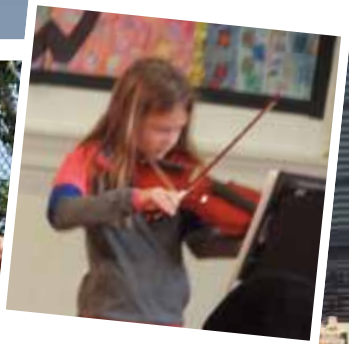


SPRING ATHLETIC & PROGRAM GUIDE 2018



More than 90 programs offered this spring in athletics, enrichment and more.

REGISTRATION OPENS
February 6 for members
February 8 for non-members

PROGRAMS START
Week of March 12



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

MONDAY

SPRING
2018

MAIN ASSEMBLY	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON
<p>Total Body Strength 50yrs+ 8:00-9:00</p> <p>Vamos a Saltar! 1-4yrs 9:30-10:15 10:30-11:15</p>	<p>Paint & Play 19mos-3yrs 10:15-11:00</p> <p>Scribble & Squish 12-24 mos 11:15-12:00</p>	<p>Music Together 0-5yrs 9:15-10:00 10:15-11:00</p>		
<p>Open Playgroup 6mos-4yrs 11:30-12:15 12:15-1:00 <i>Drop-in program</i></p> <p>Kiddie Karate 3-4yrs 3:30-4:15</p>	<p>Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members ONLY.</i></p> <p>Science Experiment Explorers 3-5yrs 3:15-4:00</p>		<p>Bitty Basketball 3-5yrs 3:30-4:15</p> <p>Bitty Basketball 4-6yrs 4:15-5:00</p>	<p>Half Kick Soccer 3-5yrs 1:30-2:15 2:15-3:00 <i>First 3 weeks indoors at the Firehouse</i></p> <p>United Skills Clinic 4:15-5:15 <i>Must be a current United player.</i> <i>Begins April 9</i></p> <p>NEW United Soccer Academy 4:15-5:15 <i>Grade 2 Only</i> <i>Begins April 9</i></p>
<p>Beginner Karate 5-6yrs 4:30-5:15</p> <p>Beginner Fencing 5-12yrs 5:30-6:15</p> <p>Intermediate/Advanced Fencing 7-12 years 6:30-7:15</p>		<p>Chess I & II 6-12yrs 4:45-5:45</p>	<p>Stay Sharp Basketball 6-8yrs 5:00-6:00</p>	<p>Majors Baseball 10-12yrs 5:30-7:00 <i>Begins April 2</i></p>



PRIVATE MUSIC LESSONS 6-12YRS

Choose between a 30 or 45 minute session with one of our experienced instructors.

Call Tori at (617) 227 5838 ext. 14 to coordinate!

PRIVATE COACHING CLINICS 7-12YRS

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

Call Marshall at (617) 227 5838 ext. 13 to coordinate!



Registration: Opens **February 6** for members
February 8 for non-members

Indoor Programs Start: The week of **March 12**



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TUESDAY

SPRING
2018

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 Paint and Play 19mos -3 yrs 10:15-11:00	Little Groove Music 3 mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00 12:15-1:00				
Beginner Karate 5-6yrs 3:30-4:15 Intermediate/Advanced Karate 7-12yrs 4:30-5:15	Paint by Letter 2-4yrs 3:30- 4:15 Art Travelers 4-5yrs 4:30 - 5:15	Open Playgroup 6mos-4yrs 1:15-3:15 <i>Drop-in program.</i> Storybook STEM 3-5yrs 3:30-4:30 STEM Investigators 6-9yrs 4:30-5:30	New Parents Group 0-6mos 2:30-3:15	Tap & Tumbling 3-4yrs 3:30-4:15 Musical Theatre Dance 5-7yrs 4:15-5:15	Born to Play Baseball 3-4.5yrs 1:30-2:15 <i>First 3 weeks indoors at the Firehouse</i> Tennis Club 6-12yrs 4:00-5:00 5:00-6:00 <i>Begins April 3</i>	Born to Play Baseball 3yrs only 4:15-5:00 <i>Begins April 10</i>



PRIVATE COACHING CLINICS 7-12YRS

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

Call Marshall at (617) 227 5838 ext. 13 to coordinate!

