

# SPRING ATHLETIC & PROGRAM GUIDE 2019



More than 100 programs offered this spring in athletics, enrichment and more.

## REGISTRATION OPENS

February 5 *for members*

February 7 *for non-members*

## PROGRAMS START


Week of March 11

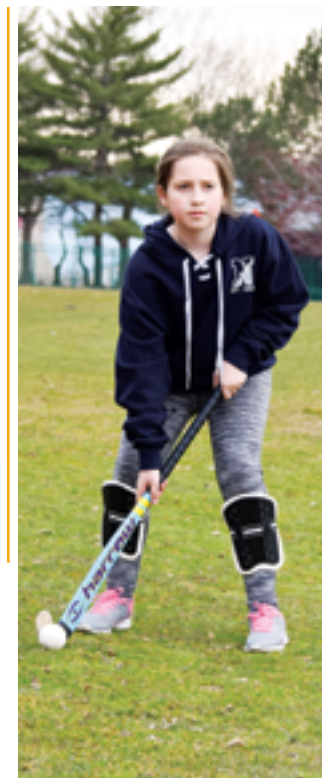
  
your backyard in the city  
**Hill  
HOUSE**

127 Mount Vernon St.  
Boston, MA 02108  
(617) 227-5838  
[hillhouseboston.org](http://hillhouseboston.org)

# MONDAY

SPRING  
2019

MAIN ASSEMBLY	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON
<b>Total Body Strength 50yrs+</b> 8:00-9:00  <b>Vamos a Saltar! 1-4yrs</b> 9:30-10:15 10:30-11:15  <b>Open Playgroup 6mos-4yrs</b> 11:30-12:15 12:15-1:00 <i>Drop-in program</i>	<b>Sensory Play 1-2yrs</b> 8:15-9:00 9:15-10:00  <b>Paint &amp; Play 19mos-3yrs</b> 10:15-11:00  <b>Scribble &amp; Squish 12-24 mos</b> 11:15-12:00	<b>Music Together 0-5yrs</b> 9:15-10:00 10:15-11:00		
<b>Beginner Karate 5-6yrs</b> 3:30-4:15  <b>Intermediate Karate 5-7yrs</b> 4:30-5:15	<b>Open Art 1-4yrs</b> 1:00-3:00 <i>Drop-in program for members ONLY.</i>  <b>Science Experiment Explorers 3-5yrs</b> 3:15-4:00 4:15-5:00	<b>Mommy and Me Yoga 0-6mos</b> 1:30-2:15 <i>5 week program, begins April 22</i>	<b>Bitty Basketball 3-4yrs</b> 3:30-4:15  <b>6U Basketball Clinics 5-6yrs</b> 4:15-5:00	<b>Half Kick Soccer 3-5yrs</b> 1:30-2:15 2:15-3:00 <i>First 3 weeks indoors at the Firehouse</i>  <b>United Skills Clinic</b> 4:00-5:00 <i>Must be a current United player. Begins April 8</i>
<b>Beginner Fencing 5-12yrs</b> 5:30-6:15  <b>Intermediate Fencing 7-12 years</b> 6:30-7:15		<b>NEW Intro to Chess 5-7yrs</b> 4:00 - 4:45  <b>Chess Club 7-12yrs</b> 4:45-5:45	<b>Stay Sharp Basketball 7-9yrs</b> 5:00-6:00	<b>United Soccer Academy</b> 4:00-5:00 <i>Grade 2 Only Begins April 1</i>  <b>Majors Baseball 10-12yrs</b> 5:15-7:00 <i>Begins April 1</i>



