

FALL 2019 ATHLETIC & PROGRAM GUIDE



REGISTRATION OPENS

May 21 for members
May 23 for non-members

PROGRAMS START

September 3

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



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



MONDAY

FALL 2019

ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY	ART ROOM	CLASSROOM	74 JOY	BOSTON COMMON
Total Body Strength 50yrs+ 8:00-9:00 Vamos a Saltar! 1-4yrs 9:30-10:15 10:30-11:15 Open Playgroup 6mos-4yrs 11:30-1:00 <i>Drop-in program</i>	Sensory Play 1-2yrs 9:15-10:00 NEW Play, Paint & Investigate I 12-24mos 10:15-11:00 NEW Play, Paint & Investigate II 19mos-3yrs 11:15-12:00	Music Together 0-5yrs 9:15-10:00 10:15-11:00		
Beginner Karate 5-6yrs 3:30-4:15 Intermediate Karate 5-7yrs 4:30-5:15	Open Art 1-4yrs 1:00-3:00 <i>Drop-in program for members ONLY</i> Science Experiment Explorers 3-5yrs 3:15-4:00 4:15-5:00	Intro to Chess 5-7yrs 4:00-4:45 Chess Club 7-12yrs 4:45-5:45	Bitty Basketball 3-5yrs 3:30-4:15 6U Basketball Clinic 5-6yrs 4:15-5:00	Half Kick Soccer 3-4.5yrs 1:30-2:15 2:15-3:00 Mini-Bootcamp 3-5yrs 3:15-4:00 AA Baseball Clinic 6-7yrs 4:00-5:00
Beginner Fencing 5-12yrs 5:30-6:15 Intermediate Fencing 7-12yrs 6:30-7:15	Art Journaling 10-13yrs 5:15-6:15		Stay Sharp Basketball 7-9yrs 5:15 -6:00 6:00-6:45	United Foot Skills Clinic 5:00-6:00 <i>Current United players only</i> AAA & Majors Batting Practice 5:00-6:00



PRIVATE & GROUP MUSIC LESSONS

6yrs - Adult

Pick between weekly
30,45 or 60 minute lessons with
our talented music instructors.
Piano, Guitar, Violin, Drums and more!

CALL CHELSEA

at 617 227 5838 ext. 14
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PROGRAMS START

Tuesday, September 3

TUESDAY

FALL 2019

ATHLETIC AND PROGRAM GUIDE

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	NEW Play, Paint & Investigate I 12-24mos 9:15-10:00 NEW Storytelling with Loose Parts 2-4yrs 10:15-11:00 NEW Scientific Drawings 3-5yrs 11:15-12:00	Little Groove Music 3 mos-4yrs 9:15-10:00 10:15-11:00 11:15-12:00 12:15-1:00				
	Storybook STEM 3-5yrs 3:30-4:15 NEW 3D Story-mode 5-8yrs 4:30-5:15 NEW Art Experiments in Action 8-10yrs 5:30-6:15	Open Playgroup 6mos-4yrs 1:15-3:15 <i>Drop-in program</i> STEM Investigators 6-9yrs 4:30-5:30	New Parents Group 0-6mos 2:30-3:15 <i>4-week program begins Sep 17</i>	Kiddie Karate 3-4yrs 3:30-4:15 Intermediate Karate 7-12yrs 4:30-5:15	Half Kick Soccer 3-4.5yrs 1:45-2:30 Born to Play Baseball 3-5yrs 2:45-3:30 Tennis Club 3:00-3:45 (3-5yrs) 3:45-4:30 (5-6yrs) 4:30-5:15 Beginners (6-12yrs) 5:15pm-6:00 Intermediate /Advanced (7-12yrs) <i>7-week program</i>	Half Kick Soccer 3-4.5yrs 4:00-4:45
NEW Drone Commander 9-14yrs 5:15 - 6:15					Girls Running Club 7-12yrs 5:15pm - 6:15pm	U6 Soccer Practice 4.5-5yrs 5:00-5:50 <i>Games on Saturday mornings</i> U8 Girls Soccer Practice 6-7yrs 5:15-6:15 <i>Games on Saturday mornings</i>



