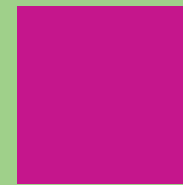


SPRING 2017

ATHLETIC AND PROGRAM GUIDE



REGISTRATION OPENS:

February 7 for members

February 9 for non-members

INDOOR PROGRAMS START:

Week of March 13



127 Mount Vernon St.
Boston, MA 02108

(617) 227-5838

www.hillhouseboston.org

MONDAY

SPRING
2017

MAIN ASSEMBLY	ART ROOM/ KITCHEN	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	Art for the Toddler Heart 19mos-3yrs 10:15-11:00 Scribble & Squish 12-24 mos 11:15-12:00 <i>Art Room</i>	Music Together 0-5yrs 9:15-10:00 10:15-11:00		
Open Playgroup 6mos-4yrs 11:30-12:15 12:15-1:00 <i>Drop-in program</i>	Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members ONLY.</i> <i>Art Room</i>			Half Kick Soccer 3-5yrs 1:30-2:15 2:15-3:00 <i>First 3 weeks indoors at the Firehouse</i>
Kiddie Karate 3-4yrs 3:30-4:15 Beginner Karate 5-6yrs 4:30-5:15 Beginner Fencing 5-12yrs 5:30-6:15 Intermediate/Advanced Fencing 7-12 years 6:30-7:15	Science Experiment Explorers 3-5yrs 3:30-4:15 <i>Art Room</i> Scribble & Squish 12-24 mos 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 Stay Sharp Basketball 6-8yrs 5:00-6:00	United Skills Clinic 4:30-5:30 <i>Must be a current United player.</i> <i>Begins April 10</i> Girls Running Club 7-12yrs 5:30-6:30 <i>8 week program, begins April 3</i> Majors Games 10-12yrs 5:30-7:00 <i>Begins April 3</i>



PRIVATE GUITAR LESSONS 6-12YRS

Choose between a 30 or 45 minute session between 6:00 and 8:00 pm for your lessons.

Call Tori at (617) 227 5838 ext. 10
to coordinate with our instructors!

PRIVATE COACHING CLINICS 7-12YRS

Benefit from individual attention from Hill House's top coaches. Clinics last 45 minutes and options are soccer, baseball and basketball. Choose from 1, 3, 5 or 7 week packages.

Email Sam Renshaw at
srenshaw@hillhouseboston.org.

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TUESDAY

SPRING
2017

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	YELLOW ROOM	74 JOY	BOSTON COMMON	TERSF
Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	Hands-On Art & Self Expression 19mos-3yrs 9:15-10:00 Toddler ArtVenture 19mos-3yrs 10:15-11:00 Paint by Letter 2-3yrs 11:15-12:00	Little Groove Music 3 mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00				
Beginner Karate 5-6yrs 3:30-4:15	NEW! Shoe Decoupage Workshop 6-9yrs 1:00-2:00 <i>March 14 and March 21</i> Art Travelers 4-5yrs 3:30-4:15	Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program.</i>		NEW! Active April Athletics 5-7yrs 1:15-3:15 <i>April 18</i> Tiny Tappers 3-4yrs 3:30-4:15	Born to Play Baseball 3-4.5yrs 1:30-2:15 <i>First 3 weeks indoors at the Firehouse</i>	
Intermediate/Advanced Karate 7-12yrs 4:30-5:15	Families Create Together 18mos-3yrs 4:30-5:15	Family Yoga 5-7yrs 4:30-5:15	Mind Your Manners 6-9yrs 4:30-5:15 <i>Begins March 21</i>	NEW! Tap & Tumbling 3yrs 3:30-4:15 NEW! Terrific Tappers 4-5 yrs 4:30-5:15	NEW! Tennis Club 6-9 & 10-12yrs 4:30-5:30 <i>Begins April 4</i> Girls Running Club 7-12yrs 5:30-6:30 <i>8 week program, begins April 4</i> Majors Practice 10-12yrs 5:30-7:00 <i>This practice day begins April 11</i>	Born to Play Baseball 3yrs only 4:15-5:00 <i>Begins April 11</i> T-Ball Practice 4-5yrs 5:00-5:50 <i>Games on Saturday mornings</i> <i>Begins April 11</i>
PRIVATE GUITAR LESSONS 6-12YRS Choose between a 30 or 45 minute session between 2:00-4:00 and 5:00-8:00 pm for your lessons. Call Tori at (617) 227 5838 ext. 10 to coordinate with our instructors!		PRIVATE COACHING CLINICS 7-12YRS Benefit from individual attention from Hill House's top coaches. Clinics last 45 minutes and options are soccer, baseball and basketball. Choose from 1, 3, 5 or 7 week packages. Email Sam Renshaw at srenshaw@hillhouseboston.org.				