## PRIVATE MUSIC LESSONS 6-12YRS

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# TUESDAY

SPRING  
2019

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	YELLOW ROOM	74 JOY	BOSTON COMMON	TERSF
<p><b>Jumping Jacks Gym</b> <b>1-3yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00</p>	<p><b>Paint &amp; Play 12mos-3yrs</b> 9:15-10:00</p> <p><b>Scribble &amp; Squish</b> <b>12-24mos</b> 10:15-11:00</p>	<p><b>Little Groove Music</b> <b>3 mos-4yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00 12:15-1:00</p>				
<p><b>Kiddie Karate 3-4yrs</b> 3:30-4:15</p> <p><b>Intermediate/Advanced Karate 7-12yrs</b> 4:30-5:15</p>	<p><b>Mixed Media Art 3-8yrs</b> 3:30-4:15</p> <p><b>Art Travelers 4-8yrs</b> 4:30-5:15</p>	<p><b>Open Playgroup</b> <b>6mos-4yrs</b> 1:15-3:15 <i>Drop-in program.</i></p> <p><b>Storybook STEM</b> <b>3-5yrs</b> 3:30-4:15</p> <p><b>STEM Investigators</b> <b>6-9yrs</b> 4:30-5:15</p>	<p><b>New Parents Group</b> 2:30-3:15 <i>5 week program, begins April 23</i></p>	<p><b>Tap &amp; Tumbling 3-4yrs</b> 3:30-4:15</p> <p><b>Musical Theater Dance</b> <b>5-8yrs</b> 4:15-5:15</p>	<p><b>Born to Play Baseball</b> <b>3-4.5yrs</b> 1:30-2:15 <i>First 3 weeks indoors at the Firehouse</i></p> <p><b>Tennis Club</b> 3:00-3:45 (3-5yrs) 3:45-4:30 (5-6yrs) 4:30-5:15 Beginners (6-12yrs) 5:15-6:00 Intermediate/Advanced (7-12yrs) <i>8 week program, begins April 2</i></p>	<p><b>Born to Play Baseball</b> <b>3yrs only</b> 4:00-4:45 <i>6 week program, begins April 16</i></p>
					<p><b>Girls Running Club</b> <b>7-12yrs</b> 5:30-6:30 <i>8 week program, begins April 2</i></p>	<p><b>T-Ball Practice 4-5yrs</b> 5:00-5:50 <i>Games on Saturday mornings</i> <i>Begins April 9. First week on Boston Common</i></p>
					<p><b>Majors Baseball</b> <b>10-12yrs</b> 5:15-7:00</p>	

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# WEDNESDAY

SPRING  
2019

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON	TERSF
<b>Total Body Strength 50yrs+</b> 8:00-9:00  <b>Jumping Jacks Gym 1-3yrs</b> 9:30-10:15 10:15-11:00 11:15-12:00	<b>Paint &amp; Play 12mos-3yrs</b> 9:15-10:00 10:15-11:00  <b>Scribble &amp; Squish 12-24mos</b> 11:15-12:00	<b>Spanish in Motion 6mos-4yrs</b> 9:15-10:00 10:15-11:00  <b>New Parents' Playgroup 4-10mos</b> 11:30-12:30			
<b>Musical Theater &amp; Arts Combo 6-9yrs</b> Musical Theater: 4:00-4:45 Art: 4:45-5:30	<b>Preschool Picasso 3-5yrs</b> 1:30-2:15  <b>Clay Creations 3-5yrs</b> 2:30-3:15  <b>Art of Cooking 3-5yrs</b> 3:30-4:15	<b>Open Playgroup 6mos-4yrs</b> 1:00-3:00 <i>Drop-in program</i>	<b>Bitty Basketball 3-5yrs</b> 3:30-4:15  <b>Storybook Ballet 4-6yrs</b> 4:30-5:15	<b>Born to Play Baseball 3-4.5yrs</b> 1:30-2:15 <i>First 3 weeks indoors at the Firehouse</i>	<b>Half Kick Soccer 3-5 years</b> 4:15-5:00 <i>6 week program Begins April 17</i>  <b>Girls Field Hockey</b> 4:30-5:30 - 6-8yrs 5:30-6:30 - 9-12yrs <i>6 week program Begins April 17</i>
			<b>Tap &amp; Hip Hop 5-8yrs</b> 5:15-6:15	<b>Majors Baseball 10-12yrs</b> 5:15-7:00 <i>Begins April 3</i>	<b>AAA Baseball 8-9yrs</b> 5:15-6:15 <i>First Practice April 10 on Boston Common</i>