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WEDNESDAY

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Total Body Strength 50yrs+ 8:00-9:00 Jumping Jacks Gym 1-3yrs 9:30-10:15 10:15-11:00 11:15-12:00	NEW Play, Paint & Investigate I 12-24mos 9:15-10:00 NEW Play, Paint & Investigate II 19mos-3yrs 10:15-11:00 NEW Little Builders 2-4yrs 11:15-12:00		Spanish in Motion 6mos-4yrs 9:15-10:00 10:15-11:00 New Parents' Playgroup 4-10mos 11:30-12:30			
NEW Storybook Theatre 5-6yrs 4:15-5:15 Musical Theatre 7-10yrs 4:45-6:15	Preschool Picasso 3-5yrs 1:30-2:15 Clay Creations 3-5yrs 2:30-3:15 Art of Cooking 3-5yrs 3:30-4:15	NEW Great Hill House Bake Off 7-12yrs 4:00-5:00	Open Playgroup 6mos-4yrs 1:00-3:00 <i>Drop-in program</i>	Bitty Basketball 3-5yrs 3:30-4:15 Storybook Ballet 4-6yrs 4:15-5:00	Half Kick 3 yrs 1:30-2:15 Born to Play Baseball 3-5yrs 2:15 -3:00	
	NEW Studio Art 9-13yrs 5:30-6:30			Tap & Hip Hop 5-8yrs 5:15-6:00		Half Kick Soccer 3-4.5yrs 5:15-6:00 U11 Boys Soccer Practice 8-9yrs 5:15-6:15 <i>Games on Saturday mornings</i>



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THURSDAY

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ATHLETIC AND PROGRAM GUIDE

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Jumping Jacks Gym 1-3yrs 9:15-10:00 10:15-11:00 11:15-12:00	Sensory Play 1-2yrs 9:15-10:00 NEW Art in Nature 1-3yrs 10:15-11:00 NEW Imagination Art Stations 3-5yrs 11:15-12:00	Infant Developmental Movement Move Baby Move Walkers 12mos-18mos 9:15-10:00 Infants 6wks-5mos 10:15-11:00 Crawlers 6mos-12mos 11:15-12:00				
Get into Gymnastics 3-5yrs 2:15-3:00 3:15-4:00	Art of Cooking 3-5yrs 1:00-1:45 Art in the Park 4-6yrs 2:00-2:45 <i>Boston Gardens, weather permitting</i> Jewelry Making 6-10yrs 4:00-4:45 Sculpture 6-8yrs 4:45-5:30	Members-Only Playgroup 6 mos-4yrs 1:00 to 3:00 <i>Drop-in program.</i> Video Game Design 7-10yrs 4:15-5:15	Cocinar con Amigos 4-6yrs 4:00-4:45 5:00-5:45	Toddler Storybook Ballet 3-4yrs 3:30-4:15 Storybook Ballet 4-6yrs 4:30-5:15	Half Kick Soccer 3-4.5yrs 2:00-2:45 3:00-3:45 Tennis Club 3:00-3:45 (3-5yrs) 3:45-4:30 (5-6yrs) 4:30-5:15 Beginners (6-12yrs) 5:15pm-6:00 Intermediate/Advanced (7-12yrs) 7-week program	
Hindi at Hill House 5-8yrs 5:00-5:45		Robotics Club 9-12yrs 5:30-6:30 Invest in Girls - Financial Literacy Workshops 12-15yrs 6:30-7:30 Dates TBA 4-week program			Fall Ball - Baseball 8-12yrs 4:30-6:00	U8 Boys Soccer Practice 6-7yrs 5:15-6:15 <i>Games on Saturdays</i> U11 Girls Soccer Practice 8-10yrs 5:15-6:15 <i>Games on Saturday mornings</i>