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WEDNESDAY

SPRING
2017

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON	TERSF
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' Playgroup 4-10mos 11:30-12:30 <i>Begins March 22</i>			
Musical Theatre & Arts Combo 6-9yrs Musical Theatre: 4:00-4:45 Art: 4:45-5:30	NEW! Print-Making Workshop 5-7yrs 1:00-2:00 <i>April 19</i> Art of Cooking 3-5yrs 3:30-4:30	Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program</i>	Bitty Basketball 3-5yrs 3:30-4:15 Storybook Ballet 4-6yrs 4:15-5:00	Born to Play Baseball 3-4.5yrs 1:30-2:15 <i>First 3 weeks indoors at the Firehouse</i>	Girls Field Hockey 4:30-5:30 - 6-8yrs 5:30-6:30 - 9-12yrs <i>Practice begins April 12</i> Adv. Born to Play Baseball 5-7yrs 4:30-5:15 <i>Begins April 12</i>
		Starlight, Starbright 6-18mos 6:15-7:00 <i>Now a 10 week class!</i> Members-Only Lego Club 5-10yrs 5:00-6:00	NEW! Intro to Tap 5-8yrs 5:00-5:30 NEW! Intro to Jazz 5-8yrs 5:30-6:00 <i>Take both at a discounted price!</i>	Majors Practice 10-12yrs 5:30-7:00 <i>This practice day begins April 12</i>	AAA Baseball 8-9yrs 5:15-6:15 <i>Evaluation Clinic April 5 on Boston Common</i> <i>Practice begins April 12</i>



PRIVATE GUITAR LESSONS 6-12YRS

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PRIVATE COACHING CLINICS 7-12YRS

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THURSDAY

SPRING
2017

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	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	Members-Only Playgroup 6 mos-4yrs 12:30 to 2:30 <i>Drop-in program.</i>					
	Art of Cooking 3-5yrs 1:00-2:00 NEW! Cozy Crafts 6-8yrs 4:30-5:15 <i>5 week program, starts March 16</i>	Mandarin Ark 3-5yrs 3:45-4:45	Cocinar con Amigos 4-6yrs 4:00-5:00	NEW! Active April Athletics 5-7yrs 1:15-3:15 <i>Begins April 20</i> NEW! Steps & Stories 3yrs 3:30-4:15 Storybook Ballet 4-6yrs 4:30-5:15	Tiny Tennis 4-5yrs 3:30-4:15	Half Kick Soccer 3-5yrs 3:00-3:45 <i>First 3 weeks indoors at the Firehouse</i>	Intro to Flag Football 5-6yrs 4:30-5:15 <i>Begins April 13</i>
	Time to Clay 6-8yrs 4:30-5:15 <i>5 week program, starts April 27</i>					Majors Games 10-12yrs 5:30-7:00 <i>Practice begins April 6</i>	Girls Softball, 6-12 yrs 5:15-6:15 <i>Practice begins April 13</i> <i>Games on Sat mornings</i> Half Kick Soccer 3-4.5yrs 5:15-6:00 <i>Begins April 13</i> U6 Soccer Clinic 4.5-5yrs 5:15-6:15 <i>Begins April 13</i>
PRIVATE GUITAR LESSONS 6-12YRS Choose between a 30 or 45 minute session between 2:00-4:00 and 5:00-8:00 pm for your lessons. Call Tori at (617) 227 5838 ext. 10 to coordinate with our instructors!				PRIVATE COACHING CLINICS 7-12YRS Benefit from individual attention from Hill House's top coaches. Clinics last 45 minutes and options are soccer, baseball and basketball. Choose from 1, 3, 5 or 7 week packages. Email Sam Renshaw at srenshaw@hillhouseboston.org.			

