



Hello, Forward Together Attendees!

We are so looking forward to training with you in July! We are absolutely thrilled about our roster of instructors and classes, and we hope you will be, too! To ensure you have the best experience, please:

- [Click here to let us know your travel plans and preferred Thursday dinner option!](#) *This is especially important if you are arriving after 10pm on Thursday or if you'll need early check-out!*
- Look over our [conference schedule](#) and course offerings.
- If you're volunteering, please visit our [SignUp Genius](#) to choose a specific time slot.
- Read over the following information about what to bring, what to expect, and more!

EVENT INFORMATION

- *Forward Together* will take place at North Central College in Naperville, IL, July 17-21, 2025
- **Check-in starts at 3:00 pm on Thursday, July 17th in the Wentz Science Center (WSC) 131** Loomis St. 2nd floor. (WCS is Building #19 on the campus map provided below.)
- As there are no dining hall meals on Thursday, there are a couple of dinner options:
 - We are hosting a pizza party (free of charge and open to everyone) from 6:00-8:00pm in WSC.
 - There will also be an ESD Community Dinner, 5:30 pm at Fat Rosie's Taco Bar, 22 E. Chicago Avenue (2 blocks from campus). Cost is \$30/person. For more info: selfdefense@nwmaf.org.
- **EMERGENCY** contact number for the NWMAF Board: 917-968-6972 (Please note, this number is for *emergencies only*. Regular queries and communication should be directed through the WhatsApp group or at the Registration Desk in WCS.)

WHATSAPP GROUP:

We've created a WhatsApp group for the 2025 Forward Together Conference. This will make it extremely easy to connect with other attendees to arrange ride shares and exchange information, simply using our phones.

We will also be using WhatsApp once we're on campus, to send out conference-wide updates and announcements, so it's a good idea to join the group now! You can use the QR code below or visit:

<https://chat.whatsapp.com/ITvEMDmSPNtl2OPHr67d6j>



DRIVING DIRECTIONS, MAP, AND PARKING:

Please see the campus map and driving directions to NCC, included below. Parking is available throughout campus and is complimentary to all guests attending the NWMAF Conference. **People driving to campus should park in the parking pavilion (Building #37 on the map) by the Res Rec Center only.** Individuals parking elsewhere may risk being towed at their own expense.

OPTIONS FOR TRANSPORTATION TO AND FROM THE AIRPORT

Option One: Use the WhatsApp Forward Together Travel Plans group to find people you can ride-share with. Gather at the airport when you arrive, and use Lyft or Uber to get to NCC. (The standard rate on Lyft for a sedan holding 2-3 people is \$50 for this ride, and it takes about 45 minutes, depending on traffic.)

Option Two: Use the WhatsApp Forward Together Travel Plans group to find people you can ride-share with. Then reach out prior to travel to one of these two recommended transport providers:

- Khalid Finley (Viking Valet) 708-890-7077. Khalid can take 2-3 people with luggage. He transports from both Midway and O'Hare Airports.
- Keyur "KP" Patel 630-251-3797. KP has a small fleet of 6-passenger Ford Expeditions for larger groups, and his standard fee in that vehicle from O'Hare to NCC is \$130. (Note: he only operates out of O'Hare).

Once you have decided on traveling companions, *please create a separate messaging chain* so that your specific communications (e.g. "I'm here, I'm waiting by the bathrooms,") won't go to the entire Travel Plan group on WhatsApp. If you're having transport issues, please reach out to Diane Wallander at 708-951-5524.

HOUSING INFORMATION:

You will receive your housing assignment at Registration. **Remember, this year check-in begins at Wentz Science Center, not in the dorms as in previous years.** You will be directed to either the Rall or Patterson Residence Halls (Buildings 26 and 31 on the campus map below).

BEFORE THE EVENT:

You're about to have a fabulous and (hopefully) exhausting learning experience! Be sure to:

- Get plenty of sleep
- Hydrate
- Eat a good breakfast to fuel you for the day

TO BRING:

There will be a variety of martial arts, self-defense, and healing arts/fitness classes on offer! We recommend packing the following as appropriate:

- **Pillow!** NOT provided by the facility. We'll have a limited number available for purchase (\$5) for those who forget or could not travel with theirs.
- **Water bottle**

