claiming order and timing of benefit claims can make an appreciable difference in the lifetime income of a spouse who worked in the home. Workers nearing retirement or those who have a decade of work in front of them will learn more about Social Security. 1 Session. Fee: \$19, D125 Gold Card Fee \$9.50

Code ABS31

7:00-9:00pm

Thu 4/3

Room 1428, Lot B

Code ABP31

7:00-9:00pm

Wed 5/7

Room 1428, Lot B

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## **Medicare Planning for Baby Boomers** Frank Vitale, ChFEBC

Like Social Security, Medicare is far more complicated than most people realize. Many new retirees are largely unprepared to deal with this mandatory health care program, especially if they've been automatically covered by health insurance at work. The biggest shock is that Medicare is not automatic; you have to sign up for it within a specified period of time. It is not free, so supplemental insurance is essential. Regardless of how healthy you may be, it is wise to prepare for serious medical costs in retirement. This class reviews some of the timelines and questions that baby boomers face as they plan their retirement. 1 Session. Fee: \$19, D125 Gold Card Fee \$9.50

Code ABS32

7:00-9:00pm

Thu 4/10

Room 1428, Lot B

Code ABP32

7:00-9:00pm

Wed 5/14

Room 1428, Lot B



# Computer Education

## **iPad Beyond the Basics** Steve Diver

Have a handle on the basics of using your iPad? In this class, you will go beyond those basics to learn some more advanced features of the Apple iPad. This class will cover iCloud backups and syncing, notifications, and features of the default apps, as well as third party apps (free and paid), that allow you to do even more with your iPad. Note: Students should provide their own iPad and be running the latest version of iOS to get the most from this session. 1 Session.

Fee: \$29, D125 Gold Card Fee \$14.50

Code CES34

7:00-9:00pm

Thu 3/20

Room 1414, Lot B

***Register early to help your class run!***



## **Getting Started with iPhoneography** Steve Diver

“The best camera, is the one that’s with you.” -

Chase Jarvis. That iPhone that is always in your pocket is a great camera, and in the hands of

everyday users and professional photographers, it has become one of the most popular cameras on the planet.

Get going with iPhone photography, and learn how to get the most out of the iPhone as a photographic tool. This

course will cover the details of camera settings and options, shooting tips and tricks, as well as covering some of the

most popular photo shooting, editing, and sharing apps...all on your iPhone. Note: Class will be at Half Day Forest Preserve off of Milwaukee Ave. Students should wear appropriate shoes for walking through forest preserve. 1 Session. Fee: \$25

Code CES46

8:00-10:00am

Sat 4/26

Half Day Forest Preserve



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# Cooking & Dining

NEW

## **The Traditional Indian Meal** Shilpi Saxena

In this class, students will learn about some trademark dishes including Butter Chicken, Bharwa Bhindi and Roti. Butter Chicken is one of the best known foods around the world.

We will learn how to cook authentic Punjabi style Butter Chicken. Bharwa Bhindi is known as Stuffed Okra. It is tender cooked with dry spices. We will also cook fresh Indian bread, Roti, which is the perfect accompaniment to this meal. Note: This is a demonstration class. 1 Session. Fee: \$39, D125 Gold Card Fee \$26.50

Code ACS20

6:00-8:30pm

Mon 4/7



Room 1406, Lot B



## **Street Food of India** Shilpi Saxena

India's street food is mouthwatering to say the least.

We will make Fish Cutlets, Bhelpuri, Masala chai and Eggplant Pakoras. Bhelpuri is a tangy crunchy combination of puffed rice, vegetables and chutneys. Pakoras is vegetables that are dipped in a batter, to make fritters.

Masala chai is a hot flavored tea beverage with a mixture of herbs. This class is all about sumptuous snack delicacies.

Note: This is a demonstration class. 1 Session. Fee: \$35, D125 Gold Card Fee \$24.50

NEW

Code ACS26

6:00-8:00pm

Mon 4/14

Room 1406, Lot B

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# Cooking & Dining



## Mexican Fiesta Susan Taves

Mexico's rich heritage extends far beyond the typical fare we find in Chicagoland restaurants. We will explore regional Mexican cuisine in this four week course. Learn to make delicious tamales with mole verde, homemade tortillas, authentic mole from Oaxaca and a perfect flan, among other dishes. The vibrant colors of Mexico, from coast to coast, will come alive. Ole! Note: Food supply fee included. 4 Sessions. Fee: \$125

Code ACS68      7:00-9:00pm      Thu 4/10 - 5/1      Room 1406, Lot B



Receive a 10% discount when you sign up for 2 or more qualifying PREP classes or camps at the same time! (Cannot be combined with other offers)

## Hands on Sushi Making II Susan Taves



Sushi II class will expand on the idea of using sushi in different ways. We will make a sushi cake (yep you heard right!), a scattered sushi salad, hand rolls and other fun and more "out-of-the-box" ways to eat and serve sushi rice and sashimi for entertaining. You need not have taken Sushi I to take this class. Note: Food supply fee is included. 1 Session. Fee: \$45, D125 Gold Card Fee \$27.50



Code ACS25      6:30-9:00pm      Thu 5/15      Room 1406, Lot B



# Cooking & Dining

NEW

## Gluten Free Cooking Michael Maddox

Spend the evening with Chef Maddox learning some great recipes and dishes which are Gluten Free but full of flavors, textures and taste. Recipes range from appetizers to desserts. An excellent class that will fill your dietary needs as well as your recipe box for entertaining your friends and family. This class features different methods and techniques in preparation and serving! Please note: This is a demonstration class. 1 Session. Fee: \$49

Code ACS58

7:00-9:00pm

Tue 3/18

Room 1406, Lot B



## Beyond the Basic BBQ Michael Maddox

Spend a culinary evening with Chef Maddox learning some new recipes to enjoy this summer. In this class, guests will learn some great ideas beyond the basic burgers, buns and garnishes. Cilantro Slaw, Rosemary Pork Burgers with Apple Slaw & Chive Mayo and three great toppings will all be featured. A program surely not to be missed! Please note: This is a demonstration class. 1 Session. Fee: \$49

NEW

Code ACS38

7:00-9:00pm

Tue 5/6

Room 1406, Lot B

NEW

## Healthy Entrees Michael Maddox

A culinary demonstration featuring some healthy alternatives to everyday dining. These recipes will add nutrition as well as some great flavors and textures to these meals including fish, meat and vegetables. The changes will be subtle, but the program will use clean, healthy and fresh ingredients. A great evening to spend time satisfying your appetite and mind with some cuisine without increasing your waistline. Be prepared to taste the results. Note: This is a demonstration class. 1 Session. Fee: \$49 (No Combo Discount)

Code ACS02

7:00-9:00pm

Thu 5/8

\*\*\*Libertyville HS Rm 0141\*\*\*

# Cooking & Dining



## French Cheese—Introduction

Madeleine Jorgensen  
Madeleine, a native of France, is here to share with you her passion for anything cheese. You will explore the fascinating diversity of French cheeses and their regions of origin, and sample a variety of cheese, so come prepared to enjoy your evening. If there are specific questions or areas of interest on the subject that you would like to discuss, you can email them to [cheese.etc.etc@gmail.com](mailto:cheese.etc.etc@gmail.com).