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FRIDAY

SPRING
2017

MAIN ASSEMBLY ROOM	CLASSROOM	ART ROOM	FAMILY FUN	TERSF	BOSTON COMMON
Total Body Strength 50yrs+ 8:00-9:00 Tumble Time 2-4yrs 9:30-10:15 10:30-11:15	Little Groove Music 3mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00	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			
		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 <i>Begins April 14</i> AA Baseball 6-7yrs 4:30-5:30 <i>Begins April 14</i>	Born to Play Baseball 3-5yrs 1:30-2:15 <i>First 3 weeks indoors at the Firehouse</i>
PRIVATE GUITAR LESSONS 6-12YRS Choose between a 30 or 45 minute session between 2:00-4:00 and 5:00-8:00 pm for your lessons. Call Tori at (617) 227 5838 ext. 10 to coordinate with our instructors!			Parents' Night Out 3-10yrs 6:15-9:15 <i>March 31, April 21, May 19 at the Firehouse</i> Tween & Teen Dance 11-14yrs 7:30-9:30 <i>June 2 at Joy Street</i>	United Soccer Practice 5:30-7:00 <i>Starts on TERSF on April 14</i> 2016-17 United Soccer Try Outs 5:30-7:00 <i>May 19, rain date TBA</i>	Intro to Flag Football 5-6yrs 4:15-5:00 <i>Begins April 7</i> Flag Football 7-12yrs 5:15-6:30 <i>Begins April 7</i>
PRIVATE COACHING CLINICS 7-12YRS Benefit from individual attention from Hill House's top coaches. Clinics last 45 minutes and options are soccer, baseball and basketball. Choose from 1, 3, 5 or 7 week packages. Email Sam Renshaw at srenshaw@hillhouseboston.org.					



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WEEKEND

SATURDAY

TERSF	FIREHOUSE
Half Kick Soccer 3-4yrs 9:30-10:15 10:30-11:15 11:30-12:15 <i>First 3 weeks indoors at Joy Street</i> Girls Softball Games 6-12yrs 8:30-9:30 <i>Beginning on April 15, practices on Thursdays</i> AAA Baseball Games 8-9yrs 9:30-11:00 <i>Beginning on April 15, practices on Wednesdays</i> T-Ball Games 4-5yrs 11:00-11:50 <i>Beginning on April 15, practices on Tuesdays</i> AA Baseball Games 6-7yrs 12:00-1:00 <i>Beginning on April 15, practices on Fridays</i> Hill House United Soccer Games <i>Please check www.bays.org to view game schedules.</i>	Hill House's Fourth Annual Art Show <i>Projects from all spring art classes on display</i> 10:00-2:00 May 13 NEW! Create a Critter 6-9yrs 1:00-2:00 March 4 Private Music Lessons Recital 2:00-3:00 May 20

SUNDAY

FIREHOUSE	TERSF
Dads & Donuts 9:00-11:00 May 7 Ties & Tutus Tea Party 11:00-1:00 April 30	Rookie Rugby 7-12yrs 1:00-2:00 <i>Begins April 23</i> Sunday Soccer 6-12yrs 2:00-3:30 <i>Begins April 23</i> Flag Football 7-12yrs 4:00-5:00 <i>Begins April 23</i> 2016-17 United Soccer Try-Outs 12:30-2:30 May 21, 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, 2017. Schedule and programs are subject to change.

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.

NEW! Cozy Crafts (6-9 years)

Thursdays | 4:30

5 week workshop beginning March 16

This five week workshop will focus on how to make all sorts of crafts! The class will use yarn to practice sewing patterns into plates, weaving jewelry as well as work with felt to create monstrously cute creatures. Participants will take home all crafts at the end of the five week session.

NEW! Create a Critter (6-9 years)

Saturday, March 4 | 1:00-2:00

This weekend workshop will give your curious creator the skills needed to make their own critter! Starting with a basic form, kids will get to choose the kind of creature they'll be creating, fill it with stuffing, sew it closed and decorate the outside to show off the personality of the felt animal they've made all on their own. Critters will be taken home at the end of this hour-long workshop!

Families Create Together (18 months-3 years)

Tuesdays | 4:30

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.

