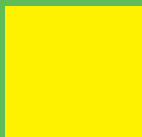




ATHLETIC AND PROGRAM GUIDE



SPRING 2016

REGISTRATION OPENS:

February 9 for members
February 11 for non-members

PROGRAMS START:

Week of March 14
Outdoor athletics begin
April 4 at Boston Common
April 11 at TERSF



127 Mount Vernon St.
Boston, MA 02108

(617) 227-5838

www.hillhouseboston.org

MONDAY

ATHLETIC AND PROGRAM GUIDE
SPRING 2016

MAIN ASSEMBLY	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON
Total Body Strength 50yrs+ 8:00-9:00 Vamos a Saltar! 1-4yrs 9:30-10:15 10:30-11:15 Open Playgroup 6mos-4yrs 11:30-12:15 12:15-1:00 <i>Drop-in program</i>	Art for the Toddler Heart 12mos-3yrs 9:15-10:00 10:15-11:00	Music Together 0-5yrs 9:15-10:00 10:15-11:00		
Half Kick Soccer 3-5yrs 1:30-2:15* 2:15-3:00* Kiddie Karate 3-4yrs 3:30-4:15 Beginner Karate 5-6yrs 4:30-5:15	Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members ONLY</i> Art of Cooking, 3-5yrs 3:15-4:15 NEW! Learn to Draw 7-10yrs 4:30-5:15	Chess I & II 6-12yrs 4:45-5:45	Bitty Basketball 3-5yrs 3:30-4:15 4:15-5:00	
Beginner Fencing 5-12yrs 5:30-6:15 Intermediate/Advanced Fencing 7-12 years 6:30-7:15			Stay Sharp Basketball 6-8yrs 5:00-5:45	Girls' Running Club 7-12yrs 5:30-6:30 <i>Begins April 4</i> Majors Games 10-12yrs 5:30-7:00 <i>Begins April 4</i>



* Weather permitting, class will move to the Boston Common in week four.



Private Guitar Lessons 6-12yrs

Choose between a 30 or 45 minute session between 1:00 and 4:00 pm for your lessons.

CALL Samantha at (617) 227 5838 ext. 10 to coordinate with our instructors!

All students have the chance to perform in our recital on May 21.

PROGRAMS START

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TUESDAY

ATHLETIC AND PROGRAM GUIDE
SPRING 2016

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	YELLOW ROOM	74 JOY	TERSF	BOSTON COMMON
Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	NEW! Family Sensory Fun 12-18mos 9:15-10:00 Toddler ArtVenture 19mos-3yrs 10:15-11:00 Families Create Together 18mos-4yrs 11:15-12:00	Little Groove Music 3 mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00				
All Star Sports Clinic 3-5yrs 2:00-2:45* Beginner Karate 5-6yrs 3:30-4:15 Intermediate/Advanced Karate 7-12yrs 4:30-5:15		Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program.</i> Family Yoga 3-5yrs 4:15-5:00	Scratch Computer Programming 6-8yrs 3:30-4:30 Lego Robotics & Programming 9-11 yrs 4:45-5:45	Tiny Tappers 3-4yrs 3:30-4:15 Storybook Ballet 4-6yrs 4:30-5:15		
					T-Ball Practice 4.5-5yrs 5:00-5:50 <i>Begins April 12</i> <i>Games on Saturday mornings</i> Half Kick Soccer 3-5yrs 5:15-6:00 <i>Begins April 5</i>	Majors Practice 10-12yrs 5:30-7:00 <i>Begins April 5</i>
		Private Guitar Lessons 6-12yrs Choose between a 30 or 45 minute session between 3:00 and 7:00 pm for your lessons. Call Samantha at (617) 227 5838 ext. 10 to coordinate with our instructors! <i>All students have the chance to perform in our recital on May 21.</i>				

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WEDNESDAY

ATHLETIC AND PROGRAM GUIDE
SPRING 2016

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	YELLOW ROOM	74 JOY	TERSF	BOSTON COMMON
Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	Beyond the Paintbrush 12mos-3yrs 9:15-10:00 10:15-11:00 Scribble & Squish 12-18mos 11:15-12:00	Babies Play & Grow 11wks-5mos 9:15-10:00 <i>Session I begins March 16</i> <i>Session II begins April 27</i> Family Music Time 6mos-3yrs 10:15-11:00 NEW! Tots Play & Grow 6mos-9mos 11:15-12:00				
Born to Play Baseball 3-4.5yrs 1:30-2:15* Musical Theatre & Arts Combo 6-9yrs <i>Musical Theatre:</i> 4:00-4:45 <i>Art: 4:45-5:30</i>	NEW! Squeaky Clean Soap Making Lab 5-8yrs 1:00-2:00 <i>April 20</i>	Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program</i> Mind Your Manners: Beyond Please & Thank You Part I 6-9yrs 4:00-4:45	Wee Ones Play & Grow 2-10 wks 12:30-1:45 <i>Session I begins March 16</i> <i>Session II begins April 27</i>	Bitty Basketball 3-5yrs 3:30-4:15 Storybook Ballet 4-6yrs 4:30-5:15		
	Pre-School Picasso 3-5yrs 3:45-4:30	Starlight, Starbright 6-18mos 6:15-7:00 <i>May 25</i>		Tap & Hip Hop 5-8yrs 5:15-6:00	NEW! Girls' Field Hockey 6-8yrs 4:15 - 5:00 9-12yrs 5:00 - 6:00 AAA Baseball Practice 8-9yrs 5:15-6:15 <i>Begins April 13, Games on Saturday mornings</i> Born to Play Baseball 3-4.5yrs 5:15-6:00 <i>Begins April 13</i>	Majors Practice 10-12yrs 5:30-7:00 <i>Begins April 6</i>
Private Guitar, Piano and Violin Lessons 6-12yrs Choose between a 30 or 45 minute session between 3:30 and 7:00 pm for piano and violin and 4:00 and 7:00 pm for guitar lessons. Call Samantha at (617) 227 5838 ext. 10 to coordinate with our instructors! <i>All students have the chance to perform in our recital on May 21.</i>			<i>* Weather permitting, class will move to the Boston Common in week four.</i>			