Note: Food supply fee included. 1 Session. Fee: \$44 (No Combo Discount)

Code ACS70

7:00-9:00pm

Wed 3/12

\*\*\*Vernon Hills HS Rm 0210\*\*\*



## Raclette Madeleine Jorgensen

A raclette party is another fun and congenial way to enjoy a winter evening with friends and family. Join Madeleine, our cheese specialist, to learn about this Alpine way of serving cheese, its origin and the equipment needed to prepare this treat. You will also learn what you need and how to get ready to serve this uncomplicated meal. It will be a party! More cheese, please! 1 Session. Fee: \$44 (No Combo Discount)

Code ACS40

7:00-9:00pm

Wed 4/9

\*\*\*Vernon Hills HS Rm 0210\*\*\*

## All About Steak Sullivan's Steakhouse

Brian Gray, Executive Chef of Sullivan's Steakhouse in Lincolnshire will be sharing great grilling techniques and the best ways to ensure great quality when purchasing steaks. Marbleization is the key and Chef Gray will talk about great marbleization as well as various cuts of steak. We will then dive into our Chili crusted ribeye along with au gratin potatoes and a classic creme brulee. Sullivan's Steakhouse is located on Milwaukee Avenue in Lincolnshire. 1 Session. Fee: \$35



Code ACS83

3:00-5:00pm

Sat 5/10

Sullivan's Steakhouse

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# Dance, Health & Fitness



## **HoopFit** Diane Weber

If you are interested in weight loss and burning calories, then the Hoopnotica Fit program is for you! It is designed for all fitness and hooping levels. You can burn 400 - 600 calories in this one hour class. Train, shape and strengthen your body with this cutting-edge conditioning class. Bring your water to keep you hydrated through class! No experience required. Note: Hoops can be purchased at the first class. Cost range is \$25 - \$36. 6 Sessions. Fee: \$49

Code ASR59

6:00-7:00pm

Wed 4/2 - 5/14

Room 2110, Lot B

*Register early to help your class run!*

## **Golf (Beginner)** Bally Bunion Golf Center

This beginning class is held at the Bally Bunion Golf Center. Critical basics of golf will be covered, including: grips, alignment, stance, swing and strokes. Note: Prerequisite of 12 years or older. Bring your own golf clubs. Golf balls provided. No senior citizen discount. The golf center is located on the corner of 83 and Aptakisic Rd. in Long Grove. 4 Sessions. Fee: \$99

Code ASP01 10:00-10:50am Sun 4/13 - 5/11 (no class 4/20)  
Bally Bunion Golf Center



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# Dance, Health & Fitness



## **Zumba®** YMCA Staff

Ditch the workout and Join the Party! It's time to dance yourself into shape with this energetic, Latin based fitness class. Come and see what everyone is so excited about and be part of the Zumba Fitness Party. Note: No experience necessary. All levels welcome! Please consult your physician to check that this class is appropriate for your health situation. 6 Sessions. Fee: \$39.

Code ASR34	6:00-6:45pm	Tue 4/29 - 6/10 (no class 5/27)	Room 2110, Lot B
Code ASR35	6:00-6:45pm	Thu 5/1 - 6/5	Room 2110, Lot B



## **Strength Training for Women**

YMCA Staff

Strength training is an integral part of the fitness process, particularly for women of all ages (teen to older adult). Utilizing a variety of weight and resistance equipment, the class will tone and strengthen every major muscle group. See a dynamic change in your body's appearance and ability. Not a choreographed class, so plenty of instruction on proper form and technique. Focus on improvement and progression of female musculature. Note: Please consult your physician to check that this class is appropriate for your health situation. 6 Sessions. Fee: \$39.



Code ASR60	7:00-7:45pm	Tue 4/29 - 6/10 (no class 5/27)	Room 2110, Lot B
Code ASR61	7:00-7:45pm	Thu 5/1 - 6/5	Room 2110, Lot B

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# Dance, Health & Fitness

## **Yoga Breathing (Pranayam) Workshop** Vidya Nahar

Your breath is an essential connection between your own mind and body. Vidya Nahar, ERYT, will discuss and demonstrate several breathing techniques including bandhas (locks) used in Pranayam - Yogic Breath Regulation System. Prana is manifested through your breath. It is your energy flow. Pranayam is conscious control of inhalation, retention and exhalation of breath. You'll discover that you can actually alter the state of mind and body through right kind of breathing. Regular practice of Pranayam helps prevent frequent sinus infections, runny/ blocked noses and helps with relaxation. Note: Please consult your physician to check that this class is appropriate for your health situation. Please bring your yoga mat to class. 1 Session. Fee: \$19

Code ASP03

6:00-8:00pm

Tue 3/18

Room 7096, Lot B

***Register early to help your class run!***



# Dance, Health & Fitness



## **Yoga/Pilates Fusion** Vidya Nahar

Join Vidya Nahar, ERYT, in this class to build your core strength, improve flexibility, restore mind-body connection, relax and rejuvenate by combining Pilates flow and Yoga balances. Achieve equilibrium in emotion and stillness in motion through this Yoga/Pilates fusion class. Note: Please consult your physician to check that this class is appropriate for your health situation. Please wear comfortable clothing, and bring your mat and towel/yoga strap to class.

8 Sessions. Fee: \$79, D125 Gold Card Fee \$39.50

Code ASR46      4:00-5:00pm      Tue 4/8 - 6/3 (no class 4/15)      Room 7096, Lot B

4 Sessions. Fee: \$39, D125 Gold Card Fee \$19.50

Code ASU46      4:00-5:00pm      Tue 6/10 - 7/1      Room 7096, Lot B

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# Home & Garden

## **A Clutter Free Me!** Cindy Stec

Are you tired of your guest room being a home for your paper clutter and not for your guests? Do you want your home to be clutter-free? If you answered yes, then you should register for this class now! Clutter is an obstacle to happiness, taking up space in your home and in your mind. Learn from a professional organizer how to easily keep your papers and home organized. The concept of home will take on a new meaning as you transform into a "Clutter free me." 1 Session. Fee: \$15



Code HGP88

7:00-8:30pm

Thu 3/13

Room 2432, Lot B

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**Container Gardening with Herbs** M. Raleigh-Lautanen  
Container gardening is more popular today than ever. It is a boon for people with little time, small yards or apartments and condos. This program includes using imaginative containers, soil mixes, supplying nutrients and basic gardening practices to create a container garden to enjoy all summer. Each participant will prepare and take home a 12-inch pot with 2 herb plants. 1 Session. Fee: \$37 (No Combo Discount)



Code HGS22 7:00-9:00pm

Tue 5/6

\*\*\*Vernon Hills HS Rm 0210\*\*\*

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# International Languages

## **American Sign Language (ASL) Beginning** Jennifer Cacioppo

This course is designed for anyone interested in learning American Sign Language (ASL). Students are introduced to ASL including the alphabet, vocabulary (approx. 400 words), numbers, basic sentence structure, negatives, questions and directional verbs. Elements of Deaf Culture are woven throughout each lesson. Students will learn to sign simple sentences and convey meaning from basic everyday conversation. Note: Course materials will be provided. For ages 14 and up. 8 Sessions. Fee: \$129, D125 Gold Card Fee \$64.50

Code ILS09                      6:30-8:30pm                      Thu 4/3 - 5/22                      Room 2430, Lot B



## **Conversational French—Beginning** Jacquelyn Hendricks

In this introductory course, students will learn basic French vocabulary and expressions for greetings, shopping, dining and discussing everyday activities and personal interests. We will also focus on ways to acquire good French pronunciation.

In addition, students will become familiar with aspects of today's French culture. Note: Students will purchase a textbook from the instructor the first night of class for approximately \$25.

7 Sessions. Fee: \$105, D125 Gold Card Fee \$52.50 (No Combo Discount)

Code ILP08      7:00pm-9:00pm                      Tue 4/1 - 5/13                      \*\*\*Vernon Hills HS Rm 1213\*\*\*

***Register early to help your class run!***

## **Spanish—Beginning** Marianna Zeidler

Bienvenidos! Learning Spanish is a Fiesta and we will surely have fun in every session. This introductory class will cover the essential elements of beginner's level of Spanish language study. We will practice the correct sounds and learn basic vocabulary. We will also learn about different expressions used in Spain and Latin American countries. We take a cultural approach to language learning. Join us and enjoy the visuals! 6 Sessions. Fee: \$89, D125 Gold Card Fee \$44.50 (No Combo Discount)

Code ILP05      6:45pm-8:45pm                      Mon 4/7 - 5/12                      \*\*\*Vernon Hills HS Rm 1211\*\*\*

# Personal Growth



## **Dress for Success: Organize and Enhance Your Wardrobe and Image**

Suzanne Newman

Achieve the optimal look for your goals, both professional and personal, in this fun, hands-on class. Learn how to organize your closet, choose clothes that flatter your body type and define the image you want to achieve. Image and wardrobe consultant Suzanne Newman will lead this workshop where you will learn the basics of de-cluttering, organizing and enhancing your wardrobe using her Top Ten Image Inventory. She will help you find your own personal style and discuss how to choose clothing, accessories, and makeup that flatter your appearance. 2 Sessions. Fee: \$35, D125 Gold Card Fee \$17.50 (No Combo Discount)



Code PIS30 7:00pm-9:00pm Tue 4/29 - 5/6 \*\*\*Vernon Hills HS Rm TBA\*\*\*

*Register early to help your class run!*



## **Brain Gym**<sup>®</sup> Barbara Bednarz

Come and experience Brain Gym<sup>®</sup>, which develops the brain's neural pathways through gentle body movements. Used worldwide, Brain Gym improves memory, focus, listening, vision, cognitive and physical coordination skills. It also releases stress and blocks which prevent optimal functioning. Note: An optional manual will be available for purchase from the instructor for \$30. 1 Session. Fee: \$35 (No Combo Discount)