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 | 11:15

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 recognize how to form those letters. We'll use Dr. Seuss' The Lorax to learn the angles

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2017

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.

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 Mondays | 4:30

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!

Time to Clay (6-9 years)

Thursdays | 4:30

5 week workshop beginning April 27

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

AA Baseball (6-7 years)

Practices begin April 14 | Fridays 4:30-5:30

Games begin April 15 | Saturdays 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 the basics of formal game-play, with rules being introduced gradually throughout the season. 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.

AAA Baseball (8-9 years)

Practices begin April 12 | Wednesdays 5:15-6:15

Games begin April 15 | Saturdays 9:30-11:00

Evaluation Clinic April 5

In this player-pitched league, participants learn more specialized and advanced positional skills while playing in a formalized, official league and building on the fundamentals and techniques they learned in AA. 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.

Advanced Born to Play Baseball (5-7 years)

Wednesdays | 4:30

Begins April 12

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 (3-4 years)

Tuesday | 1:30

Tuesdays beginning April 11 | 4:15, 3 year olds only

Wednesdays | 1:30

Fridays | 1:30—beginning April 14 | 3:30

Introduce your child to America's favorite pastime through this beloved Hill House program. 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.

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T-Ball (4-5 years)

Practices begin April 11 | Tuesdays 5:00-5:50

Games begin April 15 | Saturdays 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.

Majors Baseball (10-12 years)

Practices | Tuesdays or Wednesdays 5:30-7:00

Games | Mondays and Thursdays 5:30-7:00

Evaluation clinics April 3 & April 6

Regular schedule begins April 10

After years of learning fundamentals and honing their skills, players will be in an ideal position to succeed in this Little League accredited program based on the inimitable Boston Common baseball field. The emphasis is on challenging yourself and having fun competing against friends for the Hill House league championship while also playing teams from surrounding neighborhoods. Teams will have one practice and two games each week. Top coaching and increased playing time will ensure maximum development.

Find Girls Softball under Softball.

BASKETBALL

Bitty Basketball (3-5 years)

Mondays | 3:30 and 4:15

Wednesdays | 3:15

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 | 5:00-6:00

If you count the days from the end of Hill House's basketball season, this is a class 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)

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.

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

DANCE

NEW! Intro to Jazz (5-8 years)

Wednesdays | 5:30-6:00

Jazz dance is an amazing and high-energy art form full of fun! Students will learn the core dance steps and technique that make up the foundation of jazz, such as leaps, chasses, kicks, pivot turns, jazz squares and ball changes, while also learning to incorporate various rhythms, right and left variation, vocabulary, body coordination, spatial awareness, movement dynamics and creative expression. Students will learn to dance with tons of energy and will enjoy upbeat and age-appropriate music!

NEW! Intro to Tap (5-8 years)

Wednesdays | 5:00-5:30

Come make yourself heard with tap dance! Students will learn the basics of this truly American art form. They will be introduced to the essential building block steps of tap as well as rhythm, movement patterns, right and left variation, sound quality, vocabulary and body awareness. Tap dance is a fun way to blend movement and coordination with rhythm and musicality, and it is great exercise for both body and mind!

NEW! Steps & Stories (3 years)

Thursdays | 3:30

Build your dancer's coordination, imagination and knowledge of ballet with this sweet new ballet class for three year olds! Stories and games will be used to help bitty ballerinas learn some ballet basics and encourage socialization at this young age. Please note: this is a drop-off class. All participants must be potty-trained.

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.

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NEW! Tap & Tumbling (3 years)

Tuesdays | 3:30

This class introduces our youngest dancers to the tap and tumbling world while having fun in a relaxed atmosphere. This 45 minute drop-off class for your tiny three year old dancer will be split into tap first and tumbling following just behind, with a much-needed five minute shoe-changing break in the middle. Tappers will learn to recognize rhythm and explore how to find their inner beat with the aid of imaginative games and songs and tumblers will use the mats to roll, skip and jump. Please note: this is a drop-off class. All participants must be potty trained.



NEW! Terrific Tappers (4-6 years)

Tuesdays | 4:30

Terrific Tappers will get your child moving as they learn new steps. Students will learn tap technique, progressions, turns and tap combinations as they groove along to age-appropriate music to encourage their creativity and rhythm.