PRIVATE MUSIC LESSONS 6-12YRS

Choose between a 30 or 45 minute session with one of our experienced instructors.

Call Tori at (617) 227 5838 ext. 14 to coordinate!

Girls Running Club
7-12yrs
 5:30-6:30
8 week program, begins April 3

Majors Baseball
10-12yrs
 5:30-7:00
Begins week of April 2

T-Ball Practice 4-5yrs
 5:00-5:50
*Games on Saturday mornings
 Begins April 10*

Registration: Opens **February 6** for members
February 8 for non-members

Indoor Programs Start: The week of **March 12**



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WEDNESDAY

SPRING
2018

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON	TERSF
Total Body Strength 50yrs+ 8:00-9:00 Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	Paint & Play 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			
	Preschool Picasso 3-5 yrs 1:30 - 2:15	Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program</i>	Bitty Basketball 3-5yrs 3:30-4:15	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>Begins April 11</i>
Musical Theatre & Arts Combo 6-9yrs Musical Theatre: 4:00-4:45 Art: 4:45-5:30		Mind your Manners- Etiquette Class 6-9 yrs 4:30-5:15	Storybook Ballet 4-6yrs 4:15-5:00 Tap & Hip Hop 5-8yrs 5:00-6:00	Majors Baseball 10-12yrs 5:30-7:00 <i>Begins week of April 2</i>	Adv. Born to Play Baseball 5-7yrs 4:30-5:15 <i>Begins April 11</i> AAA Baseball 8-9yrs 5:15-6:15 <i>Evaluation Clinic April 4 on Boston Common</i> <i>Practice begins April 11</i>



PRIVATE MUSIC LESSONS 6-12YRS

Choose between a 30 or 45 minute session with one of our experienced instructors.

Call Tori at (617) 227 5838 ext. 14 to coordinate!

PRIVATE COACHING CLINICS 7-12YRS

Individual attention from Hill House's top coaches. Clinics last 45 minutes and options are soccer, baseball, football and basketball.

Choose from 1, 3, 5 or 7 week packages.

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THURSDAY

SPRING
2018

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	Paint & Play 12mos-3yrs 9:15-10:00 10:15-11:00 Scribble & Squish 12-24mos 11:15-12:00	Move Baby Move Infants 6wks-5mos 9:15-10:00 Crawlers 6mos-12mos 10:15-11:00 Walkers 12mos-18mos 11:15-12:00							
	Art of Cooking 3-5yrs 1:00-2:00 Preschool Picasso 3-5yrs 2:30-3:15	Members Only Playgroup 6 mos-4yrs 12:30-2:30 <i>Drop-in program</i>		Toddler Storybook Ballet 3-4yrs 3:30-4:15	Tiny Tennis 4-5yrs 2:30-3:15 <i>Begins April 12</i>	Half Kick Soccer 3-5yrs 3:00-3:45 <i>First 3 weeks indoors at the Firehouse</i>			
	Clay Creations 6-8yrs 4:45-5:30 Art Club 9-12yrs 5:30-6:15	Hindi at Hill House 5:15-6:00	Cocinar con Amigos 4-6yrs 4:15-5:00 5:15-6:00	Storybook Ballet 4-6yrs 4:30-5:15		Majors Baseball 10-12yrs 5:30-7:00 <i>Begins week of April 2</i>	Half Kick Soccer 3-4.5yrs 5:15-6:00 <i>Begins April 12</i> U6 Soccer Clinic 4.5-5yrs 5:15-6:15 <i>Begins April 12</i>		



PRIVATE MUSIC LESSONS 6-12YRS

Choose between a 30 or 45 minute session between with one of our experienced instructors.

Call **Tori** at (617) 227 5838 ext. 14 to coordinate!

PRIVATE COACHING CLINICS 7-12YRS

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

Call **Marshall** at (617) 227 5838 ext. 13 to coordinate!