Code PIS59 6:30pm-9:30pm Thu 5/1 \*\*\*Vernon Hills HS Rm TBA\*\*\*

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# Junior Patriot Spring Sports

## **Jr. Patriot Wrestling Club (Grades 1-8)** Michael Sherman

This program will teach wrestling fundamentals and instill values of hard work, self-discipline and the importance of goal setting. The season will begin April 1 and end in May. Practices will be held 2-3 times per week for 1-2 hours each. No prior experience in the sport is required to participate. Note: **Wrestlers that are already registered for the Jr. Patriot Wrestling 2013-2014 winter season do not need to register for this session.** 16 Sessions. Fee: \$109

Code YSS82                      6:00-7:30pm                      Mon & Wed 3/31 - 5/21  
Wrestling Room (2111), Lot E



## **Jr. Patriot Fencing (Grades 6-8)** Fernando Delgado

In this fencing class for Junior High students, we will be learning the basics in defense and offense with foils and epees, using electric scoring equipment. All equipment will be provided. At the end of the session a class competition will be held. Students will need to come in gym shoes and sweat pants. 6 Sessions. Fee: \$45

Code YSP84                      5:00-6:00pm                      Wed 4/9 - 5/14                      East Commons, Lot B

## **7 on 7 Football League (Grades 6-8)** Joe Weber

The purpose of this controlled 7 on 7 league is for players to specialize in passing development, passing defense and receiver development. There is no tackling, blocking or equipment. The teams will compete in a Chicagoland Youth Football League starting April 6th. Practices will be held once during the week with one game on the weekend. Games will be played at Carmel High School (Mundelein). Note: This program will run from April 1st until mid-May, exact dates and times to be announced. Players are required to purchase a white mesh practice jersey. Please see our website [www.d125.org/prep](http://www.d125.org/prep) for updated information. Fee: \$125



<b>Grade 6</b>	Code YSS88	Field House, Lot D
<b>Grade 7</b>	Code YSS86	Field House, Lot D
<b>Grade 8</b>	Code YSS87	Field House, Lot D



# Youth Spring Programs

## **First Lego League Robotics (Grades 6-8)** Justin Zummo

Are you hoping to inspire an interest in Science, Technology, Engineering and Math (STEM) in your son or daughter? Ignite their young minds and strengthen their life skills? Through this program, children will employ engineering, technical and math skills to build and program a robot using Lego Mindstorm and pieces to perform specific tasks. The team will also identify and research a real-world issue based on this year's theme, "Nature's Fury" and develop appropriate solutions. This will be done in an environment that encourages teamwork. For more program information, see <http://www.firstlegoleague.org>. Not only will your son or daughter be exposed to different STEM principles and life skills...They will have fun doing it! Note: Fee includes program costs. 8 sessions. Fee: \$189.

Code YCP46

5:00pm-7:00pm

Thu 4/3 - 5/22

Room 1006/1008, Lot E

**Receive a 10% discount when you sign up for 2 or more qualifying PREP classes or camps at the same time! (Cannot be combined with other offers)**

## **Kidz Yoga** Stacy Flake

Come and learn basic yoga poses and breathing exercises. Visual imagery and relaxation techniques will help kids keep their emotions and feelings in order. We will learn positive thinking skills, accepting our bodies and respecting the environment. Through various activities and basic flowing techniques, children will begin to feel a sense of self. Note: Please consult your physician to check that this class is appropriate for your health situation. Please bring your mat or a towel to class. 4 Sessions. Fee: \$35



### **Ages 7-10**

Code YCP15

10:00-10:45am

Sat 4/5 - 5/3

Room 5044, Lot B

### **Ages 11-13**

Code YCP16

11:00-11:45am

Sat 4/5 - 5/3

Room 5044, Lot B

# Private Music Lessons

The Stevenson PREP Community Music Academy is now offering private music instruction! Lessons are available for all ages and skill levels with highly-qualified, degreed instructors. Lessons are offered in most instruments:

**Strings**  
**Brass**  
**Winds**  
**Piano**

**Drums/Percussion**  
**Guitar/Bass**  
**Voice**

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.

For more information and to schedule lessons, please visit our website and complete the music lesson online inquiry form. You may also email [prep@d125.org](mailto:prep@d125.org) or call 847-415-4145. Please note private music lessons cannot be scheduled online.



# Community Music Academy



## MUSIC TOGETHER®

THE JOY OF FAMILY MUSIC®



### **Music Together®** Jennifer Bartel

Music Together is an internationally acclaimed music and movement program for children from birth through kindergarten and the grownups who love them. A pioneer in research-based early childhood music education, Music Together provides a relaxed, playful environment for children and their grownups to joyfully share songs, rhymes, movement, and instrument play, both in class and in their daily lives.

Music Together is based on the recognition that all children are musical. Given the right environment, all children can learn to sing in tune, keep a beat, and participate with confidence. Research has shown that music education starting at a young age has a multitude of cognitive and social-emotional benefits.

The mixed-age setting of Music Together classes encourages children to participate at their own level, and allows siblings to participate together. New song collections are presented every session, so families can enjoy exciting new songs and styles for years.

**About the Instructor:** Jennifer Bartel has been a Music Together teacher since 2002, achieving advanced Certification 1 in 2007. An actively performing flutist and flute teacher with a Masters Degree from Manhattan School of Music and a Bachelors Degree from DePaul University, Jennifer is thrilled to combine her love of music, teaching, and working with young children.

**Music Together Second Session Schedule** Note: Tuesday and Wednesday Sessions are held at Lutheran Church of the Holy Spirit, 30 Riverwoods Rd, Lincolnshire. 10 Sessions. Fee: \$195, Sibling Fee: \$99\*

Code MAP18	9:15-10:00am	Tue 4/1 - 6/3	Lutheran Church of the Holy Spirit
Code MAP19	10:15-11:00am	Tue 4/1 - 6/3	Lutheran Church of the Holy Spirit
Code MAP22	10:15-11:00am	Wed 4/2- 6/4	Lutheran Church of the Holy Spirit
Code MAP23	11:15am-12:00pm	Wed 4/2- 6/4	Lutheran Church of the Holy Spirit
Code MAP25	10:15-11:00am	Sat 4/5 - 6/7	Room 1428, Lot B
Code MAP26	11:15am-12:00pm	Sat 4/5 - 6/7	Room 1428, Lot B

**\*Note:** In order to receive the sibling fee, you must complete a registration form. You will not receive this fee if you register online.

Music Together art & logo design © 1992-2014 Music Together LLC. Music Together is a registered trademark. Stevenson PREP Music Academy is licensed by Music Together LLC. For more locations: [www.musictogether.com](http://www.musictogether.com) - (800) 728-2692

# Youth Summer Orchestra Camp



STEVENSON STRINGS

## orchestra

Orchestra summer camp is an opportunity for younger string players to develop musical skills while having fun and making new friends. Under the direction of Stevenson Orchestra teachers and high school student coaches, students will learn new music, develop new skills and review important fundamentals of good string playing. Each session will include 45 minutes of small group interaction, 45 minutes of large ensemble rehearsal with mixed instrumentation and a 60 minute rhythm reading and performance skills workshop. All elementary school, middle school and incoming freshmen violinists, violists, cellists and bassists who are reading music at a book 2 to book 3 level or beyond, who can read basic rhythms and notes on all 4 strings in first position or beyond are welcome. Previous group experience in school or other music programs is helpful but not required. The camp is intended for students who have not been in the Stevenson orchestra program. The camp will conclude with a performance demonstration open to all families/guests of the participants on the last afternoon. Students must supply their own instruments every day. Limited overnight storage is available for cello and basses only. You may register for either one or both of the sessions. Note: Phone (847-415-4766) or email Jeremy Beyer ([jbeyer@d125.org](mailto:jbeyer@d125.org)), if you have any questions. 4 Sessions. Fee: \$109.

