2023 WINTER

REGISTRATION STARTS NOVEMBER 21

REGISTER BY DECEMBER 26TH AND SAVE $10

www.minicourses.northwestern.edu
WORKSHOP DAY (February 11th, 2023)

Purchase 2 sessions and get a $10 discount! All supplies are included.

**MORNING SESSIONS**

**Workshop Day: Coffee Appreciation**
10:00 a.m. - 12:00 p.m.
Instructor: Sam Lowe
Fee: NU $39, Public $49

This course will dive into the origin of coffee and farming practices, complete with a coffee tasting, and a brew method tutorial, led by Backlot Coffee’s sourcer and roaster, Sam.

**Workshop Day: Couples Wheel Throwing**
10:00 - 12:30 p.m.
Instructor: Sylvia Tan
Fee: NU $90, Public $100 (1 ticket for 2 people)

Want to dip your hands in a little clay? Come join us for a two-hour workshop where you’ll learn the fundamental steps of throwing. Participants will get to throw as much as they can, but will only be choosing one piece to keep. Participants will get to choose from 4 different glaze colors to match their perfect creation. Projects will be available for pick up two weeks from the workshop’s completion. No experience is required!
*Supplies are included.

**Workshop Day: CPR Certification**
10:00 - 12:30 p.m.
Instructor: Red Cross Training Corp
Fee: NU $27, Public $37

This course will be taught by American Red Cross-certified Northwestern student instructors who are members of the Red Cross Training Corps Student Group. Participants will be trained in adult and pediatric CPR and AED, choking, sudden illness, and life-threatening bleeding, and participants will have the knowledge and confidence to respond in emergency situations in minutes matter. Upon successful completion of all components of the training, participants will earn certification for Adult and Pediatric First Aid/CPR/AED that is valid for 2 years. This course consists of an online portion and in-person skills session (the online portion is to be completed before arriving to the in-person skills session). The in-person skills session is a synthesis of the skills and content learned through the online portion and will take approximately 2 hours and 30 minutes to complete.

**Workshop Day: Introduction to Pole Dancing**
10:00 - 11:30 p.m.
Instructor: Brittany Jenkins
Fee: NU $49, Public $59

This workshop is designed to introduce you to the art of Pole Dance! You’ll learn fundamental conditioning moves and basic dance techniques. This movement is designed to increase body awareness, overall strength, and flexibility. The pole workshop is for beginners, looking to have fun and get exercise in a different way. No matter what your fitness background is, the pole is open to anyone and all!

**Workshop Day: Smart Snacking**
10:00 - 12:00 p.m.
Instructor: Lora Hahs
Fee: NU $39, Public $49

Do you struggle to create nourishing, energizing, and filling snacks? You’re not alone! Join us as we learn how to build flavorful, well-balanced snacks that will keep you satisfied between meals or while you’re on the go. You’ll learn about the basic building blocks of making a nourishing snack, and then we’ll make three delicious, on-the-go-friendly snacks.

**Workshop Day: The Makings of Beef Pho Noodle Soup**
10:00 a.m. - 12:00 p.m.
Instructor: Viet Nom Nom
Fee: NU $49, Public $59

Warm noodle soup is great for the winter weather. Come learn how to make a flavorful beef pho noodle soup. Tasting is included.

**AFTERNOON SESSIONS**

**Workshop Day: Basic Knitting 1**
1:00 - 4:00 p.m.
Instructor: Anne Howard
Fee: TBA

Pick up a meditative and creative hobby in just three hours! Learn the basics of knitting and develop a pattern for your first project. Appropriate for all ages
*Supplies are included.

**Workshop Day: Basic Sewing - Pillows**
1:00 - 4:00 p.m.
Instructor: Adam Lazar
Fee: TBA

Create a pillow for your home while learning how to sew on a machine! Develop important skills such as threading the machine, choosing the right stitch and needle for your fabric, and plenty of tips and tricks to make your sewing project fun and successful. You’ll leave this class with a completed pillow and the knowledge to start and complete your own projects independently.
*Supplies are included.