PROGRAMS START

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THURSDAY

ATHLETIC AND PROGRAM GUIDE
SPRING 2016

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	KITCHEN	74 JOY STREET	CHARLESTOWN	BOSTON COMMON	TERSF
Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	Scribble & Squish 12-18mos 9:15-10:00 Step into a Story 3-5yrs 10:15-11:00 Art for the Toddler Heart 12-19 mos 11:15-12:00	Musical Playtime 6mos-3yrs 9:15-10:00 10:15-11:00					
Half Kick Soccer 3-5yrs 2:00-2:45* 3:00-3:45*	Art of Cooking 3-5yrs 1:00-2:00 NEW! Art In the Making 5-7yrs 4:00-4:45	Stories Together Playgroup 6 mos-4yrs 12:30 to 2:30 <i>Drop-in program for members ONLY.</i>	Cocinar con Amigos 4-6yrs 4:00-5:00	Tiny Tappers 3-4yrs 3:30-4:15 NEW! Ballet & Tap 5-7yrs 4:30-5:15	Tiny Tennis 4-5yrs 3:00-3:45		
Floor Hockey 6-8yrs 4:15-5:00						Majors Games 10-12yrs 5:30-7:00 <i>Begins April 7</i>	AA Baseball Practice 6-7yrs 5:15-6:15 <i>Begins April 14</i> <i>Games on Saturday mornings</i>
					Private Piano and Violin Lessons 6-12yrs Choose between a 30 or 45 minute session between 3:30 and 8:00 pm for your lessons.. Call Samantha at (617) 227 5838 ext. 10 to coordinate with our instructors! <i>All students have the chance to perform in our recital on May 21.</i>	Half Kick Soccer 3-4.5yrs 5:15-6:00 <i>Begins April 14</i>	U6 Soccer Clinic 4.5-5yrs 5:15-6:15 <i>Begins April 14</i>

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PROGRAMS START

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FRIDAY

ATHLETIC AND PROGRAM GUIDE
SPRING2016

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	JOY STREET	TERSF	BOSTON COMMON	FAMILY FUN
Total Body Strength 50yrs+ 8:00-9:00 Tumble Time 2-4yrs 9:30-10:15 10:30-11:15	Mundo de Colores 12mos-3yrs 9:15-10:00 NEW! Hands-On Art & Self Expression 19mos-3yrs 10:15-11:00 Toddler ArtVenture 19mos-3yrs 11:15-12:00	Musical Playtime 6mos-3yrs 9:15-10:00 10:15-11:00 Little Groove Music 3mos-4yrs 11:15-12:00 12:30-1:15				
Born to Play Baseball 3-4.5yrs* 1:30-2:15 NEW! Born to Play Softball 3-5yrs* 2:15-3:00	Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members ONLY.</i>		Born to Play Baseball 3-4.5yrs* 3:30-4:15 Advanced Born to Play Baseball 5-7yrs* 4:15-5:00			
				United Soccer Practice 5:30-7:00 <i>Meets at BAC on April 1 and April 8</i> <i>Starts on TERSF on April 15</i>	Flag Football 7-12yrs 5:30-6:30 <i>Begins April 8</i>	Parents' Night Out 3-10yrs 6:30-9:30 <i>March 18, April 29, May 20, at the Firehouse</i> Friday Night Fun 11-14yrs 7:30-9:30 <i>April 8 at 74 Joy Street</i>
	Private Piano and Violin Lessons 6-12yrs Choose between a 30 or 45 minute session between 3:30 and 8:00 pm for your lessons. Call Samantha at (617) 227 5838 ext. 10 to coordinate with our instructors! <i>All students have the chance to perform in our recital on May 21.</i>					

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WEEKEND

SATURDAY

FIREHOUSE	JOY STREET	TERSF
NEW! Spanish Playtime 1-3yrs 10:30-11:15 <i>5 week program: starts March 12</i>	Half Kick Soccer 3-5yrs* 9:30-10:15 10:30-11:15 11:30-12:15	Beginning on April 16 NEW DAY! Girls' Softball 6-12yrs 8:30-9:30 AAA Baseball Games 9:30-11:00 T-Ball Games 11:00-11:50 AA Baseball Games 12:00-1:00 Hill House United Soccer Games <i>Please check www.bays.org to view game schedules.</i>
NEW! Make-A-Meal Workshops 6-9yrs 1:00-2:30 <i>Breakfast on April 9, Lunch on April 16 and Dinner on April 23. Sign up for all three weeks or just one section.</i>		

*Weather permitting, class will move to TERSF in week four.



SUNDAY

FIREHOUSE	JOY STREET	TERSF
Dads & Donuts 9:00-11:00 May 15	NEW DAY! Floor Hockey 8-10yrs 1:00-2:00	Sunday Soccer 6-8yrs 2:00-3:00 <i>Begins April 17</i> Sunday Soccer 9-12yrs 3:00-4:00 <i>Begins April 17</i> NEW DAY! Flag Football 7-12yrs 4:00-5:00 <i>Begins April 17</i> 2016-17 United Soccer Try-Outs 12:30-2:30 May 1, rain date TBA



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PROGRAM DESCRIPTIONS

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NOTE: Participants must meet a program's minimum age requirement by April 1, 2016. Schedule and programs are subject to change.