### Violin

Code YC107	10:00am-12:30pm	M-Th 6/16 - 6/19	Room 2200, Lot E
Code YC207	10:00am-12:30pm	M-Th 7/14 - 7/17	Room 2200, Lot E

### Viola

Code YC108	10:00am-12:30pm	M-Th 6/16 - 6/19	Room 2200, Lot E
Code YC208	10:00am-12:30pm	M-Th 7/14 - 7/17	Room 2200, Lot E

### Cello/Bass

Code YC109	10:00am-12:30pm	M-Th 6/16 - 6/19	Room 2200, Lot E
Code YC209	10:00am-12:30pm	M-Th 7/14 - 7/17	Room 2200, Lot E

# Youth Summer Programs



## **Creative Arts Camp (Grades 5-8)** Kevin Shifley

We will be exploring different types of media, such as print making, sculpture, drawing, acrylic painting, watercolor, pastels and spray paint! Whether its your first time taking an art class or polishing your skills, this class if for you! Note: All skill levels are welcome. Supplies for the camp are included in the fee. 8 Sessions. Fee: \$209.

Code YC102	9:00am-12:00pm	M-Th 6/16 - 6/26	Room TBA
Code YC202	1:15-4:15pm	M-Th 6/16 - 6/26	Room TBA

### **PLEASE NOTE!**

Summer registration applies to the student's **NEW** grade

## **Engineering and Design Camp** Kelly Smith, Michael Anderson

Have you ever wanted to make your own games and animations? How about design your own t-shirt? Do you wonder what it would be like to build a robot? If you like taking things apart to see how they work, then the Technology Education Engineering and Design Camp is for you. In this camp, you will participate in team design challenges while learning the basic fundamentals of engineering and design. Note: Please bring a healthy snack and a drink with a resealable cap each day to camp. Supply fee included. 8 Sessions. Fee: \$249

### **Grades 5-6**

Code YCU26	1:15-4:15pm	M-Th 6/16 - 6/26	Room 1006, Lot E
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### **Grades 7-8**

Code YCU27	1:15-4:15pm	M-Th 6/16 - 6/26	Room 1008, Lot E
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## **Drawing and Color (Ages 12-16)** Kathleen Milauskas

Spend this summer learning to draw along with studies in color, blending, shading, styles and techniques. New step-by-step projects will be completed each week. Both inexperienced and experienced students are welcome. Note: Supplies for the camp are included in the fee. 2 Sessions. Fee: \$39



Code YCU37	1:30-3:30pm	W &Th 6/18 - 6/19	***Vernon Hills HS, Room 1308***
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# Youth Summer Programs



## **Junior Police Explorers Camp (Grades 6-8)**

Lincolnshire Police Department

Have you ever witnessed a police car responding to an emergency with its lights and sirens on and wondered why the officer was responding with such urgency? Ever wonder how police search and investigate a crime scene? If situations like this interest you, members of the Lincolnshire Police Department would like to invite you to join the Junior Police Academy. The Junior Police Academy is designed to introduce young adults to the law enforcement profession. Students enrolled in this course will receive a basic foundation of knowledge into the duties and responsibilities of a police officer. Through classroom instruction, as well as hands-on practical applications, students will learn and experience police related tasks. Members of the Lincolnshire Police Department will provide instructional training in topics including, but not limited to: building searches, crime scene investigations, fingerprinting, patrol tactics, radio communications and traffic stops. Whether students wish to pursue a career in law enforcement or not, the program affords youth the opportunity to interact with law enforcement professionals and provide insight into their community's police department. Note: This camp is held at the Lincolnshire Police Department. Transportation is not provided by SHS. 4 Sessions. Fee: \$89.



Code YCU48      9:00am-12:00pm      M-Th 6/23 - 6/26      Lincolnshire Police Department

### **PLEASE NOTE!**

Summer registration applies to the student's **NEW** grade



## **Veterinary Medicine Explorers Day (Grades 6-8)**

Veterinary Speciality Center  
Do you love animals and think you would like to be a Veterinarian? Get an up close and personal look at what being a Veterinarian is really like. Students will visit

Veterinary Specialty Center in Buffalo Grove and have the opportunity to meet with the doctors and staff, view the facility, learn about the different specialties such as cardiology, radiology, dermatology through interactive discussions and observe how these specialties help to treat our animal companions! Note: This camp is held at the Veterinary Speciality Center, 1515 Busch Parkway, Buffalo Grove. Students are responsible for their transportation to and from the center. 1 Session. Fee: \$39.

Code YCU49      9:00am-1:00pm      Fri 7/11      Veterinary Specialty Center

# Youth Summer Programs



## **Healthcare Explorers Day (Grades 6-8)**

Highland Park Hospital

Does a career in Medicine or Health Care interest you? Find out what it is really like to work in a hospital and the many health care career options that are available to you. Students will visit Highland Park Hospital and learn about different health care specialties from medical personnel and staff as well as visit different departments in the hospital. Areas covered could include pharmacy, nursing, physical therapy, radiology, cardiology and more. Note: This camp is held at Highland Park Hospital, 777 Park Ave West, Highland Park. Students are responsible for their transportation to and from the center. 1 Session. Fee: \$39.



Code YCU50                      9:00am-1:00pm                      Fri 7/18  
Highland Park Hospital

Receive a 10% discount when you sign up for 2 or more qualifying PREP classes or camps at the same time! (Cannot be combined with other offers)



## **Roots for STEM Camp (Grades 7-8)** Brett Erdmann, Abbie Goodman

“Roots for STEM” Summer camp will engage incoming 7th and 8th graders in a variety of hands-on activities directed at developing the skills necessary to solve problems in science, technology, engineering and mathematics (STEM) disciplines. The camp will focus on applied knowledge, integration of learning topics, problem-based learning and FUN! Students will work on projects individually, in pairs, and in small teams. They will be challenged to question, research, design, create and problem-solve in a lively learning environment. No grades, no pressure...To paraphrase Nobel prize-winning physicist Richard Feynman, students will stumble upon “the pleasure of finding things out”. 4 Sessions. Fee: \$275.

Code YCU51                      9:00am-3:00pm                      M-Th 7/14 - 7/17                      Rooms 1902/1904, Lot B

Check our Website at [www.d125.org/prep](http://www.d125.org/prep) for Updated or New Class Information  
Questions? Call 847/415-4145



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# Youth Summer Sports Camps

*Register early to help your camp run!*



**Badminton Camp Coed (Grades 6-8)** Grant Johnson  
Be a part of one of the world's fastest racket sports. Learn how to drop smash and clear. Students will learn how to time their movement in order to better hit the birdie and improve their games greatly. Please bring your racket on a daily basis. Practice rackets will be provided for athletes who do not have their own. 8 Sessions. Fee: \$105

Code YSU12

11:00am-12:30pm

M-Th 6/30 - 7/10

Field House, Lot D



**Baseball Teaching Camp (Grades 2-8)** Paul Mazzuca  
This 4-day camp is coordinated by the Stevenson Baseball Program. The camp is designed to teach players the fundamentals of baseball in order to improve individual skills. Campers should wear/bring baseball pants, cleats, gym shoes and athletic supporter. Bring a labeled glove and bat. 4 Sessions. Fee: \$105

Code YSU13

10:00am-1:00pm

M-Th 6/16 - 6/19

Varsity Baseball Field, Lot E

## **Baseball/Boys Basketball Camp Combo (Grades 7-8)**

This camp combo price is for those who will be taking both the Baseball camp (Grade 7-8) and Basketball Camp (Grade 7-8). Because the first week of camp overlaps with the baseball camp, a discount has been given. Fee: \$141.75

Code YSU94

Baseball Camp:

10:00am-1:00pm

M-Th 6/16 - 6/19

Basketball Camp:

10:00am-12:30pm

M-Th 6/16 - 6/26

# Youth Summer Sports Camps

## **Basketball Camp Boys–GREEN (Grades 2-8)** Pat Ambrose

This camp will focus on the development of individual basketball fundamentals and team concepts. Campers will be introduced to basic Stevenson concepts while learning the Stevenson system of rebounding, shooting, offense and defense from SHS coaches and players. Sessions will include drills, contests, games and prizes. Lowered baskets and smaller basketballs will be used for the younger campers. Note: Please bring a labeled basketball. 8 Sessions. Fee: \$105

### **GRADES 2-6**

Code YSU14                      9:00-10:30am                      M-Th 6/16 - 6/26                      Field House, Lot D

### **GRADES 7-8**

Code YSU15                      10:30-12:00pm                      M-Th 6/16 - 6/26                      Field House, Lot D