- **Rain gear** (just in case)
- **Liability waiver: Required for all participants. If you were unable to upload your signed waiver, please print and bring it with you. Parents or legal guardians must sign the waiver on behalf of minors. As a reminder, no unsupervised minors are permitted at the event.**
- **Uniform** (if you have one)
- **Comfortable clothes** for movement and exercise
 - There is no need to wear a uniform, unless a class specifically requires it. Not all attendees are martial artists, and a variety of styles and skill levels will be present. Many people feel most comfortable in regular clothes that allow for movement. However, feel free to wear elements of your uniform (example: gi pants and a t-shirt) if that is most comfortable for you.
 - For some classes, such as Brazilian Jiu-Jitsu, closer-fitting clothing, such as a rash guard shirt and leggings, can be helpful.
- **Mouthpiece** (optional)
- **Sparring gear** (optional)
- **Yoga mat** (optional)
- **Sneakers or martial arts shoes** may be most comfortable for you, or you may find it's more convenient to move between classes in flip flops or other shoes that are easy to slip on and off. Note that shoes are not allowed on mats. DO NOT walk in bare feet in any location except when on the mat.
- **Items to sell at our Bazaar, or donations for the silent auction and raffle.** Donated items may be dropped off at Registration. Any items not sold or raffled will be returned to you. If you'd like to sell at the Bazaar, please let us know in advance so we can ensure we have enough tables. There is no fee to sell at the Bazaar this year.
- **Towel (optional) and shower flip-flops.** Some people find their own towels to be both larger and more comfortable than the dorm towels provided, and flip-flops are helpful in the shower areas.
- **Small notebook and pens/pencils** (optional)

WHAT TO EXPECT:

NWMAF trainings are known for providing an atmosphere of support, inclusion, skill sharing, and fun, offering leadership opportunities to incredible martial artists, teachers, and practitioners who may have previously found themselves marginalized in this arena. Many people make camp friends in other parts of the country or the world, whom they look forward to seeing every year!

This training will be a chance to meet new people and sample styles we may never have tried out or even encountered before, without judging ourselves in comparison to other people and other styles. Please come with a beginner's mind, expecting to give and receive respect, encouragement, and good vibes.

SUPER SATURDAY

Saturday during the conference is known as "Super Saturday," with classes open to people of all genders, ages 12+, including cis men. The evening culminates in a Bazaar, silent auction, and our members' performance showcase!

AFTER THE EVENT

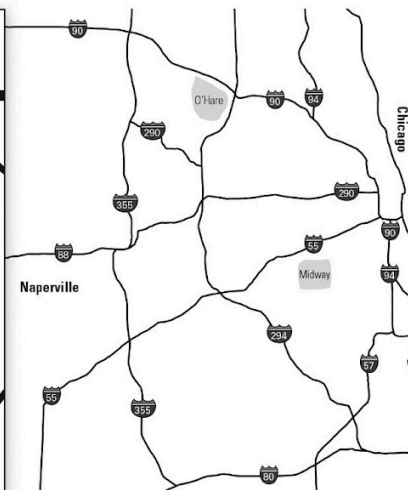
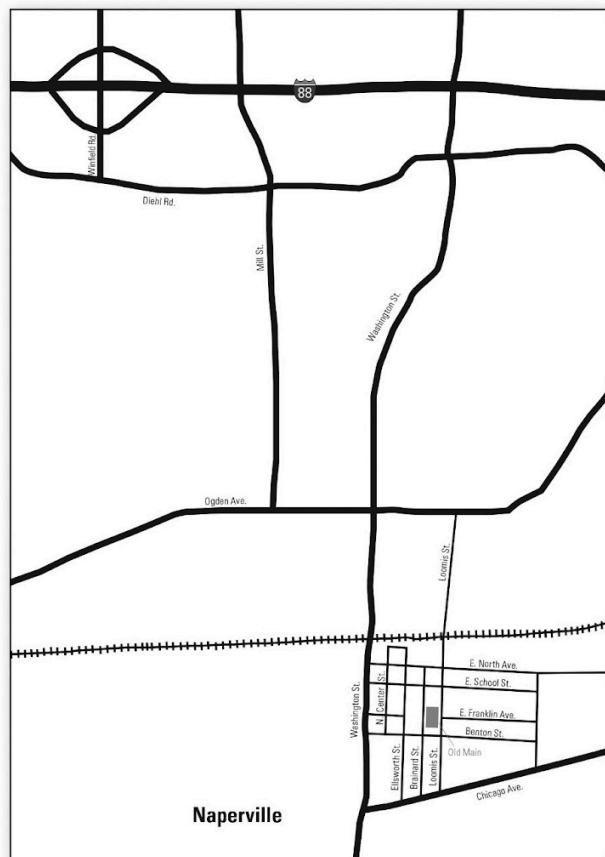
On Monday the 21st, breakfast is in the Kaufman Dining hall from 7:00-8:30 am. Check out will begin right after breakfast.

PROHIBITION OF EDGED WEAPONS, ALCOHOL, DRUGS, AND TOBACCO PRODUCTS

No edged weapons are allowed at the event.

North Central College is a smoke-free campus, and *Forward Together* is designed to create an enriching experience in a clean, healthy environment. Participants should leave all alcohol, tobacco products and recreational drugs at home.

