



127 Mount Vernon St.
Boston, MA 02108
(617) 227-5838
hillhouseboston.org

ATHLETIC AND PROGRAM GUIDE

WINTER
2016-17



REGISTRATION OPENS

October 18

for members

October 20

for non-members

PROGRAMS START

Week of November 28



MONDAY

WINTER 2016/2017
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY	ART ROOM/KITCHEN	CLASSROOM	74 JOY	STERITIRINK	BOSTON ATHLETIC CLUB
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 19mos-3yrs 10:15-11:00 <i>Art Room</i> Scribble & Squish 12-24mos 11:15-12:00 <i>Art Room</i>	Music Together 0-5yrs 9:15-10:00 10:15-11:00		PRIVATE GUITAR LESSONS (6-12 years) Choose between a 30 or 45 minute session between 3:00 to 6:00pm for your lessons. Call Rachel at (617) 227 5838 ext. 14 to coordinate with our instructors!	
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> <i>Art Room</i> Science Experiment Explorers 3-5yrs 3:15-4:00 <i>Art Room</i> Healthy Cooking Club 6-9yrs 4:15-5:15 <i>Kitchen</i>	Chess I & II 6-12yrs 4:45-5:45	Bitty Basketball 3-4.5yrs 3:30-4:15 4:15-5:00		
Beginner Fencing 5-12yrs 5:30-6:15 <i>9 week program</i> Intermediate Fencing 7-12 years 6:30-7:15 <i>9 week program</i>			U6 Basketball 4.5-5yrs 5:00-6:00 Indoor Batting Practice 7-12yrs 6:05-6:50	Ice Hockey 5-12yrs 5:00-6:00	Indoor Soccer 6-12yrs 5:30-6:45

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TUESDAY

WINTER 2016/2017

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	YELLOW ROOM	74 JOY	HUNTINGTON YMCA
<p>Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00</p> <p>Jumpin' Tots 10-18mos 11:15-12:00</p>	<p>Hands-On Art & Self Expression 19mos-3yrs 9:15-10:00</p> <p>Toddler ArtVenture 19mos-3yrs 10:15-11:00</p> <p>Families Create Together 18mos-4yrs 11:15-12:00</p>	<p>Little Groove Music 3 mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00</p>			
<p>Born to Play Baseball 3-5yrs 2:15-3:00</p> <p>Beginner Karate 5-6yrs 3:30-4:15</p> <p>Intermediate Karate 7-12yrs 4:30-5:15</p>	<p>Art Travelers 4-5yrs 3:30-4:15</p> <p>Paint by Letter 3-4yrs 4:30-5:15</p>	<p>Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program.</i></p> <p>Family Yoga 5-7yrs 4:15-5:00</p>	<p>Scratch Computer Programming 6-8yrs 3:30-4:30</p> <p>Lego Robotics & Programming 9-11 yrs 4:45-5:45</p>	<p>Tiny Tappers 3-4yrs 3:30-4:15</p> <p>Ballet & Tap 5-7yrs 4:15-5:15</p>	
				<p>U6 Basketball 4.5-5yrs 5:15-6:15</p>	<p>New! Girls' Basketball 6-12yrs 5:00-6:00</p>
			<p>Join us during February vacation!</p> <p>FEBRUARY FUN SPORTS 5-7 years</p> <p>1:15-3:15, February 21 - also on that Thursday</p>	<p>PRIVATE PIANO AND VIOLIN LESSONS (6-12 years)</p> <p>Choose between a 30 or 45 minute session between 3:30-6:00 pm for your lessons.</p> <p>Call Rachel at (617) 227 5838 ext. 14 to coordinate with our instructors!</p>	
<p>REGISTRATION</p> <p>Opens Oct 18 for members Oct 20 for non-members</p>	<p>PROGRAMS START</p> <p>the week of November 28</p>				<p>127 Mount Vernon St. Boston, MA 02108</p> <p>(617) 227-5838</p> <p>hillhouseboston.org</p>