Registration: Opens **February 6** for members
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FRIDAY

SPRING 2018

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	FAMILY FUN	TERSF	BOSTON COMMON
Tumble Time 2-4yrs 9:30-10:15 10:30-11:15	Mundo de Colores 12mos-3yrs 9:15-10:00 Paint & Play 19mos-3yrs 10:15-11:00 Scribble & Squish 12-18mos 11:15-12:00 Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members ONLY.</i>	Little Groove Music 3mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00			
				Born to Play Baseball 3-4.5yrs 3:30-4:15 <i>Begins April 13</i>	Born to Play Baseball 3-5yrs 1:30-2:15 <i>First 3 weeks indoors at the Firehouse</i>
			Friday Night Out 3-10yrs 6:15-9:15 <i>March 30, April 20, May 18 at the Firehouse</i>	AA Baseball 6-7yrs 4:30-5:30 <i>Begins April 13</i>	Intro to Flag Football 4-6yrs 4:00-5:00 <i>Begins April 6</i>
			Tween & Teen Event 11-14yrs 7:30-9:30 <i>Date TBC</i>	United Soccer Practice 5:30-7:00 <i>Starts on TERSEF on April 13</i>	Flag Football 7-12yrs 5:15-6:30 <i>Begins April 6</i>
				2018-19 United Soccer Try Outs 5:30-7:00 <i>May 18 (& 20)</i>	



PRIVATE COACHING CLINICS 7-12YRS

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

Email Sam Renshaw at srenshaw@hillhouseboston.org.

PRIVATE PIANO AND VIOLIN LESSONS 6-12YRS

Choose between a 30 or 45 minute session with one of our experienced instructors.

Call Tori at (617) 227 5838 ext. 14 to coordinate!

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WEEKEND

SPRING
2018

SATURDAY

TERSF

Half Kick Soccer 3-5yrs

9:30-10:15
10:30-11:15
11:30-12:15

First 3 weeks indoors at
Joy Street

Girls Softball 6-12yrs

8:30-9:30

Beginning on April 14

AAA Baseball Games 8-9yrs

9:30-11:00

Beginning on April 14,
practices on Wednesdays

T-Ball Games 4-5yrs

11:00-11:50

Beginning on April 14,
practices on Tuesdays

AA Baseball Games 6-7yrs

12:00-1:00

Beginning on April 14,
practices on Fridays

Hill House United Soccer Games

Please check
www.bays.org to view
game schedules.

FIREHOUSE

Hill House's Annual Art Show

Projects from all
spring art classes
on display
May 12

Private Music Lesson Recital

May 19



SUNDAY

THE SUNDAY SERIES

One-off special events
at the firehouse

Meant to Bead 6-12yrs

1:00-2:30
March 4

Spring Crafts 6-12yrs

1:00-2:30
April 8

Kids Social 2-8 yrs

11:00 - 1:00
April 22

Dads & Donuts

9:30 - 11:30
May 6

TERSF

Sunday Soccer 6-12yrs

2:00-3:30

Begins April 15

Flag Football 7-12yrs

4:00-5:00

Begins April 15

2018-19 United Soccer Try-Outs

12:30-2:30

May 20, rain date TBA



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PROGRAM DESCRIPTIONS

SPRING 2018

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NOTE: Participants must meet a program's minimum age requirement by April 1, 2018. Schedule and programs are subject to change.

ART

Art Club (9-12yrs)

Thursday | 5:30

Do you love being creative and having a good time with friends? Art Club is the place to be! Every week will consist of new, hands-on projects engaging the world around us! Come ready to draw, paint and design! Instructor Emily is excited to pass on her expertise to our new Art Club members.

Art Travelers (4-5 years)

Tuesdays | 4:30

The most creative class in town for the youngest artists! Children will work in different mediums learning the basics of art, while completing a finished project each week. 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. Caregivers are strongly recommended to stay with the children and get involved.

Meant to Bead (6-12 years)

Sunday March 4 | 1:00-2:30

Let's create unique, stunning jewelry made by you! In this workshop, we will learn about different types of jewelry and how it's made. Create stylish, one of a kind pieces such as necklaces, bracelets, rings, and earrings using materials such as polymer clay, wire, shrink plastic, and other recycled materials. These creations will be perfect for showing off your creative style or to give as a gift!

Clay Creations (6-8 years)

Thursday | 4:45

This class will encourage your young artist to expand their creativity and explore the world of clay through both practical and decorative art. These projects will encourage each student to bring their creativity to life in 3D! Come ready to design, mold and create!

Spring Crafts (6-12years)

Sunday April 8 | 1:00-2:30

Parents and their little ones are invited to the art room for a workshop full of floral fun. Participants will create their own 3D flowers using water colors and common household items. Make a beautiful canvas to keep your home bright.