ART

Art for the Toddler Heart (19 months-3 years)

Mondays | 9:15 and 10:15
Thursdays | 11:15

In this class we will hop into art-making with both feet! Toddlers will practice decision-making skills, observing and choosing the way colors mix. Projects connect with the knowledge of the outside world that toddlers are beginning to explore! Creative, hands-on activities will develop coordination, fine motor skills, sequencing and arranging abilities as we work with a variety of colors, shapes and textures.

New! Art in the Making (5-7 year olds)

Thursdays | 4:00

If your growing artist is itching to create, this is the class for them. We'll be creating beautiful works of art using a multitude of materials to bring beautiful seasonal images to life. Come prepared to sculpt, paint, sew, weave and more—we'll be tackling it all in this creativity-conscious class!

Beyond the Paintbrush (12 months-3 years)

Wednesdays | 9:15 and 10:15

Join us on an exciting journey as we experiment with different ways of painting with different kinds of "paint"! We will get wildly creative with things you can find around the house; sandpaper, rubber bands, straws, bubbles, balloons and even our feet! Students will observe how colors blend and textures are created, producing beautiful, abstract works. This class encourages invention, exploration and creative thought.

Families Create Together (18 months-4 years)

Tuesdays | 11:15

While the aim of the art room is to build community, this class will strive to encourage siblings to learn about their creativity in the same environment! Little artists will explore hands-on multiple stations in the art room and work together to learn about the blending of colors, feel of different textures and the process needed to create beautiful works of art.

New! Family Sensory Fun (12-18 months)

Tuesdays | 9:15

This class will offer you and your child a chance to explore their fine and gross motor skills, learn and observe developmental milestones and socialize with other children their age through a multitude of sensory-

based art projects. Classes in this series encourage your little one to bring in a favorite object from home based on the theme of the week (items may include loveys, bath toys, electronic toys, etc.) to help provide a themed focus for the class as your little one explores the art room's sensory stations to combine child-centered learning experiences in a fun, playful way. Through movement, sensory experiences and group activities, these classes will offer your child a well-rounded class rich with learning and support from the instructor and other families.

New! Hands-On Art & Self Expression (19 months-3 years)

Fridays | 10:15

One of the most intriguing ways that youngsters express themselves is through art. As children draw, paint and make collages, they are learning about the world. Toddlers are not yet consciously aware of color coordination and spatial relationships, but art can give them a sense of these areas in this stage of their development - and this is only the beginning. Art provides another much-needed outlet for budding young minds, and at the same time it teaches important skills as they express themselves through the use of different materials. With all of these benefits, it's easy to see why encouraging toddlers to be artistic is so important: join us in the art room as we use a rainbow of colors, clay, paint, paste and so much more to pique your child's curiosity and creativity in this exciting multimedia program.

ATHLETIC AND PROGRAM GUIDE SPRING 2016

New! Learn to Draw (7-10 years)

Mondays | 4:30

Capturing the world as we see it in 3D can be difficult to do on paper—which is why we're here to guide you through the process. Students in this class will learn the basics of sketching objects and shapes with discussions about how to turn basic shapes into more complex forms and using shading to give their drawings depth. Be prepared to bring your imaginings to life as we learn to utilize color, line, shape and texture in each of our classes!

Mundo de Colores (12 months-3 years)

Fridays | 9:15

Art projects and crafts will help your little one learn simple Spanish phrases and colors. Mundo de Colores promotes development of hand-eye coordination, visual and fine motor skills, sequencing and arranging abilities, awareness of colors, shapes, shades, textures and decision-making techniques.

Open Art (1-4 years)

Mondays | 1:00-3:00

Fridays | 1:00-3:00

Free for members; drop-in.

Enjoy doing arts & crafts without the stress of a weekly commitment! This is a great opportunity to meet new kids and families in the community. Under our warm, creative art staff's supervision, you and your child will get a taste of all the Hill House art program has to offer.

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Pre-School Picasso (3-5 years)

Wednesdays | 3:45

Wade into the art world and its most popular mediums: paint, clay, watercolors and solids. Pre-School Picasso will focus on pre-school related themes, activities and developmental goals. Participants will develop visual and fine motor skills, practice sequencing and arranging, gain a more detailed awareness of colors, shapes, shades, textures and practice healthy decision-making techniques. Please note: this is a drop-off class. All participants must be potty trained.

Scribble & Squish (12-18 months)

Wednesdays | 11:15

Thursdays | 9:15

Wonderful, hands-on, messy art! Children and caregivers will experiment with a variety of mediums and materials. This class serves as a strong outlet for sensory, attention span and social skill development. Plus- participants will have lots of fun exploring substances and colors and all the squishy, gooey-messy stuff kids love to get their hands on. Come ready to create!

Step into a Story (3-5 years)

Thursdays | 10:15

Your little illustrator will bring some classic and favorite storybooks to life in the art room! We'll be exploring sequences as we page through Eric Carle's *The Tiny Seed*, using dot paints to replicate the blueberries in *Blueberries for Sal* and celebrate new fairy tales as we bravely make our way through *The Paper Bag Princess*.

Toddler ArtVenture (19 months-3 years)

Tuesdays | 10:15

Fridays | 11:15

Toddlers are bursting with creativity and we are here to help them channel it! Using stimulating and entertaining activities that will allow them to explore all areas of the art room, your child will further expand their understanding of the process of art. As your artist begins to refine their fine motor skills at the art table, uses markers on different materials to observe the varying results and creates their own basic sculptures, they will also be creating a sense of community within the classroom to encourage them to make new friends and discover the importance of collaborating in the art room.