DRIVING DIRECTIONS AND CAMPUS MAP:



Directions to the
North Central College
Campus

Easy Access to Campus.

From the West:

- Follow I-88 east to Winfield Rd;
- South (right) onto Winfield to Diehl Rd;
- East (left) onto Diehl to Washington St;
- South (right) onto Washington to Benton Ave;
- East (left) onto Benton to campus.
- (If traveling I-80, follow I-80 to I-355 north; see "South" directions below.)

From the South:

- Follow I-55 to I-355;
- I-355 north to Maple Ave;
- West (left) on Maple Ave;
- Maple Ave changes name to Chicago Ave;
- Chicago Ave to Brainard St (at stop sign);
- North (right) on Brainard St to campus.

From the North:

- Follow I-294 south to I-88 west;
- I-88 to I-355 south;
- I-355 south to Maple Ave;
- West (right) on Maple Ave;
- Maple Ave changes name to Chicago Ave;
- Chicago Ave to Brainard St (at stop sign);
- North (right) on Brainard St to campus.

From Chicago or the East:

- Follow I-290 west to I-88 west;
- I-88 to I-355 south;
- I-355 south to Maple Ave;
- West (right) on Maple Ave;
- Maple Ave changes name to Chicago Ave;
- Chicago Ave to Brainard St (at stop sign);
- North (right) on Brainard St to campus.



https://www.northcentralcollege.edu/sites/default/files/documents/2016-10/NCC_map.pdf



**FORWARD
TOGETHER**
NWMAF 2025



NORTH CENTRAL COLLEGE 1861

30 N. Brainerd Street • Naperville, IL 60540
630.637.5100 • northcentralcollege.edu

1. 225 N. Loomis House [H225]
2. Kimmel Residence Hall [KL] 224 N. Loomis St.
3. Larrance Academic Center [LAC] 309 E. School St.
4. Kiekhofner Hall and Kotten Chapel [KH] 329 E. School St.
5. Seybert Hall [ST] 208 N. Loomis St.
6. Oesterle Library & Learning Commons [LIB] 320 E. School St.
7. Goldspohn Hall [G] 31 N. Loomis St.
8. School of Business & Entrepreneurship [BE] 40 N. Brainerd St.
9. Rolland Center Boilerhouse Café [RC] 29 N. Loomis St.
10. Old Main [OM] 30 N. Brainerd St.
11. Carnegie Hall [C] 10 N. Brainerd St.
12. Harold and Eva White Activities Center [WAC] 325 E. Benton Ave.
13. Meiley-Swallow Hall [MS] 31 S. Ellsworth St.
14. Pfeiffer Hall [PH] 310 E. Benton Ave.
15. 5 S. Loomis St. [H326]
16. A.A. Smith House [H28] 28 S. Loomis St.
17. 116 S. Brainerd House [H116]
18. Hammersmith House [H120/122] 120/122 S. Brainerd St.
19. Wentz Science Center [WSC] 131 S. Loomis St.
20. 40 E. Jefferson House [H40]
21. Abe House [H48] 48 E. Jefferson Ave.
22. Campus Store [CS] 100 E. Jefferson Ave.
23. Wentz Concert Hall/Fine Arts Center [FAC] 171 E. Chicago Ave.
24. Geiger Residence Hall [GR] 221 E. Chicago Ave.
25. Kaufman Dining Hall [K] 221 S. Brainerd St.
26. Rall Residence Hall [RL] 211 S. Brainerd St.
27. Seager Residence Hall [SR] 311 E. Chicago Ave.
28. Schneller Residence Hall [SSH] 147 S. Loomis St.
29. President's House [PRES] 409 E. Chicago Ave.
30. Wentz Center for Health Sciences & Engineering [A160] 160 E. Chicago Ave.
31. Patterson Residence Hall [PRH] 180 E. Chicago Ave.
32. Ward Residence Hall [WH] 192 E. Chicago Ave.
33. New Hall Residence Hall [NH] 451 S. Brainerd St.
34. 224 E. Chicago House [H224]
35. Oliver Hall [WONC] 232 E. Chicago Ave.
36. Edward Everett Rall House [H329] 329 S. Brainerd St.
37. Parking Pavilion [LOTP] 415 S. Brainerd St.
38. Benedetti-Wehrli Stadium [STAD] 455 S. Brainerd St.
39. Merner Field House [MF] 450 S. Brainerd St.
40. Residence Hall/Recreation Center [REC] 440 S. Brainerd St.
41. Zimmerman Stadium [BS] 467 S. Brainerd St.
42. 403 S. Loomis Athletics Field
43. Shanower Family Field [SF] 435 S. Loomis St.
44. Operations, Maintenance, Receiving & Scene Shop [M999] 999 E. Chicago Ave.
45. Riverview Property