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. Art can give Toddlers a sense of color coordination and spatial relationships. In this class, our kiddos will express themselves through the use of different materials and techniques. 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.

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! Explore various art stations and projects with different textures, materials and mediums! This is a great opportunity to meet new kids and families in the community. Under our warm, creative art staff's supervision, you and your child will get a taste of all the Hill House art program has to offer.



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Paint & Play (12months-3years)

Monday | 10:15
Tuesday | 10:15
Wednesday | 9:15 10:15
Thursday | 9:15 10:15
Friday | 10:15

Join us for a hands-on, messy class letting your child create and play through different types of art! They will interact with other children through dramatic and pretend play by using various textures, materials and mediums. Come ready to explore the world of art!

Paint by Letter (2-4 years)

Tuesdays | 3:30

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.

Pre-School Picasso (3-5 years)

Wednesday | 1:30
Thursdays | 2:30

Explore 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. Young artists will develop visual and fine motor skills through sequencing and arranging as well as gaining awareness of colors, shapes, shades, textures. Please note: this is a drop-off class. All participants must be potty-trained.

Scribble & Squish (12-24 months)

Mondays | 11:15
Wednesdays | 11:15
Thursdays | 11:15
Friday | 11:15

Join us for a hands-on, messy class introducing your child to the world of art! Children will experiment with various materials and textures improving social skills, fine motor skills and sensory development. Enjoy themed projects and activities every week including under the sea, transportation and weather! Come ready to scribble, squeeze and squish!

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

BASEBALL

AA Baseball (6-7 years)

Practices begin April 13 | Fridays 4:30-5:30
Games begin April 14 | Saturdays 12:00-1:00

In this coach/machine-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 co-ed team and will receive a shirt and hat.

AAA Baseball (8-9 years)

Practices begin April 11 | Wednesdays 5:15-6:15
Games begin April 14 | Saturdays 9:30-11:00

In this player-pitched league, participants learn more specialized and advanced positional skills while playing in a formalized, official league with the rules and techniques they have learned in AA. Participants practice once during the week and play one game each weekend. All players are assigned to a co-ed team and will receive a shirt and hat.

Advanced Born to Play Baseball (5-7 years)

Wednesdays | 4:30

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 | 4:15
Wednesdays | 1:30
Fridays | 1:30
Fridays beginning April 14 | 3:30

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



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T-Ball (4-5 years)

Practices begin April 10 | Tuesdays 5:00-5:50
Games begin April 14 | 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. All players are assigned to a co-ed team and will receive a shirt and hat.

Majors Baseball (10-12 years)

Monday, Tuesday, Wednesday and Thursdays
5:30-7:00

After their long journey through the minor league levels, players are ready to play on the big diamonds in our Majors league! Run on the historic Boston Common fields in the middle of the city, this program is led by our top Little League instructors and baseball volunteers. Our teams will compete against teams from surrounding neighborhoods and potentially finish with a tournament between our league and the North End (TBD). Players also have the ability to continue playing through the summer with our Mayor's Cup travel team and a potential City Summer League team.

Find Girls Softball under Softball.

BASKETBALL

Bitty Basketball (3-5 years)

Mondays | 3:30
Mondays | 4:15 (4-6yrs)
Wednesdays | 3:30

Learn the fundamentals of basketball with our patient, creative instructors. Participants will learn skills and techniques through simple, fun games and activities. Kids will learn proper dribbling and shooting methods. Not only do they have

more fun than those who don't play, but Bitty Basketballers are also better prepared for our U6 Basketball League when they're the right age.

Stay Sharp Basketball (6-8 years)

Mondays | 5:00-6:00

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

CHESS

Chess I & II (6-12 years)

Mondays | 4:45-5:45

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

COOKING

Art of Cooking (3-5 years)

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

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!

Toddler Storybook Ballet (3-4 years)

Thursdays | 3:30

Storytelling and pre-ballet instruction combine to create fairy tale-inspired classes full of adventure and fun for your toddler. 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.

Storybook Ballet (4-6 years)

Wednesday | 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.

Musical Theater Dance (5-7 years)

Tuesdays | 4:15-5:15

Want to learn the steps and choreography to a smash hit musical? This is the class for your young dancer. Each week will build on moves towards a full performance at the end of the semester. Learn from our instructor and her musical theater background which is bound to have everyone singing and dancing!