BASEBALL

Born to Play Baseball (3-4.5 years)

Wednesdays | 1:30 and 5:15

Fridays | 1:30 and 3:30

Introduce your child to America's favorite pastime through this beloved Hill House class. Kids will learn the fundamentals of baseball through fun games and activities. These littlest baseball players will learn hitting, fielding and throwing from an experienced, supportive team of coaches.

Advanced Born to Play Baseball (5-7 years)

Fridays | 4:15

Once your little athlete has mastered the basics, go deeper with this sequel, which introduces the rules, positioning and situations of competitive baseball. Unlike Born to Play Baseball's repetitive nature, the advanced program targets a participant's strengths and weaknesses and promises improvement and athletic confidence.

T-Ball (4.5-5 years)

Tuesday practices | 5:00-5:50

Saturday games | 11:00-11:50

T-Ball invites you to embark on your child's first experience with Hill House team play. Participants learn the basics of teamwork and simple baseball technique in a hands-on environment. T-Ball participants practice once during the week and play one game each weekend. Every player is assigned a team, and all teams are co-ed.

AA Baseball (6-7 years)

Thursday practices | 5:15-6:15

Saturday games | 12:00-1:00

In this coach-pitched league, players continue to build upon the basic fundamentals developed in T-Ball while learning live hitting, position play and proper base running. Participants practice once during the week and play one game each weekend. All players are assigned to a team, and all teams are co-ed.

ATHLETIC AND PROGRAM GUIDE SPRING 2016

AAA Baseball (8-9 years)

Wednesday practices | 5:15-6:15

Saturday games | 9:30-11:00

In this player-pitched league, participants learn more advanced skills and strategies while safely developing pitching techniques and a comfortable hitting stance and hand placement. Participants practice once during the week and play one game each weekend. Every player is assigned to a team, and all teams are co-ed.

Majors Baseball (10-12 years)

Tuesday and Wednesday practices | 5:30-7:00

Monday and Thursday games | 5:30-7:00

After years of learning fundamentals and honing their skills, players will be in an ideal position to succeed in this energetic and dynamic league. The emphasis is on challenging yourself and having fun competing against friends for the championship. Teams will have at least one practice and two games each week. We will continue to have a standardized schedule and follow national Little League-affiliated guidelines and rules. Teams will practice on Tuesdays or Wednesdays and play two games each week on Mondays and Thursdays.

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PROGRAM DESCRIPTIONS

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BASKETBALL

Bitty Basketball (3-5 years)

Mondays | 3:30 and 4:15

Wednesdays | 3:30

Learn the fundamentals of basketball with our patient, creative instructors. Participants will learn skills and techniques through simple, fun games and activities. Kids will learn proper dribbling and shooting methods. Not only do they have more fun than those who don't play, but Bitty Basketballers are also better prepared for our U6 Basketball League when they're the right age.

Stay Sharp Basketball (6-8 years)

Mondays | 5:00

If you count the days from the end of Hill House's basketball season until the day we head back to announce the dates of our new basketball league season December, this is a class just for you! Continue to develop dribbling, shooting and strategic skills on the court as you gain valuable playing time with your winter teammates for an additional season. Just like our winter soccer clinic and our fall batting practices, keep your body in motion and your muscle memory fresh, in season and out.

CHESS

Chess I & II (6-12 years)

Mondays | 4:45-5:45

This course is an introduction to the rules and general play of the game of chess. Participants will learn basics and fundamental strategies. By the end of the semester, players will have the knowledge to fully enjoy the game of chess!

COOKING

Art of Cooking (3-5 years)

Mondays | 3:15-4:15

Thursdays | 1:00-2:00

Whether your child is interested in becoming a head chef or simply creating a delicious snack, the Art of Cooking is a wonderful opportunity to connect your culinary explorer to old favorites and a few new things, too. In addition to tasty treats, children will also create their own cookbooks to take home at the end of the semester. Please note: this is a drop-off class. Participants must be potty trained.

Cocinar con Amigos (4-6 years)

Thursdays | 4:00-5:00

Join us in the kitchen for a sizzling class all about the colorful culture and delicious foods of Latin America! While strengthening their Spanish vocabulary, students will learn safe kitchen practices as they create classic dishes that range from familiar to exotic. Description also found in the Foreign Language offerings.

New! Make-a-Meal (6-9 years)

Breakfast | April 9

Lunch | April 16

Dinner | April 23

All sessions 1:00-2:00

Learn to make the most important meals of the day: breakfast, lunch and dinner! In these workshops, chefs will concoct delicious versions of each meal from scratch. We'll be cracking eggs for breakfast, making bread at lunch and preparing chicken for dinner. Sign up for all three of these workshops or just for your favorite meal: we hope to see you in the kitchen!

DANCE

New! Ballet & Tap (5-7 years)

Thursdays | 4:30-5:30

Your dancer will learn the essentials in both ballet and tap in this hour-long class! The first half hour of the program will be devoted to learning the musicality, rhythm and technique that your ballet dancer will need to master. After switching out of their ballet shoes and into tap shoes, the last half of class will help your dancer learn progressions, turns and tap combinations shown by the tap dancing greats.

Storybook Ballet (4-6 years)

Tuesdays | 4:30

Wednesdays | 4:30

Storytelling and pre-ballet instruction combine to create fairy tale-inspired classes full of adventure and fun. Proper classroom etiquette gives children a foundation for learning ballet basics. Join us for one of our most popular Hill House dance classes!

Tap & Hip Hop (5-8 years)

Wednesdays | 5:15

Tap & Hip Hop will get your child moving and grooving as they learn new steps in two fun styles. Students will learn tap technique, progressions, turns and tap combinations as well as enjoy regular "dance parties" with choreography and instruction to everyone's favorite radio hits. We'll learn a special dance to put on in a final performance for our parents and caregivers!