WEDNESDAY

WINTER 2016/2017
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	HUNTINGTON YMCA
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 12-24mos 11:15-12:00	New Parents & Babies Playgroup 4-10mos 11:30-12:30		
Born to Play Baseball 3-5yrs 1:30-2:15 Multi-Sports 3-5yrs 2:15-3:00 Musical Theatre & Arts Combo 6-9yrs Musical Theatre: 4:00-4:45 Art: 4:45-5:30	Art of Cooking 3-5yrs 3:30-4:30	Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program</i>	Bitty Basketball 3-4.5yrs 3:15-4:00 Storybook Ballet 4-6yrs 4:15-5:00	
		Starlight, Starbright 6-18mos 6:15-7:00 <i>February 22</i> New! Members-Only Lego Club 5-10 yrs 5:15-6:15 <i>Begins January 4</i> <i>Drop-in program</i>	Tap & Hip Hop 5-8yrs 5:00-6:00	U13 Basketball 9-12yrs 5:00-7:00
		Join us during February vacation! WEARABLE ART 5-7 years 1:00-2:00 Wednesday, February 22	PRIVATE GUITAR LESSONS (6-12 years) Choose between a 30 or 45 minute session between 1:00-3:00 pm for your lessons. Call Rachel at (617) 227 5838 ext. 14, to coordinate with our instructors!	

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THURSDAY

WINTER 2016/2017
ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	KITCHEN	74 JOY STREET	CHARLESTOWN	HUNTINGTON YMCA/ BOSTON ATHLETIC
Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	Pre-School Picasso 3-5yrs 9:15-10:00 Scribble & Squish 12-24mos 10:15-11:00 Art for the Toddler Heart 19mos-3yrs 11:15-12:00	Family Music Time 6mos-3yrs 9:15-10:00 10:15-11:00				
Half Kick Soccer 3-5yrs 3:00-3:45 <i>8 week program</i>	Art of Cooking 3-5yrs 1:00-2:00 New! Time to Clay 5-7yrs 4:30-5:15 <i>5 week program, starts December 1</i> New! Squeaky Clean Soap Lab 5-7yrs 4:30-5:15 <i>5 week program, starts January 19</i>	Members-Only Playgroup 6 mos-4yrs 12:30 to 2:30 <i>Drop-in program.</i> New! Mandarin Ark 3-5yrs 3:45-4:45 <i>8 week program</i>	Cocinar con Amigos 4-6yrs 4:00-5:00 <i>8 week program</i>	Creative Dance 3-4yrs 3:30-4:15 Storybook Ballet 4-6yrs 4:30-5:15	Tiny Tennis 4-5yrs 3:30-4:15	U9 Basketball 6-8yrs 5:00-7:00 <i>Huntington YMCA</i>
PRIVATE PIANO AND VIOLIN LESSONS (6-12 years) Choose between a 30 or 45 minute session between 3:30-6:00 pm for your lessons. Call Rachel at (617) 227 5838 ext. 14 to coordinate with our instructors!		Join us during February vacation! FEBRUARY FUN SPORTS 5-7 years 1:15-3:15, February 23 - also on that Tuesday			United Winter Clinic 5:30-6:45 <i>Must be a current United player BAC</i>	

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FRIDAY

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MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	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 Toddler Art Creations 19mos-3yrs 10:15-11:00 Little Hands Create Art 12-18mos 11:15-12:00	Little Groove Music 3mos-4yrs 10:15-11:00 11:15-12:00 12:30-1:15		
Born to Play Baseball 3-5yrs 1:30-2:15 New! Intro to Floor Hockey 5-7yrs 3:15-4:00 New! Floor Hockey Pick-Up Games 8-12yrs 4:00-5:00	Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members ONLY.</i>		Bitty Basketball 3-5yrs 3:30-4:15 Advanced Born to Play Baseball 5-7yrs 4:15-5:00	
				Parents' Night Out 3-10yrs 6:15-9:15 <i>December 16, January 27, February 24 at the Firehouse</i> Tween & Teen Paint Party 11-14yrs 7:00-9:00 <i>February 10 at the Firehouse</i>



PRIVATE PIANO AND VIOLIN LESSONS(6-12 years)