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FRIDAY

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ATHLETIC AND PROGRAM GUIDE

MAIN ASSEMBLY ROOM

Tumble Time 2-4yrs

9:30-10:15

10:30-11:15

ART ROOM

Mundo de Colores

12mos-3yrs

9:15-10:00

NEW Play, Paint & Investigate I

12-24mos

10:15-11:00

NEW Play, Paint & Investigate II

19mos-3yrs

11:15-12:00

CLASSROOM

Little Groove Music

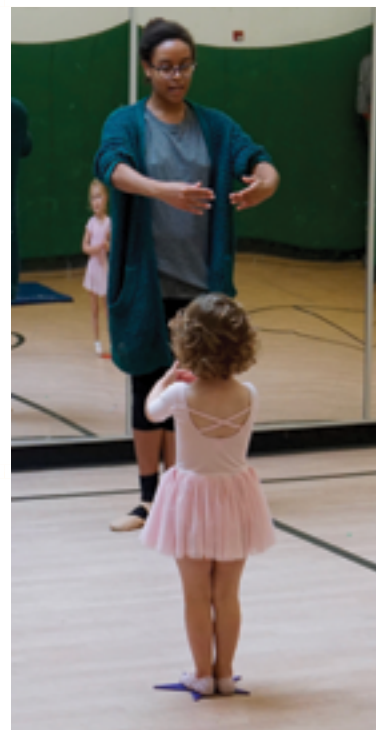
3mos-4yrs

9:15-10:00

10:15-11:00

11:15-12:00

TERSF



BOSTON COMMON

Half Kick Soccer 3-4.5yrs

12:30-1:15

Born to Play Baseball 3-5yrs

1:30-2:15

Born to Play Baseball

3-5yrs

3:30-4:15

Advanced Born to Play Baseball

5-7yrs

4:15-5:00

Friday Flag Football 7-12yrs

5:00-6:00

See Sunday for our
NFL Flag Football League option

NEW Cooking Together 4-6yrs

1:00-2:00

In Kitchen

Get into Gymnastics 3-5yrs

3:15-4:00

Gymnastics 6-7yrs

4:15-5:00

Open Art 1-4yrs

1:00-3:00

Drop-in program for members ONLY

NEW Creative Expression 5-8yrs

3:30-4:15

NEW Architecture & Engineering

9-12yrs

4:45-5:45

PRIVATE & GROUP MUSIC LESSONS

6yrs - Adult

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30, 45 or 60 minute lessons with
our talented music instructors.
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Hill House United Soccer - Team Practice

5:30-6:55



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WEEKEND

SATURDAY

TERSF

Half Kick Soccer 3-4.5yrs
10:30, 11:30, and 12:30

U6 Soccer Games 4.5-5yrs
8:30 and 9:30
Practices on Tuesdays

U8 Girls Soccer Games 6-7yrs
9:30, 10:30, and 11:30
Practices on Tuesdays

U8 Boys Soccer games 6-7yrs
11:30, 12:30, and 1:30
Practices on Thursdays

U11 Boys Soccer games 8-9yrs
9:30 and 10:30
Practices on Wednesdays

U11 Girls Soccer games 8-10yrs
8:30
Practices on Thursdays

Hill House United Soccer Games

All players must have tried out and been invited to play in the spring in order to participate. Please visit bays.org to view travel schedules. Practices on Fridays



SUNDAY

FIREHOUSE

Dads & Donuts
9:30-11:00
October 20

New Parent Workshops
10:30-11:30
Sep 8, Oct 6, Nov 3

Art Workshops
1:00-2:30
Sep 16, Oct 20, Nov 10

TERSF

Intro to Girls Lacrosse 5-10yrs
8-week program
2:30-4:00

Intro to Boys Lacrosse 5-10yrs
8-week program
2:30-4:00

CLEMENTE FIELD

The Boston NFL Flag Football League
Patriots Development League
8:30-9:30
Grades K&1

The Junior League
9:00-10:30
Grades 2&3

The Senior League
10:00-11:30
Grades 4&5

The Pro League
11:00-12:30
Grades 6&7



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NOTE: Participants must meet a program's minimum age requirement by September 1, 2019.

ART

NEW 3D Story-Mode (5-8 years)

Tuesdays | 4:30

Create fantastic 3D pieces and get a boost of creative writing skills and imagination! Using literacy inspirations, we will create puppet theatre props, musical instruments and unique characters to bring old and new stories to life.

NEW Architecture & Engineering (9-12 years)

Fridays | 4:45

For your budding builder, this class will capture curiosity about famous buildings and bridges around the world. We will take a deep look into the building and design process with an array of materials and encounter activities with ramps, tall towers and pendulums.

Art Journaling (10-13 years)

Mondays | 5:15

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

NEW Art in Nature (1-3 years)

Thursdays | 10:15

Explore mother nature and the elements in this new art class!! You child will make natural paint brushes, paint branches and create wood sculptures. Seasonal projects will include the

use of pumpkins, leaves, snow, flowers, dirt and much more. We will explore sensory bins with sands, dirt and other items to see what happens when we add water, snow, and other natural elements. Dig in!