ATHLETIC AND PROGRAM GUIDE SPRING 2016

Tiny Tappers (3-4 years)

Tuesdays | 3:30

Thursdays | 3:30

This class will introduce our youngest tap enthusiasts to the genre while having fun in a relaxed atmosphere. Age appropriate music and activities will help introduce students to warm-ups, tap technique, progressions, turns and tap combinations. It's almost too cute to handle and promises fun and movement for your tiny tapper!

EARLY PARENTING

Wee Ones Play & Grow (2-10 weeks)

Wednesdays | 12:30-1:45

Session I starts March 16 and Session II starts April 27

This 5-week class is a unique opportunity to enjoy and share the budding development and dramatic changes happening for your baby as they grow as well as continue to build confidence as a new mom. In addition to weekly discussions and ongoing support for moms, you'll experience the full range of new activity available for your baby - with tips for tummy time, gentle massage and baby yoga techniques and a variety of sensory experiences your baby will love.



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Babies Play & Grow (11 weeks-5 months)

Wednesdays | 9:15

Session I starts March 16

Session II starts April 27

In this 5 week program, you will explore and celebrate the amazing development of your baby in this musical play class for our littlest playmates. Age-appropriate songs, games, dances and developmental play activities help to encourage your baby's natural curiosity and emerging motor skills. Parents and caregivers will also enjoy time for discussion and community building.

New! Tots Play & Grow (6-9 months)

Wednesdays | 11:15

Your little movers and shakers will find a safe and engaging place to explore their curiosity and emerging mobility in this second level of the Play & Grow series here at Hill House. A wide range of developmentally targeted activities are designed to celebrate the language, social and motor skills of babies as they begin to sit, clap, wiggle and crawl! Age-appropriate instruments, gentle dances, bubbles, baby signs, parachute time and much more give babies and their grownups a fun way to enjoy each other and play together.

ETIQUETTE

Mind Your Manners: Beyond Please & Thank You – Session I (6-9 years)

Wednesdays | 4:00

This unique class will help strengthen your child's social skills, manners and self-presentation. We will work to improve your child's ability to manage their own behavior at home, at school, on play dates, and in restaurants. Students will learn by engaging in role-playing activities, class participation and improvisation. The last class is held at a local upscale restaurant where students practice and perfect their newly acquired skills! In the first session of this three-part program, the class will focus on manners and good habits. Topics like appropriate and positive communication, table manners and thank you notes will all be discussed and practiced.

FAMILY FUN

Art Show

Saturday, May 7 | 10:00-2:00

Join us as we put your little one's art on display! Parents, relatives and friends are all invited to see what our little artists from the community have been creating this semester. Meet us at the Firehouse to see the many different ways we create in our art classes.

Dads & Donuts

Sunday, May 15 | 9:00-11:00

Join us for a morning of donuts and coffee (while supplies last) and play with all of our gym equipment! This is a great time for dads to have fun with their kids and meet other fathers in the area.

Friday Night Fun (11-14 years)

April 8 | 7:30-9:30

Tweens and teens 11-14 years old are invited to join us back in the neighborhood in the spring for Friday Night Fun from 7:30 to 9:30 pm! Join us this month as we gather over at Joy Street for a springtime dance complete with a DJ, pizza, snacks and tunes to which you and your friends can dance the night away.

Starlight, Starbright (6-18 months)

May 25 | 6:15

Little ones are welcome to wear pajamas to this evening session as we use music to channel our energy into the bedtime hour. Includes imaginative play with flashlights and bubbles. Peacefully finish the evening with bedtime stories and make wishes on glowing stars. Sweet dreams to follow. This child-centered curriculum supports the adult-child bond and includes songs, stories, creative movement, flashlight play, bubbles, puppets, and more...

ATHLETIC AND PROGRAM GUIDE SPRING 2016

Parents' Night Out (3-10 years)

March 18, April 29 and May 20 | 6:30-9:30

Drop your kids off at their all-time favorite place while you enjoy an evening without your love-able junior family members in tow. Our night of structured fun, including art, active play and a family-friendly movie, will be supervised closely by the Hill House staff members your kids already know and love. Join us for a win-win experience: fun for the wee ones and a totally different kind of fun for the adults in the family!

Private Music Lessons Recital

May 21 | 2:00-3:00

Our musicians-in-training have been working hard this year to perfect playing songs they've been working on in their piano and guitar lessons: they are now ready to play for us all! Come listen to the musical stylings of what our private music lesson students (and instructors) have been playing this spring.

FENCING

Beginner Fencing (5-12 years)

Mondays | 5:30

Participants will be introduced to the rules of the sport, the parts of the foil, how to hold the foil and the on-guard stance. Instructors will demonstrate basic footwork, the target area for foil, basic attacks and preparations for attacks and defenses. Our weekly meetings will include practicing each of these introductory techniques. The beginner course touches upon common technical fencing terms such as piste, parry, riposte, etc. Safety in fencing is emphasized throughout the course.

PROGRAMS START

the week of March 14

Outdoor athletics begin April 4 & 11

REGISTRATION

Opens February 9 for members

February 11 for non-members

www.hillhouseboston.org



127 Mount Vernon St.
Boston, MA 02108

(617) 227-5838

PROGRAM DESCRIPTIONS

All programs run for 10 weeks at 45 minutes unless otherwise noted.

Intermediate/Advanced Fencing (7-12 years)

Mondays | 6:30

This program builds upon all beginner materials, and are most valuable when taken after the completion of Beginner Fencing. Safety and sportsmanship, as always, are emphasized throughout the program. Compound attacks and technical terms associated with more advanced fencing moves will be introduced as students develop technique and understanding of the sport. If time allows, members of the class will participate in boutings: practice with electrical fencing equipment. This practice will allow fellow students to learn score-keeping and refereeing.