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# THURSDAY

SPRING  
2019

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	KITCHEN	74 JOY STREET	BOSTON COMMON	TERSF
<b>Jumping Jacks Gym 1-3yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00	<b>Paint &amp; Play 12mos-3yrs</b> 9:15-10:00 10:15-11:00 <b>Scribble &amp; Squish 12-24mos</b> 11:15-12:00	<b>Move Baby Move</b> <i>Infants 6wks-5mos</i> 9:15-10:00 <i>Crawlers 6mos-12mos</i> 10:15-11:00 <i>Walkers 12mos-18mos</i> 11:15-12:00 <i>5 week program starting April 24</i>				
<b>Get into Gymnastics 3-5yrs</b> 2:00-2:45	<b>Art of Cooking 3-5yrs</b> 1:00-2:00 <b>NEW Art in the Park* 4-5yrs</b> 2:00-2:45 <b>NEW Art in the Park* 4-6yrs</b> 3:30-4:15 <i>* 1st 5 weeks in the Art Room. 2nd 5 weeks in Boston Gardens</i>	<b>Members-Only Playgroup 6 mos-4yrs</b> 12:30 to 2:30 <i>Drop-in program</i> <b>Video Game Design 7-10yrs</b> 4:00-5:00 <b>Robotics Club 9-12yrs</b> 5:15-6:15		<b>Toddler Storybook Ballet 3-4yrs</b> 3:30-4:15 <b>Storybook Ballet 4-6yrs</b> 4:30-5:15	<b>Half Kick Soccer 3-5yrs</b> 3:00-3:45 <i>First 3 weeks indoors at the Firehouse</i> <b>Tennis Club</b> 3:00-3:45 (3-5yrs) 3:45-4:30 (5-6yrs) 4:30-5:15 Beginners (6-12yrs) 5:15-6:00 Intermediate /Advanced (7-12yrs)	
<b>Bollywood Dance 3-5yrs</b> 4:00-4:45 <b>Bollywood Dance 6-8yrs</b> 5:00-5:45	<b>Jewelry Making 6-10yrs</b> 4:45-5:30 <b>Sculpture 6-8yrs</b> 5:30-6:15 <b>Art Journaling 11-13yrs</b> 6:15-7:00	<b>NEW Invest in Girls 12-15yrs</b> Finance Workshops 6:30pm-7:30pm <i>April 4,11,25 and May 2</i>	<b>Cocinar con Amigos 4-6yrs</b> 4:00-4:45 5:00-5:45		<b>Majors Baseball 10-12yrs</b> 5:15-7:00 <i>Practice begins April 4</i>	<b>Girls Softball AA - 6-9yrs AAA- 10-12yrs</b> 5:15-6:30 <i>Begins April 11 1st week on Boston Common</i> <b>Half Kick Soccer 3-4.5yrs</b> 5:15-6:00 <i>6 weeks starting April 18</i> <b>U6 Soccer Clinic 4.5-5yrs</b> 5:15-6:15 <i>1st 4 weeks at 74 Joy St</i>

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# FRIDAY

SPRING  
2019

MAIN ASSEMBLY ROOM	ART ROOM	CLASSROOM	BOSTON COMMON	TERSF	
<b>Tumble Time 2-4yrs</b> 9:30-10:15 10:30-11:15	<b>Mundo de Colores</b> <b>12mos-3yrs</b> 9:15-10:00  <b>Paint &amp; Play 19mos-3yrs</b> 10:15-11:00  <b>Scribble &amp; Squish 12-18mos</b> 11:15-12:00	<b>Little Groove Music</b> <b>3mos-4yrs</b> 9:15-10:00 10:15-11:00 11:15-12:00			
<b>Get into Gymnastics 3-5yrs</b> 3:15-4:00  <b>Gymnastics 6-7yrs</b> 4:15-5:00	<b>Open Art 1-4yrs</b> 12:30-2:30 <i>Drop-in program for members ONLY.</i>		<b>Half Kick Soccer 3-5 years</b> 12:30-1:15  <b>Born to Play Baseball 3-4.5yrs</b> 1:30-2:15 <i>First 3 weeks indoors at the Firehouse</i>	<b>Born to Play Baseball 3-4.5yrs</b> 3:30-4:15 <i>First 4 weeks at 74 Joy St.</i>  <b>AA Baseball 6-7yrs</b> 4:30-5:30 <i>Begins April 12. First week on Boston Common</i>	
<b>Friday Night Out 3-10yrs</b> 6:15-9:15 <i>March 29, April 26, May 17</i>  <b>Tween &amp; Teen Event 11-14yrs</b> 7:30-9:30 <i>Date TBD</i>			<b>Intro to Flag Football 4-6yrs</b> 4:00-5:00 <i>Begins April 5</i>  <b>Flag Football 7-12yrs</b> 5:15-6:30 <i>Begins April 5</i>	<b>Soccer Private Coaching</b> 5:00-5:30pm <i>Call 617-227-5838x13 to book</i>  <b>Hill House United Soccer Practice</b> 5:30-6:55  <b>2019-2020 United Soccer Try Outs</b> 5:30-6:55 <i>May 17 &amp; 19</i>	