ETIQUETTE

Mind your Manners: Beyond Please & Thank You (6-9 years)

Tuesdays | 4:30

Starts March 21

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.

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/Advanced 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 boutting: 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 (1-5 years)

Sunday, May 7 | 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!

Hill House's 4th Annual Art Show

Saturday, May 13 | 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 spring. Meet us at the Firehouse to see the many different ways we create using materials from the Firehouse.

Parents' Night Out (3-10 years)

Friday, March 31, April 21 and May 19 | 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!

Registration: Opens February 7 for members
February 9 for non-members

Indoor Programs Start: The week of March 13



127 Mount Vernon St.
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(617) 227-5838
hillhouseboston.org

PROGRAM DESCRIPTIONS

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SPRING
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Ties & Tutus Tea Party (2-8 years)

Sunday, April 30 | 11:00-1:00

Come spend lunchtime at the Firehouse for our lovable 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 Dance (11-14 years)

June 2 | 7:30-9:30

Tweens and teens 11-14 years old are invited to our neighborhood dance party! Join us as we gather over at 74 Joy Street for our end-of-school dance! We'll have a real DJ playing popular songs (and taking requests) while you and your friends dance the night away. Pizza and beverages will be provided. All participants will need to have a walking waiver signed by their guardian so Hill House knows if your child will be picked up or can walk home on their own at the end of the night.

FIELD HOCKEY

Girls Field Hockey (6-8 and 9-12 years)

Wednesdays beginning April 12, 6-8 years | 4:30-5:30

Wednesdays beginning April 12, 9-12 years | 5:30-6:30

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.

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)

Sundays beginning April 23 | 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.



Intro to Flag Football (5-6 years)

Thursdays beginning April 13 | 4:30-5:15

Fridays beginning April 7 | 4:15 - 5:00

The perfect introduction to Flag Football and a child's first taste of playing the game in a fun and safe environment. Run through plays while learning the basics of the game with the Hill House coaches. Time will be split between learning a new skill each week and implementing that in a game at the end.

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.

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.

Registration: Opens **February 7** for members
February 9 for non-members

Indoor Programs Start: The week of **March 13**



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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.

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.



MUSIC

Little Groove Music (3 months-4 years)

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

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

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 how fun your role can be? Our Music Together classes build on your Music Together own musical ability? Experience Music Together and discover the importance of 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.

Private Music Lessons Recital

Saturday, May 20 | 2:00

Come watch and cheer on our private music lesson students as they show off their guitar, piano and violin skills that they've been learning throughout the fall, winter and spring! All students will have the opportunity to play, and instructors may perform, as well.

Starlight, Starbright (6-18 months)

Wednesdays | 6:15 - Now a 10 week class!

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.

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

begins March 22

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!

Registration: Opens February 7 for members
February 9 for non-members

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PRIVATE COACHING

Private Coaching Clinics (7-12 years)

Spaces may be available | Call (617) 227-5838 ext. 11 to inquire about availability

Develop your child's confidence and athletic ability through tailored individual practices. Hill House's lead coaches will create and deliver a personalized practice to help progress the player's skill to the next level. Choose from basketball, soccer, football or baseball and create a package to build skills each week.

RUGBY

Rookie Rugby (7-12 years)

Sundays beginning April 23 | 1:00-2:00

Rookie Rugby is the non-contact version of rugby for children. Students become well versed in the basics of the game, overall concepts, teamwork, leadership and other skills that will make them successful both on and off the field. The Rookie Rugby curriculum is designed to take even the most novice of athletes and help them be a rugby star, all while staying active and healthy.

RUNNING

Girls Running Club (7-12 years)

Mondays, begins April 3 | 5:30-6:30

Tuesdays, begins April 4 | 5:30-6:30

This program for girls will meet on the Boston Common. New and experienced distance runners will be coached toward success and the season will culminate with the opportunity to compete in a local 5K.

SCHOOL VACATION PROGRAMS

NEW! Active April Athletics (5-7 years)

April 18 & 20 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 a 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! Print Making Workshop (5-7 years)

April 19 | 1:00-2:00

This workshop is designed to help your child make an impression on the art world! Working in different stations, kids will learn about using various materials you might find at home to make their own prints. Various projects may include making monoprints, designing patterns that can transfer onto paper with block printing and making patterns with different materials as we try our hands at texture printing.