**Workshop Day: Introduction to Couples Lap Dance**
1:00 - 2:30 p.m.
Instructor: Brittany Jenkins
Registration fee: NU $90, Public $100 (1 ticket for 2 people)

In this 90-minute Lap Dance Workshop, participants will learn the art of seduction! Let go of your inhibitions, feel more body confident, and embrace your sensuality! With no prior dance experience needed, you will learn various lap dance skills to show off at home. Bring a friend or significant other to practice on, or maybe just to have fun and try something different! Open to all body types and fitness levels. If you like, we recommend bringing an extra button-down top to add spice!

**Workshop Day: Tea History and Tasting**
1:00 - 3:00 p.m.
Instructor: McKenna Troy
Fee: NU $39, Public $49

In this class, you will learn all about tea! Through tastings and stories, we’ll explore varieties within the four main categories of tea - black, green, oolong, and white, as well as discuss and taste some herbal teas too. You’ll leave this course with a wealth of knowledge on tea history and a foundation for building the refined pallet of a tea connoisseur!
*Supplies are included.
## Course Calendar

### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>6:00 - 8:00 p.m.</td>
<td>Exploring Watercolor Monotype</td>
<td>January 23(^{rd}) – February 27(^{th})</td>
</tr>
<tr>
<td>5:00 - 7:30 p.m.</td>
<td>Sec A: Wheel Throwing I (Beginner)</td>
<td>January 23(^{rd}) – February 27(^{th})</td>
</tr>
<tr>
<td>6:00 - 8:00 p.m.</td>
<td>American Sign Language I (Beginner)</td>
<td>January 9(^{th}) – March 6(^{th}) (no class on January 16(^{th}))</td>
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### TUESDAY

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<tr>
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<tbody>
<tr>
<td>6:00 - 8:00 p.m.</td>
<td>Drawing and the Color Theory</td>
<td>January 17(^{th}) – February 28(^{th}) (no class on February 7(^{th}))</td>
</tr>
<tr>
<td>6:00 - 7:30 p.m.</td>
<td>Introduction to Dark Room (B&amp;W) Photography</td>
<td>January 17(^{th}) – February 21(^{st})</td>
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<tr>
<td>5:30 - 8:00 p.m.</td>
<td>Sec B: Wheel Throwing I (Beginner)</td>
<td>January 17(^{th}) – February 21(^{st})</td>
</tr>
<tr>
<td>6:45 - 8:15 p.m.</td>
<td>Hip Hop &amp; House: Learning to Social Dance</td>
<td>January 17(^{th}) – February 21(^{st})</td>
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<tr>
<td>6:30 - 8:00 p.m.</td>
<td>Sec A: Wine Appreciation*</td>
<td>January 24(^{th}) – February 21(^{st})</td>
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<tr>
<td>6:00 - 7:30 p.m.</td>
<td>Pocket Billiards for Beginners</td>
<td>January 17(^{th}) – February 28(^{th})</td>
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<tr>
<td>6:00 - 8:30 p.m.</td>
<td>Wheel Throwing II (Intermediate)</td>
<td>January 18(^{th}) – February 22(^{nd})</td>
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<tr>
<td>6:00 - 7:30 p.m.</td>
<td>Manifesting Your Goals</td>
<td>January 18(^{th}) – February 22(^{nd})</td>
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<tr>
<td>6:30 - 8:00 p.m.</td>
<td>Beginner Jazz Dance</td>
<td>January 18(^{th}) – February 22(^{nd})</td>
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<tr>
<td>7:00 - 8:30 p.m.</td>
<td>Tai Chi</td>
<td>January 18(^{th}) – February 22(^{nd})</td>
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### THURSDAY

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<tr>
<td>5:30 - 8:00 p.m.</td>
<td>Wheel Throwing III (Advance)</td>
<td>January 19(^{th}) – February 23(^{rd})</td>
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<tr>
<td>7:00 - 8:30 p.m.</td>
<td>Introduction to Pole Dance</td>
<td>January 5(^{th}) – February 23(^{rd}) (no class on February 2(^{nd}) and 16(^{th}))</td>
</tr>
<tr>
<td>6:00 - 7:30 p.m.</td>
<td>Sec B: Wine Appreciation*</td>
<td>January 26(^{th}) – February 23(^{rd})</td>
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### SATURDAY