## **Basketball Camp Boys–GOLD (Grades 6-8)** Pat Ambrose

This camp is designed for the advanced 6-8th grader and will occur the week following the Green Camp. Campers will be grouped by ability level and sessions will be competitive and fast-paced. Sessions will include position breakdowns, advanced station (drill) work, as well as a deeper introduction of Stevenson offensive & defensive concepts and terminology. These sessions will build on the skills and terminology taught during the Green camp. Space will be limited to keep a low coach-to-camper ratio. Campers will be evaluated during the Green camp and invited to register. Registration for the Gold camp will open on June 16 and is by Coach's invitation only. Email Coach Ambrose (pambrose@d125.org) if you have any questions. Note: Please bring a labeled basketball. 8 Sessions. Fee: \$159 (No discounts apply)

Code YSU20                      9:00-11:00am                      M-Th 6/30 - 7/10                      Sports Center, Lot E



Receive a 10% discount when you sign up for 2 or more qualifying PREP classes or camps at the same time! (Cannot be combined with other offers)

# Youth Summer Sports Camps

## **Basketball Camp Girls (Grades 3-8)** Tom Dineen

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: Bring your own labeled basketball. 8 Sessions. Fee: \$105



### **GRADES 3-6**

Code YSU16                      9:00-10:30am                      M-Th 6/16 - 6/26                      Sports Center, Lot E

### **GRADES 7-8**

Code YSU17                      10:30-12:00pm                      M-Th 6/16 - 6/26                      Sports Center, Lot E

**PLEASE NOTE!**

Summer registration applies to the student's NEW grade

## **Cheer and Dance Camp (Grades 5-8)** SHS Staff

This camp is for those who are interested in sideline and Competitive Cheerleading and Dance. The focus will be on cheer and dance technique taught the Stevenson way. Participants will be exposed to turns, leaps, jumps, motions, stunt, tumble and more! The camp will be run by Stevenson coaches and alumni. Note: Please dress in athletic attire. Bring cheer/dance shoes and water bottle. 6 Sessions. Fee: \$105

Code YSU68                      4:00pm-6:00pm                      T-Th 6/17 - 6/26                      Wood Commons, Lot E

Check our Website at [www.d125.org/prep](http://www.d125.org/prep) for Updated or New Class Information  
Questions? Call 847/415-4145



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# Youth Summer Sports Camps

## **Girls Jr. Patriot Field Hockey and Lacrosse Camp (Grades 4-8)**

Laura Camastro, Sarah Walker

We've teamed up to host a combined girls lacrosse and field hockey camp for young athletes of all skill levels. This camp will include professional instruction and drills from Stevenson's girls lacrosse and field hockey coaches, plus game play and team building fun with the help of current varsity players. Equal time will be spent teaching the fundamentals of both fast paced field sports to introduce and develop skills for game play, as well as give athletic Junior Patriots a competitive edge when entering these popular programs in high school. Note: Shinguards and mouthguards are mandatory. Sticks will be provided as needed. 4 Sessions. Fee: \$69

Code YSU89

10:30am-12:30pm

M-Th 6/16 - 6/19

TBA



## **Girls Jr. Patriot Lacrosse Camp (Grades 4-8)** Sarah Walker

This camp brings the fastest growing game in America to the Junior Patriot level. The camp will allow the youngest laxers to learn the basics of the game from Stevenson coaches and varsity players. The goal of this camp is for young athletes to have fun, be competitive and learn the "fastest game on two feet".

4 Sessions. Fee: \$69

Code YSU92

10:30am-12:30pm

M-Th 7/7 - 7/10

Stadium, Lot E

Receive a 10% discount when you sign up for 2 or more qualifying PREP classes or camps at the same time! (Cannot be combined with other offers)

## **Fencing Camp (Grades 6-8)** Fernando Delgado

Beginning students of fencing 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. A competitive tournament will be held at both levels of competition. 8 Sessions. Fee: \$189



Code YSU71

1:15-4:15pm

M-Th 7/14 - 7/24

Wood Commons, Lot B

# Youth Summer Sports Camps

## **Boys Jr. Patriot Football Camp (Grades 7-8)** Bill McNamara

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 is to develop a team concept while athletes participate in a 7 on 7 flag football league the second half of camp. The camp will be run by the SHS football staff in our field turf stadium. 8 Sessions. Fee: \$99



Code YSU73                      8:00-9:30am                      T-Th 6/17 - 7/9  
Stadium, Lot E



## **Golf Camp Coed (Ages 10+)** Mark Linnenburger, Todd Spangler

This program is designed for the beginner to intermediate golfer. Basic instruction in the skills of the game and course etiquette will be emphasized. Participants will alternate between Bally Bunion Driving range on Tuesdays and Thursdays beginning at 9 am (for 1-1.5 hrs) and Vernon Hills Golf Course on Mon, Wed, and Fridays at 8:40 am (for approx 3 hrs). Each session will end with a Best Ball Tournament. Transportation to Bally Bunion and VHGC is not

provided. **Note: The first day of class is held at Stevenson from 8:00 am - 9:30 am; meet in room 5044 with putter and 9 iron. Schedule will be available on that day.**

<b>6/30 - 7/11</b> (no class 7/4)	9 Sessions. Fee: \$299		
Code YS219	8:40 - 11:30am*	MWF	Vernon Hills Golf
	9:00 - 10:30am	TTh	Bally Bunion Golf Center
 <b>7/14 - 7/25</b>	10 Sessions. Fee: \$329		
Code YS319	8:40 - 11:30am*	MWF	Vernon Hills Golf
	9:00 - 10:30am	TTh	Bally Bunion Golf Center

\*Times are approximate, please see your coach.

Check our Website at [www.d125.org/prep](http://www.d125.org/prep) for Updated or New Class Information  
Questions? Call 847/415-4145



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Follow us on Twitter - @SHSPrep

# Youth Summer Sports Camps

## **Softball Camp Girls (Grades 4-8)** Larry Friedrichs

This program is designed to meet the needs of beginning, intermediate and advanced players and improve their skill level. Emphasis will include: throwing, catching techniques, pitching, hitting and defense. Game situations will be incorporated into scrimmages. Bring a labeled glove and bat. 8 sessions. Fee: \$149

Code YSU21 1:15 - 3:30pm M-Th 6/16 - 6/26 Softball Field, Lot E



## **Volleyball Camp (Grades 7-8)** Stevenson Coaching Staff

Campers will learn all the basic skills necessary for competitive volleyball. Drills and scrimmages will be part of our daily activities. Note: Knee pads are recommended, but not required. Please bring your own labeled volleyball. 8 Sessions. Fee: \$139

### **Girls**

Code YSU28 10:30am-12:30pm M-Th 7/21 - 7/31  
Field House, Lot D

### **Boys**

Code YSU27 10:30am-12:30pm M-Th 7/21 - 7/31  
Sports Center, Lot E

## **Stevenson Wrestling Academy of Champions (Grades 1-8)**

Shane Cook

This camp provides a challenging and motivating experience for wrestlers at all levels. The "Academy" is run by the Stevenson High School coaching staff with guest appearances by some of the areas top technicians. Participants will develop various wrestling skills including takedowns, set-ups, riding ability, escapes and pinning combinations. Note: Please wear t-shirt, shorts and wrestling shoes. 8 Sessions. Fee: \$139

Code YSU57 3:30-5:30pm M-Th 6/16 - 6/26



Wrestling Room 2111, Lot E

# High School Summer Sports - Info

PREP is offering a wide variety of sports camps this summer that will be led by high school coaches. This is an excellent opportunity for current or future Patriots to meet and work with coaches, while receiving a high level of training. High school summer sports programs are scheduled so that they do not conflict with regular high school academic summer classes. Students enrolled in summer camps or leagues have use of the weight room at no additional cost (see page 53). All camps are located at Stevenson High School, unless otherwise indicated. Register for two or more camps at the same time, and receive a 10% discount!

## **How do I register for camps?**

You may register online at [www.d125.org/prep](http://www.d125.org/prep), send registrations by mail, fax to 847-634-7286 (credit card only) or drop off your forms to the PREP office.

## **Will I receive confirmation of enrollment?**

Confirmations will be sent within 7 business days of receipt of your registration.

## **Age & Eligibility**

Participants must be the appropriate age on the first day of camp or entering the appropriate grade in the Fall of 2014.

## **Do I need a physical form for summer camp?**

No, you do not need a physical form to participate in summer camp.

## **What happens if I cancel a camp?**

Participants may request a refund in writing (email [prep@d125.org](mailto:prep@d125.org)) for programs up to one week prior to the camp start date. A \$10 administrative fee is deducted from all refunds. If a student needs to withdraw from a camp after the camp has begun for medical reasons, a doctor's note must be received along with the written request.