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WEEKEND

WINTER 2016/2017
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SATURDAY

JOY STREET

Half Kick Soccer 3-4yrs

9:15-10:00

Big Kick Soccer 5-6yrs

10:00-10:45

New! Pick-Up Basketball Games 7-10yrs

11:00-12:00

New! Holidaze Workshops

*Activities for 2-8yrs
& adult craft workshop
11:00-1:00
December 10*

New! Flower Hour Workshop 2-4yrs

10:00-11:00
January 7

SUNDAY

FIREHOUSE

Dads & Donuts

9:00-11:00
January 22

Ties & Tutus Tea Party

11:00-1:00
February 12

New! Family Music Jam 6mos-4yrs

6:15-7:00
9 week program



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NOTE: Participants must meet a program's minimum age requirement by December 1, 2016.

ART

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

Mondays | 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.

Art Travelers (4-5 years)

Tuesdays | 3:30

Curious about other countries? Dying to make structures like the Eiffel Tower? Itching to introduce your little artist to famous works from the Impressionist and Renaissance periods? Join us in the art room to discover the different styles, techniques and places of Europe. Focusing mainly on Venice and Paris, we will use watercolors as we explore the Venetian canals, make sculptures that mimic famous buildings and use oil pastels as we learn how to sketch skylines of far-away spaces. Please note: this is a drop-off class. All participants must be potty-trained.

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 Flower Hour Workshop (2-4 years)

Saturday, January 7 | 10:00-11:00

Don't let the gray skies and slushy streets keep you from forgetting the beautiful weather that will return to us in the spring! Parents and their little ones are invited to the art room for a morning workshop full

of floral fun. Participants will decorate their own flower pots (and plant a seed to watch it grow throughout the winter!), make their own flowers out of common household items and work together to make a beautiful canvas to keep your home bright even on those gray winter days.

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

Tuesdays | 9:15

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.

Little Hands Create Art (12-18 months)

Fridays | 11:15

This art class encourages messy sensory exploration! Sing along with your instructor

while splashing in the water table, arranging shapes on the light table, sifting through bits in the sensory table and experimenting by running car wheels through paint. A balance of free play and teacher-directed projects introduces children to the "process" of creating art, enhancing their own creativity and keeping them learning as they touch move, and listen to all that this Reggio Emilia-inspired classroom has to offer.

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.

Paint by Letter (2-3 years)

Tuesdays | 4:30

This class will encourage your artist's creativity with the use of some of their favorite books. Each session will focus on a different letter, and use a series of different books to help your little one to recognize how to form those letters. We'll use Dr. Seuss' The Lorax to learn the angles of the letter L, round the curves of the letter B in Eric Carle's Brown Bear, Brown Bear, What Do You See? and see how all of the letters interact with Chica Chicka Boom Boom.

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Pre-School Picasso (3-5 years)

Thursdays | 9:15

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 (12-27 months)

Mondays | 11:15 Wednesdays | 11:15
Thursdays | 10:15

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 and focuses on the process of making art. 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!

NEW Time to Clay (5-7 years)

Thursdays | 3:45

5 week workshop beginning December 7
This 5 week program will give the building blocks of using clay! We will learn to manipulate different types of clay to make beads, structures, sculptures and more. Each of these projects will encourage each student to bring their creativity to life in 3D!

Toddler Art Creations (19 months-3 years)

Fridays | 10:15

Join us in the art room for a class that will challenge your child to expand their creativity. Your toddler will create basic sculptures to help refine their motor skills, arrange shapes on the light table to give a better understanding of sequencing, learn about textures as they're using markers on different materials and, of course, experience the messy fun of choosing their favorite colors to put the final touches on the art projects they have created on their own.

Toddler ArtVenture (19 months-3 years)

Tuesdays | 10:15

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.

Find Mundo de Colores, our Spanish vocab-building art class, under Foreign Language.

BASEBALL

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.

Born to Play Baseball (3-5 years)

Tuesday | 2:15
Wednesdays | 1:30
Fridays | 1:30

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.