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<tbody>
<tr>
<td>1:00 - 4:00 p.m.</td>
<td>Basic Sewing – Drawstring bag</td>
<td>January 28(^{th})</td>
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<tr>
<td>3:30 - 5:30 p.m.</td>
<td>Sec A: Wheel Throwing One Day Workshop</td>
<td>January 28(^{th})</td>
</tr>
<tr>
<td>1:00 - 4:00 p.m.</td>
<td>Basic Sewing – Shopping Tote</td>
<td>February 25(^{th})</td>
</tr>
<tr>
<td>3:30 - 5:30 p.m.</td>
<td>Sec B: Wheel Throwing One Day Workshop</td>
<td>February 25(^{th})</td>
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**Basic Sewing – Shopping Tote**
Saturday, February 25th | 1:00 - 4:00 p.m.
Instructor: Adam Lazar
Fee: NU $37, Public $47

Stash your stuff in style with a tote that you sew yourself! Develop important skills such as threading the sewing machine, choosing the right stitch and needle for your fabric and plenty of tips and tricks to make your sewing project fun and successful. You'll leave this class with a completed tote and the knowledge to start and complete your own projects independently.  
*Supplies are included*

**Basic Sewing – Drawstring bag**
Saturday, January 28th | 1:00 - 4:00 p.m.
Instructor: Adam Lazar
Location: ARTica Classroom
Fee: NU $37, Public $47

Keep your pencils, power cords, snacks, jewelry or makeup secure and in style with a drawstring pouch! You'll create this project on a sewing machine while developing important skills such as threading the machine, choosing the right stitch and needle for your fabric and plenty of tips and tricks to make your sewing project fun and successful. You'll leave this class with a completed pouch and the knowledge to start and complete your own projects independently.  
*Supplies are included*

**Wheel Throwing One Day Workshop**
Sec B: Saturday, January 28th | 3:30 - 5:30 p.m.
Sec C: Saturday, February 25th | 3:30 - 5:30 p.m.
Instructor: Sylvia Tan
Fee: NU $47, Public $57

Want to dip your hands in a little clay? Come join us for a two-hour workshop where you'll learn the fundamental steps of throwing. Participants will get to throw as much as they can but will only be choosing one piece to keep. Participants will get to choose from 4 different glaze colors to match their perfect creation. Projects will be available for pick up two weeks from the workshop’s completion. No experience is required!  
*Supplies are included*
**Creative Arts**

### Drawing & Painting

**Exploring Watercolor Monotype**
Mondays, January 23rd – February 27th (6 Sessions) | 6:00 - 8:00 p.m.
Instructor: Ingrid Albrecht
Fee: NU $135, Public $145

**DESCRIPTION**
ENERGY, IMPROVISATION, IMPULSE, GESTURE and CHANCE are ALL characteristics of this printing process, as stated by William Jung. During this 6-week class, consisting of 12 hours, participants will learn the Monotype printing process in ink and watercolor using the Additive, Subtractive, and the freestyle processes. Students will also learn how to use the two mediums together for exciting results. This is a popular class that promises a lot of creative FUN and some outstanding results.

*Supplies are included

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**Drawing and the Color Theory**
Tuesdays, January 17th – February 28th (6 Sessions, no class on February 7th) | 6:00 - 8:00 p.m.
Instructor: Stephanie Lupu
Fee: NU $135, Public $145

This course will teach basic drawing techniques with oil pastels and the application of color, focusing on learning the color wheel and creating art that really pops!

*Supplies are included

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### Photography

**Introduction to Dark Room (B&W) Photography**
Tuesdays, January 17th – February 21st (6 Sessions) | 6:00 - 7:30 p.m.
Instructor: Peter Costas
Fee: NU $135, Public $145

This course will explore the methods, history, and potential of analog film photography. Students will learn to use a 35mm cameras. Using a wide variety of black and white films, students will become familiar with several film development techniques and analog printing techniques in the dark room. All supplies are provided including a basic 35mm camera and films are provided. Students are welcome to bring their own 35mm camera.