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# WEEKEND

SPRING  
2019

## SATURDAY

## SUNDAY

### 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*

#### AAA Baseball Games 8-9yrs

9:00-11:00

*Beginning on April 20,  
practices on Wednesdays*

#### T-Ball Games 4-5yrs

11:00-11:50

*Beginning on April 20,  
practices on Tuesdays*

#### AA Baseball Games 6-7yrs

12:00-1:00

*Beginning on April 20,  
practices on Fridays*

#### Hill House United Soccer Games

*Please check [www.bays.org](http://www.bays.org) to  
view game schedules.*

### FIREHOUSE

#### Hill House's Annual Art Show

*Projects from all spring art  
classes on display*

10:00-12:00  
May 11

#### Private Music Lessons - Recital

*Families and Friends invited to  
view childrens' performances*  
May 18

### MAIN ASSEMBLY ROOM

#### The Sunday Series

One-off special events  
this spring

#### Meant to Bead 5-10yrs

1:00-2:30  
March 10

#### Build your own Book 5-10yrs

1:00-2:30  
April 7

#### Dads & Donuts

9:00-11:00  
May 5

#### May Flowers Art Workshop 5-10yrs

1:00-2:30  
May 19

### TERSF

#### **NEW** Rookie Rugby 6-12yrs

1:00-2:00  
*Begins April 7*

#### Sunday Soccer 6-12yrs

2:00-3:30  
*Begins April 7*

#### Flag Football 7-12yrs

4:00-5:00  
*Begins April 7*

#### 2019-20 United Soccer Try-Outs

3:30-5:00  
May 19



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# PROGRAM DESCRIPTIONS

SPRING  
2019

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

NOTE: Participants must meet a program's minimum age requirement by April 1, 2019. Schedule and programs are subject to change.

## ART

### **NEW** Art in the Park (4-6 years)

Thursdays | 2:00 & 3:30

Art and Nature combine in this new program. Spend the first five weeks in our sunny Art Room learning about famous artists that have used nature as a creative tool in their artwork. You will then polish up your technique using items from nature. The second half of the class will be outdoors in the Boston Gardens, capturing the beauty of Boston's outdoors!

### **NEW** Art Journaling (11-13 years)

Thursdays | 6:15

For Hill House's more advanced artists, join Emily in the Art Room for a mixed media adventure which spans various genres to create a visual journal. Join us in a place place to capture your creativity using art and words.

### Art Travelers (4-8 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.

### Clay Creations (3-5 years)

Wednesdays | 2:30

This program will teach 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 own creativity to life in 3D! Participants will be able to take home their creations at the end. See "Cozy Crafts" for the partner program.

### Jewelry Making (6-10 years)

Thursdays | 4:45

We will create beautiful pieces of jewelry using various methods and materials including metal, wire, paper, clay and recycled objects. By learning how jewelry is made we will use our imagination and creativity to make unique pieces of jewelry for ourselves and others.

### Mixed Media Art (3-8 years)

Tuesday | 3:30

Mixed Media will use various artistic mediums to inspire vision and imagination. We will explore line, color, texture, shape and pattern through two dimensional art projects; and develop our three dimensional senses through sculptures in various materials and styles. This class is dedicated to providing children with inventive art instruction and projects that will bring to life the wonderful world of creative expression.

### Open Art (1-4 years)

Mondays | 1:00-3:00

Fridays | 12:30-2:30

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 & Play (19 months-3 years)

Monday | 10:15

Tuesday | 9:15

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!

### Pre-School Picasso (3-5 years)

Wednesdays | 1:30

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.

### Scribble & Squish (12-24 months)

Mondays | 11:15

Tuesday | 10:15

Wednesdays | 11:15

Thursdays | 11:15

Fridays | 11:15

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!

### Sculpture (6-8 years)

Thursdays | 5:30

Learn how to manipulate various materials into captivating and creative sculptures. We will be using a wide range of materials including wire, clay, wood, cardboard and other found and recycled materials to produce imaginative three dimensional creations.