Art in the Park (4-6 years)

Thursdays | 2:00

Art and Nature combine in this new program. Spend the first five weeks in the Art Room learning about famous artist that have used and painted nature and polishing up your techniques using a multitude of natural items. The second five weeks will be outdoors in Boston Gardens to capture the beauty of the water, trees, birds and Boston.

NEW Creative Expressions (5-8 years)

Fridays | 3:30

This class is dedicated to providing children with inventive art instruction and projects that will bring to life the wonderful world of creative expression. We will spark visual and imaginative approaches exploring lines, colors, textures, shapes, puppets and patterns with use of tinkering materials and mixed media.

NEW Experiments in Action (8-10yrs)

Tuesdays | 4:30

Slime, soap making, bubble explosions and more! We will focus on the chemistry of materials and ingredients combined to make new concoctions and explorations to amaze and learn.

NEW Imagination Art Station (3-5 years)

Thursdays | 11:15

What can we make with a box? Imagination is the base for the development of higher thinking. During this class, we will embrace imaginative play through the creation of art projects that include favorites like castles, airplanes or doll houses. With the use of tinkering and recycled materials, we will encourage the creation of original pieces to be used in future imaginative play. Please note: this is a drop-off class.

Jewelry Making (6-10 years)

Thursdays | 4:00

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

NEW Little Builders (2-4 years)

Wednesdays | 11:15

Grab your curious creator and get ready to build this skills! This class will teach the importance of problem solving through various materials. It will also be an introduction to 3D art and sculptures through fun projects.

FALL 2019

ATHLETIC AND PROGRAM GUIDE

Mundo de Colores (12 months-3 years)

Fridays | 9:15

Art projects and crafts will help your little one learn simple Spanish words and phrases. With interactive activities and songs included, your child will become more comfortable with the Spanish language. Mundo de Colores promotes development of hand-eye coordination, visual and fine motor skills, sequencing and arranging abilities. While getting messy and creative, young artists will start to become aware of different colors, shapes, shades and textures.

Open Art (1-4 years)

Mondays | 1:00-3:00

Fridays | 1:00-3:00

Free for members; drop-in.

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

NEW Play, Paint & Investigate I (12-24 months)

Mondays | 10:15

Tuesdays | 9:15

Wednesdays | 9:15

Fridays | 10:15

To fulfill the investigative and natural schema of childhood, we will work with meaningful construction and deconstruction of organic materials at play. We will smash, mix and discover our senses by using mortar and pestles, clay, light and shadow and paint provocations among other sensory fulfilling activities.



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NEW Play, Paint and Investigate II (19 months-3 years)

Mondays | 11:15 **Wednesdays | 10:15**
Fridays | 11:15

The next step to fulfill the investigative and natural schema of childhood. Join us for a hands-on, messy class letting your child create and play through different provocations and social-emotional skill activities. Through interesting inquiry and pretend play, we will use various textures, materials and mediums. We will smash, mix and discover our senses using mortar and pestles, clay, light and shadow and paint among other sensory fulfilling activities. This class is for children who are 19 months+ and have already experienced PPI I or are 24 months+.

Pre-School Picasso (3-5 years)

Wednesdays | 1:30

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.

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.

NEW Scientific Drawings (3-5 years)

Tuesdays | 11:15

Young minds are scientifically driven by sharing interests and curiosities. We will practice collaboration skills and process learning while creating scientific drawings that feature collaborative and individual works. We will learn how to draw step by step creatures in nature and their habitats while having rich conversations on pond life, animals in the savannah or bugs in the woods!

Sculpture (6-8 years)

Thursdays | 4:45

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 (1-2 years)

Mondays | 9:15

Thursdays | 9:15

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.

NEW Storytelling with Loose Parts (2-4 years)

Tuesdays | 9:15

During the first steps of language and literacy development, we can deepen our curiosity by using creative materials that ignite love for reading. Inspired through fairy tales and stories, we will use open ended materials and other art mediums as practice guides to create thoughts and interpretations of our very own characters and stories.

NEW Studio Art (9-13 years)

Wednesdays | 5:30-6:30

For all our older artists at heart. This class will introduce, evolve and accentuate a wide range of art skills inspired in their own favorite artists and interests. We will practice skills such as drawing, painting, mixed media, sculpture, animation, photography and printmaking.