Indoor Batting Practice (7-12 years)

Mondays | 6:05

This off-season training clinic will offer your athlete the chance to prepare for the upcoming spring season and get the edge on the competition. We will work on many different types of hitting drills such as soft toss, staying back, live hitting and more. Join your coaches to improve your baseball skills.

BASKETBALL

Bitty Basketball (3-4.5 years)

Mondays | 3:30 and 4:15
Wednesdays | 3:15
Fridays | 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.

NEW Girls' Basketball (6-12 years)

Tuesdays | 5:00-6:00

This newly introduced program is for all girls who want to transition into playing and learning the rules of formalized basketball in the comfort of their friends. Through various drills, games, and eventually scrimmages, these sessions will give your daughter the experience and confidence to play in our co-ed league or aspire to play for their girls' team at school when they are older. Coaches will focus on creating a supportive and encouraging environment that will help them grow as players while they learn how fun basketball can be.

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NEW Pick-Up Basketball Games

(7-10 years)

Saturdays | 11:00-12:00

Wish there was a way for your child to stay active on a winter Saturday? Does your child wish they could keep practicing what they learned in their game from last week? This class allows for both of those wishes to come true. Our Joy Street location, with its 8' hoops and basketball court outline, is perfect for your child and a bunch of their friends to get a casual and fun game in to keep their skills up throughout the season. In addition to skill development, Pick-Up will help them realize how much fun basketball can be at its simplest level.

U6 Basketball (4.5-5 years)

Tuesdays | 5:00-6:00

Thursdays | 5:15-6:45

The U6 instruction-based clinic introduces youngsters to the fundamentals of basketball in a fun, competitive setting. The first three weeks will focus on skills, sportsmanship and the basics of the game and subsequent weeks include actual basketball games. Our instructors/volunteers will teach the basics of offensive and defensive play while continuing to focus on good dribbling, passing, shooting, and rebounding techniques.

U9 Basketball (6-8 years)

Thursdays | 5:00-7:00

The U9 league gives players the opportunity to play basketball in a supportive environment that emphasizes fun, sportsmanship

and skill-building. The season begins with three skills clinics prior to the holiday break and transitions in the New Year to children being placed on teams with one hour of practice followed by one hour of games each week. Each player is assigned to a team and receives a jersey.

U13 Basketball (9-12 years)

Wednesdays | 5:00-7:00

The U13 competitive league exists for our older basketball players. Each week focuses on player and team development and provides a challenging environment for players who aspire to reach their full potential. The season begins with three skills clinics prior to the holiday break and transitions into in the New Year to players being placed on teams with one hour of practice followed by one hour of games each week. Each player is assigned to a team and receives a jersey.

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)

Wednesdays | 3:30-4:30

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.

Healthy Cooking Club (6-9 years)

Mondays | 4:15-5:15

Join us in the Hill House kitchen to learn how to make a variety of sweet and savory treats that will delight your taste buds (and are secretly healthy!). Some recipes included are black bean brownies, deep dish cookie pie, mac 'n' cheese, smoothies, kale chips and much more. These recipes, all kid-tested and approved, utilize nutritious ingredients like black beans, oats, chickpeas and applesauce. Despite being mostly gluten-free and free of refined sugars and flours, they taste just like "the real thing".

Young chefs-in-training will learn how to follow a recipe, measure accurately, safely prepare food and how to substitute healthier ingredients that still taste great. Each cook will go home with their own cookbook

of all the recipes we've made so they can share. Come and cook up some fun with us!

Find Cocinar con Amigos, our Spanish vocab-building cooking class, under Foreign Language.

DANCE

Ballet & Tap (5-7 years)

Tuesdays | 4:15-5:15

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.

Creative Dance (3-4 years)

Thursdays | 3:30

Creative Dance builds your dancer's coordination and motor skill development while engaging their imagination through songs, stories and games. These classes are designed to build interest, strength, vocabulary and artistic sensibility. Please note: this is a drop-off class. All participants must be potty-trained.

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Storybook Ballet (4-6 years)

Wednesdays | 4:15 Thursdays | 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! Please note: this is a drop-off class. All participants must be potty-trained.

Tap & Hip Hop (5-8 years)

Wednesdays | 5:00-6:00

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!