### Sensory Play (12 mos-2 years)

Monday | 8:30 & 9:30

Come and explore through various modes of sensory play. Each week we will introduce new materials and activities to help engage our little ones' minds through textures, touch, sight, sound, and movement. Sensory play is a wonderful opportunity to play, explore, learn, and to create in a fun process-based environment.

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

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## BASEBALL

### AA Baseball (6-7 years)

Practices begin April 12 | Fridays 4:30-5:30

Games begin April 20 | 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 10 | Wednesdays 5:15-6:15

Games begin April 20 | Saturdays 9:00-11:00

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.

### Born to Play Baseball (3-4 years)

Tuesdays | 1:30                      Tuesdays | 4:00

Wednesdays | 1:30                  Fridays | 1:30

Fridays | 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.

### T-Ball (4-5 years)

Practices begin April 9 | Tuesdays 5:00-5:50

Games begin April 20 | 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)

Practices | Monday or Tuesday (elective), 5:15-6:45

Games | Wednesday & Thursday, 5:15-7:00

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 a mix of practices and games each week. Top coaching and increased playing time will ensure maximum development.

*Find Girls Softball under Softball.*

## BASKETBALL

### Bitty Basketball (3-4 years)

Mondays | 3:30

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.

### 6U Basketball Clinics (5-6 years)

Mondays | 4:15

Did you enjoy 6U Basketball this past winter? This is the ideal class for your budding basketball player. Building on the skills and drills from the prior season, these clinics will also expand on the scrimmaging format used in 6U for additional game play time.

### Stay Sharp Basketball (6-8 years)

Mondays | 5:00

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 Club (7-12 years)

Mondays | 4:45

Taught by Chess Master, Vadim M, this course will build strategy and game play each week at a level suited to each participant. By the end of the semester, children will have the knowledge to fully enjoy the game of chess.

### **NEW** Intro to Chess (5-7 years)

Mondays | 4:00

Just want to play and learn the basics of chess? This course is an introduction to the rules and general play of the game of chess. Participants will learn basics and the program will be based on facilitated matches against other children.

## COOKING

### Art of Cooking (3-5 years)

Wednesdays | 3:30

Thursdays | 1:00

Whether your child is interested in becoming a head chef or simply creating a delicious snack, 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.*

Registration Opens: February 5 for members  
February 7 for non-members

Indoor Programs Start: The week of March 11



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

# PROGRAM DESCRIPTIONS

SPRING  
2019

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

## DANCE

### Bollywood Dance (3-8 years)

Tuesdays | 4:00 (3-5yrs)

Tuesdays | 5:00 (6-8yrs)

After a successful first season, Bollywood Dance is back and better! A fun-filled introduction to the culture and versatility of Bollywood dance right at the firehouse. This class will blend hip-hop and many different modern dance styles with traditional Indian steps. Every meet will be full of energy, fun and learning; we look forward to hosting this for the first time!



### Tap & Hip Hop (5-8 years)

Wednesdays | 5:15

Tap & Hip Hop will get your child moving and grooving as they learn new steps in two fun styles. Students will learn tap technique, progressions, turns and tap combinations along with 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. 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)

Wednesdays | 4:30

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 (5-8 years)

Tuesdays | 4:15

Looking 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 three year old 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.

## 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 bouting: 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 & EVENTS

### Dads & Donuts (1-5 years)

Sunday, May 5 | 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!

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# PROGRAM DESCRIPTIONS

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2019

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

## Hill House's Annual Art Show

Saturday, May 11 | 10:00-12:00

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 29, April 26 and May 17 | 6:15-9:15

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.

## Art Workshops (4-10 years)

Sunday, March 10, April 7, May 19 | 11:00-1:00

Each month there will be a new theme and crafts to create to fit into the trends and season. Emily is vastly experienced and loved art instructor that will make a memorable experience every time. Check the guide grids or website for specific workshops and details.

## Tween & Teen Event (11-14 years)

Date TBA | 7:30-9:30

After packing out the firehouse for the Halloween party and other fun events each season, we're back for a spring social that is bound to help your kids make new friends and hang out with their neighbors! For more information please contact Chelsea at [ccovered@hillhouseboston.org](mailto:ccovered@hillhouseboston.org)

## FIELD HOCKEY

### Girls Field Hockey (6-12 years)

Wednesdays beginning April 17,

6-8 years | 4:30

9-12 years | 5:30

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

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

## FOOTBALL

### Flag Football (7-12 years)

Fridays | 5:15

Sundays | 4:00

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.