FITNESS FOR ADULTS

Total Body Strength (50+ years)

Mondays & Fridays | 8:00-9:00

In the Total Body Strength class, we will use weights, resistance tubing and our own body-weight against gravity to build a strong core. The class will be 1 hour long and will be set to great music to inspire you. This class is perfect for the active older adult (50+). There will be both standing and mat exercises to challenge all your major muscle groups. A flexibility segment will be added to the end of class.

FOOTBALL

Flag Football (7-12 years)

Fridays | 5:30-6:30

New day! Sundays | 4:00-5:00

Flag Football introduces children to the game of flag football through drills and scrimmages. Children will learn the fundamental skills necessary to excel in football and will receive instruction designed to improve their speed, agility, and overall athleticism. The program promises exercise and instills good sportsmanship and teamwork.

FOREIGN LANGUAGE

Cocinar con Amigos (4-6 years)

Thursdays | 4:00-5:00

Join us in the kitchen for a sizzling class all about the colorful culture and delicious foods of Latin America! While strengthening their Spanish vocabulary, students will learn safe kitchen practices as they create classic dishes that range from familiar to exotic.

Mundo de Colores (12 months-3 years)

Fridays | 9:15

Art projects and crafts will help your little one learn simple Spanish phrases and colors. Mundo de Colores promotes development of hand-eye coordination, visual and fine motor skills, sequencing and arranging abilities, awareness of colors, shapes, shades, textures and decision-making techniques.

New! Spanish Playtime (1-3 years)

Saturdays | 10:30

Begins March 12

This five week session will expose your little one to Spanish as we wait for the springtime sun to join us again in April. Focusing on a new theme every week, we will use songs and games to learn words relating to colors, food, family and friends, actions and more in a play-based environment. Get ready to learn Spanish on Saturdays in the spring!

Vamos a Saltar! (1-4 years)

Mondays | 9:30 and 10:30

Nurture your child's love of movement with his or her amazing capacity to learn new languages in Jumping Jacks Gym en Español. Learn the words for motions and body parts while singing songs and playing games in our amazing play space, all in Spanish.

ATHLETIC AND PROGRAM GUIDE SPRING 2016

HOCKEY

Floor Hockey (6-12 years)

Thursdays, 6-8 years | 4:15-5:00

New Day! Sundays, 8-10 years | 1:00-2:00

This introduces the fundamentals of the game through fun, fast-paced activities. Participants have the chance to be active and learn the basic rules and skills of hockey such as shooting, stick-handling and passing.

New! Girls' Field Hockey (5-12 years)

Wednesdays, 6-8 years | 4:15

Wednesdays, 9-12 years | 5:15

New at TERSF this spring: field hockey! Join us as we head out to the fields to learn the basics of this sport. Proper grip, ball control and body positioning will all be instilled as we run drills to help players solidify the rules of the sport as they practice passing and scoring out on the fields.

KARATE

Kiddie Karate (3-4 years)

Mondays | 3:30

Toddler-age children will benefit from exciting experiences with peers, while encouraging motor skill coordination, concentration, and self-confidence as they are introduced to the character and fundamentals of karate. Uniforms can be purchased on the first day of class from the instructor.

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Beginner Karate (5-6 years)

Mondays | 4:30

Tuesdays | 3:30

Beginner Karate focuses on rule-play and trusting that three basic rules will ensure a safe martial arts experience! Children will learn the most basic dojo (training hall) etiquette: how to bow and how to listen with their eyes. Attentive practice will keep students aware of their surroundings and fellow students as they begin to learn the basics of sparring in relation to defending themselves. Raising their hand to speak, or demonstrating the Statue of Liberty, gives them a lot of power and a voice in the class.

Intermediate/Advanced Karate (7-12 years)

Tuesdays | 4:30

At this level, with some practice under their belt, students know that the rules are in place to protect them. Respect has taught them caution. Participants understand eye-contact as a method of communication. At this level, students will continue to practice sparring and the benefits of self-defense as they begin to earn stripes and different color belts and practice goal-setting and obtainment.

MUSIC

Family Music Time (6 months-3 years)

Wednesdays | 10:15

This is a multi-age toddler music class with a great variety of music and movement experiences. Instruments, scarves, bubbles, dancing and singing are all a part of this active and toddler-friendly class. Parents and children will enjoy learning about musical concepts in an age-appropriate way, and have great music and materials to take home as well.

Little Groove Music (3 months-4 years)

Tuesdays | 9:15, 10:15 and 11:15

Fridays | 11:15 and 12:30

These music classes are designed to help infants, toddlers and preschoolers learn and interact through sound, sight and touch in a live music setting. Children enjoy using their bodies and voices to sing along to catchy songs that help them build important motor and social skills. They will also have fun using real instruments such as drums, shakers and tambourines. Children also interact with puppets, bubbles, balls, pom poms, building blocks and one large parachute!

Music Together (0-5 years)

Mondays | 9:15 and 10:15

Have you ever wondered what you can do to nurture the musical growth of your child, regardless of fun your role can be! Our Music Together classes build on your Music Together own musical ability? Experience Music Together

and find out how important and how your child's natural enthusiasm for music and movement. We'll help you provide your child with the basic musical skills needed to enjoy school and social musical activities, and to study an instrument should he or she choose to do so.

Musical Playtime (6 months-3 years)

Thursdays | 9:15 and 10:15

Fridays | 9:15 and 10:15

A lively and imaginative child-centered curriculum fosters a child's musical and rhythmic development, socialization and play-based learning as well as healthy attachment with nurturing and attentive adults. Classes for the newly mobile and experienced walkers alike include a rich variety of the following: original and classic sing-a-longs, story time, creative movement, rhythm games, manipulatives such as colorful scarves, puppets, sensory play, bubbles and musical instruments. Each child participates at his or her own level by observing and exploring the materials offered.