Tap & Tumbling (3-4 years)

Tuesdays | 3:30

This class introduces our youngest dancers to the tap & tumbling world while having fun in a relaxed atmosphere. This class for your tiny dancer will start off with tap basics and end with tumble time! Tappers will learn to recognize rhythm and explore their inner beat while tumblers will use the mats to roll, skip and jump. Please note: This is a drop-off class. All participants must be potty-trained.

ETIQUETTE

Mind your Manners

Wednesday | 4:30

This fun and unique class will help strengthen your child's social skills, and heighten their awareness of manners and self-presentation. Furthermore, we will work with them to improve their 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.

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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 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 (1-5 years)

Sunday, May 6 | 9:30-11:30

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 for a child-friendly building workshop in the art room!

Hill House's Annual Art Show

Saturday, May 12 | 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.

Friday Night Out (3-10 years)

Friday, March 30, April 20 and May 18 | 6:15-9:15

Formerly Parents Night Out. Drop your little ones off for a night out at Hill House while you enjoy an evening out (or in!) without your kids. 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. This program is always a hit.

Kids Social (2-8 years)

Sunday, April 22 | 11:00-1:00

We have had Ties & Tutus Tea Parties, Superhero Socials and Party Animals... to find out the theme for this popular one-off spring event please contact Tori at vfrappolli@hillhouseboston.org. Enjoy crafts, games and light refreshments while meeting other families in the neighborhood.

Tween & Teen Event (11-14 years)

Date TBA | 7:30-9:30

After packing out the firehouse for the Halloween party and a trivia night in the winter, this age are making great friendships with other kids in the area. Designed for teens and tweens looking for fun, new theme nights. For more information please contact Tori at vfrappolli@hillhouseboston.org

FIELD HOCKEY

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

Wednesdays beginning April 11,

6-8 years | 4:30-5:30

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 & Wednesdays | 8:00-9:00

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

FOOTBALL

Flag Football (7-12 years)

Fridays beginning April 6 | 5:15-6:30

Sundays beginning April 15 | 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. Build up your skills to play in the Boston NFL Flag Football League in the fall.



Registration: Opens **February 6** for members
February 8 for non-members

Indoor Programs Start: The week of **March 12**



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

PROGRAM DESCRIPTIONS

SPRING 2018

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

Intro to Flag Football (5-6 years)

Fridays beginning April 6 | 4:00-5:00

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. Build up your skills to play in the Boston NFL Flag Football League in the fall.



FOREIGN LANGUAGE

Cocinar con Amigos (4-6 years)

Thursdays | 4:15 and 5:15

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.

Hindi at Hill House (2-6 years)

Thursdays | 5:15

The objective of this class is to foster a love for the Hindi language and for South Asian culture. The class will focus on conversational Hindi. Our knowledgeable instructor will teach using a multi-sensorial approach (involving stories, music, art and movement). Each class will have a theme and the children will learn words and sentences around that theme.

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.

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, 11:15 and 12:15

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 fun your role can be! Experience Music Together and find out 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.

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Private Music Lessons (6-12 years)

Spaces may be available | Call (617) 227-5838 ext. 14 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.

NEW & EXPECTING PARENTS

New Parents Group

Tuesdays | 2:30

A welcoming and supportive community for parents to share stories, ask questions and speak honestly about the challenges and joys of parenthood. This group is intended for parents with babies 0-6 months. Group will be led by a baby and infant expert.

Move Baby Move – Infants (6wks-5mos)

Thursdays | 9:15

The emphasis on this class is welcoming the baby's body to the physical world while strengthening the growing spine, exploring the vestibular system (the sense of balance), and finding center. The class includes tummy time, massage, visual and auditory stimulation that will support all the development patterns, including crawling, standing and speech. Encouraging heart-to-heart connection is emphasized through the entire class.

Move Baby Move – Crawlers (6-12mos)

Thursdays | 10:15

This class builds upon the previous level. We will continue to work on the Vestibular system (the sense of balance) and start incorporating

more props, as well as rhythm, breath and social interaction. Yoga poses that encourage development are introduced, such as backbends, forward bends, side bends and twists.