## Intro to Flag Football (5-6 years)

Fridays | 4:00

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.

## FINANCIAL LITERACY

### Invest in Girls (12-15 years)

Thursdays | 6:30

April 4, 11, 25 and May 2

A four week workshop delivered by experts to ignite girls' financial savviness and sparking career paths in finance and financial services. Professional women role models will expose girls to financial concepts and services to prepare them for personal and professional life.

## 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.

## 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.

## Spanish in Motion (6 months-4 years)

Wednesdays | 9:15 & 10:15

This is a fun and interactive class where parents, caregivers and educators sit with their children to explore the Spanish-language, music, and Latin-American culture. This class is perfect for parents with multiple children of varying ages. Children are exposed to Spanish through songs that create an environment that allows for a long periods of listening and exposure, coupled with call-and-response interactivity requiring physical movement. Parents receive a copy of our own music heard in class to enjoy in the car and at home.

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# PROGRAM DESCRIPTIONS

SPRING  
2019

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

## Vamos a Saltar! (1-4 years)

Mondays | 9:30 & 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.

*For Bollywood Dance, please see Dance.*

## KARATE

### Beginner Karate (5-6 years)

Mondays | 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 Karate 1 (5-7 years)

Mondays | 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.

### Intermediate Karate 2 (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)

Tuesdays | 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 & 12:15

Fridays | 9:15, 10:15 & 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 & 10:15

Have you ever wondered what you can do to nurture the musical growth of your child, regardless of fun your role can be! Our Music Together classes build on your Music Together own musical ability? Experience Music Together and find out how important and how your child's natural enthusiasm for music and movement. We'll help you provide your child with the basic musical skills needed to enjoy school and social musical activities, and to study an instrument should he or she choose to do so.

### Private Music Lessons (6-12 years)

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.



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## 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 (6 weeks-5 months)

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 (6-12 months)

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 (12-18 months)

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.

### Workshops

Sundays | 10:00- 11:30

Each month Hill House will put on a different New Parent workshop from "What to Expect when Expecting" to "Feeding" to "Baby Massage". If you or someone you know is expecting or has a young child, keep an eye out or call Chelsea at 617-227-5838 x 14

## 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 (4-10 months)

Wednesdays | 11:30-12:30

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

### Open Playgroup (6 months-4 years)

Mondays | 11:30 and 12:15

Tuesdays | 1:15-3:15

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.

### 30 Minute (Semi-) Private Soccer Clinics (7-12 years)

Fridays | 5:00-5:30

A chance for individuals or small groups to receive short, sharp and specific coaching sessions from some of the leading "Club" coaches in the state. Taking place on the TERSF soccer fields, either choose a specific skill to work on each week or have the coach evaluate and work on areas they recommend. Coaching to be delivered by Liverpool Football Club International Academy coaches.

## RUGBY

### NEW Rookie Rugby (7-12 years)

Sundays | 1:00pm – 2:00pm

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 players and help them be a rugby star, all while staying active and healthy.

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## RUNNING

### Girls Running Club (7-12 years)

Tuesdays, beginning April 2 | 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 & 2:15

Tuesdays | 2:30

Wednesdays | 4:15

Thursdays | 1:00

Thursdays for 3-4.5yrs | 5:15

Saturdays | 9:30, 10:30 & 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](http://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 around the Greater Boston area.

Tryouts for the 2019-2020 season will be held on May 17 for players entering Grade 4-6 & May 19 for players entering Grade 3.

### Sunday Soccer (6-12 years)

Sundays beginning April 7 | 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.

### United Soccer Academy (Grade 2 Only)

Mondays | 4:15-5:15

For soccer players aspiring to play for the Hill House United travel team once they reach grade 3 or simply to work on their soccer skills in the spring. 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.

## SOFTBALL

### NEW Girls AA Softball – Coach Pitch (6-9 years)

Thursdays | 5:15-6:30

Building on the basic principles taught in co-ed T-Ball, AA will offer girls the opportunity to learn their own sport with this new coach-pitch offering. This will give girls their first exposure to hitting pitching from our instructors, team defense and formal games. Clinic-based practices will be combined with games in one weeknight session. Players all receive a hat, jersey and will be assigned to a team.