Tiny Tappers (3-4 years)

Tuesdays | 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! Please note: this is a drop-off class. All participants must be potty-trained.

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. After taking a year of fencing at the beginner level, students will be considered for the intermediate level.

Intermediate Fencing (7-12 years)

Mondays | 6:30

This program builds upon all beginner instruction, and are most valuable when taken after the completion of one year 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 bouts: practicing with electrical fencing equipment. This practice will allow fellow students to learn score-keeping and refereeing. If students consistently continue with this program, they will have the chance to compete in a fencing tournament that follows the US Fencing guidelines.

FAMILY FUN

Dads & Donuts (1-6 years)

Sunday, January 22 | 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. FH Perry Builder will stop by at 10:00 am for a child-friendly building workshop in the art room!

NEW Holidaze Workshops (Activities for 2-8 years AND adults)

Saturday, December 10 | 11:00-1:00

– drop in when you are free!

It's getting down to the wire and those hand-made holiday gifts aren't making themselves. Have some of our creative team from Hill House help you make those special gifts at the Firehouse! Adults will work in the kitchen with Julie to make scented bath bombs, soaps and bath salts. Children 2-8 years old can be dropped off upstairs with Adriana to make gingerbread houses and snow globes. We'll make the holidays a whole lot brighter just a few weeks before the holiday season commences!

Parents' Night Out (3-10 years)

Friday, December 16, January 27 and

February 24 | 6:15-9:15

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!

Starlight, Starbright (6-18 months)

Wednesday, February 22 | 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...

Ties & Tutus Tea Party (2-8 years)

Sunday, February 12 | 11:00-1:00

Come spend lunchtime at the Firehouse for our first tea party! We'll sip on iced tea (and hot tea for grown-ups), munch on sandwiches and decorate crafts with other party-goers. Ties and tutus will be provided for little ones to make the event even more memorable.

Tween & Teen Paint Party (11-14 years)

February 10 | 7:00-9:00

Tweens and teens 11-14 years old are invited to join us back in the neighborhood from 7:00 to 9:00 pm. Join us this month as we gather in the Main Assembly Room at the Firehouse to create some beautiful creations for our own painting party. Grab your friends, have some seltzer and get ready to create!

REGISTRATION

Opens **Oct 18** for members
Oct 20 for non-members

PROGRAMS START

the week of **November 28**



127 Mount Vernon St.
Boston, MA 02108

(617) 227-5838

hillhouseboston.org

PROGRAM DESCRIPTIONS

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WINTER 2016/2017
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FEBRUARY VACATION PROGRAMS

NEW February Fun Sports (5-7 years)

February 21 and February 23 | 1:15-3:15

No school? No problem – keep your athlete entertained during school vacation week at one of our age-appropriate pick-up games. These afternoon sessions will be mix of sports that will depend on the group's interest between the options of basketball, soccer and floor hockey. There will be plenty of playing time with the objective of keeping the children active while they're taking a break from school.

NEW Wearable Art Workshop (5-7 years)

February 22 | 1:00-2:00

Wintry weather coats and sweaters should not stop your fashion-forward child from expressing themselves--create something brand-new to wear while you're on a break from school! This workshop will guide participants through making items like jewelry, T-shirts and scarves while they're taking a break from school in February.

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.

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. Please note: this is a drop-off class. All participants must be potty-trained.

Mandarin Ark (3-5 years)

Thursdays | 3:45-4:45

Kids will experience Mandarin language skills and Chinese culture through Mandarin immersion-based activities including stories, Chinese dance, arts and crafts, calligraphy, poetry and folk music. More advanced students will be challenged to enhance their language skills through a more intensive level of interaction with their teachers and other students. Our lessons incorporate the Massachusetts Foreign Language Frameworks and the U.S. National Foreign Language Standards.

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.

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.

HOCKEY

NEW Intro to Floor Hockey (5-7 years)

Fridays | 3:15

This afternoon program introduces the fundamentals of the game through fun, fast-paced activities. Children will have a chance to learn the basic skills of hockey such as shooting, stick-handling and defending. As they grow more comfortable, casual scrimmages will be included so they can learn the different rules and process within a game.