BASEBALL

AA Baseball Clinic (6-7 years)

Mondays | 4:00-5:00

Grab your glove and your friends to join us on the baseball diamond in this off season clinic based program. Keep up to speed and develop your skills gained in the spring.

Born to Play Baseball (3-5 years)

Wednesdays | 2:15

Fridays | 1:30 and 3:30

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

Advanced Born to Play Baseball (5-7 years)

Fridays | 4:15

Once your little athlete has mastered the basics, give them new challenges in Advanced Born to Play, which introduces more complex rules, positioning and skills of competitive baseball. Unlike Born to Play Baseball's repetition-based teaching method, this advanced program targets a participant's strengths and weaknesses and promises improvement and instilling athletic confidence.

AAA & Majors Batting Practice (7-12 years)

Mondays | 5:00

A great chance to keep sharp in the off season on the Boston Common. Perfect your swing with our lead baseball coaches and swing for the fences when receiving pitches from the pitching machine. A great chance to get outdoors and play your favorite sport in the fall.

Fall Ball - Baseball (8-12 years)

Thursdays | 4:30 - 6:00

Our official fall offering for all Little League players in AAA and Majors. Come enjoy a weekly session under the lights on the Common as we try and squeeze in as much baseball as we can before winter settles in. "Fall Ball" will be run by our head Little League instructor Ryan Flanagan and staff who will cover advanced fundamental drills and station work before we finish with simulated games and situational play.



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BASKETBALL

Bitty Basketball (3-5 years)

Mondays & Wednesdays | 3:30

Learn the fundamentals of basketball with our patient, creative instructors. Players will learn the basic skills and techniques through simple, fun games and activities. Whether its proper dribbling and beginning shooting methods, Bitty Basketballers will have a ton of fun while also getting the initial confidence they need in a supportive environment.

6U Basketball Clinics (5-6 years)

Mondays | 4:15

A perfect progression from Bitty Basketball. Add more skills, game time and strategy to your game! A great chance to learn the skills to take into the 6U winter leagues!

Stay Sharp Basketball (7-9 years)

Mondays | 5:15 and 6:00

Stay Sharp Basketball in the fall is a great way for any U9 players to prepare for the upcoming winter season, or for experienced younger players to continue developing their game right on the Hill in our Joy St gym. Come play with our experienced instructors who are able to tailor each player's experience based on their specific needs and skillset.

CHESS

Chess Club (7-12 years)

Mondays | 4:45

Taught by Chess Grand 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. This class always fills so sign up quickly!

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, the Art of Cooking is a wonderful opportunity to connect your culinary explorer to old favorites and a few new things, too! This class will develop your child's listening skills, ability to follow directions and work together with others in a fun and creative atmosphere. In addition to taking home tasty treats, children will also create their own cookbooks to take home at the end of the semester. Please note: this is a drop-off class. Participants must be potty trained.

Cocinar con Amigos (4-6 years)

Thursdays | 4:00 and 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.

NEW Cooking Together (7-12 years)

Wednesdays | 4:00 and 5:00

Join Hill House's first ever cooking class where children get to cook with a loved one! Whether it be mom, dad or another trusted adult, this class is geared towards young chefs whose guardians wish to join them as they learn what cooking is all about. Together you and your child will create a variety of different yummy goodies to take home after class each week.

NEW Great Hill House Bake Off (7-12 years)

Wednesdays | 4:00 and 5:00

This class is geared towards older kids who wish to take baking to the next level. In fun competitive teams, students will compete in this drop-off class to create wonderful bakes and learn how they can improve their skills and techniques just like they're in a cooking T.V. show!

DANCE

Bollywood Dance (4-8 years)

Thursdays | 5:00

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!

Storybook Ballet (4-6 years)

Wednesdays | 4:15

Thursdays | 4:30

Storytelling and pre-ballet instruction combine to create fairy tale-inspired classes full of adventure and fun. Proper classroom etiquette gives children a foundation for learning ballet basics. Join us for one of our most popular Hill House dance classes! Please note: this is a drop-off class. All participants must be potty trained.