### NEW Girls AAA Softball – Player Pitch (8-12 years)

Thursdays | 5:15-6:30

Building on the principles taught in AA Softball, the AAA program will test girls with their ability to hit live pitching from other players. Our athletics staff and volunteers will lead these teams and help teach new concepts for positional defense, hitting techniques and pitching mechanics. Clinic based practices will be combined with games in one weeknight session. Players all receive a hat, jersey and be assigned a team.



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## STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATH)

### Robotics Club (9-12 years)

Thursdays | 5:15 – 6:15

Have a blast creating robotic games each week while learning about robotics. Students will learn about gear ratio, sensors, programming and pulleys as they create fun to play games with LEGO WeDo 2.0 robots and Bluetooth tablets. Whether creating pinball machines, duck hunt or a ring toss game, your child is sure to have fun building, learning and playing. Taught by the experts at Snapology.

### Science Experiment Explorers (3-5 years)

Mondays | 3:15 & 4:15

Your curious scientist will be exposed to all sorts of experiments in this class! Learn how clouds are formed and watch a rainstorm in a bottle, see what happens when vinegar and baking soda combine, discuss density as we see which objects sink or float and delight as colors dance as they pass through a prism. Look forward to getting your hands messy as we explore all that science has to offer! Please note: this is a drop-off class. All participants must be potty-trained.

### Storybook STEM (3-5 years)

Tuesdays | 3:30

Begin your child's exploration into STEM through a fun, story based exploration of engineering and much more. Solve problems and test out "what ifs" from your favorite childhood 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)

Tuesdays | 4:30

Explore, in a scientific manner, issues from around the world and work on solutions

through fun 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.

### Video Game Design (7-10 years)

Thursdays | 4:00 – 5:00

Do you play games and wonder how they are created? Would you like to build your own computer programs? Come learn how with this class, taught by Coding for Kids. In this fun after-school class, you will be introduced to the core concepts of computer programming, including loops, conditionals and variables. Using the Scratch development environment, you will learn how to create your own programs, such as simple games, animations and interactive stories. With new projects each session, you will be able to express your creativity and advance as a coder.

## TENNIS

### Hill House Tennis Club (3-12 years)

Tuesdays & Thursdays

3:00 | 3-5yrs

3:45 | 5-6yrs

4:30 | Beginners 6-12yrs

5:15 | Intermediate/Advanced 7-12yrs

Grab your racquet and head to the Boston Common tennis courts to build your skills. Open to beginner and strong players alike as the individual attention from our instructors will challenge players at their own individual skill level. We are happy to have expanded this program to multiple classes this spring, which will develop each player's "love" for tennis. Taught by experienced Tennis Pros.

## THEATER

### Musical Theater & Arts Combo (6-10 years)

Wednesdays | 4:00-5:30

Explore the art of musical theater, 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 & Thursdays | 9:15 10:15 & 11:15

Wednesdays | 9:30, 10:15 & 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 & 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.

### Vamos a Saltar! (1-4 years)

Mondays | 9:30 & 10:30

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

## YOGA

### Baby Yoga (0-6 months)

Mondays | 1:30

A playful and safe environment for Mom to strengthen, soften and rejuvenate her body. Mom will move through poses, alongside or with baby, exploring your bodies together and sharing a unique bonding experience. Please wear comfortable clothing, bring a yoga mat if you have one, and a receiving blanket for your baby. Sleeping babies are welcome too! This class is for babies 0-6 months.

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Have questions about our program offerings?

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

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SPRING 2019

# ATHLETIC AND PROGRAM GUIDE



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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** cevered@hillhouseboston.org

**VISIT** www.hillhouseboston.org

## Registration Opens

**February 5** for members, 10am

**February 7** for non-members, 10am

## Programs Start

Indoors on **March 1**

On the Boston Common on **April 1**

At TERSF on **April 6**



## Questions?

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**Meredith Adamczyk,**

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**Patty Kennedy**

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**Beth Jameson**

*Office Manager*

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## General Program Inquiries

**Chelsea Evered**

*Program Coordinator*

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## This Season At-a-Glance

**March 11** Indoor Programs Begin

**April 1** Boston Common Fields Open

**April 15** Hill House Closed

**April 16** TERSF Field Open

**May 11** Annual Art Show

**May 17** United Soccer Tryouts

**May 18** Private Music Recital

**May 19** United Soccer Tryouts

**May 23** Fall Registration Opens

**June 17** Summer Camp Begins