NEW Floor Hockey Pick-Up Games (8-12 years)

Fridays | 4:00-5:00

What better way to end a long week of school than playing floor hockey with a bunch of your friends? In this casual, pick-up style program, participants will walk into a made-over

Firehouse where we set up matted boards to make our very own indoor "rink" that will feel like an actual arena. They will burn off plenty of energy trying to win their bragging rights game that will be all about fun and starting their weekend off right.

Ice Hockey (5-12 years)

Mondays | 5:00-6:00

We are excited to continue our partnership with Joe Zizza and Power Edge Hockey, who are the leaders in ice hockey coaching. Their focus is to teach the fundamentals of hockey by placing a strong emphasis on improving skating skills. Power Edge provides players an opportunity to develop their skills, play in games and competitions while instilling discipline, teamwork and sportsmanship. Our players respect the game, work hard and play the game the right way.

KARATE

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.

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Intermediate 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.

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.

MULTI-SPORTS

Multi-Sports (3-5 years)

Wednesdays | 2:15

This clinic will strengthen basic athletic skills and will introduce kids to soccer, baseball, floor hockey, basketball and more. Participants will build their confidence in a fun and non-competitive environment to grow their basic motor skills and learn to love sports.

MUSIC

Family Music Jam (6 months-4 years)

Sundays | 6:15

Family Music Jam 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 energetic class. Parents and children will enjoy learning about musical concepts in an age-appropriate way, and can count on great playlists and resources to enjoy at home as well. Each grownup can joyfully model the activity being offered, and sing, dance and play along with their child. Children will process and learn in a variety of ways depending on age and development, and all expressions of participation are welcome without "performance" pressure of any kind.

Family Music Time (6 months-3 years)

Thursdays | 9:15 and 10:15

This is 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 | 10:15, 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.

Private Music Lessons (6-12 years)

Spaces may be available | Call (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.

PLAYGROUP

Member-Only 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 have access to this drop-in playgroup, where they can listen to music and meet other friends from the community while playing with some of our favorite toys. Come enjoy all the great play equipment we have on-site. We hope to see you there!

New Parents & Babies Playgroup (4-10mos)

Wednesdays | 11:30-12:30

New parents and their babies find a space where they can play and chat about their child's development at the Firehouse! Toys, music and bubbles will be provided to keep your infant entertained while you get to know other new families from the area.

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!

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SOCCER

Big Kick Soccer (5-6 years)

Saturdays | 10:00

For the developing young soccer player progressing from Half Kick Soccer. Through fun games, players will become comfortable with the ball at their feet while enjoying the sport. By the end of the program, children will learn the basics of passing, dribbling and shooting so they can get ready for soccer in future seasons. We will introduce players to scrimmaging and playing as a small team, but most of the program will have drills where every player has a ball at feet!

Half Kick Soccer (3-5 years)

Mondays | 1:30 and 2:15

Thursdays | 3:00

Saturdays | 9:15 – for 3-4 year olds

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 Winter Soccer Clinic

Thursdays | 5:30-6:45

If your child is a part of our fall 2016 – spring 2017 Hill House United travel soccer team, we have a fantastic additional (and optional) opportunity for you! Keep hard-earned skills and conditioning in top form by gathering with your fellow travel soccer players for a weekly practice and scrimmage through the long, cold winter

months. Imagine hitting the turf this spring even faster, stronger and smarter than you left it in the fall! Abbey Villa Soccer Club will provide their expert coaches for this program.

Indoor Soccer (6-12 years)

Mondays | 5:30-6:45

Indoor Soccer develops excellent foot skills and ball control while playing in a fast and fun environment. Our program will cultivate all aspects of a player's game by focusing on skills and drills as well as scrimmages, where we'll put newly learned skills into play. Players will scrimmage each week with different players in their age and ability specific group. Abbey Villa Soccer Club will provide their expert coaches for this program.

STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATH)

Empow 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.