Move Baby Move – Walkers (12mos-18mos)

Thursdays | 11:15

In this level, we increase body and spatial awareness while working on socialization and gaining independence from caregivers. Activities encourage cognitive thinking, sequencing, expectations and timing. Language is strongly encouraged through activities that emphasize vocal sounds, songs and rhythmic games. Developmental patterns are fostered through more physical work—playing with balance, falling and standing.

PLAYGROUP

Member-Only Playgroup (6 months-4 years)

Thursdays | 12:30-2:30

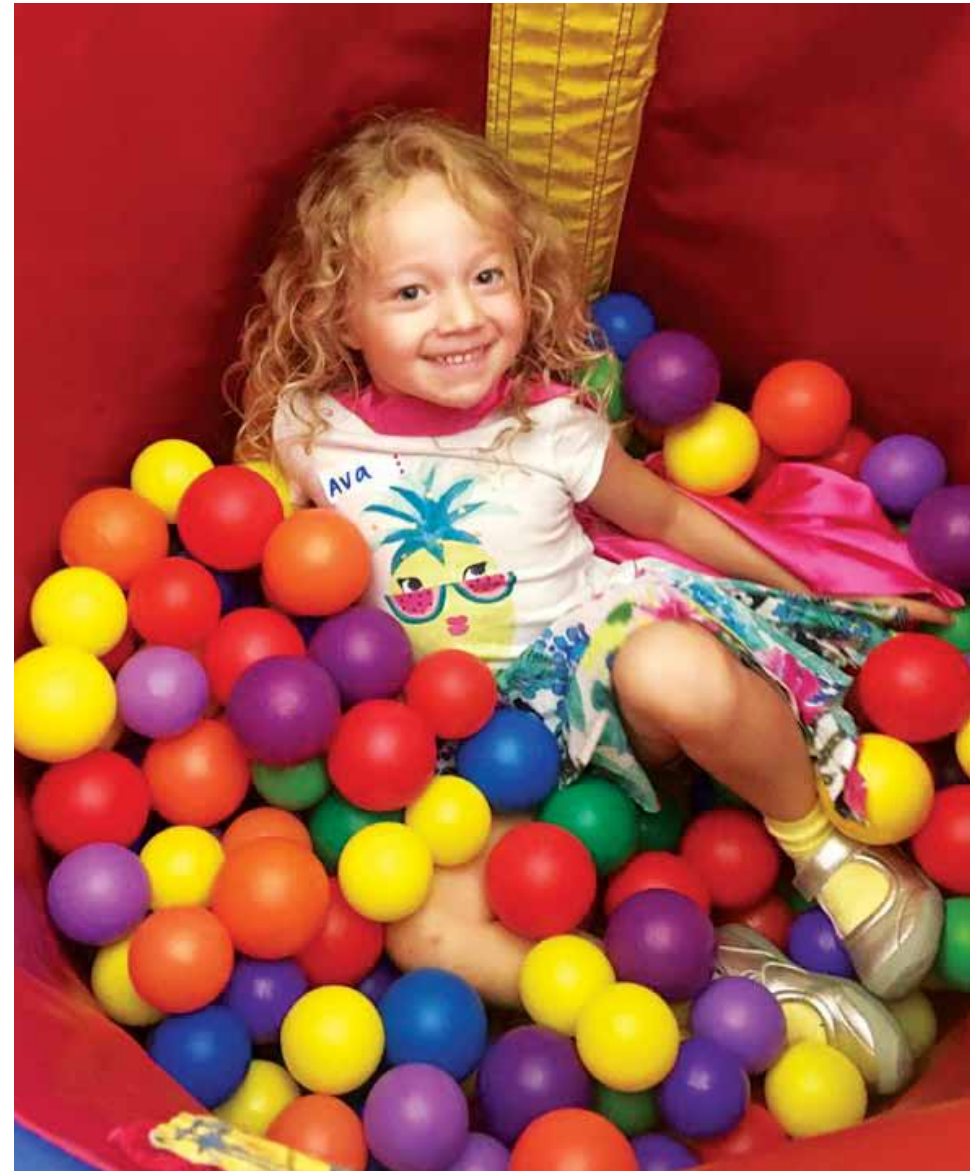
Member-only, drop-in

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.



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Open Playgroup (6 months-4 years)

Mondays | 11:30 and 12:15

Tuesdays | 1:15-3:15

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!

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.