## **Who Provides Transportation?**

Transportation for all camps is the responsibility of the participant or parent. Students arriving in the morning to attend summer school may ride the summer school bus. No buses will be running at the end of camp.

**Receive a 10% discount when you sign up for 2 or more qualifying PREP classes or camps at the same time! (Cannot be combined with other offers)**

# High School Summer Sports

## **Badminton–Coed** Grant Johnson

Be a part of one of the world's fastest racket sports. Learn how to drop, smash and clear. Students will learn how to time their movement in order to better hit the birdie and greatly improve their games. Note: Please bring your racket on a daily basis. Practice rackets will be provided for athletes who do not have their own. 8 Sessions. Fee: \$79



### **Grade 9**

Code HSU02	1:15pm-2:15pm	M-Th 6/30 - 7/10	Field House, Lot D
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### **Grade 10-12**

Code HSU01	2:15pm-3:15pm	M-Th 6/30 - 7/10	Field House, Lot D
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## **Baseball Teaching Camp (Grade 9)** Paul Mazzuca

Baseball coaches will teach players the fundamentals of baseball in order to improve individual skills. This camp is designed to emphasize the skills needed to be successful in the following areas: fielding, throwing, hitting and base running. The camp will break down skills and reinforce technique through drills and scrimmages. Note: Please bring your own labeled equipment to camp. 4 Sessions. Fee: \$79

Code HSU03	1:15pm-3:15pm	M-Th 6/9 - 6/12	Varsity Baseball Field, Lot E
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**PLEASE NOTE!**

Summer registration applies to the student's **NEW** grade

## **Baseball/Football Camp Combo (Grade 9)**

This camp combo price is for those who will be taking both the Baseball camp (9 gr) and the Football camp (gr 9). Because the first week of the football camp overlaps with the baseball camp, a discount has been given. Fee: \$189

Code HSU79	Baseball Camp:	1:15pm-3:15pm	M-Th 6/9 - 6/12
	Basketball Camp:	1:15pm-3:15pm	M-Th 6/9 - 6/26



# High School Summer Sports

## **Baseball Instructional Camp (Grades 10-12)** Paul Mazzuca

This camp will consist of all interested Stevenson baseball players, grades 10-12. The focus of this camp will be player development, which will include an emphasis on hitting, pitching, fielding, base running, learning how to be a team mate, the mental side of baseball, etc. Two days a week will be practices and two days a week will be intersquad games. Players will be divided into 6 different teams based on age and skill level. The teams are coached by the Stevenson High School baseball coaching staff. 20 Sessions. Fee: \$335



Code HSU10                      1:15-3:15 pm\*                      M-Th 6/9 - 7/10                      Varsity Baseball Field, Lot E

**\*Note: The first week of camp, June 9 - 12, meets from 3:15-5:15 pm.**

## **Basketball Camp–Boys** Pat Ambrose

This program is designed to assist boys in the development of individual basketball fundamentals and team concepts. The course emphasizes the Stevenson system of rebounding, shooting, offense and defense. Drills, scrimmages and conditioning are included. Emphasis will be placed on team concepts, such as man to man defense, and fast break basketball. This camp will be more competitive than the youth camps. The skills taught are for individual offense and defense to team situations. Note: Bring your own labeled basketball.

**Grade 9**                      12 Sessions. Fee: \$189  
Code HSU05                      3:15pm-5:15pm                      M-Th 6/16 - 7/3                      Field House, Lot D

**Grade 10-12**                      16 Sessions. Fee: \$249  
Code HSU04                      1:15pm-3:15pm                      M-Th 6/9 - 7/3                      Field House, Lot D

## **Basketball League–Boys** Pat Ambrose

This is a competitive summer league held in cooperation with Vernon Township. Teams will be organized and compete in a double round robin schedule against area teams. Note: The league is not equal play, but equitable play based upon many factors. It is HIGHLY encouraged to register for camp. The camp allows the coaches to teach the skills, plays, patterns and important concepts the team and players use in the games. Transportation is not provided by SHS.

**Grade 9**                      Fee: \$60 (No Combo Discount)  
Code HLU20                      6:00pm-10:00pm                      M 6/9 - 6/30                      Sports Center, Lot E

**Grade 10**                      Fee: \$60 (No Combo Discount)  
Code HLU16                      6:00pm-10:00pm                      M 6/9 - 6/30                      Field House, Lot D

**Grade 11-12**                      Fee: \$75 (No Combo Discount)  
Code HLU15                      6:00pm-10:00pm                      W 6/11 - 7/9                      Field House, Lot D



# High School Summer Sports

## **Basketball Camp—Girls** Tom Dineen

This camp is for players interested in improving their individual and team skills. The fundamentals of competitive basketball according to the Stevenson basketball tradition will be emphasized. Note: Bring your own labeled basketball daily. 12 Sessions.



**Grade 9** Fee: \$175  
 Code HSU07 3:15pm-5:00pm M-Th 6/9 - 6/26  
 Sports Center, Lot E

**Grade 10-11 (JV)** Fee: \$175  
 Code HSU06 3:15pm-5:00pm M-Th 6/9 - 6/26  
 Sports Center, Lot E

**Grade 12 (Varsity)** Fee: \$195  
 Code HSU08 1:15pm-3:15pm M-Th 6/9 - 6/26  
 Sports Center, Lot E

## **Basketball League—Girls** Tom Dineen

These are competitive summer leagues that will give girls the opportunity to play in tournaments at Stevenson High School and various other locations. These leagues are designed for the advanced, competitive players. Players will be selected by coach's invitation or through evaluation at summer camp. League registration will begin April 2, 2014. Note: Transportation is not provided by SHS. The final schedule will be available the first day of camp.

### **Freshmen** (Lake Zurich Summer League)

Fee: \$90 (No Combo Discount)  
 Code HLU04 Times TBA M, T or W\* 6/9 - 7/9 at Lake Zurich  
 \*1-2 days/week

### **Sophomore** (Lake Zurich Summer League)

Fee: \$90 (No Combo Discount)  
 Code HLU05 Times TBA M, T or W\* 6/9 - 7/9 at Lake Zurich  
 \*1-2 days/week

### **Varsity** (Stevenson Summer League)

Fee: \$99 (No Combo Discount)  
 Code HLU06 6:00pm-10:00pm M-S 6/12 - 6/26 at Stevenson



# High School Summer Sports

## **Baseball/Football Camp Combo (Grade 9)**

This camp combo price is for those who will be taking both the Baseball camp (9 gr) and the Football camp (gr 9). Because the first week of the football camp overlaps with the baseball camp, a discount has been given. Fee: \$189

Code HSU79	Baseball Camp:	1:15pm-3:15pm	M-Th 6/9 - 6/12
	Basketball Camp:	1:15pm-3:15pm	M-Th 6/9 - 6/26

## **Football Camp (Grade 9)** Bill McNamara

This is an introduction to offense and defense the Stevenson Way! You are required to purchase a mesh practice jersey. The jersey order form is available in online at [www.d125.org/prep](http://www.d125.org/prep). 12 Sessions. Fee: \$199

Code HSU13    1:15-3:15pm    M-Th 6/9 - 6/26  
Stadium, Lot E

## **Football Camp (Grade 10)** Bill McNamara

This is an introduction to offense and defense the Stevenson Way! This camp also includes participation in a 7 on 7 competition on Thursdays and on Saturdays, dates, times and place TBA. You are required to purchase a mesh practice jersey. The jersey order form is available in online at [www.d125.org/prep](http://www.d125.org/prep).