Tap & Hip Hop (5-8 years)

Wednesdays | 5:15

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

Toddler Storybook Ballet (3-4 years)

Thursdays | 3:30

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EARLY PARENTING

New Parents Play Group (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! This playgroup is a great way to meet and spend time with other new parents in the area! Toys, music and bubbles will be provided to keep your infant entertained while developing new skills.

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 | 10:15

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 throughout the entire class.

Move Baby Move – Crawlers (6-12 months)

Thursdays | 11:15

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 back-bends, forward bends, side bends and twists.

Move Baby Move – Walkers (12-18 months)

Thursdays | 9:15

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.

New Parent Workshops

Sundays | 10:30-11:30

A series of informational and social one-off events are coming to Hill House this fall. From Sign Language to yoga, our experts will support you through this amazing but exhausting time. Meet other new parents in the neighborhood and even recommend classes you'd like to attend! Check in with Hill House closer to the time with exact dates and class offerings.

FENCING

Beginner Fencing (5-12 years)

Mondays | 5:30

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

Intermediate Fencing (7-12 years)

Mondays | 6:30

This program builds upon all beginner instruction, and are most valuable when taken after the completion of one year of Beginner Fencing. Safety and sportsmanship, as always, are emphasized throughout the program. Compound attacks and technical terms associated with more advanced fencing moves will be introduced as students develop technique and understanding of the sport. If time allows, members of the class will participate in 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.

FINANCIAL LITERACY

Invest in Girls (12-15 years)

Thursdays | 6:30-7:30

Join us for this four week workshop delivered by experts to ignite girls' financial smarts 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.

FITNESS

Mini Bootcamp (3-5 years)

Mondays | 3:15

Get your kids running, jumping, and sweating while having a ton of fun. Race through obstacle courses, take on coach's challenges and learn transferable athletic skills for all sports in a safe and encouraging format.

Girls Night Out (11-14 years)

September 17 | 7:30-9:30

Come join us for the second ever Girls Night Out at Hill House! This program is geared towards young teenagers who want a night out where they can be together and have fun doing activities including facemasks bracelet making and mani/pedis with friends all ending with some popcorn and a movie. Although this program is called Girls Night Out, all teenagers in the age range may participate regardless of gender!



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REGISTRATION

Opens May 21 for members,
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PROGRAMS
START

Tuesday, September 3

PROGRAM DESCRIPTIONS

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FALL 2019

ATHLETIC AND PROGRAM GUIDE

Friday Night Out (3-10 years)

September 20, October 18 and November 15 | 6:15-9:15

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

Friday Night Fright (11-14 years)

November 1 | 7:30-9:30

Halloween is here! Grab your friends, your best costume and get ready for a Haunted night at Hill House! Come prepared for spooky games, competitions and refreshments all ending with a Dance Party! Your favorite Hill House instructors will be there to lead the night. Now a staple in the Beacon Hill Halloween season!

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 is 1 hour long and will be set to great music to inspire you. This class is perfect for the active older adult who also enjoys socializing with others in the neighborhood (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 | 5:15-6:30

Flag Football is a great way for your child to end the week with some fun drills and scrimmages playing with their friends. After some initial skills clinics that will cover the basic skills and processes of football, players will then get split up each week into different teams and play fun, instructor led games. The program promises fun and instills good sportsmanship and teamwork.

The Boston NFL Flag Football League (Grades K-7)

Sundays

8:30-9:30 - Grades K&1

9:00-10:30- Grades 2&3

10:00-11:30- Grades 4&5

11:00-12:30- Grades 6&7

The only NFL Flag Football League in Boston returns bigger and better for year two! Grab your friends, form a team or register as an individual and head to the turf at Clemente Field in the fall every Sunday morning. Every player will get an official team jersey and compete to be best of Boston! Play this fun contact free version of the sport and be finished before the 1:00pm NFL kick offs!

FOREIGN LANGUAGE

Cocinar con Amigos (4-6 years)

Thursdays | 4:00 and 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 words and phrases. With interactive activities and songs included, your child will become more comfortable with the Spanish language. Mundo de Colores promotes development of hand-eye coordination, visual and fine motor skills, sequencing and arranging abilities. While getting messy and creative, young artists will start to become aware of different colors, shapes, shades and textures.

Spanish in Motion (6 months-4 years)

Wednesdays | 9:15 and 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.

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.