NEW! Shoe Decoupage Workshop (5-7 years)

March 14 and March 21 | 1:00-2:00

That pair of shoes in your child's closet could use a facelift during your break from school, we're here to guide you through that process! We'll be using decoupage techniques to bring them new life. Clippings from popular magazines will be purposefully placed to

make beautiful designs and create a beautiful new piece of fashion your child can wear! Please note: most shoes are welcome for this workshop, but sneakers are not recommended.

SOCCER

Half Kick Soccer (3-5 years)

Mondays | 1:30 and 2:15

Thursdays | 3:00

Thursdays for 3-4.5yrs | 5:15

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

Begins April 13

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 (continuation of fall season)

Begins April 10

Monday Skills Clinics | 4:30-5:30

Fridays | 5:30-7:00

Weekend games | Visit bays.org

Begins on TERSF April 14

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.

Tryouts for the 2017-2018 season will be held on May 19 for returning players during practice and May 21 from 12:30 to 2:30 for all players interested in playing for the team next season.

Sunday Soccer (6-12 years)

Sundays beginning April 23 | 2:00-3:30

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

Begins April 13

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 player's 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.

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SOFTBALL

Girls Softball (6-12 years)

Practices begin April 13 | Thursdays 5:15-6:15

Games begin April 15 | 8:30-9:30

Girls will have a chance to be part of a team, have practices and be part of a league this spring. All levels are welcome as players will be split by age and ability. Experienced, enthusiastic coaches will teach the basics of hitting, fielding and positional play as well as regular scrimmaging. With a practice each week and a game on Saturday mornings, players are sure to see huge growth throughout the season while having fun and making new friends. Each player will receive a jersey and a hat.

STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATH)

Members-Only Lego Club (5-10 years)

Wednesdays | 5:00-6:00

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 | 3:30

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.

TENNIS

NEW! Tennis Club (6-9 and 10-12 years)

Tuesdays beginning April 4 | 4:30-5:30

Grab your racquet and head to the Boston Common tennis courts to build your tennis skills. Open to beginner and strong players alike as the individual attention from the tennis instructor will challenge players at their own level. Places will be limited for this new class which will develop each player's "love" for tennis.

Tiny Tennis (4-5 years)

Thursdays | 3:30

Change for spring? 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

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.

Tumble Time (2-4 years)

Fridays | 9:30 and 10:30

If you loved Jumping Jacks Gym but are ready for more, have we have 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 | 4:30

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.

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

Registration: Opens February 7 for members
February 9 for non-members

Indoor Programs Start: The week of March 13



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SPRING 2017

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.

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 vfrappolli@hillhouseboston.org

VISIT www.hillhouseboston.org

Questions?

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Patty Kennedy, *Finance Manager*
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Rachel Czubryt, *Program Manager*
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General program inquiries

Tori Frappolli, *Program Associate*
vfrappolli@hillhouseboston.org x10

Registration Opens

February 7 for members, 10am

February 9 for non-members, 10am

Programs Start

Indoors on **March 13**

On the Boston Common on **April 3**

At TERSF on **April 11**



This Season At-a-Glance

March 4

Create-a-Critter.

March 14 & 21

Shoe Decoupage Workshop.

March 31

Parents' Night Out.

April 3

Weather permitting, outdoor athletics begin on the Boston Common.

April 3 & 6

Majors Baseball Evaluation Clinics.

April 5

AAA Evaluation Clinic.

April 11

Weather permitting, outdoor athletics begin on TERSF.

April 18 & 20

Active April Athletics

April 19

Print-Making Workshop.

April 21

Parents' Night Out.

April 27

Time to Clay begins.

April 30

Ties & Tutus Tea Party.

May 7

Dads & Donuts.

May 13

Hill House's Fourth Annual Art Show.

May 16

Annual Meeting.

May 19

Parents' Night Out.

May 20

Private Music Lessons recital.

May 21

Hill House United Tryouts.

May 30

Fall registration opens for members.

June 1

Fall registration opens for non-members.

June 2

Tween & Teen Dance at Joy Street.