## **Grade 10**    16 Sessions. Fee: \$299

Code HSU21	3:15-5:15pm	M, T, Th 6/9 - 7/3	Stadium, Lot E
	6:00-7:15am	W 6/11, 6/18, 6/25, 7/2	
	8:00-10:00am	Fri 6/13, 6/20, 6/27	

## **Grade 11-12**    19 Sessions/Fee: \$345

Code HSU12	3:15-5:15pm	M, T, Th 6/9 - 7/3	Stadium, Lot E
	6:00-7:15am	W 6/11, 6/18, 6/25, 7/2	
	8:00-10:00am	Fri 6/13, 6/20, 6/27	

Check our Website at [www.d125.org/prep](http://www.d125.org/prep) for Updated or New Class Information  
Questions? Call 847/415-4145



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# High School Summer Sports



## **Lacrosse Camp—Girls (Grades 9-10)** Sarah Walker

This camp is designed for beginning and intermediate lacrosse players. The camp will focus on review and learning of fundamental skills like passing, catching, shooting, defensive footwork and gameplay. Athletes will have opportunities to work with the coaches to develop and/or refine these skills throughout the week through drills, partner work and scrimmage. 4 Sessions. Fee: \$79

Code HSU66                      1:15pm-3:15pm                      M-Th 7/7 - 7/10  
Stadium, Lot E

## **Girls Lacrosse League** Sarah Walker

This 5 week program will include one practice per week in the Stevenson Stadium and 1 game a week at various host locations. Note: Transportation is not provided by SHS. 12 Sessions. Fee: \$99 (No Combo Discount)

**JV**—For Freshman and Sophomores who have played in the program before.

Code HLU24                      5:30pm-8:30pm                      Tue & Thu 6/24 - 7/31                      TBA

**Varsity**— For Juniors and Seniors and players who are invited per a coach's recommendation.

Code HLU25                      5:30pm-8:30pm                      Tue & Thu 6/24 - 7/31                      TBA

## **Lacrosse Camp—Boys (Grades 9-12)** Brian Larsen

This program is designed to introduce and further develop individual lacrosse skills and enhance understanding of team concepts. Emphasis will be on the Stevenson lacrosse system. Individual skills to be addressed include shooting, dodging, ball-handling and man-to-man defense. Offensive and defensive team concepts that will be emphasized include team offense, team defense, EMO, EMD and fast break situations. The program includes drills, scrimmages and conditioning. Note: Players need to bring their own equipment. 8 Sessions. Fee: \$139



Code HSU20                      1:15pm-3:15pm                      M-Th 7/14 - 7/24                      Stadium, Lot E



# High School Summer Sports



**Soccer Camp Coed (Grade 9)** Shannon Kolze  
Players will work on the skills both defensive and offensive to achieve success in high school soccer. Particular focus will be spent on movement on and off the ball, ball skills and communication. Note: Shin guards and cleats are required. Please bring a light and dark tee shirt and a labeled soccer ball.  
8 Sessions. Fee: \$139

Code HSU17

1:15pm-3:15pm

M-Th 6/30 - 7/10

Practice Field, Lot E

**PLEASE NOTE!**

Summer registration applies to the student's NEW grade

**Softball Camp—Girls (Grade 9)** Larry Friedrichs

This intensive one week camp is designed specifically for incoming freshmen. It will include skills and techniques for hitting, fielding, base running, offense, defense and an introduction to the Stevenson system. Note: Bring a labeled glove and bat. 4 Sessions. Fee: \$79

Code HSU41 1:15pm-3:15pm

M-Th 6/9 - 6/12

Varsity Softball Field, Lot E

**Softball League—Girls (Grade 10-12)** Larry Friedrichs

Two teams will be organized to compete in the IHSA Summer Softball league sponsored through Stevenson High School. If tryouts become necessary, your student will be informed of an early June tryout date. Athletes will gain additional "game experience" through this 18-20 game schedule, competing against area high school teams. Note: Athletes should plan to arrive by 3:30pm. Transportation is not provided by SHS. Fee: \$225 (No Combo Discount)

Code HLU07 4:00pm-8:00pm Mon & Wed 6/16 - 7/16



Varsity Softball Field, Lot E

# High School Summer Sports

Receive a 10% discount when you sign up for 2 or more qualifying PREP classes or camps at the same time! (Cannot be combined with other offers)

## **Volleyball Camp** Stevenson Coaching Staff

Serve it up! Come join us and play volleyball the Stevenson way. Daily scrimmages and competitive drills will highlight each days' activities. We'll teach you the skills you need to succeed.

Note: Bring your own labeled volleyball. 8 Sessions. Fee: \$139

### **Girls—Grade 9**

Code HSU37      3:15pm-5:15pm      M-Th 7/21 - 7/31  
Field House, Lot D

### **Girls—Grade 10-12**

Code HSU36      1:15pm-3:15pm      M-Th 7/21 - 7/31  
Field House, Lot D

### **Boys—Grade 9**

Code HSU42      1:15pm-3:15pm      M-Th 7/21 - 7/31  
Sports Center, Lot E

### **Boys—Grade 10-12**

Code HSU35      3:15pm-5:15pm      M-Th 7/21 - 7/31  
Sports Center, Lot E



Check our Website at [www.d125.org/prep](http://www.d125.org/prep) for Updated or New Class Information  
Questions? Call 847/415-4145



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Follow us on Twitter - @SHSPrep

# High School Summer Sports

## Wrestling Academy of Champions Shane Cook

This camp provides a challenging and motivating experience for wrestlers at all levels. The “Academy” is run by the Stevenson High School coaching staff with guest appearances by some of the area’s top technicians. Participants will develop various wrestling skills including takedowns, set-ups, riding ability, escapes and pinning combinations. Note: Wear t-shirt, shorts and wrestling shoes. 8 Sessions. Fee: \$139



### **Grade 9**

Code HSU58      3:30pm-5:30pm      M-Th 6/16 - 6/26      Wrestling Room 2111, Lot E

### **Grade 10-12**

Code HSU57      5:30pm-7:30pm      M-Th 6/16 - 6/26      Wrestling Room 2111, Lot E

### **PLEASE NOTE!**

Summer registration applies to the student’s NEW grade

## Summer Weight Room

This is the opportunity to stay in shape during the summer. Participate in the morning or afternoon. Specific sport “workouts” will be available. Use the weight room during your off season. If you are already enrolled in a qualifying sports camp, you have the use of the weight room for FREE. **Open to Stevenson High School students only.** Fee: \$79\*



Code HSU38      7:00am-3:00pm      M-Th 6/9 - 7/31      Weight Room, Lot E

**\*Students enrolled in the following camps and leagues have use of the weight room at no additional cost:**

- |                     |                   |
|---------------------|-------------------|
| <b>Badminton</b>    | <b>Golf</b>       |
| <b>Baseball</b>     | <b>Lacrosse</b>   |
| <b>Basketball</b>   | <b>Soccer</b>     |
| <b>Fencing</b>      | <b>Softball</b>   |
| <b>Field Hockey</b> | <b>Volleyball</b> |
| <b>Football</b>     | <b>Wrestling</b>  |

# Patriot SwimAmerica

*SwimAmerica* is the learn-to-swim program of the American Swimming Coaches Association. It 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.

*SwimAmerica* is quality swimming lessons using a progression of skills taught in 10 stations. It is simple, easy to follow and every student progresses at his/her own rate, independent from other students' development. Safety is the main reason for learning to swim. The *SwimAmerica* program is nationally certified and each swimmer will receive an individual certificate documenting their progression. The *SwimAmerica* learn-to-swim program will give your child a safe start in life!

The coaches are gentle, responsible, and they understand children. They are certified by the American Swimming Coaches Association. The group sizes are very small, not more than 3 children per teacher for preschoolers, and not more than 5 children per teacher in the school age program through Station 8. Stations 9 and 10 are taught as pre-team practices, with no set student to teacher ratio.

To register for *SwimAmerica* go to: [www.patriotswimamerica.org](http://www.patriotswimamerica.org)

## **May Session: May 4<sup>th</sup> to June 8<sup>th</sup>**

Sundays	5/4, 5/18, 5/25, 6/8 (no class 5/11, 6/1)
Mondays	5/5, 5/12, 5/19, 6/2 (no class 5/26)
Wednesdays	5/7, 5/14, 5/21, 5/28 (no class 6/4)

Sunday Times:	Monday/Wednesday Times:
11:00-11:30 am OR	6:45-7:15 pm OR
11:40 am-12:10 pm OR	7:25-7:55 pm OR
12:20-12:50 pm	8:05-8:35 pm (Youth class ONLY)

Fee for EACH May Session:

Youth (Age 5+)	Fee \$50
Preschool (Age 3-4)	Fee \$60

## **Summer Session 1: June 9<sup>th</sup> to June 19<sup>th</sup> (Classes meet Monday through Thursday)**

## **Summer Session 2: June 23<sup>rd</sup> to July 3<sup>rd</sup> (Classes meet Monday through Thursday)**

Summer Session Times:

9:00–9:30 am  
9:40–10:10 am  
10:20–10:50 am  
5:00–5:30 pm  
5:40–6:10 pm  
6:20–6:50 pm

Fee for EACH Summer Session:

Youth (Age 5+)	Fee \$100
Preschool (Age 3-4)	Fee \$120

Sign  
up early...  
Classes fill  
fast!