Private Music Lessons (6-12 years)

Spaces may be available / Call Sam Baglioni at 617 227 5838 ext. 10 to inquire about availability

Our private music lessons provide your child with one-on-one music instruction. Gifted piano, guitar and percussion teachers work to cultivate skills and foster your child's love of music by incorporating requests and popular music along with the classics during lesson times.

ATHLETIC AND PROGRAM GUIDE SPRING 2016

PLAYGROUP

Open Playgroup (6 months-4 years)

Mondays | 11:30 and 12:15

Tuesdays | 1:00-3:00

Wednesdays | 1:00-3:00

Join us for playtime in a fun and open setting! This is a great opportunity to meet new kids and families in the community. Mats, toys, crayons, books, markers and music will be available each week at this free program, one of several benefits available to our broader Beacon Hill Community!

Stories Together Playgroup (6 months-4 years)

Thursdays | 12:30-2:30

Member-only, drop-in

Come and spend a fun-filled afternoon with us in the Firehouse! Hill House members will read new stories each week, listen to music and meet other friends! Come enjoy all the great play equipment we have on-site. We hope to see you there!



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SOCCER

Half Kick Soccer (3-5 years)

Mondays | 1:30 and 2:15

Tuesdays | 5:15

Thursdays | 2:00, 3:00 and 5:15

Saturdays | 9:30, 10:30 and 11:30

Through energetic games and age-appropriate activities, participants will learn basic dribbling, passing and shooting skills in addition to the most basic rules of soccer. The primary goal of Half Kick is to encourage further participation by making soccer fun and engaging.

Hill House United

Friday practices | 5:30-7:00

Continuation of fall season

Check bays.org for game schedules

Hill House United is a travel soccer program for more advanced players looking to learn and compete at a higher level. Teams compete in the Boston Area Youth Soccer League and play other local travel teams. Playing requires a significant commitment due to the travel involved. All travel is limited to the Greater Boston area. Players must have tried out and made the team before registering. Try-outs for the 2016-17 season are on May 1 (weather permitting). Contact mhadley@hillhouseboston.org to learn about age requirements.

Sunday Soccer (6-12 years)

Sundays | 2:00-3:00 | 6-8 year olds

Sundays | 3:00-4:00 | 9-12 year olds

Polish your skills in the off-season with this Sunday afternoon clinic. Players will work on all aspects of the game, including dribbling, passing, shooting and team strategy. Hill House's Sunday Soccer program will develop all aspects of a player's game by placing them in a fast, fun setting. Enjoy playtime on the Esplanade each week as the weather grows warmer! Open to all experience levels.

U6 Soccer Clinic (4.5-5 years)

Thursdays | 5:15-6:15

This clinic will help solidify the basics of the world's most popular sport for your young athlete. Games and drills will allow players to get used to having a ball at their feet. We will work to develop listening and cooperation skills. A focus on dribbling, passing and shooting will give players a chance to compete against one another. We aim to assist in the development of players' skills so that they might achieve their maximum potential at their own pace. Based on numbers, all players enrolled will train in small groups determined by age and ability. The primary focus at this level is the development of fundamental skills in a fun environment with the beginnings of structured team play.

RUNNING

Girls' Running Club (7-12 years)

Mondays | 5:30

This is a seven week course for girls that will meet on the Boston Common. New and experienced distance runners will be coached toward success as they learn about running over different types of terrain, the importance of keeping a steady pace throughout a long-distance run and setting running goals for themselves as they progress throughout the season. While they're running, the girls will also have discussions surrounding positive body image, eating habits, friendships and more to help boost self-esteem and instill confidence. The season will culminate with the opportunity to run in a local 5K.

SOFTBALL

Girls' Softball (6-12 years)

Saturdays | 8:30-9:30

Join us for a perfect Saturday morning activity for girls ages 6-12; all levels welcome! This program will focus on fun and sportsmanship. Experienced, enthusiastic coaches will teach the basics of hitting, fielding and positional play as well as regular scrimmaging. Each player will receive a jersey and hat.

ATHLETIC AND PROGRAM GUIDE SPRING 2016

New! Born to Play Softball

Fridays | 2:15

Future softball players will learn the fundamentals of softball through fun games and activities. Playing off a tee, the players in this program will learn the basics of hitting and fielding in a class that mixes games and other activities to help solidify the fundamentals of the sport.

SPORTS & MOVEMENT

All Star Sports Clinic (3-5 years)

Tuesdays | 2:00

This clinic will strengthen basic athletic skills and will introduce kids to the rules and regulations of soccer. Participants will learn to be part of a team and display good sportsmanship and will complete the clinic prepared for more organized, specialized athletic play.

STEM (Science, Technology, Engineering And Math)

Lego Robotics & Programming (9-11 years)

Tuesdays | 4:45-5:45

Do you like to build? Drive remote control vehicles? Program robots? Then this is the class for you. Students will use LEGO MINDSTORMS™ components to build and program models of machines and devices that operate automatically or by remote control. Working with our expert instructors and detailed building plans, students will complete a different project in each class. Photos of all their creations will be available after the final class.

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Scratch Computer Programming (6-8 years)

Tuesdays | 3:30-4:30

Scratch the surface of design and programming with Scratch! Kids work with free software developed by M.I.T. while learning how to program, design and create their own animations and interactive 2D games. The students will learn the basics of computer programming using puzzle like blocks of code. Kids will learn how to use math, geometry, story-telling and basic animation principles to design their projects using the prepared elements in Scratch or by making their own. A great introduction for kids in Grade 2 through 5. After the class, projects can easily be shared online with family and friends!