GYMNASTICS

Get into Gymnastics (3-5 years)

Thursdays | 2:15 and 3:15

Fridays | 3:15

Aged out of Jumping Jacks but loved the rolls, balance beams and bars? Take the next step and join us in the firehouse for the basics of gymnastics in the fun introductory class. By the end of the program your little one will be able demonstrate a variety of gymnastic skills and have fun doing it!



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ATHLETIC AND PROGRAM GUIDE

Gymnastics (6-7 years)

Fridays | 4:15

Is your child bouncing around the house — they are ready for gymnastics! Join our supportive instructor to learn the basics in gymnastics and use balance beams, tumble mats, spring boards and more. A great introductory without all the travel and competitiveness.

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.

LACROSSE

Intro to Lacrosse (5-10 years)

Girls, Sundays | 2:30-4:00

Boys, Sundays | 2:30-4:00

Join us in this introductory clinic that meets Sundays on Teddy Ebersol's Red Sox Fields. Boys will have their own programs and will learn the fundamentals of this popular sport. Athletes who sign up for lacrosse will learn basic field positioning and game strategies as well as develop cradling, catching, throwing and shooting skills. Players must bring equipment to every practice.

MEMBERS ONLY

Member-Only Playgroup

(6 months-4 years)

Thursdays | 1:00-3:00

Drop-in program

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!

Members-Only Open Art (1-4 years)

Mondays | 1:00-3:00

Fridays | 1:00-3:00

Drop-in program

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.

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! 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 & Group Music Lessons (6 years-Adult)

Spaces are available |

Call Chelsea at 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. Small group lessons are also available.



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FALL 2019

ATHLETIC AND PROGRAM GUIDE

PLAYGROUP

Open Playgroup (6 months-4 years)

Mondays | 11:30-1:30 **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, books, markers and music will be available each week at this free program, one of several benefits available to our broader Beacon Hill Community!

Member-Only Playgroup (6 months-4 years)

Thursdays | 1:00-3:00

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!

SOCCER

Half Kick Soccer (3-4.5 years)

Mondays | 1:30 and 2:15
Tuesdays | 1:45 and 4:00
Wednesdays | 5:15
Thursdays | 2:00 and 3:00
Fridays | 12:30
Saturdays | 10:30, 11:30 and 12:30

Introduce your little player to the game of soccer in this classic Hill House program. Whether your child has never played soccer before or they want to get ready for U6 soccer

in the future, this class is perfect for developing new skills through an energetic and fast paced curriculum mastered by our instructors.

Hill House United (Grades 3-6)

Friday Team Practices | 5:30-6:55

Check boys.org for game schedules

Hill House United is a travel soccer program for more advanced players looking to learn and compete at a higher level. Teams compete in the Boston Area Youth Soccer League and play other local travel teams. Playing requires a significant commitment due to the travel involved. All travel is limited to the Greater Boston area. Players must have tried out and made the team before registering. Contact mcalderra@hillhouseboston.org to learn more.

Hill House In-House Soccer Leagues

Hill House's in-house fall soccer leagues give players the opportunity to play soccer in a supportive and rewarding environment that emphasizes fun, teamwork and skill-building. Each year this attracts young soccer players from across the city at all age groups to compete, make friends and learn new skills. Players of all abilities are welcome and all teams will have weekly practices and game while representing their team – of which they will receive a full team jersey!

U6 Soccer (4.5-5 years)

Practices on Tuesdays | 5:00-5:50
Games on Saturdays | 8:30 and 9:30

U6 players will be assigned to coed teams with practice on Tuesday afternoons at 5:00 pm and play games on Saturday mornings (game schedules listed on the soccer page of the Hill

House website). The curriculum emphasizes fun and learning new skills through games. Develop each week as we play mini games each weekend.

U8 Soccer (6-7 years)

Boys practice on Thursdays | 5:15-6:15
Girls practice on Tuesdays | 5:15-6:15
Boys Games on Saturdays | 11:30, 12:30, and 1:30
Girls Games on Saturdays | 9:30, 10:30, and 11:30
U8 players will be divided into teams based on age and gender. Participants will practice at 5:15 pm and play games on Saturdays (game schedules listed on the soccer page of the Hill House website). Throughout the season, all areas of individual skill will be worked on as well and developing teamwork and strategy.