**Questions? Contact the *SwimAmerica* Coordinator at 847-415-4064  
OR email: [patriotswimamerica@gmail.com](mailto:patriotswimamerica@gmail.com)**

PREP combo discount does not apply to *SwimAmerica* lessons.

# Patriot Aquatic Club

**The PAC 2014 Spring/Summer Season is March 31- July 4**

**All Team Activities, Registration and Communications are done via the PAC website: [www.patriotaquaticclub.org](http://www.patriotaquaticclub.org)**

## **Swimming**

This program offers competitive opportunities, techniques, development and fun to swimmers in the District 125 community and throughout Northeastern Illinois. All swimmers should possess a desire to compete in swim meets suggested by the coaches for their practice group. The swim program is generally for athletes six and over and is divided into progressive groups according to ability. Swimmers compete in sanctioned USA Swimming meets throughout the season. All swimmers must be members of USA Swimming to be a part of the team. USA Swimming Fees are paid in the Fall each year. Descriptions of the groups are provided with typical practice schedules on the Patriot Aquatic Club website. Meet fees are extra.

### **SWIMMERS NEW TO THE PAC SWIM PROGRAM**

New members are always welcome to join anytime. First, each swimmer must attend a skill evaluation session, where a staff member will recommend placement into an appropriate ability team. Please note: **New swimmers must attend the evaluation prior to registration on the website.** Please report directly to the pool on one of the following times for the skill evaluation:

Tue, February 18 <sup>th</sup>	6:30 - 7:30pm
Wed, February 19 <sup>th</sup>	6:30 - 7:30pm

## **Diving**

The PAC Diving Programs are designed for two types of athletes: **Learn to Dive Program** for divers with little or no experience who wish to improve the quality of his/her diving and gain enough skills and control to be ready for the next level of instruction or training; and **Dive Team** designed for divers of almost any caliber who wish not only to dive recreationally, but who also want to do competitive diving with quality instruction for safety and skill improvement.

## **Water Polo**

This program offers competitive opportunities, skill development and fun to Water Polo players. Athletes will compete in games and tournaments throughout the season. **In addition to the registration fee, all individuals must be registered members of American Water Polo.** All practices are detailed on the team calendar on the Patriot Aquatic Club website. Athletes and parents should check the website frequently for up to date practice and tournament information. Please note: There are additional fees for tournament play which will be billed through the website.

**For practice times, calendars, registration dates/deadlines and to register for these programs go to: [www.patriotaquaticclub.org](http://www.patriotaquaticclub.org)**

**Questions? Visit the website, call 847-415-4260 or email [patriotaquatic@gmail.com](mailto:patriotaquatic@gmail.com)**

PREP combo discount does not apply to Patriot Aquatic Club. Fees for all programs can be found on the PAC Website. Out of District Participants will be assessed an additional fee. Actual schedules will vary based on the availability of the facility, as High School activities take precedence over the club schedule.

# Registration

## 5 Convenient Ways to Register

### 1. ONLINE

Register online at [www.d125.org/prep](http://www.d125.org/prep). Registrations can be processed 24/7 using your credit card. Visa or Mastercard are accepted.

### 2. FAX

Registration form be faxed to **847-634-7286**. Credit card information must be supplied for all faxed registrations. No cash/check will be accepted.

### 3. EMAIL

Registration form can be scanned and emailed to [prep@d125.org](mailto:prep@d125.org). Credit card information must be supplied for all email registrations. No cash/check will be accepted. The registration form must be sent for your registration to be complete. Emails without a registration form will not be accepted.

### 4. MAIL

Registration form and check made payable to **SHS-PREP** can be mailed to:

**PREP  
Stevenson High School  
One Stevenson Drive  
Lincolnshire, IL 60069**

### 5. WALK IN

Registration forms can be dropped off in the PREP Office, room 3040 (Lot B).

#### Combination Discount

##### Pricing:

Sign up for 2 or more qualifying PREP classes or camps at the same time and receive a 10% discount!  
(Does not apply to D125 Gold Card Fee)

#### Registration Confirmation:

A confirmation will be sent within 7 business days of receipt of your registration.

## Contact

**Office Hours: Mon - Fri: 7:00 AM - 4:00 PM**  
(Summer: Mon - Thu: 7:00 AM - 3:30 PM, Fri until 1:00 PM)

## PREP:

Phone: 847-415-4145

Fax: 847-634-7286

Website: [www.d125.org/prep](http://www.d125.org/prep)

Email: [prep@d125.org](mailto:prep@d125.org)



## PREP REGISTRATION FORM/WAIVER

Patriot Recreation Education Program • One Stevenson Drive, Lincolnshire, IL 60069  
847-415-4145 • Fax: 847-634-7286 • www.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	Gender	Program	Code	Fee
<b>Remember to sign the waiver on the bottom of this page</b>				<b>TOTAL</b>	

**Special Needs**—List Name and Special Concerns: \_\_\_\_\_

**Payment Information:** We accept Cash, Check or Visa/Mastercard. Emailed or faxed orders must be paid with a credit card. Please do not mail cash. Circle payment type and complete credit card/check payment information below.

<b>Cash</b>	Check (# _____)	Charge <input type="checkbox"/>	Visa <input type="checkbox"/>	MasterCard <input type="checkbox"/>	Amount of Payment _____
<b>Credit Card Number</b> _____			<b>Expiration Date</b> _____		
<b>Cardholder Name</b> _____			<b>Cardholder Signature</b> _____		

### 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.

### 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.

### Withdrawal Policy

Written request must be submitted 1 week prior to course to receive full refund less \$10 processing fee.

**Signature of Parent/Guardian/Participant 21+:** \_\_\_\_\_  
(Waiver must be signed to process registration form)

# Frequently Asked Questions

**How do I register for classes?** You may register online at [www.d125.org/prep](http://www.d125.org/prep), send registrations by mail, email registrations to [prep@d125.org](mailto:prep@d125.org) (credit card only), fax to 847-634-7286 (credit card only), or drop off your forms in the PREP office (room 3040). For *SwimAmerica*, registration is done online at [www.patriotswimamerica.org](http://www.patriotswimamerica.org). For Patriot Aquatic Club programs visit [www.patriotaquaticclub.org](http://www.patriotaquaticclub.org).

**Age & Eligibility** Participants must be the appropriate age on the first day of class. Adult classes are for participants 16 years or older unless otherwise specified.

**Can I withdraw from a class or transfer to another?** Participants may request a refund in writing for programs at least one week prior to the class start date. Email your request to [prep@d125.org](mailto:prep@d125.org). A \$10 administrative fee is deducted from all refunds. When class size permits, participants may request a transfer from one program to another in writing, at least one week prior to the class start date. For all *SwimAmerica* communications, please use [patriotswimamerica@gmail.com](mailto:patriotswimamerica@gmail.com).

**Does PREP Prorate or can I make-up classes missed?** No, PREP does not prorate for any of its camps, classes or programs. 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.

**How do I get the Combo pricing?** The Combination Discount Pricing provides a 10% discount when you sign up for 2 or more qualifying PREP classes or camps at the same time. This applies to one person taking multiple classes or two (or more) different people in the same family taking one class each, as long as it is done during the same registration. *Retroactive adjustments are not made*. Certain classes, camps and leagues do not apply. The Combination Discount Pricing does not apply to D125 Senior Gold Card fees (see below for more information).

**How do I get a D125 Gold Card?** District 125 residents (age 60 or older) need to apply in person for a free Gold Card at the PREP office to present your driver's license, in order to verify your age and proof of residency. Gold Card holders may register for *selected* PREP classes for 50% of the regular class fee, provided the minimum enrollment for the class is met. Textbook, food supply fees, etc. are additional. (No other discounts apply).

**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.

## **Where are the class locations?**

Stevenson High School, 1 Stevenson Drive, Lincolnshire, IL 60069  
Vernon Hills High School, 145 N. Lakeview Parkway, Vernon Hills, IL 60061  
Libertyville High School, 708 W. Park Avenue, Libertyville, IL 60048

**Americans With Disabilities Act** PREP 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.

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

**REGISTRATION NOW OPEN**  
[www.d125.org/prep](http://www.d125.org/prep)

## **Community Education for All Ages!**

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**Computer Education • Cooking & Dining • Home & Garden**  
**Dance, Health & Fitness • International Languages**  
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**Youth Camps & Classes**