RUNNING

Girls Running Club (7-12 years)

Tuesdays, begins April 3 | 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.

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

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)

Monday Skills Clinics | 4:15-5:15

Fridays | 5:30-7:00

Weekend games | Visit bays.org

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 2018-2019 season will be held on May 18 for returning players during practice and May 20 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 16 | 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.

NEW United Soccer Academy (Grade 2 Only)

Monday | 4:15-5:15

Begins April 9

For soccer players aspiring to play for the Hill House United travel team once they reach grade 3. Coached by expert soccer coaches for this age group, players will learn an abundance of skills and proper technique as well as plenty of small sided game time to have them fully equipped for the fall season.

U6 Soccer Clinic (4.5-5 years)

Thursdays | 5:15-6:15

This clinic will help solidify the basics of the world's most popular sport for your young athlete. Games and drills will allow players to get used to having a ball at their feet. We will work to develop listening and cooperation skills. A focus on dribbling, passing and shooting will give players a chance to compete against one another. We aim to assist in the development of 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)

Begins Saturday, April 14 | 8:30-9:30

Join the fantastic Hill House girls athletic staff on the diamonds! The coaches you know and love from Girls Running Club, Girls Basketball and Girls Soccer come down every Saturday morning on the fields to help our girls learn the fun game of softball. Starting with the basics, our girls will be split by age and ability and run through appropriate drills. As the season progresses, girls will be placed on teams, complete with uniform and play formalized games.

STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATH)

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. They will observe what happens when vinegar and baking soda combine, discuss density as we see which objects sink or float. 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.

Storybook STEM (3-5 years)

Tuesday | 3:30

Begin your child's exploration into STEM through a fun, creative story based exploration of engineering and much more. Solve problems and test out "what ifs" from your favorite stories! With different stories and age appropriate tasks each week your little one will be amazed what they can achieve.

STEM Investigators (6-9 years)

Tuesday | 4:30 - 5:30

Explore, in a scientific manner, issues from around the world and work on solutions through fun, messy and thought provoking experiments. Using a mixture of STEM practices, children will work together to build skills, think broadly and enjoy solving problems. The real world aspects will open children's horizons to global thinking.

TENNIS

Tiny Tennis (4-5 years)

Begins April 12 Thursdays | 2:30

Join us on the tennis courts this spring and learn a new sport! 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.

Tennis Club (6-12 years)

Begins April 3 Tuesday 4:00pm - 5:00pm
5:00pm - 6:00pm

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.

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!

For Musical Theatre Dance please see "Dance".

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 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.

Have questions about our program offerings?

Contact *Tori* for enrichment programs and *Marshall* for athletics at 617-227-5838.



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SPRING 2018

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, x14

EMAIL vfrappolli@hillhouseboston.org

VISIT www.hillhouseboston.org

Questions?

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

Meredith Adamczyk,
Director of Development & Marketing
madamczyk@hillhouseboston.org x22

Sam Renshaw, Program Director
srenshaw@hillhouseboston.org x11

Marshall Caldera, Sr. Athletics Coordinator
mcaldera@hillhouseboston.org x13

Patty Kennedy, Finance Manager
pkennedy@hillhouseboston.org x12

Beth Jameson, Office Manager
bjameson@hillhouseboston.org x10

General program inquiries

Tori Frappolli, Program Coordinator
vfrappolli@hillhouseboston.org x14

Registration Opens

February 6 for members, 10am

February 8

for non-members, 10am

Programs Start

Indoors on **March 12**

On the Boston Common on **April 2**

At TERSF on **April 10**

This Season At-a-Glance

March 4

Meant to Bead
Art Workshop

March 12

Indoor Spring Classes Begin

March 30

Friday Night Out

April 2

Outdoor Athletics begin on Boston Common. (Weather permitting)

April 8

Spring Craft Workshop

April 10

Outdoor Athletics begin on TERSF (Weather permitting)

April 16

Hill House Closed

April 20

Friday Night Out

April 22

Kids Social

May 6

Dads & Donuts

May 12

Art Show

May 15

Annual Meeting

May 18 & 20

Hill House United Tryouts

May 26-28

Hill House Closed

May 29

Fall Registration opens for members

May 31

Fall Registration opens for non-members

June 18

Hill House Summer Camp Begins

Registration: Opens **February 6** for members
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