U11 Boys Soccer (8-10 years)

Practice on Wednesdays | 5:15-6:15
Games on Saturdays | 9:30, 10:30
Develop your soccer player's skills though age and ability specified coaching. Players will learn both individual skills and team concepts during practice and the meet to compete for the championship though weekly games on Saturday mornings.

U11 Girls Soccer (8-10 years)

Practice on Thursdays | 5:15-6:15
Games on Saturdays | 8:30
U11 players will be divided into teams and coached by Hill House coaches and volunteers. They specially designed curriculum will target all the skills and development needed for players of this age. Coaching will ensure that fun, enjoyment and teamwork are emphasized just as much as skills and drills.

RUNNING

Girls' Running Club (7-12 years)

Tuesdays | 5:15-6:15

This program for girls will meet on the Boston Common. New and experienced distance runners will be coached to success while training towards and end of year run. This is a unique and popular program in which we include social messages such as developing self-confidence, girl power and teamwork into the lesson plans.

SPECIAL EVENTS

Dads & Donuts

October 20 | 9:30-11:00

Join us for a morning of donuts and coffee (while supplies last) and play with all our gym equipment! Kids will be able to play and socialize with each other while making great memories with their dads! This is also a great time for dads to meet other fathers in the area!

STEM (SCIENCE, TECHNOLOGY, ENGINEERING AND MATH)

NEW Drone Commander (9-12 years)

Tuesdays | 5:15 – 6:15

Students will be introduced to the world of Unmanned Aerial Vehicles (UAVs) and develop a deep understanding how to control and manage this exciting technology. Learn types of UAVs, the parts needed for controlled flight, the forces of flight, safety and flying maneuvers. This exciting class will give your child the basics of engineering in one of the newest and fast paced areas of robotics.



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Robotics Club (9-12 years)

Thursdays | 5:30 – 6:30

Have a blast creating robotic games each week while learning robotics. Students will learn about gear ration, 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. Class taught by Snapology.

Science Experiment Explorers (3-5 years)

Mondays | 3:15 and 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! Get the chance to see what happens when vinegar and baking soda combine and 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)

Tuesday | 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.

Video Game Design (7-10 years)

Thursdays | 4:30 – 5:30

Do you play games and wonder how they are created? Would you like to build your own computer programs? 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)

Tuesday & 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.

THEATRE

Musical Theatre (7-10 years)

Wednesdays | 4:45-6:15

This class is for students who want to take the next step in their theater journey and rehearse and perform a scripted show chosen by instructors and students. In this class, students will learn and apply script analysis, character development and techniques of stage performance to the rehearsal process which will culminate in a final performance open to the community.

NEW Storybook Theatre (5-6 years)

Wednesdays | 4:15-5:15

This class is geared towards younger students interested in trying out acting! Through the use of classic tales and legends, students will learn about character development, acting technique and ultimately will perform the final piece they create together in front of an audience. Students in this class do not need to know how to read to enroll and participate. The ultimate goal of this class is to increase the self-confidence, self-awareness and of course creativity of each student.

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.

Vamos a Saltar! (1-4 years)

Mondays | 9:30 and 10:30

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

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Interested in a class or class time that we don't offer? We maintain lists of member opinions and suggestions, and will add new classes based on interest. Please share your thoughts and ideas!



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WHO WE ARE

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



MEMBERSHIP—\$150/YEAR

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

CALL 617-227-5838, x14

EMAIL cevered@hillhouseboston.org

VISIT hillhouseboston.org

QUESTIONS?

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

Dianne Powers, Senior Development Director
dpowers@hillhouseboston.org x22

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

Sam Renshaw, Program Director
srenshaw@hillhouseboston.org x11

Marshall Caldera, Athletics Manager
mcaldera@hillhouseboston.org x13

Patty Kennedy, Finance Manager
pkennedy@hillhouseboston.org x12

Beth Jameson, Office Manager
bjameson@hillhouseboston.org x10

GENERAL PROGRAM INQUIRIES

Chelsea Evered, Program Coordinator
cevered@hillhouseboston.org x14

This Season At-a-Glance

May 21

Fall Registration opens for members

May 23

Fall registration opens for non-members

September 3

Fall Programs begin

September 22

Pancake Breakfast & Family Safety Day

October 12-14

Closed for Columbus Day

October 20

Dads & Donuts

October 31

Kids Halloween Party

November 1

Friday Night Fright

November 28-29

Closed for Thanksgiving



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