*Supplies are included

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### Ceramics

**Wheel Throwing I (Beginner)**
Sec A: Mondays, January 23rd – February 27th (6 Sessions) | 5:00 - 7:30 p.m.
Instructor: Tomoyasu Nakano
Fee: NU $135, Public $145

Students will be introduced to the basic principles of making functional ceramic art. In this course, students will begin with the process of wheel throwing with detailed instruction on how to throw a cylinder, bowl, and much more. The kinesthetic process of pottery will be explored through developing technical skills on the wheel as well as understanding the function of various forms developed throughout the history of ceramics. Learn how to make functional work that you can use at home as foodware for yourself, friends, or family. This course is for students who have never worked with clay before and is the perfect introduction to wheel throwing.

*Supplies are included

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**Wheel Throwing II (Intermediate)**
Wednesdays, January 18th – February 22nd (6 Sessions) | 6:00 - 8:30 p.m.
Instructor: Tomoyasu Nakano
Fee: NU $135, Public $145

Wheel Throwing II is for students who have completed at least one wheel throwing course in the past. In this course, Students will learn how to throw a large range of functional work and explore complex ways of decorating and glazing. From mugs and bowls, to large vases, plates, and coffee pour-overs, this course is perfect for those who are looking to improve their throwing techniques and aesthetics. This course aims to improve the student’s confidence in their abilities and to connect the larger community within the studio.

*Prerequisites: have taken a beginner’s wheel throwing class
**Supplies are included

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**Wheel Throwing III (Advance)**
Thursdays, January 19th – February 23rd (6 Sessions) | 5:30 - 8:00 p.m.
Instructor: Ranch Ward
Fee: NU $135, Public $145

Wheel Throwing III is for students who have completed multiple intermediate sessions, and are ready for more independence as an artist. Students will be working on several larger projects that aim at discussing concepts, meaning, and aesthetics. Students should expect to begin working on a portfolio that showcases their concepts clearly. This course aims to grow students’ understanding of ceramics as art. Students will be involved in creating an environment for ceramic art practices to bloom. This course is for dedicated artists looking to expand their concepts. Students will begin a social media account where they will share their works in progress, making work videos, and final products.

*Prerequisites: have taken a beginner's wheel throwing class
**Supplies are included
Tai Chi
Wednesdays, January 18th – February 22nd (6 Sessions) | 7:00 - 8:30 p.m.
Instructor: Inna Melnikov
Fee: NU $79, Public $89

Tai Chi is a non-combat martial art, which helps cultivate mental focus, and builds the protective energy Qi in your lungs, creating a powerful immune defense against external pathogens. Take this course with Inna Melnikov, Doctor of Acupuncture and Chinese Medicine with over 25 years of experience.

Hip Hop & House: Learning to Social Dance
Tuesdays, January 17th - February 21st (6 Sessions) | 6:45 - 8:15 p.m.
Instructor: Maria Blanco
Fee: NU $79, Public $89

Learn the basics of hip-hop and house dance techniques to further your understanding of social dance, rhythm, and the history behind these forms. An emphasis on freestyling/improvisation, individuality, and choice-making will help guide our learning of various movements and movement style.

Introduction to Pole Dance
Thursdays, January 5th - February 23rd (6 Sessions, no class on February 2nd and 16th) | 7:00 - 8:30 p.m.
Instructor: Brittany Jenkins
Fee: NU $127, Public $137

This course is designed to introduce students to the art of Pole Dance! They will learn fundamental conditioning moves, basic dance techniques, as well as many foundational spins and movements designed to increase body awareness, overall strength, and flexibility. The course is designed for true beginners and is open to all levels of fitness and backgrounds!

Beginner Jazz Dance
Wednesday, January 18th – February 22nd (6 Sessions) | 6:30 - 8:00 p.m.
Instructor: Grace Philion
Fee: NU $79, Public $89

Students will learn the fundamentals of Jazz Dance beginning in the Swing era and extending to contemporary Jazz and Hip Hop practices. Students should come in whatever clothing they feel comfortable dancing in (like athletic clothes) and should wear ballet/jazz shoes if they have them, although it is not a requirement.