New! Squeaky Clean Soap-Making Lab (5-8 years)

Wednesday, April 20 | 1:00-2:00

This one hour workshop will open your eyes to what it means to be squeaky clean! We will use glycerin, food coloring and lots of funky small objects to create bars of soap that will have everyone looking forward to bath time.

TENNIS

Tiny Tennis (4-5 years)

Thursdays | 3:00

Join us in Charlestown as we get into the swing of things with the CHAD Tennis team! Tennis sessions will include fun, patient instructions covering basic tennis skills in coordination with the USTA Quick Start Program. Stroke production, on-court skills, fitness and tennis education will all be covered in an upbeat, drill-based environment. Racquets are available on-site for proper fitting.

THEATRE

Musical Theatre & Arts (6-9 years)

Wednesdays | 4:00-5:30

Musical Theatre: 4:00-4:45

Art: 4:45-5:30

Explore the art of musical theatre, set and costume design! The first part of this class will be spent in our Performance Hall (the Main Assembly Room, of course!) learning lines and songs, blocking and choreography. Next, participants will travel up to the art room, where they'll work to create backdrops, props, and other inspired works of art to complement their theatrical work. This class culminates in a final performance worthy of a Tony Award!

TUMBLING & MOVEMENT

Jumping Jacks Gym (1-3 years)

Tuesdays, Wednesdays and Thursdays
9:15, 10:15 and 11:15

Toddlers run, jump, crawl, roll and wiggle through activities encouraging sharing, basic socialization, discovery, balance and coordination. Engaging equipment, such as a balance beam, bar, and parachute will aid toddlers in developing gross motor skills, improving spatial awareness and establishing a love of physical activity and recreational play. Teacher-led songs and games will introduce structure, provide routine and promote focus. Caregivers help support and sport children to promote safe play.

Vamos a Saltar! (1-4 years)

Mondays | 9:30 and 10:30

Nurture your child's love of movement with his or her amazing capacity to learn new languages in Jumping Jacks Gym en Español. Learn the words for motions and body parts while singing songs and playing games in our amazing play space, all in Spanish. Description also found in the Foreign Language offerings.

ATHLETIC AND PROGRAM GUIDE SPRING 2016

Tumble Time (2-4 years)

Fridays | 9:30 and 10:30

If you loved Jumping Jacks Gym but are ready for more, have we got a class for you! Tumble Time is structured for older toddlers and preschoolers to develop basic tumbling, motor and socialization skills and positive personality traits including confidence and self-esteem. Tumble Time activities incorporate coordination, strength, flexibility and balance. Parent/caregivers interact with their child and assist in this class.

YOGA

Family Yoga (3-5 years)

Tuesdays | 4:15

Your instructor will lead this playful exploration of movement, songs and stories in which children will enjoy the benefits of yoga in a fun and age-appropriate way. Each week will include silly stretchy warm ups, yoga games, fun breathing activities and close with a story whose content reflects kindness towards ourselves and others. Giving children the gift of body awareness and a physical practice that requires no props or equipment is why parents love yoga for children. Kids just think it's fun. Although this is a drop off class, the instructor is a certified adult yoga instructor and is happy to include adults in the practice.

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Have questions about our program offerings? Contact Rachel Czubyrt at rczubyrt@hillhouseboston.org.

PROGRAMS START

the week of March 14
Outdoor athletics begin April 4 & 11

REGISTRATION

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SPRING 2016

ATHLETIC AND PROGRAM GUIDE

Who We Are

Each season, Hill House administrators, instructors, board members and volunteers work together to fund and execute athletics, programs and service activities in order to meet the diverse social, educational, cultural and recreational needs of individuals and families residing in Boston's downtown neighborhoods. Through quality programs, collaborative partnerships and volunteer support, our organization seeks to build and foster a strong sense of urban community and improve the quality of life for residents of all ages.



Registration Opens

February 9 for members, 10am
February 11 for non-members, 10am

Programs Start

The week of **March 14**.
Outdoor Athletics begin the week of
April 4 at the Boston Common and
April 11 on TERSF

Questions?

Lauren Hoops-Schmieg
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lschmieg@hillhouseboston.org x18

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rczubryt@hillhouseboston.org x14

General program inquiries
Samantha Baglioni
Program Associate
sbaglioni@hillhouseboston.org x10

Membership—\$150/yr

DID YOU KNOW that if your family registers for 3 programs each year, a Hill House Membership pays for itself? Hill House Members can register early for programs at a reduced rate and are able to participate in free art and playgroup classes.

CALL 617-227-5838, x10

EMAIL sbaglioni@hillhouseboston.org

VISIT www.hillhouseboston.org

Enrollment:

Summer Camp Enrollment

Enrollment began January 19
Call now to reserve your spot!

Spring Semester Enrollment

Member: Tuesday, February 9
Non-member: Thursday, February 11

Fall Semester Enrollment

Member: Tuesday, May 31
Non-member: Thursday, June 2

Winter Semester Enrollment

Member: Tuesday, October 18
Non-member: Thursday, October 20

This Season At-a-Glance

March 18 (6:30–9:30pm)

Parents' Night Out

April 8 (7:30–9:30 pm)

Friday Night Fun

April 18

Closed for Patriots Day

April 20 (1:00–2:00pm)

Squeaky Clean Soap Lab

April 29 (6:30–9:30pm)

Parents' Night Out

May 7 (10:00am–2:00pm)

Hill House 3rd Annual Art Show

May 15 (9:00–11:00am)

Dads & Donuts

May 20 (6:30–9:30pm)

Parents' Night Out

May 21 (2:00–3:00pm)

Music Lessons Recital

May 22

Backyard Bash

May 25 (6:15–7:00pm)

Starlight, Starbright

May 30

Closed for Memorial Day



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