Empow 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 Members-Only Lego Club (5-10 years)

Wednesdays | 5:15-6:15

Begins January 4

Is your Lego enthusiast looking for a space to put their building skills to the test? Members in the community are now able to come to the Firehouse for a drop-in program that will allow your "master builder" to work side-by-side to bring their creations to life. These sessions will mix weeks of free building with weeks of challenges meant to keep their creative minds sharp.

Science Experiment Explorers (3-5 years)

Mondays | 3:15

Your curious scientist will be exposed to all sorts of experiments in this class! Learn how clouds are formed and watch a rainstorm in

a bottle, see what happens when vinegar and baking soda combine, discuss density as we see which objects sink or float and delight as colors dance as they pass through a prism. Look forward to getting your hands messy as we explore all that science has to offer! Please note: this is a drop-off class. All participants must be potty-trained.

Squeaky Clean Soap-Making Lab (5-7 years)

Thursdays | 4:30

5 week workshop beginning January 18

This five week 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 | 3:30

Join us under the bubble on the tennis courts this winter and stay active through the cold months! 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.

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THEATRE

Musical Theatre & Arts (6-9 years)

Wednesdays | 4:00-5:30

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 | 9:15 and 10:15

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.

Jumpin' Tots (10-18 months)

Tuesdays | 11:15

Is your little one already on the move? Introduce them to our gym programs with this class geared toward new movers and balance-improvers. Navigate some of our low-lying gym equipment to instill confidence in their movement as they make their way up our wedge shapes and continue working on their balance as they wind their way through the different obstacles set up to improve their coordination—all while using the safety of the mats to catch them in an uncertain moment. Play games to encourage stretching, scramble under the parachute and sing songs with your instructor while winding the way through our age-appropriate obstacle courses!

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.

Find Vamos a Saltar, our Spanish vocab-building tumbling class, under Foreign Language.

YOGA

Family Yoga (5-7 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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*All programs are subject to change.
Interested in a class or class time that we don't offer?
Please share your thoughts and ideas!*



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WINTER 2015-2016

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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.

QUESTIONS?

Lauren Hoops-Schmieg, *Executive Director*
lschmieg@hillhouseboston.org —x18

Rachel Czubryt, *Program Manager*
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Sam Renshaw, *Athletics Manager*
srenshaw@hillhouseboston.org —x11

Marshall Caldera, *Athletics Coordinator*
mcaldera@hillhouseboston.org —x13

Patty Kennedy, *Finance Manager*
pkennedy@hillhouseboston.org —x12

General Program Inquiries

Contact our front desk (617) 227-5838 -x10

MEMBERSHIP —\$150/YEAR

Did you know that if your family registers for 3 programs each year, a Hill House Membership pays for itself? Hill House Members are invited to spend Snow Days at the Firehouse, can register early for programs at a reduced rate and are able to participate in free art and playgroup classes.

Contact our front desk.
(617) 227-5838 -x10

VISIT hillhouseboston.org

Save the Date for Summer!

Hill House Summer Day Camp and
Kiddie Kamp registration opens

January 17 for last year's campers and
January 19 to the community!

THIS SEASON AT-A-GLANCE

October 18:

Winter registration for members.

October 20:

Winter registration for non-members.

November 28:

First day of winter programming.

December 3 & 4:

Hill House's Tree & Wreath Sale.

December 8:

Photos with Santa.

December 10:

Holidaze Workshop.

December 16:

Parents' Night Out.

December 19-January 1:

Hill House closed.

January 2:

Winter programs resume.

January 7:

Flower Hour Workshop.

January 14-16:

Hill House closed.

January 17:

Camp registration opens for returning families.

January 19:

Camp registration opens to all.

January 22:

Dads & Donuts.

January 27:

Parents' Night Out.

February 7:

Spring registration opens for members.

February 9:

Spring registration opens for non-members.
Kids' Valentine's Day Party.

February 10:

Tween & Teen Paint Party.

February 12:

Ties & Tutus Tea Party.

February 18-20:

Hill House closed.

February 21:

February Fun Sports I.

February 22:

Wearable Art Vacation Week Workshop.

February 23:

February Fun Sports II.

February 24:

Parents' Night Out.

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