American Sign Language I (Beginner)
Mondays, January 9th - March 6th (8 Sessions, no class on January 16th) | 6:00 - 8:00 p.m.
Instructor: Peter Wujcik
Fee: NU $96, Public $106

This course introduces the basics of American Sign Language. American Sign Language (ASL) is quickly becoming one of the most widely used languages in the United States. This class will explore basic sign vocabulary and basic grammatical structures such as English to ASL and ASL to English. This class will cover basic Sign Language and a basic introduction to the world of Deaf Cultures.
**Wine Appreciation**

*Sec A: Tuesdays, January 24<sup>th</sup> – February 21<sup>st</sup> (5 Sessions) | 6:30 – 8:00 p.m.*  
*Sec B: Thursdays, January 26<sup>th</sup> – February 23<sup>rd</sup> (5 Sessions) | 6:00 – 7:30 p.m.*  

Instructor: Mark Gruber  
Fee: NU $130, Public $140  

Welcome to the world of wine! Whether you're new to wine or an old hand, there is always something new in the wine world. During each class, students will learn to taste and describe wines just like the professionals. Vinicultural areas in California, France, and the Southern Hemisphere are always featured along with new discoveries. Wine and food matches are heavily emphasized. Finally, a night of sparkling and dessert wines ends the five-week course.  
*You must be 21 and over to enroll in this course.*

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**Pocket Billiards for Beginners**

*Tuesdays, January 17<sup>th</sup> – February 28<sup>th</sup> (6 Sessions, no class on January 24<sup>th</sup>) | 6:00 – 7:30 p.m.*  

Instructor: Larry Schwartz  
Fee: NU $79, Public $89  

These lessons are tailored to players who range from beginner level to advanced. You will learn topics ranging from mastering fundamentals to difficult shots and game strategies.

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**Manifesting Your Goals**

*Wednesdays, January 18<sup>th</sup> – February 22<sup>nd</sup> (6 Sessions) | 6:00 – 7:30 p.m.*  

Instructor: D'ana Downing  
Fee: NU $79, Public $89  

In Manifesting Your Goals, participants will learn various manifestation practices. This course is ideal for anyone interested in goal-setting, examining self-limiting beliefs, and unlearning harmful self-narratives. Along the way, we’ll explore holistic creative exercises and look at how manifestation benefits participants’ ability to achieve both short-term and long-term goals.
**Subsidy Support**

Applications for subsidies are open on Wednesday, November 16th.

If you are seeking a spot and/or subsidy for one of the ceramics courses and would like to be notified by Sunday, November 20th, 2022, before registration opens on Monday, please complete your application no later than Friday, November 19th.

The Norris Mini Course subsidy program is designed to provide financial aid to those who are interested in enrolling but are facing financial barriers. Anyone interested in enrolling in a Norris Mini Course may apply to the subsidy program.

Subsidies are given from $10 - $30 and Mini Courses do not require any proof of income to qualify for one. We have a finite funding course, so we rely on an honor system to ensure that funding is granted to those who need it.

If you are approved for one, the subsidy is applied to the Regular registration fee for an unregistered course. Subsidies are not given on courses that students have registered for and are requesting a subsidy portion refund.

**Limitations**
- Subsidies may not be used towards 1 Session Courses and any Drink courses
- Subsidies are not granted to students who have already registered for a course
- Subsidies may not be used in combination with any other discount
- Subsidy, if approved, is good for 1 course per person per quarter

**Withdrawal and Refund**
Withdrawal fees and policies are applicable on all subsidy assistance registrations

**How to Apply**
Click here for the online application

If you are granted a subsidy, you are responsible for registering for the course. Please email minicourses@u.northwestern.edu if you have any questions.

**Withdrawal and Refunds Policy**

1 session courses are nonrefundable.

Withdrawal deadline: 2 business days before the start of your registered course

Students who withdraw before the deadline must pay a $15.00 withdrawal fee to obtain a full refund. For withdrawals after the deadline, there is no withdrawal fee, and no refunds will be given. To withdraw, please go to the Norris Box Office website and purchase a cancellation fee.

The Mini Courses Program does not issue full or partial refunds for lack of attendance or indifference to the course curriculum.

**Vaccination and Masking Policy**

All Northwestern members must follow Northwestern’s vaccination’s requirements.

Community members will need to provide proof of vaccination if attending an in-person class.

All in-person students must follow Northwestern’s face coverings and masking policy.

www.minicourses.northwestern.edu